

# SONA News



SONA News

March 2016

**Southwestern Ohio Nurses Association**

## ONA CE Roadshow Dayton- May 4

Plan now to participate in ONA's CE Roadshow event.

**Date:** **Wednesday, May 4, 2016**  
**Time:** **9am- 4pm**  
**Location:** **The Mandalay Bay Banquet Center, 2700 East River Rd. Dayton, OH 45439**  
**Cost:** **Early bird Registration Fee \$50 ONA Members, \$65 non-ONA members**

Registration and agenda can be found at: [www.ohnurses.org/ceroadshow/](http://www.ohnurses.org/ceroadshow/)

Presentations include: Staffing, legislative updates and social media boundaries (Cat. A) among a few other sessions.

### **Annual Meeting/CE Event:**

SONA's Annual meeting and CE event will be held in September this year. Stay tuned for further details.

### **Free ONA CE's**

ONA has 3 free CE's available until May 31st. Visit the links provided below.

Ethics of Caring (Coupon code ETHICS 2016): <https://ce4nurses.org/the-ethics-of-caring/>

Interpreting Common Lab Values (Coupon Code 2016LAB): <https://ce4nurses.org/interpreting-common-lab-values/>

Heart Failure (Coupon Code 2016HEART): <https://ce4nurses.org/heart-failure-a-new-look-at-an-old-problem/>

5.75 Contact hours will be awarded, including 1.0 contact hour of Category A (Ohio Nursing Law and Rules).

The Ohio Nurses Association (OBN-001-91) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## ONA Hosts Nurses Choice Awards Luncheon

The Nurses Choice Awards & Scholarship Luncheon will be held on **April 15, 2016**. It is hosted by the Ohio Nurses Association and will be held at the Blackwell Hotel and Conference Center at the Ohio State University in Columbus, Ohio.

The Nurses Choice Awards are given annu-

ally to individuals, organizations, and media campaigns that have made a significant contribution to the nursing profession.

If you are interested in attending the luncheon, SONA will be sponsoring a table. The first 8 members who respond can go as SONA's guest. Please contact the SONA office if

you would like to attend at 513-426-6582 or [info@sonanet.org](mailto:info@sonanet.org).

Full details about the event can be found here: <http://ohionursesfoundation.org/nurses-choice-awards-and-scholarship-luncheon/>

## SONA Call for Nominations

**SONA BOARD OF DIRECTORS**

**PRESIDENT (5/16)**

Joylynn Daniels

**VICE-PRESIDENT (5/17)**

Ildiko Sherman

**SECRETARY (5/17)**

Andrea Hale

**TREASURER (5/16)**

Emily Blackwelder

**BOARD OF DIRECTORS**

Michelle Cohen-Fesman 5/16

Mary Kishman 5/17

Vicki Tensmeyer 5/16

Susan Weeks 5/17

Robert Weitzel 5/16

We need you . . .

The SONA Nominating Committee invites you to submit your name as a candidate for one of the following leadership positions in the Southwestern Ohio Nurses Association. This is an opportunity to serve your profession and have an impact on its future, to participate in decisions related to nursing and health care, to learn the inner workings of the professional organization at the district and state levels, and to influence the image of nursing.

**Terms of office are for two years: June 2016 - June 2018**

**PRESIDENT**

To be eligible for the office of the president a nominee must currently or have previously served on the Executive Board or Board of Directors and be an active member of SONA; Shall chair the Board of Directors and the Executive Committee; Presides over meetings of SONA; Provides for the recording of minutes, the completion of required reports and maintenance of official records; May delegate assignments to the officers and Board of Directors; and serves as SONA representative to the ONA Leadership Forum. The president shall be designated as a delegate to the ONA Convention and is an ex-officio member of all committees except the Nominating Committee.

**TREASURER**

Assure payment of bills of the district approved by the Board of Directors; Provide a fiscal report to the membership and to the Board of Directors; Keep financial records to allow an audit; Balance and reconcile

revenues and expenses; Report to the Board of Directors the financial standing of SONA at each BOD meeting.

**BOARD OF DIRECTORS (3 To be elected)**

Members meet every month to transact the business of the Association in accordance with its mission and purposes; act as liaisons to standing committees; initiate action on a variety of professional issues of personal/professional interest; communicate action and direct recommendations for action to SONA committees and ONA Board of Directors when needed.

**NOMINATION COMMITTEE (3 to be elected)**

Members prepare a slate of candidates for election which is then submitted to the SONA Board and general membership for completion; facilitate the mail ballot voting by membership; determine election results; and notify membership of results. This is a one year term.

**Interested individuals should submit your name by completing the Consent-to-Serve form below and return it by May 2, 2016 with your bio. The slate will be finalized and sent out for a vote with May newsletter.**

Email to: [info@sonanet.org](mailto:info@sonanet.org)

Mail to: SONA

2330 Victory Parkway, Suite 303 Cincinnati, OH 45206

Fax to: 513-939-2653

If you have questions, please contact the SONA office at (513) 426-6582 or email us at [info@sonanet.org](mailto:info@sonanet.org).

*Yes, I consent to serve if elected to...*

\_\_\_\_\_ President

\_\_\_\_\_ Board of Directors

\_\_\_\_\_ Treasurer

\_\_\_\_\_ Nomination Committee

**My Area of Practice is:**

\_\_\_\_\_ Administration

\_\_\_\_\_ Consultant

\_\_\_\_\_ Education \_\_\_\_\_ Other

\_\_\_\_\_ Practice

\_\_\_\_\_ Research \_\_\_\_\_ Retired

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_ (cell) \_\_\_\_\_

E-mail address: \_\_\_\_\_

Signature: \_\_\_\_\_

Consent form and bio due by May 2, 2016 to: SONA, 2330 Victory Parkway, Suite 303, Cincinnati, OH 45206

## A Message from our President

A note from your President on what has been happening since our last newsletter. First I want to thank the SONA members who were able to attend the ONA Convention in October of 2015. While we did not have a full complement of delegates, more members did serve in this capacity than in the past few conventions. The district did support members as delegates by paying for registration and hotel rooms (double occupancy). In addition, several of our delegates ran for and won positions on the ONA BOD – Brian Burger 2<sup>nd</sup> VP and Jeannette Potter Director; ANA Non-voting Delegate – Brian Burger and myself; NFN Delegate – Brian Burger; E&GW Commissioner – Jeannette Porter; AFT Delegate – Brian Burger, Jeannette Porter, Robert Weitzel, Cheryl Wigner, Erica Burger and Sammie Schweighart. This is an exceptional showing of representation from SONA and the UCMC local unit.

At the ONA level, two SONA members currently serve on the Governance and Dues Task Force Sub-Committees– myself and Robert Weitzel. This task force is charged with looking at other ways to structure ONA besides the current district format, i.e. regions, and reducing/simplifying the number of dues rates. Two SONA members also serve on the Staffing Task Force – Brian Burger and myself. This task force is charged with addressing the issue of staffing at the bedside. Additionally, I represent ONA on the Ohio Action Coalition Steering Committee along with two other ONA representatives. The Coalition is responsible for implementing the recommendations from the IOM Future of Nursing report.

I encourage all SONA members to become involved at some level of their professional organization - SONA, ONA, and ANA. There are many opportunities, with varying time commitments, allowing for direct input on how you practice and influence the future of healthcare.

In October, 2015, the Human Rights Committee moved the Nurses Clinic from the Drop-In-Center to the new Barron Center for homeless men. Our services include assessment related to chief complaint, over the counter medications and treatment, referrals, and limited social service assistance. The clinic area includes 3 treatment rooms, medication room, lab room, and reception desk. The clinic location is secured and requires a key card to enter. Patient visits to the clinic have increased creating a need for 3 nurse volunteers to be present each week. We collaborate with the Medical/Pharmacy students, who have their clinic after us, by referring patients that need some additional assessment. In late January, 2016, the McMicken Clinic opened services at the Barron on Mondays, Wednesdays, and Fridays from 7 AM to 12 PM. Patients seen in the Nurse Clinic that require a more in-depth assessment and treatment are referred to the McMicken Clinic. For more emergent needs, patients are sent to the ER via taxi or EMS as appropriate. Documentation of a patient's visit to the Nurse Clinic will soon be done via computer. The program will also allow access to other healthcare information entered by Case Managers at the Barron.

Recently, two UCMC nurses needing community clinical hours for the Clinical Ladder have volunteered at the Nurse Clinic and were provided documentation for their packet. We welcome the opportunity to assist nurses in meeting their clinical ladder requirements. **We are actively looking for new volunteers to assist in operating the new clinic.** If you would consider joining this project please call SONA at 513-426-6582 or email [info@sonanet.org](mailto:info@sonanet.org) to set up a time to come to the clinic during a Tuesday afternoon from 4-6pm.

The entire SONA BOD wants to hear from you on how we can best serve the members of this district.

Thank you,  
Joylynn Daniels, MPA, BSN, BES, RN

## SONA Registered Nurses T-Shirt Sale

SONA is selling T-shirts to support your organization. The member price per t-shirt is \$15. They are available in sizes S, M, L, and XL. There is an additional \$2 charge for size XXL.

Delivery options are available at

both the SONA and the RNA office.

If interested in ordering, please visit [www.sonanet.org](http://www.sonanet.org) for an order form and and mail with payment, or contact us at 513-426-6582 with your name, ad-

dress, email address, and phone number as well as the size and quantity you wish to purchase.



## SONA Award Nominations

Too often we fail to express our appreciation to our colleagues. SONA has several awards and invites members to nominate peers who have made outstanding contributions! Check the information below to decide if you know someone who fits the bill. If you do, fill in the nomination form and return to: SONA, 2330 Victory Parkway, Suite 303, Cincinnati, OH 4506. Recipients are recognized at our annual meeting in June. **Nominations are due by May 2, 2016.**

### EXCELLENCE IN NURSING PRACTICE

Recognizes the unique accomplishment of a current SONA member who provides care to patients in a staff nurse or equivalent position. Criteria:

1. Presently employed in a position that includes responsibility of providing direct care to patients.
2. Shows leadership in instituting the nursing care process.
3. Involves family/significant others in care of patients.
4. Provides for self growth and development.
5. Influences other nurses to provide excellent care.
6. Has developed an innovative approach for dealing with a patient care problem.
7. Has made a contribution to, and encourages involvement in SONA, ONA or ANA.
8. Demonstrates professional qualities in nursing.

### EXCELLENCE IN NURSING ADMINISTRATION

Recognizes the outstanding performance of a nurse administrator in a health care facility. Criteria:

1. Is employed in the field of nursing administration.
2. Has instituted a system of change that improved health services and enhanced the ability of nurses to practice.
3. Demonstrates professional qualities in nursing.
4. Demonstrates the ability to collaborate with other health disciplines to provide comprehensive patient care.
5. Demonstrates ability to influence political arenas for the improvement of health care services.
6. Has made contributions to, and encourages involvement in, the professional association.

### EXCELLENCE IN NURSING EDUCATION ADMINISTRATION

Recognizes the unique accomplishments of a current SONA member in nursing education administration in an approved college or school of nursing and/or continuing education program. Criteria:

1. Presently employed in a position of nursing education administration.
2. Shows leadership in instituting nursing education among faculty and with learners.
3. Demonstrates innovation in nursing education.
4. Influences other nurses to excel in nursing education.
5. Demonstrates the ability to collaborate with others in the health care industry to enhance the health care of others.
6. Has made a contribution to, and encourages involvement in SONA, ONA or ANA.
7. Demonstrates professional qualities in nursing.

### EXCELLENCE IN NURSING EDUCATION

Recognizes the unique accomplishments of a SONA member who teaches in any approved college or school of nursing and/or continuing education program. Criteria:

1. Is employed in a position of nursing education.
2. Is able to establish and maintain a positive rapport with learners.
3. Plans, implements and evaluates an innovative teaching program for learners.
4. Provides a means for learner evaluation of the teaching program.
5. Receives documentation of peer/learner evaluations of teaching effectiveness.
6. Has made a contribution to and encourages involvement in the professional association.
7. Demonstrates professional qualities in nursing.

### MARY HAMER GREENWOOD AWARD

Honors a SONA member who stands out as 'a nurse who makes a difference.' Criteria:

1. Is currently a member of SONA.
2. Has actively served SONA.
3. Has made contributions to nursing outside SONA in at least two of the following categories:
 

Community Service	Clinical Practice	Publications and Research
Nursing Education	Nursing Administration	

The Mary Hamer Greenwood Award is named after one of the principal founders of the Graduate Nurses Association of Cincinnati, now known as the Southwestern Ohio Nurses Association (SONA).

In 1897, she and other nursing superintendents called a meeting to discuss: 1) how to provide quality nursing care, and 2) how to safely select a nurse, since anyone who wanted to adopt that type of work could use the title "nurse." Thirty nurses attended that historic meeting, and formed the graduate nurses association in Ohio. Cincinnati nurses believed that those who completed a program of study in nursing should have a certificate or license. The leadership of the Cincinnati Graduate Nurses Association, realized that a statewide effort was needed to reach that goal, and membership was opened to all Ohio nurses. In 1904, the Ohio State Graduate Nurses Association was formed, and Mary Hamer Greenwood was its first president. The state Association became the Ohio Nurses' Association.

**SONA AWARD NOMINATION FORM**

Name of Award: \_\_\_\_\_

Nominee's Name: \_\_\_\_\_

Education Achieved: \_\_\_\_\_

Position/Occupational Title: \_\_\_\_\_

Home Address: \_\_\_\_\_

Telephone (Home): \_\_\_\_\_ (Work): \_\_\_\_\_

Nominees Involvement in SONA and other nursing organizations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This nomination is submitted by:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone (Home): \_\_\_\_\_ (Work): \_\_\_\_\_

Please attach a narrative statement describing how the nominee's practice of nursing, commitment, and leadership meet criteria for the award. The statement should be typed or printed and no longer than 300 words. Two letters of support for the nomination may be submitted. A vitae should accompany the nomination form.

**Deadline is May 2, 2016**

Mail to: Membership Committee/Award  
Southwestern Ohio Nurses Association  
2330 Victory Parkway, Suite 303  
Cincinnati, Ohio 45206

Or fax to : (513) 939-2653

May be photocopied

Southwestern Ohio Nurses Association

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Fax 513-939-2653

Email [info@sonanet.org](mailto:info@sonanet.org)

Web [www.sonanet.org](http://www.sonanet.org)

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**Mark Your Calendar...**

- April 15, 2016: ONA **Nurses Choice Awards Luncheon**
- May 2, 2016: SONA **Award Nominations, Consent to Serve and Bio's due**
- May 4, 2016: ONA **CE Roadshow Dayton, OH**
- May 6-12, 2016: **National Nurses Week**
- September 2016: SONA **Annual Meeting & CE**



[www.Facebook.com/SONArn](http://www.Facebook.com/SONArn)