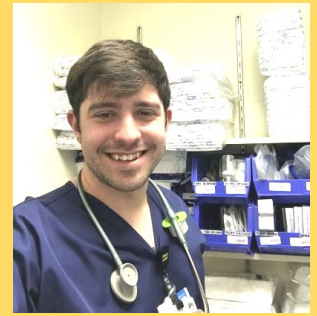


DISTRICT DIRECTION

A quarterly newsletter prepared by
Summit and Portage District, Ohio Nurses Association

July, August, September 2019



Greetings from our
President Darren Stevenson

Greetings

I hope this message finds you well. I am currently on a plane returning home from Sunny Florida with family. I hope everyone's summer is going well. This is a busy time of year as we prepare for and look towards the end of summer and the beginning of a new academic year.

Thank you to everyone planning to participate in our summer fairs we have coming up. Please email us if you are interested in getting involved. The district has several dedicated members that always make us proud. Speaking of dedicated work for the district, convention is coming up this October in Cincinnati. This will be a very exciting and consequential event for our district/organization as a whole. Thank you to everyone signed up to be a delegate. I am sure that we will have a good time and represent our area well! It is always encouraging to see many come together and speak as one to advocate for our profession. It is also a lot of fun to get together with other nurses for networking and some dancing. I am sure Cincinnati will be a great time.

I am very excited about the program in September. Mental Health is a topic very near and dear to my heart, but I know it may not be everyone's cup of tea. We all come across people with mental illness in our day to day lives or in practice. It touches people of every age and race. Even nurses have issues that would be considered a mental illness. Self care is vital to proper care of others.

I firmly believe that the only real way to make a difference in mental health care is to address widespread stigma towards mental health issues. National Alliance on Mental Health (NAMI) is a wonderful national organization that works to address this problem with advocacy, family support and educational outreach. I am super excited to have them speak to us this quarter. They will be discussing how to interact with someone in a mental health crisis and how we can help. They do not accept payment so the district will be making a donation to NAMI of Summit County. We can all be proud that our district dollars will be going to such a good cause.

As always, we are here to make the district work for its members. If we can be doing anything to better address your needs or interests please reach out at spdonga@juno.com or dsteve16@kent.edu.

HAPPY SUMMER and see you on Sept 18th

darReN



Get to Know Your Association... Ways to be involved.



Be Wise!

Learn how SPDONA is involved:

- ♦ March—Wellness Conf.
- ♦ April—Nurses Choice Awards
- ♦ May—Awards Dinner Labor Institute
- ♦ July—Summit Co. Fair
- ♦ August—Port. Co. Fair
- ♦ September—Farmers' Market District Meeting
- ♦ October—Convention
- ♦ November—District Meeting

See enclosed flyer for September 18 meeting.

W E L C O M E

The membership is steady and was 1,040 at the end of March. The latest reports received showed the following who was a new member or had renewed membership - Sara Stefano. While it is true that most of the accumulative membership is collective bargaining, many of the active members are retired or non-collective bargaining. We welcome those who have joined in the last few months and encourage them to attend a meeting soon. The next one will be Wednesday, September 18. The cost is waived for the first meeting a member attends, but registration by email or phone is still necessary. Just note that you are a new member and indicate your menu selection. We look forward to meeting you.



Board of Directors

President	Darren Stevenson
Vice President	Earl Blackstone
Secretary	Deborah Loyd
Treasurer	Melanie Sennett
Directors	June Adams
	Marie Cinalli
	Jean Kaminski
	Debbie Meredith

Committees

Communications	Darren Stevenson
Community Wellness	Marie Cinalli
Health Care Advocacy	June Adams
Nominations	Melanie Sennett
Professional Development	Deborah Loyd

Take advantage of your district membership... Did you know?

If Contact Hours are offered, there is no cost for district members. Also there is no cost for members who attend their first meeting. Merely call or email the office with your name and menu choice and mention that you are a first time attendee. We look forward to meeting you!



At Recent Board of Directors meetings, the following decisions were reached:

- ⇒ Summit and Portage District will present awards of \$100 each to two science projects at the senior high level and one at the middle school level.
- ⇒ Plans are being made to vacate the storage unit which has housed surplus furniture since the move from one office to another.
- ⇒ The District will support the delegates to convention with \$100/day for fully participating members.
- ⇒ Transition Task Force will be established to implement future district changes.

2020 VISION

H X O N A B G

Z CONVENTION M

S J W A 2019 F C R Q

H A U O F K X P Y T I S Z

V G B C I N C I N N A T I E A M

S D O B H Y K L J F U W Z Q C T N

R C W K J A M B R O Y V X I G U L E Z

H T P D F S N Q J Z · N D Y M P B H K F

A I Q W T V S G C L O R X O I P O V W F D Z U

J E R B T H L K G C S Y X N A M S Q K E J I V P B

L C T U A O M X Y G F H W N R Z D B G Z · H F X Q Y P

I D U K A E L S N W R M C J V T S L P U O · W C Q H Y R I

A T K F V B Z J · M N E D E I F Z Q T H R S · U A Y N G O X L

W B V M C K J P X · K M D A Q C R F T H G Y · I B L Z V O J N C J

Y A M T V O D B N Q Z F X L U H E G R I W P K S W U P · D N G Z M E X O

Y S B T R C O K J V I A H L F W Y L D B K U G S A Z · T V R I O P E Q H M C

F X N J F M A R K U I Q J E L D B W C H V Z · N P Y T O Y A F N C S T P X

D S J W Q O V U G L Z K E M B H I Q K R E N A O L P W S D Y B I H V Z M J O C U T

X F G A W X H N I E T R Y U P R D M F J O Z K S O C V L L K N O D T K J V O A X G E N

S U R F Z W P I Y C B V C H A T W H A T Z O U Q E S D L P X F J N G A K I W O V Z O P Y

CONVENTION UPDATE

Plans are underway for Summit and Portage District to send a strong delegation to the ONA Convention in Cincinnati in October. Funding in the amount \$100/day for fully participating delegates and the cost of early registration is being discussed. The current list of ONA Convention Delegates includes— June Adams, Nancy Aho, Susan Babik, Brandi Beresh, Karen Budd, Jamie Burchett, Gina Carrino, Marie Cinalli, Katherine Cottrill, Janice Dennis, Tami DeV Vaughn, Jorena DiMare, Kim Ferrari, Kathy Frymier-Lazar, Davina Gosnell, Carol Haas, Michele Kramer, Amy Law, Kelly Lee, David Liu, Deborah Loyd, Nancy McManus, Jaklyn Menc, Debra Meredith, Emily Poulson, Brian Quinn, Brandee Reese, Linda Riazzi, sonta Robinson, Cindie Russell, Melanie Sennett, Darren Stevenson, MaryJo Stopar, Melanie Stopar, Connie Stopper, Cheryl Witthoft.

X

X

X

X

X

X

X

X

Treasurer's Report

Credits reflect monies collected by interest, dues, 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 February 28, 2019	\$ 52,958.65
Credits—March 2019	+ 3,595.91
April 2019	+ 4,015.06
May 2019	+ <u>4,161.55</u>
	67,731.17
Debits—March 2019	- 2,979.59
April 2019	- 2,730.55
May 2019	- <u>4,176.62</u>
Balance May 31, 2019	\$ 54,844.41



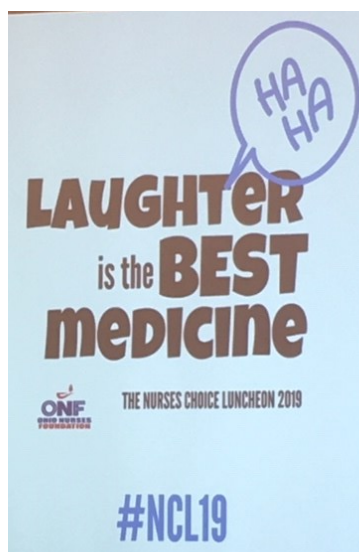
Holistic Health in a Home

Think “holistic healthy living” is a new idea? Think again. 100 years ago, Stan Hywet was specifically designed to promote the physical, mental, emotional and spiritual health of not only the Seiberling family, friends and guests but also their staff! Join Dr. Kristine Gill RN, PhD. on an interactive journey throughout the manor house (including former domestic staff areas) and surrounding gardens to discover the special features that continue today to encourage health and overall “wellbeing.”

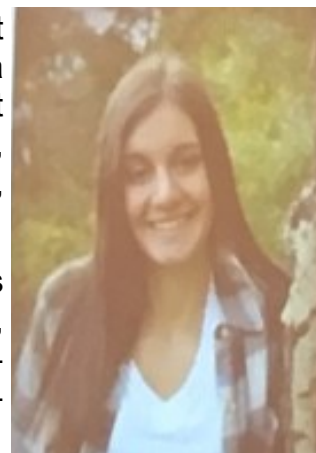
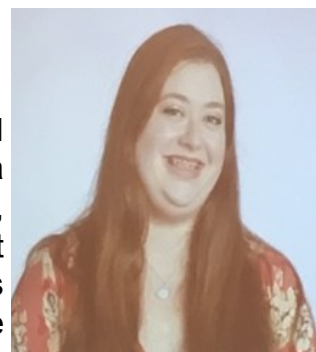


For guests not seeking CE credit, this specialty tour lasts approximately 2-2 ½ hours. To pre-register, visit stanhywet.org or call Stan Hywet ticketing at 330.315.3287 at least one week in advance. Kristine M. Gill, RN, PhD Classes offered Fridays 1:30-4:30pm: Aug. 9, Sept. 13, Oct. 11 Saturdays, 10am- 1pm: Aug. 10, Sept. 14, Oct. 12 Non-members (no credit): \$25 Members (no credit): \$17 Non-members (3.00 contact hours): \$30 Members (3.00 contact hours): \$22 Pre-registration required, at least one week in advance, capped at 15. Member/nonmember refers to Members of Stan Hywet. Health Professionals seeking CE Credit as a result of this session, participants will have an increase in knowledge and skill in assessment of a client's home from a holistic health perspective. For Continuing Education (CE) credit, available through the Ohio Nurses Association,* participants must attend the entire 3 hour program and submit a completed evaluation. For more information regarding contact hours call 330.687.5393. This continuing nursing education activity was approved by the Ohio Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91). Approval valid through June 4, 2020. Assigned ONA #21601

NURSES CHOICE LUNCHEON



The Nurses Choice Luncheon is an annual fundraiser and celebration of nursing. With a focus on education, scholarship and research, the luncheon recognizes noteworthy student nurses and nurse researchers, as well as nursing's allies with Nurses Choice Awards. This year's event was held at the Renaissance in Westerville on April 26. Summit and Portage District once again sponsored a table. Some nurses attending from the district were Deb Loyd, Marie Cinalli, Earl Blackstone, Marlene Peoples-Wetshtein, Joyce Powell, Davina Gosnell.



The Mary Beth Hayward Scholarship was awarded to district member Katherine Cottrill, AGMC/CC (above right) The Summit and Portage District, ONA Scholarship was presented to Rose Solar (right), a student at Kent State University.

Wellness Conference

by Deborah Angel Loyd, R.N.

I attended the Nurses Wellness Conference held by ONA at the Ohio State University Arthur G. James Cancer Hospital on March 8 and 9, 2019. It was an amazing ONA conference. It was for nurses, encouraging us to take care of ourselves and to be mindful of our health so we can give the best care to our patients and their families and significant others.

I took a Yoga class for the first time. I would highly recommend yoga to others. I found the class to be relaxing and motivating, and it helped to clear my mind.

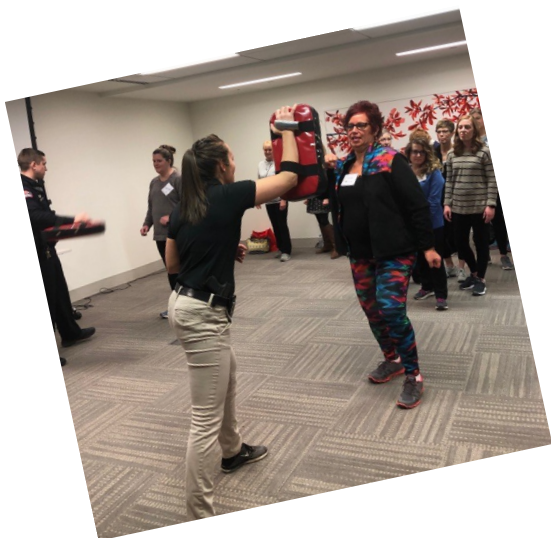
The Ohio State University Police Division taught a RAD (Rape, Aggression, and Defense) course. It taught me awareness education, prevention risk reduction, risk avoidance, and the basics of hands-on defense.

The THRIVE program is an Oncology Staff Resilience Through Relationship Based Self Care developed at The James Cancer Hospital. This program taught me new skills to promote resilience and diminish potential or existing symptoms of burnout and compassion fatigue. I hope to institute the THRIVE program at Cleveland Clinic AGMC.

I would like to thank Summit and Portage District, ONA for allowing me to attend the Nurse Wellness Conference. I would highly recommend nurses to attend this conference next year. There is so much we can learn and incorporate into our practice to further our health and well-being and allow us to provide world class care to all of our patients.

And from Marie Cinalli, R.N. who also attended the conference and provided pictures.....(Thank you!)

I had the privilege to attend an exceptional wellness conference in Columbus sponsored by ONA. I attended many lectures, self-defense, nutrition, yoga and Zumba fitness classes and heard many knowledgeable speakers. They presented the latest information to help nurses with ways to improve their physical, emotional and intellectual wellness. I am better equipped now, to mentor my colleagues. Becoming knowledgeable in coping skills, and techniques, As a seasoned nurse, I can now better lead others nurses to help prevent stress on the job and burnout in today's caregiver world.





LABOR INSTITUTE

In May, district members Marie Cinalli, Deborah Loyd, and Debra Meredith (among others) attended a Labor Institute at the new ONA headquarters at 3760 Ridge Mill Drive in Hilliard. This also afforded these members an opportunity to get acquainted with ONA staff.



SUMMER HAS FINALLY ARRIVED and with it fair and farmers' market season. Once again Summit and Portage District, ONA will reach out to the community and offer free blood pressure and blood sugar screenings at the two county fairs in our area and a farmers' market. Please check the dates below to see if you can help out and contact Marie Cinalli at mcgrassia@yahoo.com

Summit County Fair—Tuesday, July 23

Portage County Fair—Friday, August 22

Cuyahoga Falls Farmers' Market—Friday, September 20





Celebrate Nursing! That's what the cake said and that is just what Summit and Portage District, ONA did on Wednesday, May 15 at the Annual Awards and Recognition Banquet held at the Sheraton Suites in Cuyahoga Falls.



It all began with a recognition of outgoing officers (to the left from left to right) Jeni Huth (Director), Melanie Sennett (Treasurer), and Debbie Meredith (Director). This was followed by Installation of Incoming Officers (to the right) Debbie Meredith, Melanie Sennett, and Jean Kaminski. (Editor's Note: Darren Stevenson outgoing President was unable to attend but begins another term as President.



Marlene Peoples-Wetshtein (left) introduced Sahar Maleki (right), an 8th grader from Hathaway Brown, who then explained her award-winning middle school science project entitled "Effects of Environmental Stress in Developing Drosophila Melanogaster."

Recipients of the two senior high science awards, Amanda Blatz and Kelsey Poremba, were both attending their Senior Recognition at Mentor High School.



Aleyna Gee (left) received the Student Leadership Award for Hiram College from Vice President Earl Blackstone and Secretary Deb Loyd. Kimberly Shamakian was in attendance also and received the award for Student Leadership in the Kent State University Nursing program. Julie Sands from the University of Akron was unable to attend due to a previously scheduled trip.



In the photo to the right Jean Kaminski (2nd from the left) received the Barbara L. Mims Distinguished Nurse of the Year Award from her colleagues Linda Riazzi-Kermani (far left), Earl Blackstone, and Deb Loyd.



Marie Grassia (left) received the Dottie Marsh Health Policy Award.

Deborah Angel Loyd was presented with the Jeanette Wodding Service Award and celebrates with her sister and mother.



The evening concluded with The Nightingale Tribute which honored deceased nurses with white roses.

Photo Credit to Debbie Meredith.

SUMMIT & PORTAGE DISTRICT, OHIO NURSES ASSOCIATION

Quarterly District Meeting

Wednesday, September 18, 2019

6:00 p.m. Gathering

6:30 p.m. Dinner and Program

at

The Sheraton Suites

1989 Front Street

Cuyahoga Falls, Ohio 44221

Mental Health 101

Leslie Powlette Stoyer, JD **and** **Ron Rett, BS**
Executive Directors at NAMI (National Alliance on Mental Illness) Summit County

Criteria for successful completion include attendance at the entire presentation and submission of a completed evaluation form.

Contact Hours will be awarded. This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).

Contact Suzanne Roach at 330-923-5792 for more information about contact hours.

Menu Selections

Balsamic Grilled Chicken Breast, Red-skinned potatoes, and green beans

Or

Beef Lasagna with green beans

Each entrée includes coffee, Tazo Teas, Iced Tea, Salad, Rolls & Butter, and Assorted Cheesecake.

As a benefit of District membership - Cost to members is \$20. Members attending their first meeting have no cost, but it is necessary to contact the district office for reservation.

Non member nurses should include a \$10 program fee.

RSVP should be placed by sending your check with your menu selection marked in the memo line to:

Summit and Portage District, ONA

2020 Front Street Suite 309-4

Cuyahoga Falls, OH 44221

Or through EventBrite https://www.eventbrite.com/e/mental-health-101-tickets-65108861357?aff=utm_source%3Demail%26utm_medium%3Demail%26utm_campaign%3Dnew_event_email&utm_term=eventurl_text

By September 11