

SONA News

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June 2021

Southwestern Ohio Nurses Association

ONA 2021 Biennial Convention

The ONA Biennial Convention will be held virtually on October 5-6. ***Have you ever considered being a delegate?***

SONA is District 8 of the Ohio Nurses Association (ONA), and has 74 delegates to this convention. We encourage you to consider this opportunity to enhance

your knowledge of nursing practices today as well as new legislation and updates.

If you are interested, please write-in your name on the enclosed ballot.

SONA delegates will be given a no-cost registration code for convention. We are hosting our Annual

Meeting with a Delegate Prep event on **August 25** at St. Monica/St. George. Registration information will be shared soon.

If you have any questions, contact SONA email info@sonanet.org or visit ONA's website at <https://ohnurses.org/convention/>.



Join fellow SONA members taking an active role in your professional organization.

SONA Ballot for 2021

ATTENTION! Candidate Bios are in newsletter. Make your ballot valid by placing your marked ballot in the ballot envelope enclosed and seal. **Do NOT identify yourself on this ballot envelope.** Place this ballot envelope into a mailing envelope addressed to SONA, PO Box 31206, Cincinnati, OH 45231. **Your name and return address must be on this mailing envelope.** Your ballot must be postmarked by **July 20, 2021** to be counted.

Vice President 9/21—9/23 (2 year term) - Vote for one (1)

_____ Diamantina Arrona
_____ Jackie Lang
_____ Kathlyn Franklin
_____ Write In _____

Secretary 9/21—9/23 (2 year term) - Vote for one (1)

_____ Christopher Kramer
_____ Write In _____
_____ Michelle Thoman

Board of Directors 9/21—9/23 (2 year term) - Vote for two (2)

_____ Victoria Clark
_____ Winsome Smith
_____ Jackie Lang
_____ Write In _____

Nominating Committee 9/21—9/22 (1 year term) - Vote for three (3)

_____ Detrice Barry
_____ Write In _____

Delegate to 2021 ONA Convention (74 delegate seats)

_____ Jean Anthony	_____ Christopher Kramer	_____ Write In _____
_____ Diamantina Arrona	_____ Jackie Lang	_____ Write In _____
_____ Erica Baden	_____ Shannon Lively	_____ Write In _____
_____ Detrice Barry	_____ Francis Lynn	_____ Write In _____
_____ April Bonner	_____ Aileen Perry	_____ Write In _____
_____ Nadezhda Burch	_____ Jeanne Pharo	_____ Write In _____
_____ Patricia Castle	_____ Charlene Rasche	_____ Write In _____
_____ Hui-Tzu Chang	_____ Barbara Riley	_____ Write In _____
_____ Mary Chapman	_____ Jasmine Robinson	_____ Write In _____
_____ Michelle Cohen-Fesman	_____ Sammie Schweighart	_____ Write In _____
_____ Timothy Collier	_____ Deborah Schwytzer	_____ Write In _____
_____ Sandra Curtis	_____ Lisa Seiler	_____ Write In _____
_____ Molly Eiser	_____ Ildiko Sherman	_____ Write In _____
_____ Elizabeth Elgazzar	_____ Winsome Smith	_____ Write In _____
_____ Kathlyn Franklin	_____ Katherine Thoman	_____ Write In _____
_____ Amy Goodman-Brown	_____ Michelle Thoman	_____ Write In _____
_____ Andrea Hale	_____ Robert Weitzel	_____ Write In _____
_____ Kelly Hickman-Begley	_____ Cheryl Wigner	_____ Write In _____

2021 Candidate Bios

VICE PRESIDENT:

Diamantina (Tina) Arrona, RN, BSN, CNII ICU Centralized Float Pool—Diamantina Arrona is an RN, BSN in the Centralized Float Pool Unit at University of Cincinnati Medical Center. She was a Hospital Corpsman in the United States Navy in which she humbly received a National Defense Service Medal. Mrs. Arrona received her Associate Degree from University of Texas at Brownsville, Texas and her bachelor's at Texas A & M in Corpus Christi, Texas. She has 20 years of Nursing experience in Medical/Surgical floor, Telemetry floor, Same day surgery, Neuro Trauma ICU, Medical/Surgical ICU, Cardiac ICU, Cardio-vascular ICU and ER. Mrs. Arrona is an active participant as the SONA Vice President for the previous 2 years and maintained an active role throughout the pandemic by attending virtual meetings and committees. Mrs. Arrona is an active participant at UCMC as the RNA/ONA Vice President, providing union representation, collaboration with the leadership team, and attending hospital committees. She continues to distribute contract information throughout the units, assisting nursing staff understand their union rights and contract. Ms. Arrona has been at UCMC for the last 7 years in which she is actively participating in Shared Governance: Charge Nurse Boot Camp Instructor and HEROS committee. Mrs. Arrona enjoys her leisure time with her family and seven grandchildren and playing with her cats (Cheeto & Lil Bit). She loves traveling, fishing, reading, hiking, going to the gym, and the beach.

Kathlyn (Kathy) Franklin, RN, BSN Retired—I am currently working part-time for the Department of Neurology as a Research Coordinator. I have served 2 terms on the Board of Directors. I have previously served on the Board of Directors and as 2nd Vice President. I have also been a member of the Legislative, Human Rights and By-Laws Committees and have been a delegate to many ONA and ANA Conventions. When I was a staff nurse I served on the steering committee and negotiating team. I am also a previous Executive Director for SONA. I am running for Vice President because I want to be participate in the discussion regarding the future of SONA and ONA.

Jackie Lang, RN, BSN, MSN—I was born and raised in Cincinnati, Ohio. I attended the University of Cincinnati where I earned my BSN and MSN with a focus in Medical-Surgical Nursing. My professional nursing experiences include: medical-surgical nursing; MICU/CCU; Medical-Surgical Nursing Instructor; and Medical-Surgical Clinical Nurse Specialist. Currently, I am the Practice Manager for Greater Cincinnati Internal Medicine, Inc. in Blue Ash, Ohio. I am a long-time member of the ONA. I have had the privilege of serving on the Southwest Ohio Nurses Association (SONA) as a member of the Board of Directors (2012-2014) and as the Vice President (2014-2015). Having also served as the Southwest District President (2016-2018), State Leadership Chairman (2018-2019), and State Secretary (2019-2020) for the Ohio Federation of Women's Clubs, I have a thorough understanding of working groups and project management. Further management experience includes serving as President of the Montgomery Woman's Club (2014-2016, 2018-2019), serving on the City of Montgomery, Ohio Parks and Recreation Commission and being a graduate of the Montgomery Citizens Leadership Academy (2014). With the changes being discussed at the ONA, my goals are to help move our professional organization securely into the future, increase membership, and member engagement by being proactive and responsive to the needs of our members.

SECRETARY:

Christopher Kramer, RN, MSN, CCRN Sr. Clinical Quality Specialist, Pediatric Intensive Care Unit/Perioperative Services—Chris Kramer has been a nurse in pediatrics for thirteen years and currently works as a clinical quality specialist at Cincinnati Children's Hospital. He has a Bachelor of Science in Nursing from Western Kentucky University and a Master of Science in Nursing Administration from California University of Pennsylvania. He has published peer-reviewed articles in the *American Association of Critical Care Nursing* journal and the *Association of Vascular Access* journal, and most recently published a book entitled *The Good Things in Life: A Nurse's Story of Connection*. He's excited for the opportunity to serve the Southwestern Ohio Nurses Association.

Michelle Thoman, RN, MSN University of Cincinnati Medical Center—My name is Michelle Thoman, and I have been a nurse at UCMC for seven years. I came to UC as a new grad, after a career change, and currently work on 5 East, an ENT and specialty surgery floor. I am a preceptor for the Dedicated Education Unit program and a charge nurse on my floor. I am currently the SONA secretary and sit on the ONA Board of Directors and serve as the President of RNA. I also serve as a delegate to Cincinnati's AFL-CIO central labor council. If elected I would work hard to be an advocate for all nurses across SONA and actively explore solutions to all issues brought forth.

BOARD OF DIRECTORS:

Victoria Clark—No bio available at time of printing.

Jackie Lang, RN, BSN, MSN—See bio under Vice President above.

Winsome Smith—No bio available at time of printing.

NOMINATING COMMITTEE:

Detrice Barry, PhD, MSN, MEd, RN Wright State University, Dayton, OH Associate Professor—Detrice Green Barry is a tenured Associate Professor at Wright State University, Miami Valley College of Nursing in Dayton, OH., where she teaches Public Health, Nursing Research and Evidence based Practice in the traditional BSN Program; and online RN-BSN Program; and Health Policy in the Graduate Program. Dr. Barry's research area of expertise is in hemophilia related to shared-decision making and parent and consumer education. She has participated in research projects, grants and published related to various public health populations and education. Dr. Barry has presented her research and expertise on a national, regional and local level and has lead and participated in advocacy efforts and policy at the local and national level for the Bleeding Disorders Community. She has been awarded for Service to the Bleeding Disorders Community on a National level and local level from peers. Dr. Barry holds a BSN and MSN from the Medical College of Georgia in Augusta, GA and a PhD in Human Services from Capella University (online) Minneapolis, MN, and MEd from Wright State University in Dayton, OH.

Southwestern Ohio Nurses Association**Southwestern Ohio Nurses Association**

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Mark Your Calendar...

- July 1: **Registration for ONA Convention opens** and SONA Delegates will be given a code to register for free
- July 28: **6pm SONA Board of Directors Meeting** via Zoom
- August 25: Annual Meeting/**Delegate Prep Event** @ St. Monica/St. George—stay tuned for registration information
- October 5-6: **ONA Virtual Convention** (Note, the dates were shortened when the Convention went to a virtual format)

Women's Shelter Craft Program

SONA has resumed our weekly crafts program at the Marie Hatton Women's Shelter every Thursday from 1-3PM. Call 513-426-6582 or email info@sonanet.org to volunteer.



www.Facebook.com/SONArn