Thursday, April 6th

Northeast New York Professional Nurses Organization, Inc.
&
Albany Medical Center
Invite you to:

Walk This Way:
Steps to Promoting Nurse-Led Ambulation

Presented by:
Maryanne Preston MS RN-BC
Saratoga Hospital
&
Kim E. Winne, MSN, RN, CMSRN
Saratoga Hospital
(full flyer attached)

CENTURY HOUSE
997 New Loudon Rd.
Latham, NY
Social Time:  5:30 – 6:00 p.m.
Dinner & Program 6:00 – 8:30 p.m.

Pay via PayPal® - go to www.NNYPNO.com, click on Forms then Educational Events
or Mail payment with this portion of reservation to NNYPNO P.O. Box 11113, Loudonville, NY 12211
Reservations must be received by Monday, April 3rd

Name:__________________________________________________________________

☐ Program only - $10.00  ☐ Member with Meal -- $35.00  ☐ Non-member with Meal -- $37.00
NNYPNO General
Membership Meetings Dates

April 6, 2017
June 1, 2017 (Awards Dinner)
October 5, 2017
December 7, 2017

Membership Dues
Annual membership dues (July 1 - June 30) = $45 - paid July 1st of each year.
Half year membership dues (Jan 1-June 30) = $22.50
Retired nurses age 62 years or older = $22.50
New RN graduates for their first year of membership = $33.75

2017 Board:

Executive Committee:
President: Rosemarie Casale
President Elect: Jane Falvo
1st Vice President: Susan Birkhead
2nd Vice President: Diane Bartos
Treasurer: Kathleen Marsh
Secretary: Ann Bentzen

Directors At Large:
Missy Belotti
Linda D’Arcangelis
Sandy Farmer
Karen Henchey
Gerry Vickers

The Board meets on the following dates:
May 4, 2017
July 6, 2017 (transition meeting)
September 7, 2017
November 2, 2017
Dear NNYPNO members,

With spring on the horizon and National Nurses day approaching on May 6, I would like to take a moment to thank all of you for your support of the organization. Our organization’s mission is to promote collegial support and enhance the practice of the professional nurse in Northeast New York. In thinking about our long history in New York, I wondered what the current trends for nursing are in the state. We often speak of the shortage of nursing, I recently found that currently there is a relative balance between the supply of and demand for registered nurses in New York (Armstrong, 2016). There has been an expected growth in demand for registered nurses between 2015 and 2025. One of the areas of practice identified to experience more of the demand for nurses is long term care as our population ages and in relation to health reform initiatives to prevent avoidable hospitalizations. Another interesting fact: this balance in supply and demand is dependent on the retirement and graduation rates of nurses remaining the same. As we know there is always a need for nurses in many roles of the healthcare community and I encourage you to continue the promotion of nursing participation in the development of health care policy, mentoring of colleagues, recognizing colleagues for accomplishments in their practice and support of those who are pursuing their nursing career.

I was sitting wasting time one day on the internet and found a blog site of a nurse who was asking nurses to choose to be thankful towards each other, choose unity as a profession and support one another in the demanding career of nursing. I thought this was very brave and insightful of a nurse who has practiced for only four years. She also encouraged nurses to get involved in hospital committees, encourage shared governance and join an organization!

Each year NNYPNO recognizes nominees for excellence in practice and provides scholarships to those pursing their undergraduate degree for entry into practice and for those pursuing their BSN, MSN or Doctorate. We also recognize nominees for distinguished member. In recent years we have not received many nomination’s and I ask that you take the time to think of those that have inspired you, pushed you to go on with your goals or a team that accomplished a clinically significant project or outcome.

Remember to promote collegial support and enhance the practice of the professional nurse.

Respectfully,

Rosemarie Casale
President

## Treasurer Report
January 1 - February 28, 2017
Beginning Balance $33,882.77

### Income:

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<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Dinner Program</td>
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<tr>
<td>Program only</td>
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<td>Membership Dues</td>
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<tr>
<td>Scholarship</td>
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<tr>
<td>Raffle 50/50 (not held)</td>
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### Expense:

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<td>Dinner Meeting Balance</td>
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<td>Webmaster Renewal</td>
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<td>Pay Pal Charge Jan &amp; Feb</td>
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<td><strong>Total Expense:</strong></td>
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### Balance

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<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td></td>
<td><strong>$33,898.18</strong></td>
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Respectfully submitted,
Kathleen Marsch 3/3/17
Dear Nurse Colleague

We are delighted to announce the opportunity to honor outstanding nurses through the Excellence in Nursing Awards. As in the past, awards for excellence are available in:

- Clinical Bedside Practice
- Nurse Innovator
- Distinguished Member
- Helen Vartigan Mentoring Award

Please use the enclosed/attached nomination form(s) to nominate a deserving colleague. Nominees need to meet the following criteria:

- Actively employed or practicing in clinical nursing practice, nursing administration or nursing education
- Demonstrate vision and commitment to the profession and serve in a change agent role that exceeds what is expected in the scope of their role
- Nominees for the Distinguished Member and Nurse Innovator need to be members of NNYPNO; Distinguished Member may be retired.
- Nominees for the Clinical Bedside Practice and Helen Vartigan Mentoring awards need not be members, but must live or practice in the counties served by NNYPNO (Albany, Columbia, Rensselaer, Saratoga, Schenectady, Schoharie, Warren or Washington county)

Scholarships are also available: (1) RN student Scholarship: may be non-members with proof of enrollment in a school of nursing, and/or (2) the Susan J. Fraley, MS, RN Scholarship for RNs continuing their education in pursuit of an advanced degree in nursing and a NNYPNO member for one year.

Additionally, this year we will give special recognition for Team Work. Criteria for this award is described on the application and will be awarded to an exemplar team effort in accomplishing a unit-based or organizational initiative that resulted in improved outcome(s) for a patient or patient population.

Please submit nominations by April 22nd to the PO address or e-mail on the application forms.

All nominees will be honored at our Annual Awards Dinner Meeting the first Thursday of June.

Thank You

The Education & Practice Committee
CARING & SHARING
IN MEMORIAM

Ruth Anne Clark
12/31/16
St Peter's Hospital

Rose Marie Schuttenhelm
1/1/17
St Peter's SON
Leonard Hospital

Carol Ann Roche
1/3/17
AMC SON
AMC-PICU

Ann Kirby Flynn-Rockwell
1/15/17
HVCC
Van Rensselaer Manor

Maria Palazzo Welfinger
1/25/17
AMC SON
AMC

Joan M. Zapotocky
2/11/17
Samaritan Hospital SON

Anne Lynn Murphy Connally
1/6/17
St Peter's SON
Leonard Hospital

Elizabeth “Betty” Giroux
1/13/17
Albany VA Hospital
Cohoes Hospital
St Mary's Hospital
Flu Update:  
It is NOT too late to get the vaccine

It is February and officials in the United States continue to urge patients to get the flu vaccine if they have not already received it. As of February 13, 2017, the flu was in 40 states and Puerto Rico. (CDC.gov). 51 of 54 states and territories have experienced cases of the flu. New York is one of the states with the highest reported cases (CDC.gov.)

Dr. Sanjay Gupta in his video on Cable News Network (CNN) “Debunking Flu Myths” says you can’t get the flu from the shot. If you feel bad ill after receiving the injection, the evidence is, it is working. Cold does not cause the flu. Being inside among other people may be the factor. Lack of humidity may be another winter factor for ‘catching’ the flu.

The vaccine does not protect against all strains of the flu. This year’s most prevalent strain is Type A influenza which the vaccine is effective against (CDC.gov.) There have been over 14,000 cases of Influenza A reported (CDC.gov.) The report issued by the CDC February 13, 2017, said: “the flu has been associated with 20 pediatric deaths, seven of them reported in the week ending February 4.”

The flu differs from a cold in that its onset is very sudden. “Symptoms include a fever or chills, headache, soreness and the feeling that you don't want to get out of bed (CDC.gov.)" The very young, the elderly and immunocompromised people are among the highest risk for contracting the flu. Living or frequent exposure to a person or persons at high risk for flu complications is an appropriate reason to get the vaccine.

“Typically, flu season in the United States begins in October and reaches its seasonal peak between December and March before slowing through spring” (CDC.gov.) Unless contraindicated, it is not too late to receive the vaccine. Many pharmacists at drug stores and most MD offices can administer it.

References


SAVE THE DATE!!!
MARCH 30, 2017

LAY CAREGIVER BURNOUT: THE HIDDEN HEALTH HAZARD: IMPLICATIONS FOR NURSES

SPEAKER:
Melinda M. Burns MS
Director of Adult Education at Wildwood Programs, Inc.
Recipient of the Distinguished Toastmaster Award

Program Description:
Nurses often find themselves in the caregiver role, both at work and at home. Without adequate support and guidance, caregivers are at high risk for fatigue and burnout. As a professional with experience as a lay caregiver for over 22 years, Melinda Burns has firsthand knowledge on the issues lay caregivers face and the resources available in the community. She has also learned to navigate the healthcare system. Along the way, Melinda has interviewed hundreds of caregivers and investigated numerous online and governments sources; all of which she is currently compiling into a guidebook for caregivers.

TARGET AUDIENCE: Registered Nurses

WHERE: American Cancer Society Hope House
1 Penny Lane
Latham, NY 12110
TIME: 5:30 – 8:45pm Buffet Dinner followed by presentation

COST: $35

REGISTRATION:
To register, please send a check made out to Capital District Nursing Research Alliance (CDNRA)

Send to:
Dr. Gertrude Hutchinson
Center for Nursing
2113 Western Avenue, Suite 1
Guilderland, NY 12084
ATTN: CDNRA

CONTINUING EDUCATION STATEMENT: Albany Medical Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This learning activity will be awarded a maximum of 1.5 Continuing Nursing Education contact hours.

OBJECTIVES: At the end of this program, the attendee will be able to:
**Presenting:**
Lessons from the Field: Innovations in Veteran Education, Transitions, and Care

**Keynote Speaker:**
Donna Lake, PhD, MEd, RN, NEA-BC
Colonel (Ret.), U.S. Air Force and Clinical Associate Professor, East Carolina University
College of Nursing

**Where:** Holiday Inn Express & Suites, Latham, NY
400 Old Loudon Road, Latham NY 12110

**Time:** 8:30am- 3:00pm (Registration 8:00am-8:30am)

**Cost:** FREE **Registration is REQUIRED, afternoon lunch will be served.**

**Program Description:**
The conference is designed to disseminate innovative strategies in supporting veteran nursing education, transition into the workforce, along with trends in veteran health care.

**Target Audience:**
Nurse educators, staff development, nurse leaders, health care organizations, and veterans interested in learning about successful education strategies, the potential of the veteran workforce, and trends impacting the health care system.
Acute Respiratory Distress Syndrome

Presented by
Sean Geary, MD

Thursday, April 27, 2017
6pm: Registration and Networking
6:30: Dinner and Presentation

Provence Restaurant
Stuyvesant Plaza
175 Western Ave.
Albany, NY 12203

$25 per person
This event is subject to cancellation if a minimum number of guests is not reached

RSVP by Thursday, April 20, 2017 to:
AdirondackAACN@gmail.com

Payment can be made via PayPal at aacn.org/adirondack or via check made out to: Adirondack Chapter of AACN and mailed to:
Barbara Dagastine
2977 Hillcrest Road
Niskayuna, NY 12309
ORGANIZATION: Delta Pi

DATE: March 16th

TIME: 6pm

PLACE: Sage Campus Kahl #224

COST: $10

SPEAKERS: Linda Millenbach, RN,PhD and Kathleen Sellers, RN,PhD

PROGRAM: Horizontal Violence among NYS Nurses: Present Recommendations for Addressing Phenomenon presentation of research, networking and food

CONTACT: Darlene Hoffman at dhoffman@nycap.rr.com to register and for more information. May pay at door but need to RSVP by 3/13.
Get ready for National Nurses Week

ANA has designated 2017 as the "Year of the Healthy Nurse."

Join us during National Nurses Week, May 6–12, as we explore this year's theme,