



PIERCE COUNTY NURSES ASSOCIATION

FALL 2017

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PIERCECOUNTYNURSES.COM



Nurse of the Year

Congratulations to PCNA 2017 Nurse of the Year, Susan Jacobson!

After over 40 years as a nurse, Sue retired in May from St. Clare Hospital. Her passion, dedication, leadership and profound caring has had a huge impact on co-workers, patients and the nursing community at large.

Sue's career began after receiving a grant for a LPN program. "The only reason I could go to the LPN program was because of a grant." After 15 years as a LPN, Sue became the first recipient of the Wagner Scholarship from Multicare allowing her to attend Tacoma Community College's first LPN to RN bridge program. Graduating from TCC in 1991,

Sue worked throughout Pierce County, spending the last 19 years working on the Med/Surg floor at St. Clare.

Numerous coworkers nominated Sue for Nurse of the Year, writing about her passion for nursing, her deep compassion, her mentorship, leadership, ability to recruit volunteers and get others involved in causes, and her advocacy for nurses on a local, state and national level:

"I tell new nurses that I want to be like Sue Jacobson when I grow up." "She is a true nurse in every sense of the word with excellent work ethic and endless compassion for those in need. Sue has dedicated herself to giving her patients and their families the type of care, respect and compassion we would all want for our loved ones. Sue is sensitive to the physical, emotional and spiritual needs of her patients as well as their families."

As a charge nurse, preceptor and mentor, Sue has helped many nurses grow and flourish. However, her support of fellow and future nurses has always extended beyond work hours. She has served on the Advisory Board for Clover Park Technical College RN program to help guide nursing education and practice for future nurses; and on Nurse Practice Councils and Safe Staffing Councils. She has also acted as a Grievance Officer, and has held many other positions on boards to promote the safe practice of nursing.

Sue has spent countless days at State and National meetings and conferences to ensure the voices of frontline nurses

are heard. She has volunteered for Nurses Week celebrations, WSNA Leadership Camp and Nurse Legislature Day, and to assist in developing a Nurse Contract. "Sue has a strong sense of social justice and has sought to promote a just culture in hospitals. She is brave and fierce in regards to advocating for better nursing conditions and quality of care for patients. Her honesty and integrity are immeasurable."

In addition to being a past PCNA President, a long-time PCNA board member and a previous PCNA Nurse of the year, Sue has been instrumental on our fundraising committee. PCNA's bowling tournament, now in it's 5th year, exists because of Sue's passion to support the next generation of nurses. Her desire to financially lift some of the burden of furthering a nurse's education is a lifelong passion. In Sue's words, "I feel that it's really important that we have scholarships and help people move forward."

As Sue transitions into retirement, she plans to spend time with her family while remaining active with PCNA - serving on the board as well as the fundraising and volunteer committees. "You can take Sue out of her paid nursing career, but you can never take Sue out of nursing—it's more than her profession, it's her calling."

SAVE THE DATE!

**PCNA Nurses Week Banquet,
Annual Meeting & Silent Auction**

Friday, May 11, 2018

SELF DEFENSE FOR NURSES

WHAT: Self-Defense class tailored to the needs of medical personnel
WHEN: Saturday, October 7, 2017
9:30 - 11:30 am
WHERE: Franciscan Education and Support Center (FESC)
2420 S. State Street,
Tacoma, WA 98405
PRICE: **FREE** to all RNs & LPNs who live or work in Pierce County*
RSVP: Pre-registration required at PierceCountyNurses.com

PRESENTED BY



Seven Star Women's Kung Fu

Self-defense training will help you protect yourself in moments of danger. You can...

- Develop a confident demeanor
- Learn vulnerable targets on an attacker
- Know where and when you are most vulnerable
- Master grab-releases and de-escalation techniques

* PCNA members are given priority with registration, but attendance is limited to 80, so don't delay! Other RNs and LPNs who live or work in Pierce County will have seats confirmed on a space-available basis beginning September 15th. Certificate of Attendance will be provided to all attendees.



CHARITABLE DONATIONS

Please bring donations of **NEW** socks, underwear and PJ's in kids' sizes 4-10 for the **Amara Emergency Sanctuary**. For information about Amara's mission and services, see article on page 4.



Michelle Kim



Keely Gorospe



Alexandra Huntsman



Krista Vavrik



Emma Barnes



Alexandra Heldrich



Lydia Helt

2017 PCNA SCHOLARSHIP RECIPIENTS

Florence Golda Scholarship

Michelle Kim is currently attending the University of Washington-Tacoma RN to BSN program while working at Tacoma General as a charge nurse. Michelle's journey to nursing started with her experiences as a young child in South Korea and the nurses who (in Michelle's words) "left footprints on my heart." After starting a family and working in a variety of fields, Michelle went back to school graduating with honors from Pierce College with her ADN. Since starting work as a nurse, she has taken on leadership roles as a charge nurse and member of the Unit Based Council and obtained a certification in chemotherapy administration. Michelle's passion for nursing and her drive to expand her knowledge were very evident in her essay. Michelle also gives back to her community - volunteering at her daughter's middle school and educating Korean elders in her church. Long term, Michelle plans to explore opportunities in oncology research or possibly management.

The Florence Golda Scholarship is awarded to a current PCNA member who is furthering their education.

College Scholarships

Keely Gorospe wrote a lovely essay describing her love of both the science and art of nursing. She shared her experiences holding a sheep heart and falling in love with the realness and complexity of the biology. She also spoke about the need for love and compassion. In Keely's words, "I will use my power to learn, to love and to heal. I will be a nurse."

Keely graduated high school with an impressive 3.964 gpa. In addition to being a successful student, she is also a successful athlete and dancer. Keely's not just a varsity cross country runner; she is also captain of the team; and she is not only a dancer but also a choreographer. Keely begins classes at PLU this Fall. After nursing school, her plan is to work as a nurse in the Washington area.

Alexandra Huntsman identified nursing as her career path as a patient, when she experienced, "the overwhelming compassion from the nurses." Alexandra is currently enrolled at Northwest University's Buntain School of Nursing in Kirkland. She is a past PCNA Scholarship Awardee receiving the PCNA High School level scholarship in 2015.

As a soccer player, team captain and active member in her church community, Alexandra has welcomed opportunities to take on leadership roles and to give back to her community. A past participant at Multicare's Nurse Camp, Alexandra has also volunteered at Mary Bridge Children's Hospital Emergency Department. Once obtaining her RN, she hopes to participate in medical mission trips while working at a local hospital. Her long term goal is to become a Pediatric ARNP.

Krista Vavrik, a past PCNA high school level scholarship recipient, is currently working on her Bachelor of Science in Nursing at Pacific Lutheran University. Krista wrote in her essay "nursing is more than my career choice; it is my passionate calling which fulfills my purpose in life."

After witnessing her father's battle with cancer and the care he received from nurses, Krista knew that she wanted (in her words) "to advocate for my patients, while allowing them to feel comforted, well-informed, and encouraged." Krista has a strong connection to her faith; she is active in PLU's College Young Life club, participates in mission trips and volunteers with organizations throughout the community.

Krista's deep compassion and strong belief in the importance of service to others is evident in her activities. Once completing her BSN degree, Krista anticipates working in pediatrics or oncology and participating in medical mission trips.

High School Scholarships

Emma Barnes graduated from Curtis High School in June. As a senior, she completed courses as a Running Start student at Tacoma Community College earning a place in the Phi Theta Kappa Honor Society for her academic achievement.

During high school, she has volunteered at Mary Bridge Children's Hospital as well as other community organizations, led her soccer team as team captain and worked as a babysitter caring for young children. Described in the recommendations as a determined student who has found a unique balance between confidence and humility, Emma is at the University of Washington this Fall to continue her pre-nursing degree. Her long term goal is to become a Certified Registered Nurse Anesthetist.

Alexandra Heldrich discovered her passion for nursing while witnessing her father's battle with cancer. She wrote in her essay, "I still remember a nurse who went out of her way to make my father a milkshake to help him feel better. I want to make the same impact on other people as my father's nurses made on me."

Alexandra graduated from Orting High School with an impressive 3.9 gpa AND her Associates degree from Pierce College. And that's not all—she accomplished this while volunteering at a variety of community organizations and holding down a job as a reporter for Pierce College's student newspaper, The Puyallup Post. Alexandra is headed to the University of Washington to complete her BSN degree. Her ultimate goal is to become a Nurse Practitioner.

Lydia Helt was very busy during high school. Her recommendation letters spoke of her passion and enthusiasm for learning. While holding down a very rigorous course load filled with AP classes, she took on leadership roles at school and at the Lakewood Playhouse where she has been part of numerous productions as well as program development.



Kecia Howard

Anna Watsek

RECIPIENTS

Lydia's passion for nursing stems from her own experiences as a patient and her vivid memories of the nurses that cared for her. Lydia was accepted into four universities for direct admit into their nursing programs and begins her studies at Seattle Pacific University in the Fall. Lydia's long term goal is to become an ARNP and provide primary care to patients.

Kecia Howard graduated from White River High School and will be attending Gonzaga University. Active in Girl Scouts, Kecia has volunteered at numerous community service organizations helping with projects large and small. Kecia is also an athlete and musician - playing on her school's varsity tennis team and playing both the trumpet & french horn.

Very active in her church, Kecia has participated in mission trips to Whatcom County, WA and Tijuana, Mexico. She has also volunteered at St. Elizabeth Hospital. Kecia wrote "I have come to realize that the hospital is the type of environment that I would like to work in because the nurses have different cases that come in daily and are able to still connect with their patients before sending them home." Kecia hopes to travel internationally, providing nursing care in poverty stricken areas.

Anna Watsek graduated from Emerald Ridge High School with a very impressive 3.94 gpa. She earned that gpa while taking a course load filled with AP classes, playing sports and volunteering. From being captain of her soccer team and lettering in several sports to volunteering with Young Life, WA State Special Olympics and Good Samaritan Hospital, Anna has distinguished herself as a leader with a strong work ethic.

After participating in Multicare's Nurse Camp last Summer, Anna is positive about her career choice. Anna is headed to Boise State University in the Fall to work on her nursing degree. She plans to specialize in pediatric oncology and plans to ultimately become a Nurse Practitioner.

FUNDRAISING SUCCESS!

During the 2016-17 fiscal year ending 06/30/17, PCNA raised \$5,719 for nursing scholarships! Thank you to these amazing individuals and local businesses for their donations!

In-Kind donations:

- Agnes Balangue Herron
- Amanda Mackey
- Bartell Drugs
- Boat Shed Restaurant
- Cathy Peterson
- Chan Ly
- Children's Museum of Tacoma
- Costco Wholesale Warehouse
- Dukes Chowder House
- Elizabeth Essentials
- Erlinda Reguidin
- Evelyn Street
- Grand Cinema
- Hotel Murano
- Janet Stewart
- Josie Hansen
- Karen Tranholt
- Kimberley Russell
- Maria Anderson
- Mary Anne & Richard Tagulinao
- Metal Magic
- Michael Long
- Michael Shaw

- Mike & Beverley Krashin
- Polished Image
- Rhein Haus Tacoma
- Seattle Seahawks
- Seattle Sounders FC
- Seattle Storm
- Sonya Miller
- Susan Jacobson
- Tacoma Art Museum
- Tacoma Comedy Club
- Tacoma Rainiers
- Tease Chocolates
- The Cheesecake Factory
- UCNBiz Group
- Uncharted Waters Float Center
- Wilco Farm Store

Monetary Donations:

- Joshua Jacobson
- Michelle Demille
- Patricia Spencer
- Tacoma Anesthesia Associates*
- TRA Medical Imaging*

*Donations \$500 or higher

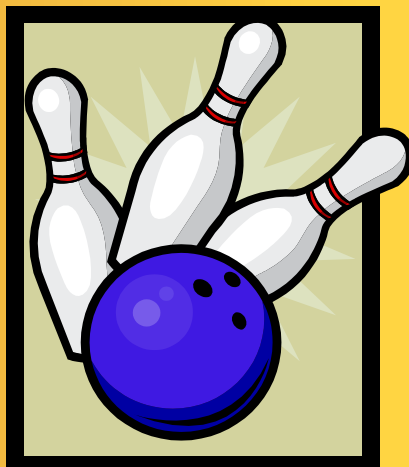
Thank you all for supporting Pierce County Nurses!

Ways You Can Help!

Donate directly to the PCNA Scholarship Fund. Donations are 100% tax-deductible! You can donate online at piercecounrynurses.com or by mail to **223 Tacoma Avenue South Tacoma, WA 98402.**

Do you know a local business owner? Consider asking them for a donation of a gift certificate or item. Not only will it help raise money for nursing scholarships but their business will be thanked at events and in our newsletter. It's a win-win! Email PCNA to arrange for pick-up of a donation.

Go bowling with us! Join us for the 5th annual bowling tournament to raise money for nursing scholarships. Grab your co-workers, family & friends and form a team. Awards given for highest scoring teams and individuals as well as most team spirit! We love to see team shirts or costumes! \$25 per bowler includes shoe rental, two games of bowling and lunch. Let's fill the bowling alley with nurses!



SAVE THE DATE!

5th Annual PCNA Bowling Tournament and Gift Basket Raffle!

Saturday, February 24, 2018
Noon to 2:30 pm

Pacific Lanes Bowling Center
7015 S. "D" Street • Tacoma, WA 98408

REGISTRATION DEADLINE IS FEBRUARY 10TH:
piercecounrynurses.com

President's Message



Wow, that was a short summer! But we're ready to start anew, and this is an exciting time for us.

We are welcoming **Tami Green** as the President-elect! And there are many new things from **WSNA** coming forward as **Sally Watkins** takes over as the newest Executive Director for our state-level association.

Please refer to our website and Facebook page for the most current information about upcoming events, including: two education events, our 5th Annual Bowling Tournament, and next Spring's Nurses Week Banquet & Silent Auction. We will also be attending career fairs, and can always use volunteers for any or all of these events.

All members of PCNA are welcome to attend the board meetings. Feel free to contact the office for updates. Let's get started!!

Mike Krashin, PCNA President

PCNA Board 2017 | 2018

- President Mike Krashin
- President-Elect Tami Green
- Vice-President Evelyn Street
- Secretary Amanda Mackey
- Treasurer Michael Long
- Directors Agnes Balanguie-Herron
 Rachael De Souza
 M. Josie Hansen
 Susan Jacobson
 Shannon Lynn
 Karen Tranholt
 [open position]
- Student Representatives Nichol Eberle
 Kristin Wilcox
- Executive Director Julie Long

Amara

A **mara Emergency Sanctuary** is a temporary home for children 12 and under who have recently been removed from their home. They are scared. They don't know what is happening or why.

Sometimes kids arrive at the Sanctuary with a few belongings in a trash bag- often, they arrive empty-handed. **Amara** is a safe, stable and nurturing alternative to waiting in a police station or a social worker's car for foster placement. Staff and volunteers provide trauma-informed care and comfort from the moment a child arrives, giving families and social workers time to find the best long-term option for the child.

Volunteer support is needed to provide kids with the care they deserve. You can make a profound difference in the children's lives with just a few hours a month. All you have to do is play games, go on field trips, help prepare meals, read bedtime stories, and do crafts with the kids. All volunteers are provided with training and are supported by onsite staff.

If you are interested in volunteering, please visit AmaraPutsKidsFirst.org



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223 Tacoma Avenue South • Tacoma, WA 98402



Financial Stewardship

On July 22nd, Carolyn MacLeod and Janet Anderson-Benjamin spent the evening completing the Annual PCNA Financial Review. Thank you for all your help!



Banquet Photos Online!

Agnes Balanguie Herron poses with guest of honor, Florence "See See" Rigney, who, at age 92, still works as a nurse at Tacoma General! PCNA wants to thank Agnes for the amazing photos she took at this year's banquet! Visit PierceCountyNurses.com to see them all!