

DISTRICT DIRECTION

Newsletter of Summit and Portage District, Ohio Nurses Association

Spring 2021

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President's Message

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

Greetings friends

I hope this message finds you well and that you are able to get outside and enjoy some wonderful weather. I am hopeful that we can once again return to something we can call "normal" soon. For me, I feel hope seeing baseballs flying once again at the Jake :)



The past year made me really re-think what 'normal' means. So many people will be facing this year without a loved one that made them feel 'normal' in their day-to-day lives. Some may be still looking for a job that makes them feel 'normal', productive, and fulfilled. It is my deep hope that most of us have a 'normal' to go back to. Let us be thankful for all the things we have to look forward to as we begin to plan for a 'normal' return to life.

Nursing is always that strong voice and caring hand that helps people get back to a new normal. It is simply what we do. We see people at their worst and help them to be their best. We are prepared and ready to help people get back to their 'normal' because it is just what we do. We can do so much for people hurting just by being there. We can say so much with a silent glance and offering an ear. Sometimes, just being with someone and offering your time could be all they need to start putting things back together again and start feeling 'normal'

I look forward to a time of travel, gathering with loved ones, and just feeling 'normal'. I look forward to connecting with all of you at a real-life district program. I hope to see that day soon. I do however have hope because of all we are doing together to fight this virus. Nurses have been on the front lines from day one and are on the front lines as we speak from vaccinating our neighbors, to contact tracing in the health departments, to just being there to serve their communities in need. This is again what we do.

There is nothing Normal about what we do as nurses! Let us always celebrate and appreciate the unique field we are in and the awesome people we serve alongside.

This past year has been anything but normal for the district. We have adapted, grown, changed, and kept trying to serve you. I am very proud of all we have accomplished through this year. While we have not been able to physically con-

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PRESIDENT'S MESSAGE *continued*

nect, I feel we have been able to carry out the district's mission to provide high quality programing to our membership. Since the pandemic began, we only missed one district program. The other four have been online. We will always find new ways to serve the needs of the district. No matter the format, we are here for you!

This past year also underscored the importance of taking care of ourselves. We all have had to find new ways to care for ourselves as we have had to find new ways to care for the community during this difficult time. For our May meeting, I would like to hear from you and have a discussion about self care. We all have some tips to share and some things we can learn from each other. We do not need to bring in a speaker to get some expert advice. We will also install a new board from our election we held virtually in April. This is an exciting time.

It is with heavy heart that I announce that it will be my last meeting as President and a member of the district. After I graduate in May, I will be moving to Atlanta and begin practicing as a mental health Nurse practitioner. SPDONA will always have a special place in my heart. I will be delivering some farewell remarks at the May meeting. I hope I can see your shining faces on zoom as I say goodbye to such a special and vital organization. See you then!

Thank you for all you do!
Stay strong but never normal ☑

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Treasurer's Report

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

Debits include awards, wages, storage unit, telephone, and supplies .

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



Balance May 31, 2020	\$ 42,227.13
Credits—June 2020	+ 3,515.75
July 2020	+ 4,969.80
August 2020	+ 3,584.74
September 2020	+ 3,784.46
October 2020	+ 3,720.22
November 2020	+ 5,347.17
December 2020	+ 2,309.53
January 2021	+ 1,891.92
February 2021	+ 7,070.72
March 2021	<u>+ 3,672.66</u>
	\$ 82,104.10
Debits—June 2020	- 1,703.58
July 2020	- 1,854.78
August 2020	- 1,925.23
September 2020	- 1,389.78
October 2020	- 1,516.81
November 2020	- 1,397.94
December 2020	- 2,640.25
January 2021	- 1,856.99
February 2021	- 1,047.30
March 2021	<u>- 1,130.30</u>
Balance March 31, 2021	\$ 65,631.14



Autism Training

November District Meeting Recap

By Darren Stevenson

It was our pleasure to invite the Autism Society of Greater Akron to speak to us in November of 2020. This meeting was a long-time coming as we were originally scheduled to have them speak to us in the middle of March 2019 just as COVID-19 arrived at our door.

Now, we were again ready to welcome them back, this time with zoom technology to help us safely connect. It was a great program. We had the pleasure of having Dr. William Lanzinger speak to us live from his home. Dr. Lanzinger is the Chair of the Autism Society of Greater Akron and practices at Akron General.

The Autism Society of Greater Akron is a chapter of a national organization. The goal is to educate and advocate for those with Autism. They do many educational offerings and certified Cleveland Clinic Akron General as 'Autism Friendly' which is a rarity as an adult facility.

Dr. Lanzinger explained that basic facts about ASD (autism spectrum disorder). He discussed the prevalence and some basics about what the cause is believed to be. We really don't know conclusively what causes one to have ASD, but we do know how to make one feel cared for and safe when in a healthcare setting. This is the main focus of the training we received.

Autism is deeply personal to the speaker. He spoke at length about his own experiences of raising a son with autism. He shared a story about a family trip to Disney World. His son very quickly became upset, loud, and vocal when he lost his prized Goofy doll. Dr. Lanzinger quickly took his family out of the park and back to the hotel not keen to ever go back. Soon after that there was a knock at the door and who else but Goofy is at the door with a Goofy doll in his hands? This meant a great deal to the family and especially to his son.

Dr. Lanzinger challenged us all to give the Disney World treatment in our own way to our clients. There are several ways he identified we can help those with ASD. It is important to approach in a very calm, open manner. It is important to know that being in a healthcare environment may be very scary and unnerving for those with ASD. It is important for us to understand that and not push too much too fast.

The most important thing we can do as we are approaching someone with ASD, whether they are in crisis or not, is to BE CALM. We can help de-escalate by just offering to create a more quiet environment and talk in a soothing, calm manner. I feel that this is a good approach to anyone in crisis but especially for our friends with ASD.

We ALL have it within us to give everyone in our care the Disney World treatment. To find out more, visit the website for our friends at Autism Society of Greater Akron (<https://autismakron.org/>)

First Annual Human Trafficking Symposium

By Marie Cinalli

The 1st annual Human Trafficking Symposium, sponsored by Gracehaven, was held on 4 Tuesdays throughout March. I received a total of 4 CEs presented via zoom. The seminars were also recorded if I could not attend the live event.

Many interdisciplinary areas were used to widen my knowledge about Human Trafficking.

I learned what cues to look for as a nurse and red flags that I might see. I also learned techniques and what I can do if I suspect human trafficking.

My knowledge of the many agencies and resources that I could use to report this crime was increased. There are many therapeutic communication techniques that can be helpful and that I could use to possibly make a difference in the patients I care for. I feel that increasing awareness about this epidemic that is going on throughout our communities was a great service that ONA membership provides!

Having not attended this type of symposium before I was overcome with emotion hearing from a past victim.

I feel better prepared with the knowledge gained about human trafficking and the increased awareness to take care of my patients should the need arise.

This Job Will Tear You Down

Supporting Care Workers in Dementia Units of Nursing Homes

By Hannah Petcovic Myers

Postdoctoral fellow in Biomedical Humanities at Hiram College, Dr. Hailee Yoshizaki-Gibbons, presented virtually to SPDONA on March 17th. In the spirit of St. Patrick's Day, we felt lucky that she could share her topic with us amongst the organizational restraints that have been brought on by coronavirus. Dr. Yoshizaki-Gibbons presentation centered on her ethnographic research supporting care workers in dementia units of nursing homes. As a bedside RN, I cannot over-emphasize the value of her study to our field and this is only a humble attempt to summarize the many points presented. Many of the issues that we as caregivers often feel powerless to - short staffing, lack of breaks, and consequential deficits in patient care - are represented and put in writing through this research. Of the many topics discussed, one I found particularly relatable was the topic of time. Dr. Yoshizaki-Gibbons spoke about 3 aspects of time: clock, institutional, and bureaucratic. Clock time referred to the time of the day. However, many caregivers and patients are more oriented to institutional time. For example, when are meals served? When are baths given, etc.? Bureaucratic time is based on policies. Examples include toileting a patient every 2 hours and the break times allotted to staff. Consider the ways these aspects of time influence your practice and the patients on your unit the next time you are at work or reflecting on your work. Other aspects of the talk addressed staffing (2 RNs, and 2-4 CNAs for 48 patients), dynamics related to minorities, and the state of institutions for aging folks in general. She closed by sharing a personal story of connecting with a patient who was often inadvertently isolated because her tangential speech. Her message was that there are ways to connect beyond one's abilities and disabilities to facilitate a rich caregiver-patient relationship. I hope that those present at the talk left with new energy and a fresh perspective to seek out that misunderstood patient on the unit. We are grateful again to Dr. Yoshizaki-Gibbons to serve as our speaker. If you were unable to attend, a recording of the event is available at:

<https://us02web.zoom.us/rec/share/WJVYKzclGqad10-ua1yhzHBp2JNGooTMGkJKUGuiTC5pbo2F8fA4MkZk2X9VlhT.U0Y5--AbTjv7Ws> Passcode: 4+4T6hO?



NURSES DAY AT THE STATEHOUSE

By Marie Cinalli



I attended the Nurses Day at the Statehouse (NDASH) on Wednesday March 10th. It was different this year because it was held virtually, but I was thankful that it wasn't canceled!

I was scheduled to attend last year and was very disappointed when Covid hit as all of us were and many normal activities were sacrificed. Governor DeWine spoke about how amazing nurses were this last year! He talked about how he believes we can all get kids back to school safely through vaccines, and protecting health workers is one of his greatest priorities. Senator Fedor spoke on human trafficking. ODH does have a minority health strike task force to address health equities. Topics that were discussed by our state representatives were health disparities, safe care delivery, PPE, workplace violence, and home health. Although form letters to your congressman can affect them, it was stressed that personal letters had the greatest impact! Use your voice to educate yourself and sign up on sites. Be vocal about important issues and advocate for your patients and your profession. Remember the old adage if they don't give you a chair at the table, bring a folding chair! I look forward to next year and meeting with our representatives face-to-face. In the meantime, please let your concerns and voice for all nurses be heard by contacting your state representatives personally. The campaign for keeping nurses safe, having the equipment needed to perform our jobs safely, and protection for the health and safety of our patients starts NOW. You can go to <http://www.legislature.ohio.gov> for a list of your area's representatives.