

DISTRICT DIRECTION

Quarterly Newsletter of Summit and Portage District, Ohio Nurses Association

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President's Message

BY DARREN STEVENSON, B.S.N, RN-BC

Greetings

It is very interesting times we find ourselves in. We all are affected by this pandemic in one way or another. I am proud of all the compassionate care we all give to our community. Again, we all have a part. From good social distancing and staying home to caring for people in ICUs, medical floors, and Emergency departments. Some of us help explain what was going on to others or listened to people's fears. No matter what role we have or where we are in our professional journey, we made and are making a difference. We all play a part in keeping our world and community safe. THANK YOU nurses!!! I am constantly reminded of why we are consistently rated the most trusted profession.

Times like these, it can be hard to relax and just feel normal as we go about our day to day lives. Almost every part of our lives has been touched by this pandemic. One thing we all can do to help is to take care of ourselves. What do you do to take care of yourself? One thing I have done to take care of myself is to stop watching the news and eliminate social media (YES, this is a millennial saying this). This has helped me. I encourage everyone to limit their exposure to the news and go outside (to an open air park) or do whatever makes you happy or feel refreshed.

ONA and SPDONA had a very active Spring planned. In an effort to control the spread of COVID-19 public events have been canceled. Thank you to everyone who signed up to attend one of the several events we had planned. I look forward to future opportunities to come together for learning, networking, and socializing when it is safe to do so.

Those affected by COVID-19 need our help and we want to help them. If you or anyone you know needs anything during this difficult time please let us know how we can help our community.



PRESIDENT’S MESSAGE *continued*

It is with a heavy heart that I state we will not be able to meet in May either. A presentation (unfortunately no CEs, though) will be offered through ZOOM.

At our May meeting, we usually are able to honor members of our district for their wonderful contributions. I am sad to delay this but please consider nominating someone for an award and submit it to the office. Sadly, we also had to cancel the district election. Please see inside for more information.

Again, if we as a district can help you in any way please reach out and let us know. These are hard times for many of us. Remember, one small smile or act of kindness can make all the difference to those in need. Let us all be kind to one another.

Peace and safety
darReN

Treasurer’s Report

Credits reflect monies collected by interest, dues, donations, and members’ dinners.

Debits include awards, wages, rent, telephone, supplies, and dinners.

This report reflects the district’s daily operations. Funds reside in two banks and are invested in long-term Certificates of Deposit, an interest-bearing money market account, and an interest-bearing checking account.

Balance November 30, 2019	\$ 37,986.77
Credits—December 2019	+ 3,636.25
January 2020	+ 3,348.00
February 2020	<u>+ 3,368.11</u>
	48,339.13
Debits—December 2019	- 3,430.00
January 2020	- 3,776.29
February 2020	<u>- 2,492.19</u>
Balance February 29, 2020	\$ 38,640.65



Effects of the COVID 2019 Pandemic on the District

- ◆ There was to be a Summit and Portage District, ONA meeting at Sheraton Suites on Wednesday, March 18. This meeting was cancelled.
- ◆ The program was to feature representatives from the Autism Society of Greater Akron. Since approval was received for contact hours for this offering, we hope to reschedule the speakers at a later time.
- ◆ The annual district election was to be held at that time. It will be held at the next in-person district meeting. The officer with expiring terms have agreed to remain in place until that happens.
- ◆ The previously scheduled meeting for Wednesday, May 20 was held in a different form via ZOOM. Anthony Niederriter presented on From the VA to the Battlefield and Back Again. Although continuing education contact hours were not awarded, the District offered to participants, compensation for an online offering from ONA or ANA.
- ◆ Appearances for blood pressure and blood sugar screening at county fairs, etc for the summer has been tabled.

CONVENTION

A Repeat Delegate's View

by Deborah Angel Loyd, RN

I attended the Ohio Nurses Association Convention October 10-13 in Cincinnati, Ohio. It was at the Westin in Fountain Square. I attended with 23 other delegates from Summit and Portage District, ONA (SPDONA). BLINK was also happening in Cincinnati that weekend. Everything was lit up and there were parades and performances and live music everywhere. Over 1.5 million people were in Cincinnati during the celebration. I met several nurses (RNs) from all over Ohio.



We elected a new Board to ONA. The Economic and General Welfare Council had many issues brought up concerning the association's future. 2020 will be a year of many challenges and changes. Our own delegates Joyce Powell, Jamie Burchett, Doug Meredith, and Kim Ferrari were elected into committee positions.



On Saturday the Awards Dinner celebrated several excellent nurses. It was heartwarming to award two nurses who are no longer with us. The Humanitarian Award went to Deanna Miller. The Legislator of the Year was Representative Don Manning from Youngstown. He had very supportive words of encouragement for ONA. The Keynote Speaker was Dr. Ernest Grant from the American Nurses Association. President Dr. Grant believes caregivers need healthy work environments. Safe Staffing. He spoke about being aware of workplace violence. Safe patient handling and mobility. Nurse Fatigue is a real problem with mandated overtime. We had live music, dancing, and refreshments after the awards dinner. SPDONA gave their delegates very colorful bandannas and light-up lei necklaces. Several people complimented us on these. Thank you SPDONA. It was a very informative, educational, fun weekend. Nurses are the most ethical, most honest, and the most abused occupation.

SPECIAL HOUSE OF DELEGATES—OCTOBER 6, 2020

At the ONA Biennial Convention which Deb Angel Loyd summarized above, it was decided to hold a special House of Delegates (HOD) in Columbus to further study and plan for the future of the Ohio Nurses Association. It will be Tuesday, October 6 in Columbus. All of the delegates for Summit and Portage District who were elected in 2019 will again be delegates to HOD. Although the Ohio Nurses Association has several districts, some of them are floundering. They do not provide all that SPDONA provides—quarterly membership meetings with reduced prices for dinners, Contact hours free of charge, recognition of members, awarding prizes to graduating nursing students, choosing excellent science fair projects at both the high school and middle school level, offering blood pressure and blood sugar screenings at health fairs and county fairs as well as being an educational resources. It is hoped that the districts or perhaps regions can be more equitable with personnel from ONA to manage them. This reorganization could benefit the struggling district but would certainly have an impact on districts such as SPDONA. Join the ONA Connect Community for the special HOD. Their latest progress report can be found here <https://higherlogicdownload.s3-external-1.amazonaws.com/OHNURSES/Progress%20Report%20%232%20-%20May%202020.pdf?AWSAccessKeyId=AKIAVRDO7IEREB57R7MT&Expires=1591027444&Signature=wsOjmf6pMseiLX7XMY%2F%2FCoR%2Fm9s%3D>

[AWSAccessKeyId=AKIAVRDO7IEREB57R7MT&Expires=1591027444&Signature=wsOjmf6pMseiLX7XMY%2F%2FCoR%2Fm9s%3D](https://higherlogicdownload.s3-external-1.amazonaws.com/OHNURSES/Progress%20Report%20%232%20-%20May%202020.pdf?AWSAccessKeyId=AKIAVRDO7IEREB57R7MT&Expires=1591027444&Signature=wsOjmf6pMseiLX7XMY%2F%2FCoR%2Fm9s%3D)

The members who were elected to serve as delegates representing Summit and Portage District, ONA are”

June Adams, Nancy Aho, Susan Babik, Brandi Beresh, Christin Boozer, Karen Budd, Jamie Burchett, Gina Carrino, Marie Cinalli, Katherine Cottrill, Tony DeAngelis, Janice Dennis, Tami DeV Vaughn, Jorena DiMare, Lucinda Egler, Kim Ferrari, Kathy Frymier-Lazar, Davina Gosnell, Carol Haas, Peggy Halter, Jean Kaminski, Michele Kramer, Amy Law, Kelly Lee, David Liu, Deborah Loyd, Nancy McManus, Jaklyn Menc, Debra Meredith, Doug Meredith, Emily Poulson, Brian Quinn, Brandee Reese, Linda Riazi, Sonta Robinson, Cindie Russell, Julia Schwarz, Melanie Sennett, Darren Stevenson, MaryJo Stopar, Melanie Stopar, Connie Stopper, Cheryl Witthoft

Two Simple Questions.....

In light of Nurses Week and the designation of 2020 being the year of the nurse, the District Board of Directors thought it would be enlightening to pose two questions to our members. Below are the responses from two of them. We invite our response as well. Please email them to spdonga@juno.com.

Nancy Mc Manus answers:

1. *Why did you become a nurse?*

My reason for choosing a nursing major in college was not an altruistic one. Initially I planned to become a high school biology teacher and loaded up on biology courses my first year at Kent State. Then I realized just how many chemistry courses I would have to take in order to major in biology (chemistry was not my strong suit in high school) and I started exploring other majors with an emphasis on biology. A friend from grade school, with whom I had volunteered summers at Akron City Hospital, was in the Nursing program at KSU and persuaded me to strongly consider switching to nursing, which I did. I never looked back once I began that career path.

2. *What about nursing brings you joy?*

These days, I work as an RN Educator in HR Employee Development for an Akron-based health system. I teach classes attended by newly licensed and transferring RNs hired for critical care, telemetry, or Emergency settings. I also teach a patient safety course attended by volunteers and employees of all disciplines and jobs throughout the system. The joy I get from this work is when I see course participants have an "Ah-ha moment", when everything comes together and makes sense. The other joy I experience is in the simulation lab or the clinical setting where class participants are able to apply the knowledge and skills learned from me. That's what is truly rewarding about nursing.

Editor's Note: Nancy has recently retired from Summa Health System. We wish her the best in retirement after many years of dedication.

Darren Stevenson answers:

1. *Why did you choose to become a nurse?*

I choose nursing because I always had a passion for science and learning about medicine in general. When I was a kid, I would tell my mother that "my skeleton" was hungry if I needed food. I was always wanting to learn more. I also really enjoyed helping people and making a difference. Being a nurse was a natural way to blend those two things. I also considered medicine, but I felt that nursing was a more holistic way to care for the whole person whereas medicine was too focused on the body.

2. *What do you like about nursing, what brings you joy?*

I really love working with people. I love hearing their stories and being able to make their day just a little bit better by being there. One of my favorite questions I may get when I am about to go home is "will you be working tomorrow"? After spending twelve hours with me it is nice to know that someone would want to spend more time with me. After a hard day, a "Thank you" from a patient is all that I need. It really does make a difference.

From the **PROFESSIONAL DEVELOPMENT COMMITTEE**

Summit and Portage District is provided four committees by our Bylaws: Communication and Public Relations, Community Wellness, Health Care Advocacy, and Professional Development. The last committee is perhaps the most pervasive. Meeting programs, funding for attendance at ONA Continuing Education Events, and recognition of deserving nurse members falls under their purvey.

- Along with the Board of Directors, this committee brainstorms an idea for a program, contacts possible speakers, and develops an application for a continuing education contact hour.
- The Board of Directors and the committee review offerings by ONA and ANA which might benefit our members in particular and reimburse a set number of members for attendance.
- In addition, each year the Committee selects members to receive 3 district awards: Barbara L. Mims Distinguished Nurse of the Year which honors a nurse proficient in his/her/their profession who also enriches the lives of others in his/her/their personal life as well; the Jeanette Wooding Service Award which honors a member who is active in promoting the organization through volunteer work and through leadership on the Board or in committees, and the Dottie Marsh Award Health Policy Award which honors a nurse who advances the profession through political and legislative activity. Please nominate yourself or a colleague. Applications can be found on the district's webpage spdonga.org
- Applications for the Summit and Portage District, ONA scholarship are reviewed and an awardee is selected to be presented at the Nurses Choice Awards.
- Regional Science Fair projects are reviewed and winners are chosen.

District Judges at Regional Science Fair

I had the extreme honor and privilege of reviewing some truly awesome works by some young people for The Western Reserve District 5 Science day put on by the University of Akron. This is a science fair that has historically taken place on the campus of the University of Akron where young people from middle school and high school present projects. This year, in the midst of the COVID-19 outbreak, it was a virtual fair. The bright young minds adapted just as we all have and it was quite impressive. They presented their materials online via a Youtube presentation.

I reviewed the projects relating to healthcare. There were some very impressive projects. Topics ranged from Cancer research to herbal medicine. It really gave me hope for the future. Many of the young people I saw had been doing research projects with local universities and presented their findings to us.

I had a difficult job but I was able to choose one project from the middle school level and one winner from the high school level. They each received 100 dollar check from the district and a certificate recognizing their great work. Also, both of them will move on to the state level. Congrats to Sohun Kapadia, an 11th grader from The University School, College Prep in Chagrin Falls and James Fornadel, a 7th grader at St. Rita's in Solon.

Sohun's project was called "Dimensions of the Mitral and Tricuspid Valves in Normal and Diseased States". This project was based on research this young man was involved in at Case Western University. They were looking at how they can better evaluate and identify valvular abnormalities using a CT scan as opposed to a standard echocardiogram. This research could lead to much improved outcomes in cardio-thoracic surgery. He will possibly have the opportunity to present this material nationally at a cardiology conference. Surely this young person has a bright future ahead.

James' project was named "The "beat" of the heart: The effects of music on Blood Pressure". I really appreciated his creativity and the originality of his project. He noticed that some types of music make people feel differently. He shared that his dad recently had a stroke so blood pressure was personal to him. He conducted an experiment evaluating if there was a difference in blood pressure after people listened to classical and heavy metal music. His results were not conclusive but he had great explanations for his data and great ideas for further research. As a music lover, I was proud to reward this young man's creativity and work with this award.

I was very happy to represent the district in this way and very proud of the bright minds in this district's youth.

HUMAN TRAFFICKING SYMPOSIUM

ONA's first Annual Human Trafficking Symposium was held in Columbus on January 24, 2020.

Awareness was raised about its prevalence and how most nurses will come into contact with someone who is being trafficked and we need to be more aware of signs to look for and to get help if any suspicions exist. Our intuition is usually correct.

Some red flags:

an inconsistent or scripted history,
does not know current address or city,
few personal possessions,
calls partner "daddy," frequent travel,
lives with employer,
unpaid or paid little for work.

Some physical indicators of being trafficked:

signs of physical or sexual abuse,
branding tattoos,
multiple sexually transmitted infections,
malnutrition or dehydration,
multiple pregnancies or abortions,
unusual occupational injuries, clothing inconsistent with the weather,
and looks younger than stated age.

There are many indications of being controlled by another:

accompanied by a controlling person who interrupts or corrects the person,
exhibits fear, nervousness and/or avoids eye contact,
not in control of their own ID,
subordinate demeanor or hyper-vigilant,
cannot come and go from residence as desired,
not in control of their money
not able to take breaks at work.

Attend to the client's medical needs but get social work or a case manager involved quickly.

This article was submitted by Jean Kaminski after she attended the symposium. She had responded to SPDONA's offer to pay for a number of members to attend . Be on the lookout for future offers to members and experience your membership dollars at work.

Next District Meeting

The next meeting for Summit and Portage District, ONA is scheduled for Wednesday, September 16 at the Sheraton Suites in Cuyahoga Falls. Gathering time is six with dinner being served at 6:30 and program and presentation to follow. We will wait to see what restrictions are placed on meetings, etc. because of the pandemic. Rest assured that alternatives are being pursued which would offer the meeting by Zoom. It is hoped the topic will satisfy the law requirement for licensure. Updates will be emailed to you.