



PIERCE COUNTY NURSES ASSOCIATION

FALL 2019

SUPPORT + ENCOURAGE + EMPOWER + ENGAGE

Nurse of the Year



Congratulations to the PCNA 2019 Nurse of the Year, **Cooksey Trent, RN, BSN!** A bedside nurse for 38 years, Cooksey retired in January of this year. After graduating from nursing school in 1981 and spending two years in a Med-Surg unit in Lexington, Kentucky, she married and moved to Maine "on a whim," beginning her career in the ICU. She would continue in the ICU for the next 36 years.

Early in her career, Cooksey worked as a traveler, spending five years "in all four corners of the US." She really enjoyed her time as a traveler and would recommend it to "anyone without pets or kids." Cooksey has loved knowing that she could "work anywhere in the world."

In 1991, Cooksey and her husband decided it was time to "have stuff," and they chose to settle in Washington. She began working in the Tacoma General ICU on night shift. "All the time at the bedside—I wouldn't have it any other way. That's where nurses have the most effect. [When you're the patient] you know you're taken care of if your nurse is there."

Cooksey loves the "investigative" work of nursing. "You gather all the info and make a plan, knowing the person following you would continue." Cooksey shared that she's gradually moved into a teaching role for young nurses. Her qualities as a teacher were evident in the nominations. One nominator shared, "When I was a new RN 20 years ago, she taught me most everything I know and use in my practice today."

Cooksey shared she has always said, "'When it stops being fun, I'll stop doing it,' But that wasn't the case for me, because I loved, loved, loved the people I worked with; we were our own posse. I started my career at the age of 21 and 59^{1/2} was always a goal for retirement."

In January of this year, Cooksey was celebrated at two retirement parties and is now hitting the road for a long-planned trip across the United States. She and her husband have a new C-class camper and plan to spend a lot of time traveling.

Congratulations, Cooksey!



Tacoma General ICU nurses Michael Long, Jill Robinson, Liz Leske, Susan Hensley, Marta Machado and Dan Estrada accepting the NOTY award on Cooksey's behalf.



Integration Update

All PCNA Ballot Measures passed this year. We now have unified dues and bylaws across our newly expanded region. For a complete update and to review the bylaws, visit piercecountynurses.com/2019-ballot/. Our integration committee remains focused on providing increased engagement and support to our members across our new region in Pierce, Thurston, Grays Harbor, Mason, Kitsap, Jefferson and Clallam counties.

We'd love to get your input! PCNA welcomes you to come to a board meeting, see how things work and get more involved. For members outside of Pierce County, we have a speaker phone and conference call system to allow for remote attendance. Email us for more information.

WSNA Nurses Speak+ ABERDEEN, WA

Legislative Update & Workplace Safety CNE

WED NOV 06 | 5:30-8:30pm

Pavillion at Washington Morrison Riverfront Park

WSNA event details coming soon. Stop by the PCNA table Nov. 6th!

Help PCNA find NOTY 2020!

Each year, the PCNA Board of Directors selects a member for the honor of being the **PCNA Nurse of the Year (NOTY)**. We're inviting **YOU** to nominate a nurse colleague who goes the extra mile for their patients, who reaches out to coworkers to provide support and encouragement and whose love of nursing is evident in their daily actions. PCNA needs **YOUR** help in identifying these remarkable nurses.

Please consider nominating a fellow PCNA member for the 2020 Nurse of the Year award by completing the **online form** at piercecountynurses.com/nurse-of-the-year.

We've made some changes to the process, including moving up the deadline. All nominations must be received or postmarked by **02/29/2020**.

253.572.7337 | office@piercecountynurses.com | www.piercecountynurses.com



LOST ART OF NURSING MUSEUM

SAT OCT 05

Caravan with PCNA board members to Cannon Beach, OR. We've scheduled the museum to be open 1-3pm for a tour.

Check out their online gallery: pronurse.com/home.html

Send us an email if you're coming or would like to carpool.

2019 PCNA Nursing Scholarship Recipients

Florence Golda



Cheryl Dann, RN

Cheryl was born and raised in the Philippines and began exploring a career in nursing when she arrived in the US during the Great Recession.

She began as a volunteer with American Cancer Society at St. Joseph Medical Cancer Resource Center helping with administrative work. Her experience working with patients and families through the resource center inspired her to pursue a career in nursing. She started with a free nursing assistant program which led to her first healthcare job in a nursing home in Puyallup. She later began working at a hospital and finished her nursing degree with high honors.

For the last 4 years, she's worked as a registered nurse at St. Clare Hospital and later at Good Samaritan Hospital with PCU home health and special interventional services. She is the volunteer nurse ambassador for newly-hired foreign-born nurses as well as serving as a preceptor in both PLU and GI Labs.

Cheryl is also an active volunteer with Pierce County Medical Reserve Corp where she helps with vaccination clinics as well as staff their tent at local events like the Seattle to Portland bike event. She is also a community representative for the Tears Foundation, a local nonprofit helping bereaved families with infant/child loss.

Cheryl is now enrolled in the Psychiatric Mental Health Nurse Practitioner at Gonzaga University and has maintained an excellent academic standing with a 3.93 GPA while working and volunteering. She plans to obtain her Masters degree and work to help "psychiatric and behavioral health patients thrive and live stable lives."



LPN to RN

Renee Ann Cosca

Currently a student in the TCC LPN to RN program, Renee is a member of Phi Theta

Kappa Honor Society and the TCC Student Nurse Organization. Renee also works as an LPN and Patient Safety Lead Trainer at the Multicare Auburn Primary Care Clinic. In her essay, Renee shared that being a first generation college student has not always been easy but she wrote, "I've learned to thrive under the pressure, which continuously fuels my desire to obtain my degree."

Renee was born and raised in Guam which is an unincorporated territory of the United States. She became a Licensed Practical Nurse in 2014 - working first in Guam where she completed the LPN program and later in

Washington. In 2016, Renee moved to WA to advance her nursing education.

Renee is passionate about volunteering and wrote about "the love felt through service." As a registered nurse, she plans to work in underserved rural areas. Her long-term goal is to earn a Doctorate of Nurse Practice specializing in Population Health Nursing and Public Health.



College

Ashley Eubank

A mother of two young children, Ashley's road to becoming a nurse has not always been an easy one but she's persevered. Ashley graduated with honors from Pierce College last June with her associates in pre-nursing and is currently a student at Tacoma Community College Nursing Program.

Ashley's passion to be a labor and delivery nurse began at age 16. After a negative experience with a healthcare provider, she had a positive experience with a nurse who Ashley describes as the kindest and most compassionate nurse.

From these experiences, Ashley knows not only that she wants to be a nurse but why she wants to be a nurse. In addition to working in labor and delivery, she also plans to work with pregnant girls and young mothers - providing support and resources to help them be successful. From personal experience, she knows that labor and delivery and new motherhood can include sad times. In Ashley's words, "I want to be there for those women and families to make that very heartbreaking time as tolerable as possible."



Paola Loza

As PCNA strives to support nurses in our expanded region, we're thrilled to have Paola Loza as our first recipient of our college level scholarship who lives and attends school in Grays Harbor.

Paola became a certified nursing assistant while still in high school after completing a Professional Medical Careers Program at Aberdeen High School. She's been working as a CNA for the last two years while earning a direct transfer Associate Degree in Pre-Nursing. She is currently finishing up her first year in the Grays Harbor Community College Nursing Program.

Paola was inspired to pursue a career in nursing after helping her father with his type 2 diabetes and realizing how much she loved helping people. Her current work as a CNA has further solidified her passion and resolve to become a registered nurse. She plans to work at a local family physicians office in her community.



Kaia Moan

Kaia's path to nursing began at a very young age. Diagnosed at 3 years old with Juvenile Rheumatoid Arthritis, Kaia underwent multiple surgeries to repair her retina. Kaia wrote "Through my continuous medical battles, my nurses have made an enormous impact on my life."

Kaia has a strong passion for working with children and individuals with different abilities and for giving back to her community. She is a committed volunteer to the Special Olympics Basketball team helping students with different abilities.

A graduate of Multicare Nurse Camp, Kaia has also been very involved with the Health Occupation Students of America (HOSA) club at her school. In addition to placing 4th on the Health Care Issue Exam at the State Leadership conference, she serves as the club's community service coordinator helping to coordinate multiple drives including creating Stop the Bleed kits for each classroom.

Kaia begins the BSN program at PLU this Fall. She plans to pursue a career as a pediatric nurse and, in the long term, a Nurse Practitioner specializing in pediatric oncology or as a pediatric certified registered nurse anesthetist. In her essay Kaia wrote "Being a nurse, I believe, is what I was born to do."



High School

Yamile Merino

Yamile Merino graduated from Wilson High School and begins attending Pacific Lutheran University in the Fall. In her application, Yamile eloquently shared the story of her grandfather's battle with esophageal cancer and the care given to him by her family. She wrote about the day of his passing saying "That day changed my life forever, I knew my calling was caring for others just like everyone did for my grandpa up until the day he passed away. I want to make others feel comfort during their time of hardships and being a nurse would allow me to do that."

To further explore a career in nursing, Yamile is an active volunteer at Tacoma General Hospital in the Women and Newborn Department. She even became the trainer for new volunteers on the unit. She also took advantage of the opportunity to earn her nursing assistant certification through Tacoma Public Schools last summer. "My CNA certification confirmed my passion for caring for others and gave me more knowledge on what it is like to be a nurse."

Yamile has also volunteered for other community service organizations in our community including Special Olympics, Mary Bridge's

Festival of Trees and making ornaments for babies who were spending their Christmas in the neonatal intensive care unit.

Yamile plans to pursue a career as a Neonatal Registered Nurse with a long term plan to become a Neonatal Nurse Practitioner.



Susan Nguyen

Susan Nguyen graduated from Mount Tahoma High School in June and is headed to Whitworth University this Fall. Susan's desire to be-

come a nurse started at home. Raised by two very strong women - her mother and grandmother, Susan's life changed drastically during her freshman year of high school when her grandmother suffered from a brain aneurysm. No longer able to care for herself, she moved in with Susan and her mother who became her constant caregivers. Susan wrote in her application "We learned how to work around each other's schedule; while my mom was at work, I would be at home and when I was at school, she would be home."

Last summer, Susan completed a CNA training program which has allowed her to increase her level and quality of care she is able to provide her grandmother and has helped solidify her desire to pursue nursing. Susan also shared in her essay the gift that being her grandmother's caregiver has given her. "Spending all this time with her has given me great insight as to who I am and where I come from"

Susan is a graduate of Multicare Nurse Camp and has taken opportunities to begin exploring the various types of nursing but she has not settled on a specific speciality. She wrote in her essay that "nursing is a broad career path and offers a variety of opportunities to practice; whether it means working in a clinic, doctor's office, the ER or labor and delivery, I want to find what's right for me."



Danika Peterson

Danika is our first High School Scholarship Recipient from our new expanded area outside of Pierce County. Danika lives in Montesano and graduated from Montesano High School. She will be part of the inaugural Saint Martin's University BSN class this Fall..

Danika was raised by a single mom who raised not only her but her brother who was adopted through the foster care system. This experience informed her choice to pursue nursing. "I would love to work with families in transition, and work with drug addicted and exposed children. Nursing would allow me to do this."

Danika took advantage of opportunities through WA State SkillsUSA to advance her Nurse Assisting Skills. She has competed at

both a state and national level and placed 16th in the National Competition.

Danika is a varsity student athlete in Tennis, Cheer and Drill and Bowling. She also works part time and volunteers in a variety of community service programs. Most notably, she has been actively involved with Challengers Baseball as a Buddy. The Challengers program is a youth baseball program for kids with special needs. Danika wrote that "this program is very near to my heart because I have a brother who plays on the team who has significant developmental and physical delays."

Danika's long term goal is to work as a registered nurse in pediatrics, surgery or the emergency room.



Deneeka Smith

A graduate of Lincoln High School, Deneeka's path to nursing shows her determination. Deneeka shared in her application that the first two

years of high school were difficult for her. She found herself homeless and living with friends. During this time, events in her life brought an increase in exposure to hospitals and the medical field. "Observing all the people they were helping led to my interest in pursuing a medical field as a career, where I can give back to my community."

Deneeka works two part time jobs at Papa Murphy's and Old Navy but also participates in volunteer opportunities including coordinating donations for holiday giving and Food 4 Change food drives. Deneeka describes volunteering as "something I find joy in."

In 2018, Deneeka was accepted into Na-ha-Shnee Native American Health Science Institute and the Tacoma Med-Partnership Program. The Na-ha-Shnee Institute gave her the opportunity to stay on campus at Gonzaga University for two weeks to explore a variety of medical careers. While in high school, she also com-

pleted a nursing assistant program and is now a certified nursing assistant.

Deneeka is interested in exploring travel nursing to "get exposed to different health care organization systems and technology while traveling to new locations." She is also interested in becoming a Neonatal Nurse.



Star Sturgis

Star Sturgis graduated in June with both her high school diploma from Clover Park High School and her associates degree in pre-nursing from Pierce College. Star filled her application with life experiences that she says drew her to a career in nursing. Born to a mother who battled drug addiction, Star was raised by

her grandmother with the support of a strong diverse family.

Her grandmother also lovingly raised foster children for over 15 years. Star wrote in her application "My life experiences have ingrained in me core values, that allow me to cherish those who support you, have integrity and allow diversity in my life."

While in High School, Star has also completed a certified nurse assistant training and spent time tutoring children who have come into child protective services at Lorene's Place II.

Star's plans to pursue a nursing career in pediatrics. "With a special place in my heart ... for children. I take great pleasure in playing a key role in a child's life when they need it the most."

Thank you to all our amazing donors! With your help, we raised \$6,398!

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Kirk's Pharmacy	Uncharted Waters
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LipoMelt Studio	Vicki Sulfaro
Liz Leske	Wilco Farm Stores
	Wild Waves

PRESIDENT'S MESSAGE

The Future is Here.

I am moving into my final year as PCNA President and I have had a job change. I am now working in a non-represented unit. This makes my membership in WSNA/PCNA even more important to me now so that I can stay in touch with what is going on in nursing. I hope this year will give me insight into how we can get nurses from all areas of nursing to engage in our organization. We are strong when we are united and the WSNA/PCNA is a vehicle to help us organize our voices.

For the last few years we have had many discussions about the future of our organization - what we should look like and what we should focus on. Now the future is finally here.

We have changed our dues structure, elected leaders and we are fully integrating to become the voice of Registered Nurses in our

newly formed region. We eagerly anticipate participation from our expanded areas and also hope to engage more nurses from Pierce County.

I hope you will choose to participate more fully this year as we bring the future into reality.



Tami Green RN-BC
Mental Health | Lakewood

PCNA Board 2019-2020

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Keep up to date on all PCNA activities and events, Like us on Facebook and Follow us on Instagram:



The REIGN vs. PORTLAND THORNS @ CHENEY STADIUM

SUNDAY SEPT. 29th | 11am Kick Off.
Post-Match Autographs

PCNA \$14.50 Group Rate Tickets includes hot dog, chips, bottled water.

Order your tickets on PierceCountyNurses.com.
Call Julie at 253.572.7337 for more information.

SAVE THESE 2020 DATES!

- Saturday, February 29: 7th Annual PCNA Bowling Tournament
- Saturday, March 21: Spring Continuing Education Event
- Friday, May 8: PCNA Nurses Week Banquet



PIERCE COUNTY NURSES ASSOCIATION

PIERCECOUNTYNURSES.COM

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2 Simple Ways to Support PCNA



Fred Meyer Rewards

Raise funds for PCNA Nursing Scholarships and still get all your Rewards and Fuel points!

Just log into

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AmazonSmile

When first visiting AmazonSmile, select **Pierce County Nurses Association** as your charitable organization. The AmazonSmile Foundation will donate 0.5% of eligible purchases made through AmazonSmile to PCNA for nursing scholarships, at no additional cost to you!

FALL EDUCATION EVENT

Emerging Environmental Health Issues and the Relevancy to Nursing Practice

Identifying Workplace Hazards and the Health Impacts of Climate Change.

SAT OCT 12, 8:30-12 @ Franciscan Ed & Svc Ctr.

FULL DETAILS AND PRE-REGISTRATION AT PierceCountyNurses.com



Neighborhood Clinic is collecting supplies for "flu survival kits." Please bring donations of toilet paper, tissues and Emergen-C™.