



PIERCE COUNTY NURSES ASSOCIATION

SUPPORT + ENCOURAGE + EMPOWER + ENGAGE

P I E R C E C O U N T Y N U R S E S . C O M

FALL 2012

2012 PCNA Nurse of the Year



Sonya Miller, RN

Each year during Nurses Week, the Pierce County Nurses Association honors a nurse, nominated by peers, as the **Pierce County Nurse of the Year**. This year's recipient, **Sonya Miller**, has been active in WSNA as a local unit officer for several years, is an active member in PCNA and is on the negotiating team for Tacoma General Hospital. Sonya has served as ANA delegate and as a delegate for the National Federation of Nurses several times, and is also on the WSNA Foundation committee.

As described by her fellow nurses:

"Sonya is a strong patient advocate. Her patients experience her knowledge, caring and passion with each and every decision that is made regarding their care."

"She works tirelessly for patient safety and patient care ... [and also] for her fellow nurses."

"When exposed to negativity, [Sonya] chooses to rise above the pettiness and create a positive environment around herself and her patients. Sonya is a leader in nursing and has the tact and intelligence to effectively express her viewpoints, creating a more positive energy around her ... [We all] benefit from her being in our lives."

"Over the years, Sonya has given tirelessly of herself over and over, because she felt she was making a difference. The most important part of all this is the fact she does make a difference every day."

1ST ANNUAL PCNA Bowling Tournament



Saturday, November 17

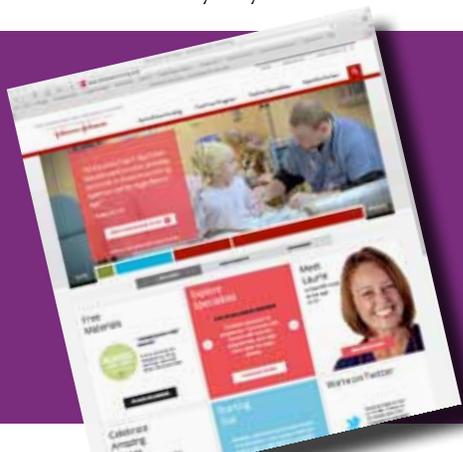
**Pacific Lanes Bowling Center
7015 South D Street, Tacoma**

This is a fundraiser for the PCNA Scholarship Program. Light food will be provided.

Email office@piercecounrynurses.com or call 253-572-7337 to register your team! Team registration fee is \$75.00.

DiscoverNursing.com

If you are reading this newsletter, chances are pretty good that you are a nurse, know a nurse, are in the process of becoming a nurse or are just interested in nursing as a profession. For more information about getting to know what nursing is all about, how to get involved in promoting nursing, learning more about the nursing shortage, or more information about some of the different specialties in nursing, **DiscoverNursing.com** is a great website with loads of information and links. You will also find information about financial assistance for nursing programs.



2012 PCNA Scholarship Recipients

Each year, PCNA offers three different scholarships: The first is offered to graduating Senior High School students who plan to pursue a career path in nursing.

The second is given to a person who is not yet a RN, but who has been accepted into or is currently enrolled in a basic Registered Nursing Program, pursuing either their ADN or BSN.

The **Florence Golda** Scholarship is awarded to a Registered Nurse who is enrolled in a program to advance his or her nursing education. Applicants must be a PCNA member in good standing.

Applications for 2013 can be found at www.piercecountynurses.com

Florence Golda Scholarship



Maria Pastores

Maria is currently attending Gonzaga University's Masters of Science in Nursing program and is on the Family Nurse Practitioner track. She plans to become a primary

care provider in a clinic setting with hopes of one day opening her own clinic with another nurse practitioner. "Together we can provide holistic care to our patients and create a trusting, non-judgmental, and compassionate environment where patients feel comfortable and confident to receive their care."

Tonya Crabtree

Tonya is currently pursuing her career dream of becoming an RNFA (RN first assist) by attending an RNFA program offered by the National Institute of First Assists accredited through the School of Nursing at the College of Southern Nevada. She has been described as "dedicated, reliable, enthusiastic, organized, safety conscious and a quick learner."

Currently employed as an OR RN at St. Clare, Tonya has been an OR nurse for nine years, achieving her CNOR certification in December of 2011.

College Scholarship Winners

Kiersten Walden

Kiersten is currently enrolled in the Washington State University College of Nursing. "When I graduate with my Bachelors of Science in Nursing, my long term goal is to become a pediatric nurse in a hospital." As a high school student, she participated in the Running Start program and graduated from high school with her Associate's degree. Over the last four years, she spent many hours volunteering at Good Samaritan Hospital, completing over 575 volunteer hours. Her passion for volunteering has continued at WSU where she is involved with Rho Nu Nursing Club and Student Nurse Leaders Club.



Rebecca Collins

Rebecca is a diligent student at PLU, an active volunteer in her community and a breast cancer survivor. Currently enrolled at PLU, Rebecca

will graduate in December with her Bachelors in Science of Nursing with a minor in sociology. At PLU, she excelled academically, has been on the Dean's list and received the Provost scholarship. She has coordinated turkey basket donations and the Cookies for the Homeless program for Delta Lota Chi, participated annually in Relay for Life, and been the Den leader for her son's cub scout troop. She is also an active member of Nursing Students of Washington State. Rebecca plans to continue her education and become a Nurse Practitioner.

"If it wasn't for my nurse practitioner, my breast cancer battle would have been extremely different and possibly not as successful as it was, but because my nurse practitioner was diligent I am here today and that is why I work as hard as I do to one day help others."

High School Scholarship Winners

Lorena Flores-Allen



Lorena will be attending Eastern Washington University this fall with plans to become a registered nurse. After losing her mother at a

young age, Lorena and her sisters were raised by her grandparents. She worked hard in high school taking several AP academic courses and serving as President of Students Against Destructive Decisions, SADD. Lorena also volunteers weekly at an assisted living facility and is an active member of Friends of Rachel, a club that focuses on helping other.



Lindsey Strom

Lindsey begins the nursing program at PLU this fall. She is a Bethel high school graduate with a long history of volunteering in her community.

"I volunteered over 145 hours helping my community, earning my varsity letter in community service." While in high school, she was a youth representative to the United Way of Pierce County Board of Directors, President of the United Way Youth Leadership Council and participated in countless volunteer projects over the years including regular volunteering at the Spanaway FISH food bank. Lindsey has also volunteered at the Washington State Soldiers' Home and participated in Multicare's Nurse Camp during the summer of 2011.

You are invited to a
Nursing Salon

Thoughtful conversation about the nursing profession

Thursday, October 25, 6-9PM

Marie Manthey describes nursing salons as “lively gatherings where people engage in ‘big talk’ — talk that amuses, challenges, amazes and is sometimes passionately acted upon.” Nursing salons are gatherings where each participant forms and informs the conversation; unlike formal meetings, they are opportunities where people can casually connect and share their experiences.

Anyone who would like to join is welcome: Nurses, social work, physicians, physical therapy, unit secretaries, etc

Please RSVP to
ann.hagensen@multicare.org
for address and directions to her home in Federal Way.



Free Continuing Education Class

**Stress Management...
In a Hurry!**

FREE
Nursing
Contact
Hour!

**Saturday, October 20,
9-10 am**

As nurses we are faced daily with extreme professional and personal challenges. Join us for an amusing presentation providing tips on actions you can start immediately for stress reduction.

SPEAKER: Mary Dean, PhD, RN, Professor, Brandman University and Evergreen State College; Clinical Faculty, University of Washington

Mary Dean PhD, RN is a Health Psychologist and an expert in stress management. Having received training with the Mind/Body Medical Institute affiliated with Harvard Medical School, Mary offers stress management training in the South Puget Sound region. Having earned her PhD through The Union Institute, she serves as a health psychologist and independent consultant. She also serves as clinical faculty for the University of Washington, graduate faculty in psychology at Brandman University, faculty in Public Health for Evergreen State College, and is often a keynote speaker at national conventions.

RNs and LPNs are welcome to attend. Meets at Jackson Hall, across from Tacoma General main entrance on MLK Jr. Way. REGISTRATION STARTS AT 8:30am. Please be on time, as no one will be admitted after 9:10am. To help us plan seating, please RSVP to office@piercecounynurses.com



What Happens When Things Go Wrong?

TOPICS TO BE ADDRESSED:

- What constitutes a Patient Safety Culture?
- What do you do when something bad happens?
- Do you know about nurses being a “second victim”?
- Should you carry liability insurance?
- What if you are reported to the Nursing Commission for an error?

SPEAKERS:

- Sally Watkins, PhD, RN—WSNA Asst. Exec. Dir., Nursing Practice, Education & Research
- Paula Meyer, MSN, RN—Executive Director, Nursing Care Quality Assurance Commission
- Pat McCotter, JD, RN—Sr. Healthcare Risk Mgmt. Consultant, Physicians Insurance, Seattle
- Sarah Shannon, PhD, RN—Assoc. Professor, Clinical Ethicist, UW Medical Center, Seattle

FREE to all nurses and nursing students with three dates to choose from:

- **September 20, 5-8pm:** Hotel Nexus, 2140 N. Northgate Way, Seattle WA 98133
- **October 3, 5-8pm:** Worthington Conference Center, St. Martin’s University, 5300 Pacific Avenue SE, Lacey WA 98503
- **November 12, 5-8pm:** Evergreen Hospital Auditorium, 12040 NE 128th Street, Kirkland WA 98034

So we can plan for seating & refreshments, please register with Irene at WSNA, 206.575.7979.

The Washington State Nurses Association Continuing Education Provider Program (OH-231, 9-1-2012) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), which is an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.





PIERCE COUNTY NURSES ASSOCIATION

PIERCECOUNTYNURSES.COM

223 Tacoma Avenue South • Tacoma, WA 98402
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2012/2013 PCNA Board:

- President - Evelyn Street
- Vice President - tbd
- Secretary - Amanda Mackey
- Treasurer - Judith Turner
- Treasurer Elect - Betty Blondin
- Director - Sonya Miller
- Director - Carolyn MacLeod
- Director - Cathy Peterson
- Director - Susan Jacobson
- NSWS Guest - Amber Anderson
- Executive Director - Julie Long

President's Message

While waiting for an appointment, I ran across this in a magazine I was reading. As I read it, I kept thinking: these are some of the same stress relief things that nurses should do.

As you read this, visualize yourself doing these things. The name of this is at the bottom, but please read through this before you look at the name of the article.

- 1 It is perfectly acceptable to have a complete tantrum and throw your shoes around just before leaving for the hospital.
- 2 You are allowed to worry about life and death, but only to the extent that you worry about whether Santa Claus will be able to enter your home if you don't have a chimney.
- 3 Speaking of worry, don't worry about anything that is not going to happen today or tomorrow.
- 4 Any bad thing that happened in the past should be quickly erased from your mind-using ice cream.
- 5 Good friends may stare when they first see you without any hair, but they are quickly more interested in all your new toys. So make sure you have lots of new toys around all the time.

- 6 A Popsicle for breakfast is a good idea; it goes well with bacon.
- 7 If someone rubs your bald head and says you're cute, you should stare at them in complete boredom until they stop.
- 8 Scars are badges of courage and make you look like a pirate or a superhero.
- 9 Jumping on the bed is a perfectly acceptable form of exercise.
- 10 Make having fun your priority, all the time, no matter where you are or what's going to happen next.

The above is an excerpt from the blog of Nicole Scobie, whose son Elliot is a 5 year old cancer survivor in remission from stage IV Wilms tumor. The article, "Advice for Adults with Cancer," was found in *Coping* magazine, July/August 2012.

For more laughs and more about Elliot, you can find Nicole's blog at:

nicolescobie.com.

Breast Cancer Awareness Month is fast approaching. I encourage every woman to have an annual mammogram. If you have never had one, I encourage you to obtain a baseline mammogram. Early detection saves lives!

If you or someone you know has been diagnosed with Breast Cancer or another life threatening illness, here are a couple resource websites for you to check out:

www.gloriasangels.org

Their mission is: Lifting burdens and building community so people can focus on caring for a loved one with a life-threatening illness.

www.angelcarefoundation.org

Their mission is: To provide outstanding emotional support to those newly diagnosed with breast cancer, helping to empower them to wellness.

~ Evelyn Street

Continuing Education Reimbursement

PCNA members can be reimbursed up to \$50 a year for continuing education. Simply send a letter to PCNA stating your name and address, and the name and date of the conference attended along with proof of payment and attendance.