As I write this report in the last months of 2018, I am thinking of what wonderful events have just happened and soon to happen in the last quarter of 2018. Last year, the NJSNA Board of Directors decided not to have a convention every year and replace it with the Annual Meeting and an education component. We held our first Professional Summit and Annual Meeting on October 11. Top-notch speakers were recruited from right here in New Jersey.

- Dr. Barbara Bloozen, EdD, MA, RN, NJ Board of Nursing President, presented an overview of the happenings at the NJ Board of Nursing. A brief question and answer followed her presentation.
- Two panel discussions were held addressing the Nursing Role in Population Health and Health Care Disparities. The first panel included representation from several health care areas: Linda Schumimmer, JD, President and Chief Operating Officer of the NJ Health Care Quality Institute; Maureen Schneider, PhD, RN, NEA-BC, CPHQ, FACHE, Executive Officer, Central Jersey Family Health Consortium; Debbie Polacek, RN Director of Program Service, New Jersey Family Planning Consortium; Laura Mularz, MSN, RN, APN, ACNS-BC NE-BC Director of Patient Care Services, Hackensack Meridian Health JFK Medical Center; and Kathleen McDevitt, MSN, APN, ACNS-BC NE-BC Director of Palliative Care Bayada at Inspira. The second panel focused on Women’s Health and the presenters were: Elizabeth Talmont, APN-BC VP Research Development, Planned Parenthood of Northern, Central and Southern NJ; Charles Sentieco, PhD, Assistant Professor, Department of Library and Information Science, Rutgers University School of Communication and Information; Robyn D’Oria, MA, RNC, APN Chief Executive Officer, Central Jersey Family Health Consortium; Deborah Polack, RN Director of Program Service, New Jersey Family Planning League.
- Sheri Cleaves, MSN, RN, CCRN, CRNI, Administrative Director, Professional Development and Evidence Based Practice at RWJBH Monmouth South, introduced the attendees to the Nursing Honor Guard. The Nursing Honor Guard is a group of nurses who attend the viewing of recently passed nurses and perform a short ceremony in honor of their years of service and practice as members of the nursing profession.

The Annual Meeting was the last general meeting for President Benjamin Evans, DD, DNP, APN, RN, Dr. Evans, President-Elect Kathleen Gillespie, MSN, RN and Treasurer Eleanor Dietrich-Wittharington, MSN, RN gave reports. The members voted to approve a reduction of the dues assessment from 7% to 3.5% for the Interested Nurses in Political Action Committee. Two resolutions were also approved:

- **Resolution by Banning 3D Guns**
  - THAT, now is the time for passage of meaningful gun control legislation at the state and federal level to protect society from untraceable guns.
  - THAT, Legislation has been introduced into the NJ Legislature to ban 3D Guns. NJSNA stands in support of this legislation being enacted.
  - THAT, NJSNA support for a ban on 3D Guns arises from a public health and professional safety concern and in no way is in opposition to any individual’s Constitutional 2nd Amendment Rights.
  - THAT, we all must engage in dialogue with our communities at every level of civil society and take action together to address the underlying issues that spawn hate and to stop these unspeakable acts of violence.

- **Resolution on Nurses and the Opioid Epidemic**
  - THAT, NJSNA supports the full inclusion of Advanced Practice Nurses as provided of MAT.
  - THAT, NJSNA continues to monitor and support state legislation that incorporates the use of MAT in the APN scope of practice in New Jersey.
  - THAT, NJSNA supports efforts and programs to prevent and treat opioid and other addictions within New Jersey.
  - THAT, NJSNA continues to support and operationalize the Recovery Assistance and Monitoring Program (RAMP) in its work with impaired nurses and in collaboration with the State of New Jersey Board of Nursing.

The Professional Summit Luncheon focused on the “Healthy Nurse.” Laura Mularz, MSN, RN, APN, ACNS-BC NE-BC Director of Patient Care Services, Hackensack Meridian Health JFK Medical Center presented “Got Florence.”

The revised Bylaws and Resolutions are available on the NJSNA website. A champagne reception was held, in the evening at the Professional Summit to thank Dr. Evans for his years of service and to wish him good luck in his future endeavors. If you were not in attendance, you missed out on a wonderful time filled with education, collegiality and networking.
MEMBERSHIP

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Marking Address Line 2

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County

Professional Information

Employer

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Ways to Pay

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Credit Card Information

Amount of Payment

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Credit Card Type

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Advance the practice of professional nursing by fostering quality outcomes in education, practice and research.

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Required Information: What is your primary role in nursing (position description)?

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Nurse Manager/Nurse Executive (including Director/CHNO)

Nurse Educator or Professor

On-Continuing Education in Nursing

Advanced Practice Registered Nurse (NP, CNS, CRNA)

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Credit Card Information

Amount of Payment

Payment Information

Check

Credit Card

Credit Card Type

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Copy Submission: Preferred submission is by email to the Managing Editor. Only use MS Word for test submission. Please do not embed photos in Word files, send photos as jpg files.

TwinFit Materials: New Jersey Nurse, Attention to Sandy Kerr, Managing Editor at sandy@njsna.org

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Dr. Frank Mattiace, Community Member
Welcome to Jennifer Chanti,
NJSNA Executive Assistant to CEO

NJSNA CEO Judith Schmidt has announced the appointment of Jennifer Chanti to serve as her Executive Assistant, effective September 24. Chanti will also serve as Membership Services Administrator, Assistant to the Secretary of the Board and New Jersey Nurse Managing Editor. Chanti has assumed the responsibilities of long-time staff person, Sandra Kerr, who retired after 25½ years at NJSNA. She follows in the footsteps of her mother, Sandra, and stated that she “has big shoes to fill.”

Chanti shared that “my goal in life was to become a nurse and my desire still is to pursue this goal. Life happened, and I became a wife and mother of three.” As a mother, her children were first in her life and her career goals were put on hold. Chanti’s oldest is serving in the Marines. Following in her mother’s footsteps may be a challenge, but Chanti says, “she has taught me well and I will strive to make NJSNA proud.”

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The Institute for Nursing will be celebrating its Diva and Don Gala on Thursday, April 4, 2019 at the Hyatt Regency Princeton, 102 Carnegie Center, Princeton, New Jersey. Due to the changeover in the Institute for Nursing leadership at the beginning of the year, the Awards committee pre-selected honorees for the 2019 Awards gala. This will allow sufficient turnaround time for the preparation of such a large event.

Moving forward, under the leadership of the Institute for Nursing President and the Awards committee, the awards process will be re-evaluated. We look forward to the support of everyone in making the 2019 Institute for Nursing Diva and Don Awards a success.

Thank you.

Sincerely,
Leo Jurado
Leo M. Jurado, PhD, RN, APN, NE-BC, CNE, FAAN
Chair, Institute for Nursing Awards Committee

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Events:
A big thank you to all that attended:
1. NJSNA 2018, Professional Summit held on Oct. 11th at APA Hotel Woodbridge, Iselin NJ.
2. There was an educational program prior to the business meeting where the nurses were awarded 1 Contact Hour after attending, Raising the Visibility of Clinician Stress, Burnout, and Compassion Fatigue. Oh you are making me work!! Deborah Drumm, APRN, BC, and Psychiatric-Mental Health Nurse Practitioner was the speaker.
3. Thank you cards’ fundraiser was a success. Funds that are raised will offset the cost of the Region’s philanthropic endeavors. Most recently the Region donated $100.00 toward preparing of Thanksgiving meals for those in need in Sussex County.

Community Services:
HARP Academy of Health Science: President Sandy Foley spoke to the students at the HARP Academy about career choices, in Paterson, NJ, hosted by the Student Success Career Day Program on Thursday, August 23, 2018.

Birth Haven: Thank you to NJSNA Region 1 member Margaret Daingerfield’s mother who so kindly hand knitted infant afghans for Birth Haven of Sussex County. Birth Haven is an independent, nonsectarian, non-profit organization that provides shelter, support, and education for homeless, pregnant women and girls. Dorothy of Birth Haven graciously accepted the afghans on behalf of the residents who were very grateful for the gifts.

Stop Suicide: Region 1 and Sigma Theta Tau chapter participated Oct. 7th in the walk, Out of the Darkness, Suicide Prevention in Waterloo Village, NJ. Thank you Sussex County Coordinator Lauren Krause for organizing our group of 15 and supplying us with refreshments. The meetings are held in Morris, Sussex, and Warren counties. Non-perishable food items are accepted for donation to a local food pantry.

Research or Project? Do you have research recently conducted or a project for professional advancement to share? Contact Sandra Foley (sbkbfoley@gmail.com) or Tifanie Sbriscia (sbrist2@hotmail.com).

Not a member, not a problem! We welcome all nurses to join us! For information contact Rachel Koshy: racbets@gmail.com; www.facebook/NJSNA Region 1.

Region 5
Burlington, Camden, Cumberland, Gloucester, Salem
Felicia Rockko, RN, BSN, Immediate Past President
Region 5 was well-represented at the 2018 Professional Summit on October 11. Thank you to all of the Region’s nurses who took the time to attend the event. We encourage all of the membership to attend NJSNA’s annual meeting next year! The Annual Region dinner on November 13 was a great success! Keynote speaker Rosemary Mortimer spoke about the importance of nurse engagement in nursing’s professional organizations, politics and policy. Speaker Keith Hovey, NJSNA’s INPAC Chairman, provided additional information regarding proposed policies in the State of New Jersey. Attendees also won fabulous door prizes, including books and videos.

As Region 5 President, my term has come to a close. I want to thank the Region 5 membership for their support as we re-built the foundation of our Region. I would also like to thank the NJSNA board for their guidance and mentorship during the last two years.

I am especially grateful for the Region 5 Board of Directors. During my tenure as President, this Board of engaged nurse professionals worked tirelessly to revise and update the Region’s bylaws, create continuing education programs for members, and engage the membership. I am continually impressed by each Board member’s dedication to the nursing profession and its members.

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profession and their commitment to taking steps to make the Region thrive. I am proud to have served with all of you, prouder still to call you friends, and look forward to continuing to support the Board as immediate past president.

I am excited to announce that Summer Valenti, BSN, RN, will serve as the new President of Region 5! During her tenure as President-Elect, Summer continuously displayed her deep dedication to the Region by guiding our efforts to revise the bylaws and taking an important role in planning membership activities. Summer’s enthusiasm and vibrant leadership will take Region 5 to new heights!

A special congratulations and welcome to all of the newly elected Board members! Please continue to offer the Board your support as the Region 5 Board continues its work to engage the members.

Follow us on social media for Region updates and activities and to share your comments and suggestions. The Region is available on Facebook and Twitter at @NJSNARegion5.

If you are not receiving email updates from Region 5, please log in to your account on the NJSNA home page and ensure that the correct email address is listed. Also, check your spam folders for messages from noreply@mail.com – all blast emails from the Region come from that address.

Region 6
Atlantic, Cape May, Monmouth, Ocean
Kathleen Mullen, DNP, MA, RN, CNE
VP Communications

Region 6 was well represented at the NJSNA/Institute for Nursing’s Professional Summit in October. The change in venue provided the opportunity for increased attendance by members. At the region meeting at the Summit, a slate of officers for the 2019-2021 term was proposed to the Executive Board and the membership. Online elections for President-Elect, Secretary, VP Communications, VP Congress on Policy and Practice, Nominations Committee (2), and Chairperson of Monmouth and Chairperson of Ocean counties were planned for November in conjunction with the NJSNA state elections.

The annual raffle ticket price and cash prizes were set for fundraising for the Beulah Miller Scholarship for Nursing Education. Every year, Region 6 awards four scholarships: to a prelicensure entry level student (AAS, ADN, or BSN), an RN to BSN student, an MSN student, and a doctoral student. The deadline date for this year’s scholarship application is April 1, 2019. The applicant must meet the following criteria:

1. Current membership in NJSNA Region 6
2. Candidates enrolled in a prelicensure entry level program exempt
3. Complete application including essay and recommendation letters.

A nursing student may only receive an award one time per level of educational program. For more information about the Beulah Miller Scholarship for Nursing Education, view the NJSNA website or email the Region 6 Scholarship Committee Chair, Barbara Blazen at bbblazen@comcast.net To purchase a raffle ticket or donate to the fund contact any member of Region 6 or email Linda Gural, lmgural@aol.com.

If you are a member of Region 6 and are not receiving email blasts about our Region meetings, please update your profile on the NJSNA website and check the group correspondence box in the Email Preferences section of your account. If you are not a member, join us at an upcoming meeting! On Wednesday, February 7, 2019 a general membership meeting with installation of Officers and an education session will be held in Ocean County at the Captain’s Inn. In March, members will march in the St. Patrick’s Day Parade in Seaside Heights. Educational meetings are anticipated in the Spring in Monmouth County and Atlantic County in 2019.

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Santee Inducted into NLN Academy of Nurse Educators
Named Among Ten Outstanding Filipinos Abroad in 2018

Roseminda Santee, DNP, MA, RN, NEA-BC, CNE, ANEF, Associate Dean, Trinitas School of Nursing, was inducted into the Academy of Nurse Educators of the National League for Nursing (NLN) on Sept. 14, 2018. She was one of 14 nurse educators inducted at the ceremony held during the NLN Honors Convocation at its Educational Summit in Chicago.

Santee’s professional career includes more than 25 years of teaching experience, 25 years of administrative experience in nursing education and nursing service. 13 years were served in the US Army Nurse Corps Reserve as a Major. She is a member of the inaugural National League for Nursing Board of Commissioners of the NLN Commission of Nursing Education Accreditation (NLN CNEA) and is in her second term of office. She is the secretary of the CNEA Executive Committee.

A NLN certified nurse educator (CNE) and an ANCC certified nurse administrator, advanced (NEA-BC), Santee received her basic nursing education in the Philippines and was recently selected as an outstanding alumna at that school during its centennial celebration. She earned a BSN at Concordia College in Manila. Arriving in the US in 1967, she continued her graduate education at NYU. She earned a MA in Nursing Education, both at NYU. She earned a DNP at Fairleigh Dickinson University. Her DNP research project on the lived experience of faculty in transitioning from a content based to a concept-based curriculum has been published and presented at national and state conferences.

Santee is a founding member of the Philippine Nurses Association of New Jersey (PNJANU) and the Philippine Nurses Association of America (PNAA). She is a member of Sigma Theta Tau, NLN, NJLN, ANA, NJSNA, PNANJ, and PNAAP. Active in social and cultural activities as well, the Philippine community honored her on October, 27, 2018 at Carnegie Hall, New York, as one of 10 Outstanding Filipinos Abroad.

FNAP Update

Varsha Singh, FNAP President

FNAP officers were installed by NJSNA CEO Judith Schmidt on February 9th. Incoming officers for 2018-2019 are Varsha Singh, President; Dr. Amita Avadhani, President Elect; Dr. Constance Kartoz, Treasurer; Dr. Virginia Carreira, Secretary; Dr. Joan Zaccardi, Past President who continues to serve as Legislative Chair, as well as AANP State Representative; Dr. Kathleen Jackson, Southern NJ Chair and Victoria Efychiou, Northern NJ Chair.

President Varsha Singh shared her vision to initiate a robust mentorship program as well as an APN preceptor directory. The main goal is to increase the FNAP membership and continue to advocate and empower APNs through education and networking. Singh has represented FNAP at ANA, AANP in Denver and International Nurse Practitioner conference held in Rotterdam, Netherlands.

The Forum recognized and congratulated two dedicated members. Dr. Amita Avadhani and Kathleen Burkhart recipients of prestigious Fellowship awards at AANP national conference in Denver. Amita Avadhani, DNP, DCC, ACNP, ANP, APN, CCRN, FAANP, was inducted as a fellow of the American Association of Nurse Practitioners. She earned her fellowship based on her excellence in Clinical Practice and Nursing Education. Kathleen Stilling Burkhart, MSN, APN-C, Capt. USNR-R was also inducted as a Fellow in the American Association of Nurse Practitioners. Throughout her 40-year nursing career she has held many leadership positions including president of the Uniformed Nurse Practitioner Association where she was instrumental in the merger of what is now AANPs Military Special Interest Group. In addition, she served as AANP State Representative and was a NJSNA, Board of Directors member.

Educational Activities

FNAP Annual education day, held in November, was a major event. FNAP needs APNs who have a desire to serve on any committee or run for office. We encourage every APN in New Jersey to become a member and attend as many meetings as possible. Monthly membership meetings general are held. Southern and Northern chairs have conducted regional meetings simultaneously for chapter membership recruitment.

The Forum of Nurses in Advanced Practice (FNAP) an organization of New Jersey Advanced Practice Nurses (APNs) operates within the formal structure of the New Jersey State Nurses Association (NJSNA). Its mission is to increase knowledge, provide networking opportunities, enhance and promote the role of Advanced Practice Nurses.

The advanced practice nurse must be an NJSNA member to become an active member of FNAP.

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WWW: What would Harvey do? It’s a simple question yet comes with great meaning and purpose – particularly when considering patient safety. But, who is Harvey? And, what does this saying really mean?

Harvey is Joan Harvey, DNP, RN-BC, CCRN, a nurse scientist at Hackensack Meridian Health, Ann May Center for Nursing and NJ's Region 6 member. In addition to her responsibilities as a nurse scientist, Harvey is also a visiting nursing faculty for the Georgian Court University (GCU), Hackensack Meridian Health School of Nursing.

“Teaching the junior and senior nursing students is such a fulfilling experience,” Harvey said. “The way I see it, teaching future nurses is not just about ensuring they are getting through the traditional and necessary coursework, but also about making sure they’re leaving the program remembering to always do the right thing for the patient – that’s really what I focus on with them.” Her teaching tactics work wonders. If you walk into her office, the amount of love she’s received from her students will overwhelm you. In fact, it’s everywhere – from cards that line her desk, to pictures, to books they’ve given her, and much more. Even after they’ve graduated, they make it a point to stay in touch.

“I always tell my students to never forget what they’ve learned with me – to never take shortcuts when it comes to practicing nursing – and, when they’re in a situation where they are considering taking a shortcut of any kind, just think of me,” Harvey explained. To her surprise, this year’s GCU graduating class took that concept and cemnted it. “At their pinning day in May, my graduating clinical group came up and presented me with bracelets,” she said. “One side of the bracelet said WWHD for What Would Harvey Do and the other side said Triple H which is what I always say in class: Helpful Harvey Hint.” The students plan to wear the bracelets as a constant reminder of their professor and the important lessons she’s taught them. She said she was overwhelmed and deeply touched by this gesture, and felt amazed that her, every time, no matter what. “Sometimes people pick up poor habits when they’re in the field, like skipping important steps, such as hand washing or scrubbing the tub for a certain period of time,” she further explained. “But, every time we take a shortcut like that we are putting the patient at risk. We must always do the right thing for the patient.”

Harvey’s passion for nursing and commitment to excellence has been part of her DNA since she started in health care years ago. “I started at JFK Medical Center in the ICU as a graduate nurse, and then moved to the ICU at Point Pleasant Hospital and stayed there until it became Ocean Medical Center. Along the way, I received my BSN from Bloomfield College and then moved to the ICU at Weisman Children’s Rehabilitation Hospital for its efforts to become a quality improvement organization.”

Nursing Students wear the WWHD Bracelets

Weisman Children’s Rehabilitation Hospital
Accredited by Joint Commission

Weisman Children’s Rehabilitation Hospital has earned the Joint Commission’s Gold Seal of Approval® for hospital accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval® is a symbol of quality that reflects an organization’s commitment to providing safe and effective patient care.

Weisman Children’s Rehabilitation Hospital underwent a rigorous, unannounced onsite survey. During the review, a team of Joint Commission expert surveyors evaluated compliance with hospital standards related to several areas, including emergency management, environment of care, infection prevention and control, leadership, and medication management. Surveyors also conducted onsite observations and interviews.

The Joint Commission has accredited hospitals for more than 60 years. More than 4,000 general, children’s, long-term acute, psychiatric, rehabilitation and specialty hospitals currently maintain accreditation from The Joint Commission, awarded for a three-year period. In addition, approximately 360 critical access hospitals maintain accreditation through a separate program.

“Weisman Children’s Rehabilitation Hospital is pleased to receive accreditation from The Joint Commission. Achieving this distinction signifies our commitment to excellence” added Dan Pfeifer, Chief Nurse Executive and Compliance Officer. “Staff from across the organization, from the hospital and outpatient centers in Marlton, Vineland, Washing Township, Northfield and Pennsauken; continue to redefine pediatric medical and rehabilitative care in our community through innovation, best practice and exemplary service.

“Joint Commission accreditation provides hospitals with the processes needed to improve in a variety of areas from the enhancement of staff education to the improvement of daily business operations,” said Mark G. Pelletier, RN, MS, chief operating officer, Division of Accreditation and Certification Operations, The Joint Commission. “In addition, our accreditation helps hospitals enhance their risk management and risk reduction strategies. We commend Weisman Children’s Rehabilitation Hospital for its efforts to become a quality improvement organization.”

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The Healthy Nurse, Healthy New Jersey Team at the Professional Summit (left to right) Lisa Ertle, Kiki Magno, Tracey Jaworski-Lucas, Linda Corigliano, Katie Carroll, and Sue Weaver.

Tracey Jaworski-Lucas, RN, BSN, Healthy Nurse Healthy Nation NJ, Team Lead

On October 11, 2018, NJNSA held its Professional Summit where New Jersey Nurses of all specialties met to passionately discuss important issues in nursing. Throughout the day, two main themes emerged. The first was the need for improved quality in patient care, and the second was to improve the overall health and wellness of the American nursing community. The American Nurses Association declared 2017 the Year of the Healthy Nurse and so began the Healthy Nurse Healthy Nation (HNHN) initiative. NJNSA has embraced this initiative since 2017, and the HNHN-NJ team was excited to talk to New Jersey Nurses and nursing students about the importance of their health and wellness while at the summit. We are proud to be able to continue the HNHN-NJ initiative in 2019.

Since its inception in 2017, the Healthy Nurse initiative has left a big impact on the health and wellness of New Jersey nurses who have pledged to be a Healthy Nurse, and we hope to inspire even more nurses to join this very important initiative since 2017. Nurses and nursing students about the importance of their health and wellness at the summit. We are proud to be able to continue the HNHN-NJ initiative in 2019.

Here are some Healthy Nurse action steps initiated by a few members of the HNHN-NJ team since pledging to be a Healthy Nurse:

Kiki Magno participates in a Qigong class and has made changes to her diet.

Lisa Ertle started running with North Jersey's Masters Running Club and Mary Ellen Levine runs, hikes mountains, and frequently exercises.

Linda Corigliano is an avid runner and frequently runs marathons.

The Healthy Nurse, Healthy Nation NJ team is pleased to shine the #healthynurse spotlight on Lisa Ertle, RN, BA. Lisa’s wellness plan enhances her quality of life with spiritual and philanthropic components, as well as studying Mandarin! Following are Lisa’s words of wisdom:

“I have always loved that quote from Auntie Mame: ‘Life’s a banquet and some poor suckers are starving to death!’ I believe there is so much to be enjoyed in this world and that a big part of personal wellness is making the effort to find those things that nourish our minds, bodies and spirits... and bring them into our lives!

Mental stimulation outside of work is a very important part of my wellness plan. I love to cozy up with a good book, keep up with what’s going on in the world and learn other languages. I have been studying Mandarin for three years now, and I’m finding it stimulating, challenging and a lot of fun. Exercising my brain in this way improves my memory and gives me the opportunity to make new friends and learn from other cultures.

My spirit is fortified in many ways. I belong to a religious congregation and engage in philanthropic work within my community. I make time to nurture my relationships because I laugh more and I know that connecting with others in a positive way makes me more resilient to emotional stress. To unwind in the evening I burn essential oils, play my favorite music and often light a few candles. We are now into autumn, and during this season I especially love to diffuse sweet orange, cinnamon and clove.

In 2017, when I started writing newsletters for Healthy Nurse, Healthy Nation, NJ I was already walking, playing tennis and doing yoga. However, committing to the Healthy Nurse, Healthy Nation Grand Challenge (HNHN) motivated me to take better control of my diet. I became more consistent with packing lots of nutritious, lower-calorie foods to get me through the day. I also started running again. So far I have lost twenty-five pounds. This summer I joined the North Jersey Masters Running Club and I’m currently training for a half marathon.

I am really proud to be part of the Healthy Nurse, Healthy Nation movement and I am looking forward to witnessing the transformative power of this large-scale commitment to mind, body and spirit. Nurses will lead the way!”

The Healthy Nurse Healthy New Jersey Team at the Professional Summit (left to right) Lisa Ertle, Kiki Magno, Tracey Jaworski-Lucas, Linda Corigliano, Katie Carroll, and Sue Weaver.

Healthy Nurse Spotlight   Lisa Ertle

Katie Carroll is certified health coach, personal trainer and motivational speaker who is passionate about self-care for nurses and health care professionals. Katie exercises and eats a healthy diet.

For some nurses it may seem daunting to make a pledge to be a Healthy Nurse, but we promise you that it’s not. Your pledge does not have to involve a drastic lifestyle change at first. You can easily start with smaller commitments like drinking more water during the day and taking breaks. As you succeed with the simple steps you will feel confident to move on to bigger challenges.

This initiative can gain momentum and make positive change if we all participate in this very important movement, it will only improve our profession. Those who pledge to be a Healthy Nurse will receive inspirational emails from the Healthy Nurse Team. Healthy Nurse Healthy New Jersey also has a private Facebook account and a Pinterest account, New Jersey State Nurses Healthy Nurse, to support nurses on their Healthy Nurse Journey.

Please make a pledge to be a Healthy Nurse. You can start by making one simple statement saying how you’d like to improve your health and wellness. Start at https://njsna.org/healthy-nurse/ and make a pledge there; you will also find information regarding the history of this initiative. We wish you well on your Healthy Nurse Journey!
The American Nurses Credentialing Center’s Magnet Recognition Program for health care organizations is committed to excellence in health care. Benefits of Magnet recognition program are as follows: highest standards of care for patients, business growth and financial success, staff who feel motivated and valued.

New Jersey hospitals were in the vanguard receiving Magnet Recognition Awards from the program’s inception in 1994. Hackensack University Medical Center (1995) was among the first of the nation’s hospitals to be honored. Three other NJ hospitals followed: Robert Wood Johnson University Hospital New Brunswick (1997); St. Peter’s University Hospital (1998), and St. Joseph’s University Medical Center (1999). These hospitals have earned re-designation four additional times and are among a small group of the 482 current magnet hospitals in the US (8% in the nation).

Over the past two decades, 24 NJ hospitals have earned Magnet Recognition (See Chart Above). The most recent NJ hospitals to earn Magnet status are St. Barnabas Medical Center and Virtua Hospital in 2018. NJSNA President Kate Gillespie has expressed the Association’s pride in the accomplishments of NJ Magnet Hospitals. ‘Magnet recognition demonstrates New Jersey’s hospitals’ commitment to quality nursing care, and especially characteristics of magnetism encompassed within the components of the Magnet Model: Transformational Leadership, Structural Empowerment, Exemplary Professional Practice: Evidence for Nursing Excellence 2014-2019.}

Recent ANCC Publications:
- Structural Empowerment: Criteria for Nursing Excellence (2019) ANA, ANCC
- Exemplary Professional Practice: Evidence for Nursing Excellence (2019) ANA, ANCC

**NJ Hospitals Earn Magnet Recognition**

<table>
<thead>
<tr>
<th>Name of organization</th>
<th>Address</th>
<th>Designation Year</th>
<th>Redesignation Years</th>
</tr>
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<tbody>
<tr>
<td>AtlanticCare Regional Medical Center</td>
<td>AtlanticCare Regional Medical Center, 1925 Pacific Ave., Atlantic City</td>
<td>2004</td>
<td>2008, 2013, 2018</td>
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<tr>
<td>Capital Health - Capital Health Regional Medical Center (CHRMC), Trenton, NJ and Capital Health Medical Center Hopewell (CHMCH), Pennington, NJ campuses</td>
<td>750 Brunswick Ave, Trenton, NJ, 08638</td>
<td>2002</td>
<td>2006, 2011, 2017</td>
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<tr>
<td>CentriaCare State Medical Center</td>
<td>901 West Main Street, Freehold, NJ, 07728</td>
<td>2005</td>
<td>2010, 2015</td>
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<tr>
<td>Hackensack Meridian Health</td>
<td>1350 Campus Parkway, Suite 3A, Neptune, NJ, 07753</td>
<td>2012</td>
<td>2017</td>
</tr>
<tr>
<td>Hackensack Meridian Health-Bayshore Medical Center</td>
<td>727 N. Beers Street, Holmdel, NJ, 07733</td>
<td>2012</td>
<td>2017</td>
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<tr>
<td>Hackensack Meridian Health-Jersey Shore University Medical Center</td>
<td>1945 NJ 33, Neptune City, NJ, 07753</td>
<td>2012</td>
<td>2017</td>
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<tr>
<td>Hackensack Meridian Health-Ocean Medical Center</td>
<td>425 Jack Martin Blvd., Brick, NJ, 08724</td>
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<td>Hackensack Meridian Health-Riverview Medical Center</td>
<td>1 Riverview Plaza, Redbank, NJ, 07701</td>
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<tr>
<td>Hackensack Meridian Health-Southern Ocean Medical Center</td>
<td>1140 Route 72 West, Manahawkin, NJ, 08050</td>
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<td>Holy Name Medical Center</td>
<td>718 Teaneck Road, Teaneck, NJ, 07666</td>
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<td>Hunterdon Healthcare System</td>
<td>2100 Wescott Dr., Flemington, NJ, 08822</td>
<td>2008</td>
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<td>Inspira Medical Centers</td>
<td>1505 W. Sherman Ave, Vineland, NJ, 08360</td>
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<td>Jefferson Health. New Jersey</td>
<td>1099 White Horse Road, Voorhees, NJ, 08043</td>
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<td>Jersey City Medical Center - RWJ Barnabas Health</td>
<td>355 Grand Street, Jersey City, NJ, 07302</td>
<td>2008</td>
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<tr>
<td>Morristown Medical Center</td>
<td>100 Madison Avenue, Morristown, NJ, 07962</td>
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<td>NYPenn Medicine-Princeton Medical Center</td>
<td>One Plainsboro Road, Plainsboro, NJ, 08536</td>
<td>2012</td>
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<tr>
<td>Raritan Bay Medical Center</td>
<td>530 New Brunswick Ave, Perth Amboy, NJ, 08861</td>
<td>2004</td>
<td>2009, 2014</td>
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<tr>
<td>Robert Wood Johnson University Hospital Somerset</td>
<td>110 Rehill Avenue, Somerville, NJ, 08876</td>
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<td>Saint Barnabas Medical Center</td>
<td>94 Old Short Hills Road, Livingston, NJ, 07039</td>
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<td>St. Joseph’s University Medical Center</td>
<td>703 Main Street, Paterson, NJ, 07503</td>
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<td>The Valley Hospital</td>
<td>223 North Van Den Avenue, Ridgewood, NJ, 07450</td>
<td>2003</td>
<td>2008, 2013, 2018</td>
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<tr>
<td>Virtua Health Care System</td>
<td>303 Lippocott Drive, Marlton, NJ, 08053</td>
<td>2018</td>
<td></td>
</tr>
</tbody>
</table>

Virtua is a non-profit health care system that provides a network of hospitals, surgery centers, physician practices, and fitness centers. Virtua headquarters is in Marlton. Virtua began as the West Jersey Health System, having originated in Camden in 1885. The American Nurses Credentialing Center (ANCC) was incorporated in 1990 as a subsidiary non-profit organization through which the American Nurses Association offers credentialing programs and services.

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How is demand projected? 

Projections in the demand for Registered Nurses (RNs) are important, particularly because the rapid changes in the healthcare landscape have created uncertain workforce projections along with a shift from acute care to a primary care focus. The NJCCN determined that using real time demand data is a critical first step. While survey data is important, the limited response rate of surveys and the delays in obtaining primary data in real-time do not make these methods a first-tier approach. So instead of using survey data, to determine the demand for nurses in NJ, the NJCCN uses data mining from Burning Glass Technologies™ (BGT). Online job advertisement data from BGT provides real-time insight into the demands of the market. BGT uses a flexible model to aggregate job advertisement information from different web sources into one interactive comprehensive database.

Summary Demand and Requirements Table by Occupation - 2016

<table>
<thead>
<tr>
<th>Category</th>
<th>Demand and Employment</th>
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<td>29-2061</td>
<td>Licensed Practical and Licensed Vocational Nurse Practitioners</td>
<td>2749</td>
</tr>
</tbody>
</table>


References


Get the Scoop on NJCCCN

Edna Cadmus, PhD, RN, NEA-BC, FAAN and Susan H. Weaver, PhD, RN, CRNI, NEA-BC

Through the foresight of Geri Dickson, PhD, RN and other nurse leaders, the vision for New Jersey Collaborating Center for Nursing began in 1995 with the Robert Wood Johnson Colleagues in Caring (CIC) program. The mission of CIC was to initiate change through collaboration with key stakeholders from all sectors of nursing. The initial goals of the CIC were to establish legislation to create a state nursing workforce center and develop a nursing demand model for New Jersey.

The first goal of the CIC was accomplished on December 12, 2002, when the New Jersey Collaborating Center for Nursing (NJCCN) was established by state legislation (P.L.2002, c.116). As per this legislation, this New Jersey (NJ) workforce center is guided by a 17-member board representing nursing and healthcare stakeholders and housed at Rutgers University, School of Nursing, Newark Campus. The NJCCN works on behalf of nurses to address CIC’s second goal by developing a nursing demand model.

What did we find? 

From BGT data, we can report that in 2016, Essex and Monmouth Counties had the most job postings, and the top five specific nursing positions were: Nurse Manager, Intensive Care Nurse, Operating Room Nurse, Case Manager, and Home Health Nurse. Additionally, as shown in the following table, we can report the demand and employment for nurses in NJ. So, stay tuned and visit www.njccn.org for all the latest information.
Environmental wellness

Nurse.org offers these suggestions when dealing with a difficult patient:

- Avoid defensive thoughts. Remember, it's not about you, it's about the patient. Don't blow up at him or her because you're frustrated.
- Set boundaries. If someone behaves inappropriately toward you by swearing or yelling, set limits by saying, “I'm not one of them. I'll step out of the room to give you time to calm down.”
- Let them tell their story. Letting the patient tell you how he or she got to this point can help reduce distress and may give you insight into the behavior. Even if you don’t agree with what the patient says, he or she will feel listened to, which may be calming.
- Realign your body language. Taking a few moments to refocus your thoughts can help you calm down. Tension can create defensive body language that patients may react to negatively.

Choosing to thrive

Studies show that we thrive better when surrounded by people who support our goals and want to help us succeed. We can’t always choose the people we work with, but we can consciously choose to spend more time with those friends and family members who support and uplift us.

And we can all contribute to making our physical surroundings healthier, from recycling to creating a culture of respect and gratitude. (See 6 ways you can improve your environment.) Start with a small step today— at work, at home, at school, with your family, or by volunteering in the community— to improve your environmental wellness.

The authors work at The Ohio State University in Columbus, Ohio. Megan Amaya is director of health promotion and wellness and assistant professor of clinical nursing practice at the College of Nursing and president of the National Consortium for Building Healthy Academic Communities. Bernadette Mazurek Melnyk is the vice president for health promotion, university chief wellness officer, dean and professor in the College of Nursing, professor of pediatrics and psychiatry in the College of Medicine, and executive director of the Helen Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare. Susan Neale is senior writer/editor of marketing and communications in the College of Nursing.

Selected references


6 ways you can improve your environment

When we take care of our environment, we take care of ourselves. Get started with these ideas:

- **Reuse it.** Drink from reusable water bottles and shop with reusable bags. Glass or stainless steel water bottles are the best options, but a plastic water bottle works well, too—as long as you reuse it. Reusable shopping bags cut down on plastic bag waste. According to The Wall Street Journal, the United States goes through 100 billion plastic shopping bags annually. Evidence shows that they slowly release toxic chemicals once they get in the soil. If you use plastic bags, recycle them at your local grocery store.
- **Eat local.** Take advantage of farmers’ markets, community-supported agriculture, and restaurants that serve local foods. Most local foods are packed with more nutrients because they don’t have to travel long distances to reach your plate. Locally grown food also means less energy (fuel) is used to transport it to your kitchen or grocery store.
- **Turn it off.** Whether it’s a faucet you leave running while you brush your teeth or the TV that’s on when you’re not in the room, if you’re not using something, turn it off. You’ll save energy and, as a bonus, you may save money in cheaper utility bills.
- **Travel light.** If you can, find environmentally friendly ways to travel—walk, ride your bike, or take public transportation.
- **Clean green.** Using natural or homemade cleaning products is better for you, your home, your pets, and the environment. Some items to keep on hand include white vinegar, natural salt, baking soda, lemon, and water.
- **Recycle.** Most communities recycle, whether by a city-sponsored pickup route or at a drop-off location. Learn more about what you can recycle from your local solid waste authority.

Pay attention to your environment—it can affect your body, mind, and spirit.

This is the ninth installment in a series of articles on wellness. You can read the earlier articles at americannurseoday.com/category/wellness101/. You DON’T HAVE TO GO FAR to experience nature—it can be in your own backyard, a community park, or walking trail. You can also venture miles from your surroundings.

We may not agree on much, but health professionals seem to agree that the skin of our planet has to offer. Your senses heighten when you’re surrounded by trees, mountains, and waterfalls. And you may not realize it, but you’re improving your health and wellbeing. Yes, outdoor activities, from a simple walk around the block to snow tubing down a wilderness preserve, enhance your wellbeing.

The evidence is in

Research has demonstrated that green space, such as parks, forests, and river corridors, are good for our physical and mental health. In a study by Blumenthal and colleagues, 71% of people found a reduction in depression after going for a walk outdoors, versus a 45% reduction in those who took an indoor walk. In a 2013 study from Roe and colleagues, 71% of people found a reduction in stress hormone cortisol. And in 2016, the World Health Organization conducted a systematic review of 60 studies from the United States, Canada, Australia, New Zealand, and Europe and concluded that green space is associated with reduced obesity.

More than nature

“Environment” doesn’t mean only the great outdoors. “Environment” is everything that surrounds you—your home, your car, your workplace, the food you eat, and the people you interact with. Nurses’ work environments contain many hazards, so we need to pay extra attention to this component of our wellness. The U.S. Department of Labor rates hospitals as one of the most dangerous places to work. In 2017, the Bureau of Labor Statistics reported that private industry hospital workers face a higher incidence of injury and illness—six cases per 100 full-time workers—than employees working in other industries traditionally considered dangerous, such as manufacturing and construction. In 2015, the most common event leading to injuries in hospitals was overexertion and bodily reaction, including injuries from moving or lifting patients. In other words, those who work with patients outside of a hospital setting are vulnerable, too.

Improve your workplace environment

The good news is that many injuries can be prevented with proper equipment and training. For instance, almost 50% of reported injuries and illnesses among nurses and other hospital workers were musculoskeletal, many (25% of all workers’ compensation claims for the healthcare industry in 2011) caused by overexertion from lifting, transferring, and repositioning patients. Learning safe ways to handle patients can safeguard your well-being as well as your patients’. It may be time to review your workplace safety standards or form a committee to review patient-handling procedures and other safety measures.

Of course, the people we deal with every day aren’t just risk factors for disease and injury. Everyone brings his or her personalities, attitudes, and behaviors, and we can’t always avoid the stress they add to our environment. We can, however, cushion ourselves against stress by modifying our own behavior.
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