



AMERICAN NURSES ASSOCIATION
MAINE

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The Newsletter of the American Nurses Association—Maine

Quarterly publication direct mailed to approximately 27,000 RNs and LPNs in Maine.



WINTER 2019

PRESIDENT'S MESSAGE

"Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, facilitation of healing, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, groups, communities, and populations." Standards of Nursing Practice

Congratulations! As I write this message to you, the Gallup Poll (December 2018) results were released. For the 16th consecutive year, Americans' ratings of honesty and ethical standards of 22 occupations finds nurses at the top of the list. Eighty-two percent (82%) of Americans describe nurses' ethics as "very high" or "high." Nurses outpaced 21 other professionals by double digits: Military Officers (71%), Grade School Teachers (66%), Medical Doctors (65%), Pharmacists (62%) and so on. Nurses have surpassed all other professions every year except 2001, when firefighters took the top spot with nurses closely following. Since then,



for the sixteenth year in a row, nursing has received the amazing honor of being ranked by the American public as the most trusted profession in the country. We have followed our calling, continued lifelong learning, and devoted ourselves to the art and science of nursing. We are a professional national workforce of four million nurses comprised of three generations of every gender, race, religion, and age. Working together in Maine and across our nation, we adhere to our professional code, "Code of Ethics for Nurses" and "Scope and Standards of Nursing Practice" to inform our thinking, direct our decision making, and guide our nursing practice. We are humbled by our work and we are strengthened by the experience and viewpoints of our nurse colleagues, respecting the values and perspectives of each. The American Nurses Association outgoing President, Dr. Pamela F. Cipriano, is quoted: *"Every day and across every health care setting, we are on the frontlines providing care to millions of people. Nurses' contributions to health care delivery, public health challenges, natural disaster relief efforts, research, education, and much more, are unmatched and invaluable. These results are a testament to nurses' impact on our nation. This poll reflects the trust the public has in nurses. Whether nurses are by the bedside, in the clinic or in the*

boardroom, we continue to be a trusted resource and a vital part of our nation's health care system. Trust plays an important role in the relationship between nurses and the patients we serve."

In this edition of our ANA-Maine Nursing Journal, we once again highlight one of our nursing award recipients, Keri Lilly, BSN, RN. Please be sure to read about Keri on page 10. In addition, we have highlighted the most recent Daisy Award winning nurses on pages 8, 9, and 11. They are: Lisa (Leone) Hopper, RN, Tenicia Hauck, RN, Paula Gentile, RN, ADN , Robert Landry, RN, Kimberly Guillikson, RN, Angelo "Tony" Verdelli, RN, BSN, Emma Pressey, RN, Vilena Discatio, RN, Paul Gomez, RN, Jessica Sobey, RN, Annette Avery, RN, Stephanie Jordan, RN, Rachel Driscoll, RN, Miranda Chadbourne, RN, Nicholas Horvath, RN, Jennifer Paradis, RN, and Janice Hallett, RN.

Congratulations, Maine nurses, the people of Maine trust you and are touched by your respect, intelligence, honesty, integrity, courtesy, and expertise.

Respectfully submitted,
Catherine Snow, RN, PMHRN-BC

Federal Grant Will Train More Maine Nurses to Become Sexual Assault Nurse Examiners

The University of New England Department of Nursing has been awarded a \$1.5 million grant by the U.S. Health Resources & Services Administration (HRSA) to increase the number of nurses in Maine who are trained to respond to allegations of sexual assault.

Through the grant, UNE, in collaboration with Maine's Department of Health and Human Services (DHHS) Office of Child and Family Services, will refine and develop new models of technology outreach to train nurses to become Sexual Assault Nurse Examiners (SANE), on-call, licensed practitioners who are contacted to gather forensic evidence and to provide mental health support to those who report an act of sexual assault. Instruction will be delivered through the existing Sexual Assault Forensic Examiner training, led by the program's director Polly Campbell.

The University of New England is the only institution in New England to receive this award. Senators Susan Collins and Angus King wrote letters in support of UNE as the grant awardee.

"In order for survivors of sexual assault to heal, they need direct access to trained professionals who can support them throughout their recovery," said Senator King. "In rural areas, professional support for survivors of sexual assault can be few and far between – this sizable grant will help the University of New England train nurses to specifically care for these survivors and guide them through each obstacle they may face on the road to recovery. Using compassion, support and technological training, UNE's nursing students can make a lasting difference in each survivor's life."

Federal Grant Will Train More continued on page 5



Nursing class at UNE taught by Assistant Clinical Professor Donna Hyde, M.S.N./Ed., RN.

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Maine Immunization Coalition Supports Strengthening Compliance

Juliana L'Heureux

AUGUSTA, ME - The Maine Immunization Coalition (MIC) is a program administered by Maine Primary Care Association (MPCA). Its mission is to protect Maine people across their lifespan against vaccine-preventable diseases, by increasing immunization rates through information sharing, fostering collaboration, and advocacy.

ANA-Maine has participated in the coalition to support the advocacy efforts led by the MIC. This support has included requesting nurses to speak or give written testimony in public hearings for the purpose of protecting the policies in place with the Maine Immunization Program (MIP).

Additionally, ANA-Maine will support legislation currently being advocated by the MIC, to strengthen compliance with immunization practices for children.

Maine's current immunizations laws in place for protecting the public from preventable infectious diseases in daycare programs, kindergarten, and school, college, camping, and campgrounds, and health care are posted on line at Maine Center for Disease Control and Prevention Division of Disease Surveillance.

For more information about Maine's immunization program, contact Valerie MacKenzie, Providers Relations Specialist at the Maine Immunization Program at (207) 287-3746 or (800) 867-4775 or www.ImmunizeME.org.

WHAT WOULD YOU LIKE TO SEE IN THE NEWSLETTER?

Do you have an idea for an article or want to become an author? Is there something going on in your workplace that you would like to share with other nurses? Do you have a suggestion to share about the ANA-Maine newsletter? If so, please contact us at info@anamaine.org.

FOR YOUR INFORMATION

ANA-Maine, in collaboration with the Area Health Education Center in Maine, will be offering a free webinar titled 'The Facts About HPV Immunization' during Nurses Week in May. This Webinar will provide AACN approved Continuing Education Units. Please check www.anamaine.org for more information as we approach Nurses Week.

MEMBERSHIP COMMITTEE SURVEY

Amy Anderson

The ANA-Maine Membership Committee would like all registered nurses in Maine to complete a survey found on the ANA-Maine website. This survey will provide assessment data that will help us improve the services, benefits and communication among the nurses we represent and serve. You will find the survey online at www.anamaine.org through February 22, 2019. We encourage everyone to complete the survey with honest and constructive information that will help our representative organization move forward. Your responses are important and the data will help ANA-Maine better meet the needs of its constituents. Thank you in advance for your participation.

Members of the Membership Committee



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Celebrate Life Project

Synopsis and Overview of Pilot Project

Description: The Celebrate Life Project (CLP) will enable hospice patients served by Compassus Hospice and Palliative Care to benefit from intergenerational companionship and support. As part of this effort, CLP patients will benefit from a volunteer-produced Memory Book focusing on the patient's interests and hobbies that will be a cherished keepsake.

Participants: The program will consist of six to eight intergenerational teams. Each team will feature a University of New England (UNE) student pursuing a health care career and a senior volunteer, preferably a retiree with a nursing or social work background, or current Compassus Hospice volunteer. Patients will be individuals living in long-term care or assisted living facilities who have an anticipated life expectancy of at least five to six months and are eligible for companionship visits.

Process: Teams will visit their patients twice per week, from 30 minutes to one hour per visit, over a six-week period. Visits will take place on a day and time that is convenient for the patient and his/her team. Team members will undergo the standard 25.5-hour training (which includes 17.5 hours of classroom time) required of hospice volunteers. CLP teams will also provide twice weekly visit reports to Compassus Hospice and attend two volunteer group meetings to assess their progress during the project's duration.

Memory Books: Teams will seek out the interests, hobbies and life-long pursuits of their patients to develop Memory Books. Patient biographies will provide guidance to teams regarding patient interests and hobbies.

Perhaps a patient is a dedicated Red Sox fan? Through their visits, team members will learn the scope of the patient's love for the Red Sox. They will then gather visual images for the Memory Book which honors the patient's passion. This may include photos of favorite players such as Ted Williams or personal photos of the patient at Fenway Park. Photo sources can include downloads from Google Images or family photo albums. The patient's family will be invited to participate by supplying photos of their loved one (whether or not they are Red Sox-related).

At the project's conclusion, the patient will be presented with his/her Red Sox-themed Memory Book. Each hardcover Memory Book will be no more than 20 pages in length. A primary project goal will focus on encouraging these volunteer teams to continue their visitations beyond the project's conclusion.

Scheduling: It is proposed that volunteer recruitment, interviews, initial TB testing, and background checks will take place from January 2 to March 1. Hospice training for CLP volunteers (and other hospice volunteers) will begin on Monday, March 4 at Compassus Hospice in Scarborough, Maine. Visits will follow from March 22 to May 3. CLP teams will present published Memory Books to their patients during the week of May 6 with, if feasible, families and friends in attendance. Memory Books should be completed by no later than Tuesday, April 9 to meet the May 6 books presentation deadline.

Training: Volunteer training will take place on the following dates, from 5:00 to 7:30 pm: Monday, March 4; Wednesday, March 6; Monday, March 11; Wednesday, March 13; Monday, March 18; and Wednesday, March 20. In addition, there will be a one-hour CLP-specific training from 5:00 to 6:00 pm on Thursday, March 21. Dinner will be served for volunteers on training dates. Volunteers will also attend two planning/progress meetings: Tuesday, April 2, from 5:00 to 6:00 pm; and Wednesday, April 24, from 5:00 to 6:00 pm, at Compassus.

Program benefits: Volunteers and participants will benefit significantly from this project. For senior volunteers, it will afford them the opportunity to further enrich the lives of peers who are being cared for by Compassus Hospice. For senior volunteers with a health care career background (nursing, social work, etc.) there will be the satisfaction of helping to educate the next generation of health care professionals. For UNE students, the program will enable them to better understand and appreciate the final stage of life, allowing them to be more compassionate and effective health care professionals.

For both students and seniors, CLP will afford a rich intergenerational endeavor where young and old cooperate and learn from each other. For patients, CLP will be a fulfilling, meaningful experience as they serve as teachers, educating tomorrow's health care professionals on what it is like to live out one's final days with dignity and purpose. For Compassus Hospice and the University of New England, CLP will allow these organizations to be at the forefront of change regarding the hospice experience.

Thank you for your consideration of this proposal. I look forward to further discussions with you on this exciting project.

Sincerely,
Mark Pechenik
Volunteer Coordinator
Compassus Hospice and Palliative Care
Scarborough, Maine
Phone: 207-761-6967
Email: mark.pechenik@compassus.com



Make A Difference in the lives of Hospice Patients



Consider volunteering for the Celebrate Life Project

American Nurses Association-Maine members are cordially invited to participate in Hospice Volunteer teams developing cherished Memory Books for their patients.

The program will feature six to eight Celebrate Life teams, which will include University of New England students, who will meet with their patients twice weekly for six weeks starting Friday, March 22, 2019.

Volunteer training begins on Monday, March 4, from 5:00 to 7:30 p.m., at Compassus Hospice, 163 U.S. Route 1, in Scarborough. Each volunteer is required to complete 25.5 hours of training (17.5 hours classroom time).

We are especially seeking retired nursing professionals to participate in this important, special project to explore new horizons in hospice care.

For further information, including volunteer interviews starting January 7, 2019, please contact:

Mark Pechenik, Volunteer Coordinator
Phone: 207-761-6967
Email: mark.pechenik@compassus.com

Or

Jean Dyer, Executive Director, ANA-ME
Email: jean.dyer@anamaine.org



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Yoga and the Effect on Stress in Nurses

Samantha Healey, RN

The purpose of this article is to examine the effects of stress on nurses and how stress-coping strategies, such as yoga, may benefit the nurse both in their workplace and in their overall life. Objectives of this article include to examine how stress may affect a nurse in the workplace, as well as at home, how yoga can impact nurses' stress levels, and how yoga can be used in different environments.

What is Yoga?

According to Butera (2012), yoga is a transformational process that is a group of physical, mental, and spiritual practices leading to personal and spiritual growth. Yoga allows one to connect to the infinite; although there is no religion tied to yoga it allows individual spirituality to shine through (Butera, 2012). Lin, Huang, Shiu, & Yeh (2015, p. 237) stated that "yoga is a body-mind exercise which promotes physical, mental, and spiritual relaxation." Relaxation through yoga can be achieved by positions of stretching, breathing, and meditation (Lin, Huang, Shiu, & Yeh, 2015). By using a series of body movements and combining them with breathing techniques, yoga can assist the person to reach a meditative state (Axén & Follin, 2017). Axén & Follin (2017) stated that yoga has been researched, evaluated, and shown to have positive effects on pain, stress, and overall quality of life. The overall goal of yoga is health and well-being (Axén & Follin, 2017).

What is Stress?

Patel, Baria, & Joshi (2016, p. 224) stated that stress is defined as "a state of affair involving demand on physical or mental energy." Stress puts pressure on the adrenal glands, and lowers immunity, and also increases the sympathetic nervous system response, all while leading to a disturbance of homeostasis of the body (Patel, Baria, & Joshi, 2016). Some of the symptoms of stress one may face include fatigue, stomach issues, generalized pain, feelings of being anxious, frustrated, irritable, isolated, and difficulty concentrating (Patel, Baria, & Joshi, 2016).

In addition to everyday stress, those who are employed may experience work-related stress. Work-related stress can stem from workers, especially health care professionals such as nurses who are faced with maintaining a positive attitude and high work demands (Lin, Huang, Shiu, & Yeh, 2015). The quick changes in technologies, various patient needs, and daily conflicts are some of the factors that contribute to stress nurses

may face. Couple of these factors along with high-responsibility, can affect a nurses' job satisfaction as well as their quality of work (Mehrabi, Azadi, Pahlavanzadeh, & Meghdadi, 2012). According to Lin, Huang, Shiu, & Yeh (2015, p. 236), "work-related stress develops gradually and affects both the physical and mental health of those experiencing it, which can eventually lead to burnout." Symptoms of work-related stress include, sleep disturbances, menstrual disturbances, depression, irritability, and fluctuations in body weight (Lin, Huang, Shiu, & Yeh, 2015).

Studies on Effects of Yoga on Stress in Nurses

Although men are in the nursing field, they are considered a minority in this female-dominated profession (Lampert, 2016). Women play multiple roles in their life, as a wife, mother, family maid, cook, and as a caterer to the demands at work (Patel, Baria, & Joshi, 2016). Carrying out responsibilities at home as well as the workplace leaves women under a great deal of stress (Patel, Baria, & Joshi, 2016). A study was conducted of a total of 50 women who were working and non-working between the ages of 25-50 years old had stress related symptoms, and were enrolled in 16 weeks of yoga training (Patel, Baria, & Joshi, 2016). An anxiety scale was used to evaluate stress levels before and after each yoga training the results showed that there was a significant decrease in anxiety scores after yoga training for both the working and non-working females (Patel, Baria, & Joshi, 2016). The end result of the study concluded, the participants had increases in mental clarity, emotional stability, and an overall greater sense of wellbeing (Patel, Baria, & Joshi, 2016).

Lin, Huang, Shiu, & Yeh (2015) stated that health professionals experience constant emotional stress related to patient interactions which can ultimately cause burnout. Likewise, the level of stress they endure can lead to a negative impact for the organization and on their patients. If an individual lacks the ability to control stressful situations and cope with them they can experience disappointment, low motivation, and increased pressure on staff in the workplace (Mehrabi, Azadi, Pahlavanzadeh, & Meghdadi, 2012).

A study was done with 34 nurses working in the intensive care units (ICUs), an area of nursing where nurses are exposed to a high level of stress due to being directly involved in interventions and care (Mehrabi, Azadi, Pahlavanzadeh, & Meghdadi, 2012). The nurses participated in two yoga sessions a week for eight weeks and they completed a Coping Stress Revise (CS-R) questionnaire before and after the yogic intervention to determine the results of the study (Mehrabi, Azadi, Pahlavanzadeh, & Meghdadi, 2012). The results of this study showed that yoga could positively affect stress, and yoga can be considered as a complementary treatment for stress (Mehrabi, Azadi, Pahlavanzadeh, & Meghdadi, 2012).

Of all the professional categories, nursing and healthcare professionals have the highest number of workers who take sick leave (Axén & Follin, 2017). Reports suggest that increased workload, concerns for patient safety, complex work processes, concerns of achieving standards of quality, and the inability to complete required tasks within the time given leads to increased stress and poor health in healthcare staff (Axén & Follin, 2017). A study done by Axén & Follin, (2017) investigated how yoga done in the workplace can affect stress and work ability. The study was focused on nurses working in public nursing homes and home care services (Axén & Follin, 2017). Yoga was offered to a group of nurses who participated either in a morning or afternoon 75-minute session once a week for nine weeks at their workplace. They additionally participated at least twice a week at home through a downloadable 25-minute instruction video (Axén & Follin, 2017). The Perceived Stress Scale (PSS) was used to measure work-related and private stress, and the Work Ability Index (WAI) measured work ability (Axén & Follin, 2017). Both measurement tools were used before the first training session, as well as one week after ending the yoga training (Axén & Follin, 2017). At the end of the nine-week study, stress was found to have decreased and work ability had improved (Axén & Follin, 2017).

& Follin, 2017). Nurses also stated that yoga improved their sleep (Axén & Follin, 2017).

How Yoga Reduces Stress

Psychological mechanisms that aid in how yoga effects stress include positive attitude towards stress, self-awareness, coping mechanisms, calmness, spirituality, compassion, and mindfulness (Riley & Park, 2015). Mindfulness is thought to be the most powerful link between yoga and reduction of stress (Riley & Park, 2015). Mindfulness is, as defined according to Riley and Park (2015, p. 381), "being attentive to and aware of what is taking place in the present." Yoga is associated with high levels of mindfulness which leads to lower levels of stress (Riley & Park, 2015).

From a biological point of view, yoga reduces stress by decreasing sympathetic nervous system responses, including decreasing blood pressure, heart rate, and respiratory rate (Riley & Park, 2015). Yoga is also thought to affect the vagus nerve which also regulates blood pressure, heart rate, gastric acid secretions, and functions in other organs (Riley & Park, 2015). By enhancing vagal activity tone through yoga, stress hormones such as cortisol are decreased (Riley & Park, 2015).

Yoga Modalities in Different Areas

Yoga can be used in a number of different areas, such as the workplace for employees as mentioned above (Riley & Park, 2015). Whether it is an instructed yoga class, or perhaps a few moments spent doing some breathing techniques, yoga can be done anytime, anywhere. In clinical settings such as a hospital room with a patient, various yogic breathing exercises (pranayama) and other techniques can be taught to patients to help with anxiety, stress, fears, and pain management. Yoga can be done in the comfort of one's own home as well as finding a yoga center or a local class at a gym or other venue.

Conclusion

Lin, Huang, Shiu, & Yeh (2015, p. 237) stated, "through yoga practice, individuals may be able to work better in highly stressful situations." Through research and studies that have been conducted, it was found that overall yoga can decrease stress, not only in those who are affected by stress in their work environments such as nurses, but as well as in their everyday life. Not only can yoga improve psychological mechanisms such as coping, mood, self-awareness, etc., but it can also positively affect biological factors (Riley & Park, 2015). Yoga, whether it is a series of body movements such as stretching, breathing techniques, or meditation, it can help reduce and cope with stress that nurses encounter during their busy work and also aid in better work ability.

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Federal Grant Will Train More continued from page 1

"Having more nurses in our state who are specially trained to respond to allegations of sexual assault is critical to our mission at DHHS of protecting Maine's most vulnerable populations," said Kirsten Capeless, director of the Office of Child and Family Services within DHHS. "This collaborative effort will help protect and support countless survivors of sexual assault."

The funding will allow UNE to hire three Sexual Assault Nurse Examiners who will develop training for professional nurses in Maine, use technology to deliver advanced training to nurses rural areas, and improve SANE curriculum for all of UNE's health professions students. The goal is to increase the number of annual trainings for nurses in Maine by at least 50 percent over the three-year life of the grant so that there is 24/7 coverage across the state.

"This program will do so much more than increase the number of Sexual Assault Nurse Examiners in Maine," said UNE Director of Nursing Jennifer Morton, D.N.P., M.P.H. "It will also serve as a support system for those nurses, as well as a safety net for victims, who will know that when they come forward to report sexual assault, there will be a trained nurse available to collect evidence and offer appropriate mental health services."

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UNE Receives \$900,000 Grant to Support Accelerated Bachelor's Program in Nursing



The University of New England received a \$900,000 grant from the Helene Fuld Health Trust to provide meaningful scholarship support for Accelerated Bachelor of Science in Nursing (ABSN) degree students on its Portland Campus. UNE's ABSN pre-licensure program option provides a rigorous, fast-paced sixteen-month program of study to students who have earned a prior bachelor's degree and aspire to a career in nursing.

In making the announcement, President James Herbert noted the significance and timeliness of the Fuld Trust's investment here in Maine. "UNE has been actively working to increase nursing enrollment in a strategic effort to pipeline more nurses into Maine's workforce. The Helene Fuld Health Trust's gift will greatly expand UNE's ability to attract promising nursing applicants to this excellent program, provide access to those with financial need, and deliver practice-ready nurses to address the nursing shortage. We are immensely grateful for the Fuld Trust's vision and generosity."

The University of New England's nursing program has a long history of service, recently celebrating its milestone 50th anniversary and the graduation of over 2,200 nurses to the Maine and U.S. workforce. The Accelerated Bachelor of Science in Nursing program is a highly sought after option for study and has grown significantly since the program's launch in 2013, with over 100 students in two cohorts enrolled during spring 2018. Due to the strong demand and the projected statewide nursing shortage, UNE will start a new summer cohort for the ABSN program in 2019, increasing the program's enrollment by 50 percent.

The Helene Fuld Health Trust, located in New York, is the nation's largest charitable trust focused solely on the support of nurses and nursing education. Established in 1935 by Leonhard Felix Fuld and his sister Florentine in honor of their mother Helene, the Fuld Trust has made a profound impact on the nursing profession. The grant to UNE will establish a \$750,000 endowment yielding scholarships for ABSN students in perpetuity, with \$150,000 allocated to current use scholarships over the next three years.

UNE will engage its strong donor base to maximize the Fuld Trust's gift through matching funds over the next three years. A plan for this match initiative is already underway.

Dean of the Westbrook College of Health Professions Karen Pardue, Ph.D., expressed deep gratitude for the Helene Fuld Health Trust gift. "We are extremely proud of our nursing program and honored to be selected for this award by the largest charitable trust in the country devoted to nursing education. The Helene Fuld Health Trust's support is a wonderful testament to UNE's reputation for excellence and the talent of its faculty and students."

UNE Director of Nursing Jennifer Morton, D.N.P., M.P.H., agrees. "Our students work incredibly hard. The program has achieved exceptional licensure pass rates that exceed both the state and national average, and many are accepted into highly competitive residency and graduate programs to further their education. Most importantly, they are passionate about providing patient-centered care and improving health outcomes. We are delighted to receive this award and know how much it will mean to the ABSN students selected to receive these generous Helene Fuld scholarships for years to come."

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Nursing Tributes and Memorials

Juliana L'Heureux and Patricia Boston

Please send any news for this feature to Juliana L'Heureux at juliewriter@hotmail.com or to Patricia Boston at pboston4@gmail.com.

With our sincere sympathy to the families, friends and colleagues, for the following nurses:

Sara (Sally) J. Robbins, 84, died on August 25, 2018, at the Bridgton Health and Residential Care Center in Bridgton Maine, surrounded by her family and friends, who were also her co-workers. Sally attended schools in Naples, Maine and graduated from Bridgton High School. She also graduated from Maine Medical Center School of Nursing in 1954. Sally completed courses from USM in secondary education. In 1955 she married her high school sweetheart, Maurice Robbins, and together they began their adventurous life together. Maurice and Sally had three children and together they fished, hunted, camped, snowmobiled, went on ATV's, travelled, and loved being together. Sally was a member of the Order of the Eastern Star and Past Worthy Matron of Dwinal Chapter in Mechanic Falls. She also was involved in the Order of the Rainbow for Girls in Bridgton with her two daughters and many girls in the Lake Region area.

The family travelled to many sporting events to watch their only son, and this tradition continued on with their grandsons. Sally loved to knit and the children of various towns that she lived in were the beneficiaries of this talent. Besides this active lifestyle, Sally was also a dedicated registered nurse. She spent many years at Central Maine Medical Center in Lewiston, where she ended her career there as the assistant director of the School of Nursing. In 1985, she assisted the Hicks family in starting Bridgton Health Care Center. Sally worked for BHCC until 78, when she retired.



Joyann Samson, 71, Tenants Harbor, Maine, passed away peacefully at the Sussman House in Rockport on November 17, 2018 with her family by her side. She will be remembered by family and friends for the many adventures they shared as well as her love of life, artistic flair, intellect, and quick wit. Despite her battle with cancer for over a year, she never lost her spontaneous sense of humor, her compassion for others and her loving personality. She attended the University of Maine in Orono, graduating with honors and earned a Bachelor of Science in Nursing and a Master of Science degree from Boston University. She worked as a nurse in the Emergency Department and Medical Surgical Department of Maine Medical Center and then joined the nursing faculty of the University of Southern Maine. In Westhampton, Massachusetts, she became Director of Education and Staff Development at Holyoke Hospital, training countless future nurses.



Nancy M. (Lindgren) Wills, 87, a longtime resident of Lexington, Massachusetts. West Newfield, Maine and Portland, Maine, passed away peacefully Monday, Nov. 19, 2018, at Sentry Hill at York Harbor, Maine. She graduated from the New England Deaconess Hospital School of Nursing in 1952. Later that year, she married the love of her life, Frederick J. Wills and they began their adventures of raising a family, moving to a rural small town and then to the city of Portland, Maine combined with summers in Bar Harbor. With each move, she found a home in her church, new friends and satisfying volunteer jobs. She deeply loved her family and friends and will be missed.



Violet "Vi" C. Sferes, 86, died on Thursday, Nov. 29, 2018, at Maine Medical Center. Vi grew up in Levant and Bangor, attended local schools, and graduated from Bangor High School the Class of 1950. After high school, Vi attended the School of Nursing at the University of Maine, as well as studying at Maine General Hospital, now known as Maine Medical Center. She completed her three year diploma program in nursing. Vi worked at Maine Medical Center for over 20 years in the Special Care Nursery. Vi had many passions in her life. The absolute first was her love of family. She was an incredible seamstress and derived much pleasure in making clothes, quilts, stuffed animals and crafts for all of them. She was also an avid gardener and lover of the outdoors and nature. With her young family, life was filled with annual camping trips, along with her parents. This love of family and the outdoors evolved to spending many years at the camp on Raymond Pond. She also had a talent and love of painting animals and nature. She had a love of bird watching and reading.



Marilyn Jean (Simpson) Ouellette, 79, died peacefully surrounded by her loving family on Tuesday, December 11, 2018, in Brunswick. She was born on March 2, 1939, in Greenville ME. Marilyn moved with her family to the Brunswick area at the age of eight. She was educated in area schools, graduating from Brunswick High School with the class of 1957. Marilyn continued her education at St. Mary's School of Nursing in Lewiston, graduating and then earning her registered nurse credentials in 1959. On December 31, 1960, Marilyn was married in Brunswick to 2Lt William R. Ouellette, following his graduation and commission from the U.S. Air Force Academy. For the next 12 years, she accompanied Bill during assignments at Craig AFB, Alabama; Loring AFB, Maine; the U.S. Air Force Academy, Colorado; and Headquarters Air Force, The Pentagon, Virginia. Prior to and following her husband's active duty military career, Marilyn worked as a registered nurse at the Brunswick Convalescent Home, Parkview Hospital, and Bowdoin College. From 1975 to 1998, she was the office manager for Brunswick Eye Care Associates, an optometry practice which she helped establish with her husband Dr. Ouellette. Marilyn was especially proud of having selflessly served her family as a dedicated wife and mother; her country as a military spouse; and the Greater Brunswick community as a registered nurse and health care professional.



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Governor Nominates the New Commissioner for Health and Human Services

Juliana L'Heureux

AUGUSTA - Jeanne Lambrew will be Maine's next commissioner of the Department of Health and Human Services pending the approval of her appointment by the legislature.

Lambrew served under President Barack Obama as director of the Office of Health Reform at the U.S. Department of Health and Human Services, and later as his deputy assistant for health policy during the implementation of the Affordable Care Act (ACA). She also served in the federal department coordinating health policy during former President Bill Clinton's administration. Lambrew is a former senior fellow at the Center for American Progress and a senior fellow at the Century Foundation, a progressive think tank in Washington, D.C.

During the announcement of her nomination, Lambrew said she will help the new Governor Janet Mills "deliver on expanding Medicaid," and "restore trust in state government, starting with the Department of Health and Human Services."

"In Maine, a high priority is revamping the department to be sure it delivers on its core mission," Lambrew said. "Should the Legislature confirm my nomination, I will give my all to these tasks. Doing so here would be especially meaningful to me."

Lambrew grew up in the Portland area, where her mother, Pat Lambrew, worked as a nurse and her father, Dr. Costas Lambrew, worked as a doctor at Maine Medical Center for nearly 40 years. The couple lives in Scarborough.

DHHS has the largest budget of any Maine agency, with an annual operating budget of \$3.4 billion and more than 3,400 employees. During Republican Gov. Paul LePage's almost eight years in office, DHHS had been under pressure from the administration to reduce public assistance rolls and emphasize work requirements, thereby clashing with Democrats' policy priorities. If confirmed by the Maine Senate, Lambrew will wade into those ongoing conflicts.

In addition to managing the day-to-day operation of the large department, Lambrew will face the challenge of steering Governor Mills' policy initiatives, leading the institutional changes that former Commissioner Mary Mayhew made at DHHS.

The Bangor Daily News reported by Alex Acquisto was the source of information reported in this article.

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Jeanne Lambrew

Family Memories of President George Herbert Walker Bush



Vice-President George H.W. Bush in Kennebunkport Maine in 1984

Photo credit: Juliana L'Heureux photograph

Juliana L'Heureux

KENNEBUNKPORT, ME - My family joins others in Maine in mourning the death of President George Herbert Walker Bush.

We also grieved with the family when Barbara, his wife of 73 years, died in June of this year.

York County residents have had a neighborly friendship with the family of deceased President George H.W. Bush and his late wife Barbara, because of their generations of presence as residents of Walker's Point, in Kennebunkport. Even people who didn't personally know the family were justifiably fond about their civic patriotism, and the good will they extended towards neighbors in Kennebunkport, Kennebunk and the surrounding York County communities.

My husband was born and raised in Sanford, Maine. After retiring from the U.S. Navy, we moved to his hometown where I took a freelance job writing for *The Sanford News*. It was during this time, in 1984, when I first met then Vice President George H.W. Bush, when he attended a reception for the Republican Congressman David Emery, who was running for the U.S. Senate.

Yet, the most heartwarming and somewhat historic story I can share about President Bush is described in an article about his youthful college baseball years, when he played baseball for the York County Collegiate team.

A Franco-American gentleman named Norman Foucher from Biddeford, shared his personal experience about playing against the Yale college student George

Bush, where they competed in opposing teams. It has been an honor to share the article in several publications and the Goose River Anthology essay about the experience was accepted into the Bush Library, as an article about presidential trivia.

"Norman Foucher was only 14 years old on September 7, 1947, when he came face to face with the young President George Bush, Sr., who played first base for the summer Collegians team in Maine's York County Twilight League. 'He told me I was pretty young to play baseball,' Foucher recalls. 'I never dreamed he'd become president of the United States,' he says. Newspaper accounts of the game between Foucher's team, the Biddeford St. Andre's Apostles versus the Kennebunkport Collegians, reported the victory was a 21- 3 rout, with victory going to Foucher's Apostles. Nonetheless, future President Bush had a good night, with game stats of three hits for three times at bat."

My husband's family is particularly grateful for how President George H.W. Bush and his wife Barbara included several of the great-nephews into their group of personal assistants. As a result of this extraordinary friendship, my husband and I were honored to be included as wedding guests in two family nuptials ceremonies, attended by the President and Mrs. Bush.

Over the years, President Bush sent several of his lovely letters to the nephews on special occasions, especially when their children were born or on birthdays.

When I asked if the President would sign a baseball for a good friend of mine, who lies in Bangor, whose mother was chronically ill, the request was granted. In fact, President Bush sent a note afterward, to acknowledge that he was, indeed, the person who autographed the baseball.

Of the delegation from Maine who were invited to attend the funeral ceremonies for President Bush at the National Cathedral in Washington DC. Four of those people were members of my husband's family. They were Jim Frechette, Tom Frechette, William Frechette (Major USAF) and Coleman Lapointe.

We will always be grateful to President Bush and his family for their generous friendship with my husband's family.

When we heard my husband's great nephew Tom Frechette interviewed on CNN, he was speaking with a group of aides who had been with the family for many years. Josh Grzyb, the paramedic who was with the President at the time of his death, said in the interview that Mr. Bush had requested the singing of "Silent Night" and his last words to his son George Walker Bush were "I love you, too."

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Jennifer Paradis, RN BBCH March 2018

One particular night shift, I was in charge during the day and assigned her to one of our long-term patients. ... At 2:20am, the patient was moved to Pediatric ICU (PICU) for more intensive care. From the time Jenn started her night shift at 1900, she didn't leave this patient's room until he went to PICU.

Jenn continued to check on this patient for the rest of her shift, including right before shift change. She felt he was looking better, more stable, and after speaking with the PICU nurse, Jenn gave report on her other patient, ... left to go home relieved that he had "turned the corner." Once she reached home, she got the devastating news that this patient had entered into a life-threatening heart rhythm just after change of shift and had unfortunately passed away after 30 minutes of unsuccessful intensive resuscitation. Jenn immediately got back into her vehicle and drove back to the hospital to be with this mother. When she walked into the patient's room, the mother was rocking her peaceful baby. Jenn just went to her and hugged her. As she left the room, the cardiologist gave her a big hug and told her "you did a great job and thank you for taking such great care of him." The following day I was able to see this mother when she returned to get some belongings she forgot. We hugged for a long time without saying a word. She told me how appreciative she was for the primary nurses who cared for him.

Stephanie Jordan, RN ED March 2018

"I was a patient in the ED twice last week... I had one of your nurses Stephanie, was great and I just needed to let somebody know that. I was SO SICK, ...just miserable and she made it so much easier. She's so good at her job. She was funny. She was attentive. She obviously knows her stuff. She was just great and I just have to tell someone that because you know, you come in, you're sick, and you feel that miserable and then you've got a nurse who cares, is really good at her job and adds humor to lighten it up. It just made all the difference. I just wanted to call and let somebody know that. I hope she gets some kudos for that because she really was great."

She brings a personal touch to nursing care for every patient she encounters. She addresses not only the physical, but also the emotional needs of patients by connecting with them on an individual level and discerning what thoughtful action she can do to help in the moment. While feels we never have enough time at the bedside in our fast-paced, busy emergency department, Steph is diligent and focused on facilitating an understanding of that individual patient's needs, never expressing a sense of frustration or haste. Steph's commitment to patient-centeredness and her compassionate approach make a world of difference to patients, as it did in this case.

Jessica Sobey, RN LDR April 2018

We had our first experience in Labor and Delivery at Maine Medical Center. During the most difficult moment in our lives, our nurse, Jessica, met us with such grace and respect from the moment she walked through the door. We are forever grateful for her.



2018 DAISY Honorees

It was immediately evident that Jess not only understood and respected the severity of the situation; she was genuinely empathetic and would be there for us. While we knew that Jess likely had several patients to care for, she made us feel like we were her only ones. It was clear that it was not just a job for Jess, it was way more than that. Jess clearly had the innate ability to say the right things, or just listen, something that does not come easy to do in times of grief beside people she had never met before. In a time of pure shock, filled with fear and overwhelmed with sorrow, we found comfort through the support and love Jess gave to us. She held our hands and put a hand on our shoulder in the darkest of times, she truly listened to our concerns while making sure we understood what to expect every step of the way through the scary path ahead.

Her superior level of experience and knowledge in the field of nursing was obvious and further comforted us. She was our light, our caretaker full of genuine dignity, kindness, respect, and compassion. There truly is no way for us to possibly express the impact she had on our lives and how grateful we are that she was there for us as we said hello and then goodbye to our precious baby boy.

Nicholas Horvath, RN ED April 2018

All of his patients love him. Family members go on and on about how kind he is, efficient and caring. ... One particular example is a patient who was so scared to go to x-ray, having been cancer free for ten years. She presented with a cough that was lingering. The patient described Nicholas's calming voice and holding her hand at the bedside just prior to her chest x-ray. The patient ended up having pneumonia. I overheard her telling her two daughters how nice the night nurse, Nick, had been to her "He got my IV very easily and got the blood work and I didn't feel a thing. I was so scared to go to x-ray, but he held my hand and explained that being scared is okay. He was so sweet."



Rachel Driscoll, RN R4 May 2018

My charming and graceful mom made the brave decision to tie up loose ends and start hospice care. We met with hospice staff on Sunday. Having been through hospice care with my mother in law three years prior, I was expecting a similar process where morphine would gradually be increased and she would slowly drift off and sleep heavily sedated for several days before passing. So I wasn't expecting the hospice staff to be starting a morphine drip. After all, she had only begun oral morphine about 24 hours prior.

A little perturbed at first that she wasn't assigned a nurse who already 'knew' her, I quickly saw how gentle and sweet this nurse was with my mom. She would speak very kindly and respectfully to her and look my mom in the eyes. She would ask her how she felt as she would tenderly stroke the side of my mom's face. Her interaction with my mom made my heart swell. As the afternoon went on, it became apparent to me that her dying process was happening much faster than I had imagined it would. Around 3pm as the nurse was, once again, tenderly speaking to my mom after communicating with the hospice team and increasing her morphine dosage once again, I looked at the nurse and explained that my sister was going to be arriving in the morning and asked if I should call her to come now. The nurse looked me in the eyes and sadly shook her head yes. She was incredibly respectful and honest. And I could see the kindness in her eyes, an integral part of who she is as a person. ... I then



noticed that our angel nurse was also touching my mom, comforting her and helping me to help her pass. By 5:10, my mom was gone. I was in shock, it had all happened so fast, but I was aware enough to see the emotion of the nurse's face. When we were all done, exhausted and ready to leave the hospital, I found our angel. I thanked her for being so unbelievable. She started to get choked up and she told me that I had done the most important thing a person can do. I helped my mom pass. I wished I had thought to tell her at the time that she had done it as well. She had helped my mom pass with dignity, respect and love. I know that most people think that angels are beings that reside in heaven with God. But my angel was Rachel.

Janice Hallett, RN SSU, P4CD May 2018

Janice was in the middle of discharging one of her patients, when the spouse stated he was having some shoulder discomfort (he has a cardiac history). Janice strongly encouraged him to be seen in the ER. He was hesitant. She truly advocated for the family member and her patient. Janice brought the spouse and the patient to the ER. She touched base with them throughout the day, even after the patient was discharged. When it was decided that the spouse would be spending the night in the CDU, Janice accompanied the patient to the shuttle to make she would be able to get to the hotel to rest. The patient had called her daughter who was coming to meet her at the hotel, after Janice had talked with her. This is truly above and beyond her duty.

Miranda Chadbourne, RN CICU June 2018

On ---, 2018 while shopping with my two and a half year old granddaughter in ---, I suffered a cardiac arrest and ultimately wound up in the cardiac intensive care unit at Maine Medical. When I regained consciousness, I had no idea where I was or what had happened. This is where my story starts. When I opened my eyes I was greeted by one of the nurses in my ICU room, she told me I had suffered cardiac arrest – my mind instantly went to – where is my granddaughter? I tried to speak but couldn't because of the breathing tube, so I made a motion with my hand to write on something – the nurse gave me a white board to write on. Weak, scared, confused and panicking on the inside I wrote two words R-- OK -. R--- is my only grandchild. She grabbed a phone and called my wife, who explained that "R-- is our granddaughter; she was with him when he collapsed. Tell him she is ok and with her mother." When she gave me this news, it had a soothing effect. Over the next couple of days the care my family and I received from this nurse cannot be expressed enough – she was caring, sympathetic, compassionate, considerate, empathetic, witty, and sincere. When she left the room, she would always give me a big smile and a "thumbs up." The positive energy she gives off is infectious, and could only make anyone feel better. God put a set of angel wings on one of your nurses that took care of my family and me, and that nurse was Miranda. She doesn't deserve a daisy, she deserves a Botanical garden. Since I don't own a Botanical garden, please give her a daisy from my family and me. I am glad for her life and the second chance at mine.



Annette Avery, RN, CNII MBC June 2018

As a first time new mom, my daughter L-- was struggling to understand everything told to her. Annette took a great deal of time to review with her what was happening and why. Annette treated her with dignity and respect making sure that she understood



the treatment plan. Her compassion and caring is outstanding – she was able to create an individualized treatment plan for L---in regards to breastfeeding, which helped her reach success. Her ability to actually listen to patients brings a more satisfying experience. Your organization is lucky to have a nurse like Annette. Annette was an exemplary care giver and teacher; through Annette's kindness and compassion I saw my daughter able to relax and enjoy her baby. A "story" Annette told to the baby (even though she knew she was really saying it for L---'s benefit), helped L-- get through her first really tough night at home with the baby by remembering what Annette had said. I wanted you to know what a GEM you have in Annette, she is an outstanding nurse and made a very big difference in my daughter's stay at Maine Medical Center.

Vilena Discatio, RN R1/IMC July 2018

My friend's younger daughter M--- was getting married, and he was looking forward to walking her down the aisle. He had been in rehab, recovering from a fall that caused several rib fractures. Less than two weeks before the wedding, he became critically ill with a massive saddle pulmonary embolism and went into cardiac arrest not once, but three times. The outlook was grim as he ended up ventilated in ICU and then on ECMO. Fortunately, he was successfully weaned from ECMO and a few days later, from the ventilator. After being transferred to the IMC, he continued to gain ground. His family made arrangements to Facetime the wedding ceremony, and I was there to help him get it set up in his room. It was not nearly the same as being there, but the best they could do to involve him in the ceremony.

Vilena was his nurse that day, and I watched as she cared for him with that extra something that makes a wonderful bedside nurse. She coordinated his care with physical therapy and the lab so he would have uninterrupted time to watch the wedding. However, that wasn't all – with the help of her co-workers, she arranged to set up the conference room with cloths on the tables and two lovely bouquets so he would have a place outside his room to be with his family after the reception.

Later that day, he was wheeled down to the conference room once his wife had arrived wearing her Mother-of-the-bride gown. He was anxiously awaiting his daughter's and her new husband's arrival. It was so moving to see her and her Dad together. Having him sitting up and out of his room made it that more special. The wedding photographer arrived to take pictures after my friend donned his tuxedo t-shirt complete with boutonniere! The beautiful flowers served as a background for the pictures-so much better than having pictures taken in an inpatient room!

Robert Landry, RN ED July 2018

I first met Robert in the trauma room. I was transported via rescue with a flutter and had an n-stemi. I was scared and completely confused as to what was happening. Robert clearly explained the medications that they were going to try to convert my heart back into sinus rhythm and how things should work. After medication failure, we decided to proceed with a cardioversion. Robert held my hand and explained that I won't feel a thing – they will take great care of me. On one of the scariest days of my life, he went above and beyond to make me feel safe.

I was admitted to ICU after having ablation number two. As a result of all the fluids given during the procedure, my hands swelled to the point that my wedding rings needed to be cut off. Robert was assigned the duty of cutting my wedding rings. My heart was full of joy knowing that he was there to help

me once again. Robert cautiously and carefully cut my prize possessions off my hand and did the least amount of damage. I was once again in a scary room, and he reassured me that I was in good hands and all was going to be ok.

A little more than a year later, I was taken to the trauma room again for another cardioversion (number 13), and Robert was working that night, not assigned to my particular trauma room but made sure to stop in and check on me. Just two days later, I landed in the ED again, I heard this voice say, "I know this young lady and all that she has been through," and as he entered my room the feeling of comfort overwhelmed me. He conversed with the doctor who wasn't as familiar with my journey all at the same time, making me feel at ease with what was happening. Robert has a way of explaining and makes the patient sense that a small part of Robert is going through this with the patient. He clearly cares and is able to convey his compassion while maintaining his professional demeanor and approach.

Emma Pressey, RN Gibson August 2018 Nomination

A patient was moving towards end of life quickly and wanted to go home to die. Thank goodness Emma was working many days in a row (Friday through Monday) because Emma spent the entire weekend working with the patient and family to prepare them for end of life at home. Emma worked with the patient to know his goals for end of life and always included the family with end of life discussions, what to expect, and who would be their resources. "She took the lead and allowed my family to ask so many questions. She was so patient and they felt after her many, many discussions my wishes to die at home would be granted. I'm not afraid to die but I'm afraid for my family, they have to keep living." Emma moved the patient and family from an enormously anxious state to one of acceptance and readiness for end of life at home. When taking someone home to die it can be extremely challenging – there are so many difficulties that can arise and you have no medical support (nurse) at home. By the end of the day the family was comfortable with the new plan because of Emma's direct leadership with providers, compassionate care to the patient and family, and passion for a respectful and peaceful death.

Kimberly Gullikson, RN ED August 2018

Over the last week and a half, we have had a very challenging pediatric patient in the Emergency Department. Kim has been able to bond with this young patient; she has come in early and stayed late to be here more often with this patient. She has sat and rubbed the patient's back and helped her get to sleep. Kim has played games, read this patient bedtime stories, taken the patient's clothing home to wash, brought in treats as an incentive for the patient to have good behavior. This patient has kicked, spit, scratched, pinched, hit, and cursed ungodly words at nearly every staff member that they have encountered, often these actions have been aimed at Kim. Despite all of the attacks on Kim from this patient, she always remains calm, keeps her cool, and is able to work her magic to get this patient to calm down and even apologize for her actions. Kim is an incredible nurse and we, as well as this patient, are incredibly lucky to work beside her.



Paul Gomez, RN SCU3 September 2018

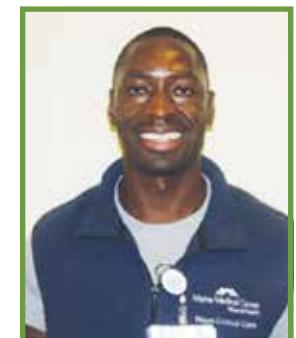
Paul, RN in your ICU department was an absolute gem that shined bright during my grandfather's unexpected, scary (Life Flighted in) visit to your facility last week. He was genuinely interested in the care of my grandfather and those that surrounded him. My grandfather had increased confusion at the time of his stay and Paul had a unique way to be able to connect with him to ensure he received all the necessary components of his care along with appropriate humor that kept him laughing. To see my grandfather laugh during his ICU stay was a sense of comfort, healing, and relief during a difficult time. Paul was absolutely dedicated to offering the best care while still providing a solid ground on which everyone could agree. Paul was calm, composed, positive, knowledgeable, attentive, compassionate, and embodied excellent communication skills with both body language and words. It seemed that Paul could handle any complication, challenge and/or obstacle with tact, swiftness, agility, and precision with eyes and ears everywhere! He was the glue between the doctors and us for sure! It was certainly inspiring to have such a well-rounded, organized Nurse handling my grandfather's care. It brought comfort to us during a time that was not comfortable.

Angelo "Tony" Verdelli, RN, BSN, OCN GPV September 2018

My husband was independent, hardworking and the provider for me, his wife, six children and four grandchildren. He was happy, energetic and loved life. Within a year, that life would change. New words would enter our world: renal failure, stroke, anaphylactic shock, cancer, and typhilitis. My husband became depressed, discouraged and dependent very quickly. He was now a very sick man.

On --- 2018, my husband was air lifted to Maine Medical. After a week in the special care unit, he was transferred to the oncology unit; this is where we would meet "Tony," a night nurse. Upon meeting Tony, we learned and were able to give meaning and understanding to new words: compassion, patience, respect, reliability, and kindness. Tony was/is empathetic and has a sense of humor. Tony worked with my husband through adversity, embarrassment, and humiliation. When the call button was used, Tony would appear at my husband's room with promptness and words of encouragement. One night, the call button was pressed eight times in eight hours. My husband "begged me" not to use it but it was a necessity. Tony never appeared tired, although I'm sure he was. Tony treated my husband with courtesy and respect. He would speak with medical staff in our presence. He encouraged us to ask questions. Tony provided me with a sense of security and trust. I knew that when I had to leave my husband's room, he would be safe and cared for. Tony gave my husband the care he needs to maintain hope. He has restored my husband's dignity and for that reason alone, Tony is qualified for and deserves the DAISY award.

2018 Daisy Honorees continued on page 11



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Cleaning the Environment



Juliana Fern Patten

KITTERY, Maine - My family and I just spent two afternoons cleaning up litter from a one-mile stretch of road in Kittery. Guess how many garbage bags we filled to the brim? Eighteen - yes, eighteen 30-gallon garbage bags. Imagine taking eighteen garbage bags filled with debris and strewing it along a one-mile stretch of road. That's what we picked up.

Let me describe to you some of the great stuff we found that people decided to throw out of their car windows: styrofoam cups with plastic lids, plastic cups and straws, paper bags filled with food wrappers, a baby bathtub, beer bottles both intact and broken, wine boxes, wine bottles, nip bottles, aluminum soda and beer cans, plastic bags, and cigarette butts. None of these items biodegrade; in fact, they sometimes take decades to even break apart. And then the environment has the pleasure of dealing with not one styrofoam cup, but twenty-plus pieces of styrofoam that blow and spread and get buried, never to be retrieved - ever.

On numerous occasions when I bent over in the pucker brush to retrieve a styrofoam cup, for example, it was so brittle that when I grabbed it, it automatically broke into little pieces, making the process of retrieval all that more difficult. The same could be said for the plastic water bottles, some of which had probably lain there for decades. Other remnants included glass shards indiscriminately spread all over an area when someone had demonstrably heaved their beer bottle out the car window.

I must confess a few things. I didn't take the time to pick up all the cigarette butts, or I'd still be out there. Furthermore, I have to admit that it was only a few years ago when I learned they are slow to degrade in our environment as well. The core of most cigarette filters is actually a form of plastic that can take 18 months to 10 years to decompose. Additionally, used cigarette filters are full of toxins, which can leach into the ground and waterways, consequently damaging living organisms that come into contact with them. The bits of tobacco still attached to many of the discarded butts further pollute our environment with nicotine, which is poisonous. It's hard to believe that all this damage can result from a one-inch remnant so seemingly inconsequential.

Another unfortunate fact is that the debris we collected had never been recycled nor was the majority of it in its present retrieved state conducive to recycling. I suppose if we had created some sort of assembly line with numerous willing helpers after having filled the 18 bags and subsequently sorted the bottles from the cans and paper, filled a tub with water, rinsed them and discarded the broken ones, we could have come up with a few bags of legitimate recyclables. But we didn't.

I suppose there are a few options: either everyone stop littering, or everyone carry a bag around with them and pick up trash when they see it (like a friend of mine does), or aim for a little of both, which is probably a little more realistic. Then, I think, we'll make a difference. That would be nice.

This letter is re-published from the Portsmouth Herald Seacoast Online with the permission of Juliana "Julie" Fern Patten.



Juliana Patten

Sister Consuela White Spirit of Nursing Award Presented to Keri Lilly

The Sister Consuela White Spirit of Nursing Award was presented to Keri Lilly, BSN, RN on September 27, 2018 at the annual meeting in Freeport, Maine.

Below is the nomination that was submitted by Beth Kessler, RN, MSN, NE-BC.

It has been said that single most important asset in any healthcare organization is its staff. I would venture to say nurses are one of the most important assets in our society. Being a nurse is not what we do but rather who we are. We don't take off our scrubs and stop being a nurse. Despite the location or function nurses impact those they touch directly or indirectly.

There are countless stories of how individuals were inspired by some interaction with a nurse, how the nurse saved their life or the life of a loved one, how by listening they encouraged health or hope. The stories go on and on. Keri Lilly BSN is the epitome of a nurse. She is one who cares, listens, demonstrates integrity in all she does and believes that connections are forged through relationships.

Keri graduated with her BSN and practiced at a large tertiary center in Massachusetts, later she would relocate in rural Maine and chose to continue her career at LincolnHealth a small community hospital. She brought her clinical expertise to the bedside in the ICU, she mentored nurses to elevate their practice, to make a difference by connecting with patients and to also see the whole picture.

To quote a patient she cared for "She has a super personality and a very professional approach to her work. Although she has a direct approach and tells things like she see them, she has a calming effect that makes me feel comfortable and safe. I have no doubt she intervened on my behalf with the doctor that I needed more communication regarding my condition." The following gives you a glimpse into the kind of nurse Keri is – this is an email Keri sent to the family after they reached out about her stellar care. Keri writes, "Your aunt is amongst two of the sickest patients I have ever cared for in my 15 years of nursing. Her issues where unfolding so quickly and stacking up for sure. I felt so fortunate we had an opportunity to speak before she took a turn for the worse. I was able to recognize her strength and ask her desires as things were deteriorating, and listen as she gave her own ideas with her vast nursing experience. She said to me "I think I should have an ABG because I am in metabolic acidosis, or I think I should have a tick panel, etc etc." I was working on her team, knowing she would give me all she had. I was inspired by her. I knew she wanted to make it and I was going to fall down trying. There are times in your life when you are given the gift of opportunity to make a difference, your aunt and I connected and I knew she was going to pull through. She looked at me with confidence. It is in these moments as nurses we can know we make a difference."

This patient went on to require a higher level of care and was transported to a tertiary healthcare center. She was in the healthcare system for greater than 30+ days and miraculously made a full recovery. A member of her family formatted a booklet of remembrance of her health care journey. Located in the front of the book is the above message from Keri. The examples above illustrate the commitment to the profession but more importantly the commitment Keri has to her patients. As a bedside nurse her indelible mark has been left on the patients under her care. This young woman is one who seeks improve patient care through education, collaboration and autonomy.

Keri is a natural teacher, she is in her element when someone has a question or there is a clinical situation that requires critical thinking. When observing Keri teaching or mentoring, it is clear she guides not directs her peers. She has a wonderful mind and has a natural gift of appreciative inquiry that encourages and fosters confidence and growth in those she is mentoring. New nurses develop critical thinking, confidence and find their voice under Keri's guidance.

Nurses want to make a difference; special nurses recognize who is truly in need of that difference and make it happen. Keri has a keen sense of foresight and intuition. Understanding that in order for our society to flourish we must focus our effort on our future – our children. Ensuring they are healthy – emotionally as well as physically. Keri wanted to be part of the solution; what better way to have a positive impact than that of a school nurse. Keri transitioned to her new role as the school nurse in the fall of 2017. Her spirit of caring was felt immediately, Nurse Lilly's office is where the children want to be – not due to illness but for care. She reaches out inspires and empowers them to be better, stand taller and be proud of who they are and what they contribute. In just a short period of time, Keri has continued her legacy as a difference maker. Keri still works per diem at the bedside, because she in her words, "I don't want to lose touch or skills."

In closing, a colleague walks by Keri's office and pokes her head in, "Saving lives today?" Keri looks up and smiles, "nope...touching them!" That statement says in all about Keri Lilly – the epitome of Sister Consuela White Spirit of Nursing Award.



Left to Right: Beth Kessler, BSN, RN presented the Sister Consuela White Spirit of Nursing Award to Keri Lilly, BSN, RN (center). Christine Anderson, RN, BSN, NE-BC, CNO from Lincoln Health also joined the celebration.

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Sexual Violence is Not Inevitable

Patricia Erikson

Reprinted with the permission of the Saint Joseph's College Magazine November 2018 <https://www.sjcm.edu/magazine/sexual-violence-is-not-inevitable/>

"Writing about solutions, especially prevention strategies, can help shift perceptions of sexual violence as being the result of risky or random inevitabilities to a focus on rates, prevention, and causes of violence."

– National Sexual Violence Resource Center

STANDISH, ME - National statistics gathered by the Centers for Disease Control and Prevention demonstrate that in the United States one in five women (19.1% or an estimated 23 million women) experienced completed or attempted rape at some point in their lives. One in three women (36.3%) experienced some form of contact sexual violence during their lifetime. Men are not immune from this violence; although at a dramatically lower rate—1 in 17—men experienced completed or attempted rape in their lifetime.¹ Yet, nationally, rape is the most under-reported crime; studies show that a whopping 63% of rapes go unreported to police.² For many years, Saint Joseph's College has incorporated sexual violence prevention programming into the onboarding of new students and new employees. The athletics program has followed NCAA's prevention protocol. And yet, even a small, rural college with a tight-knit community and a strong social justice ethos like Saint Joseph's experiences cases of sexual misconduct,³ albeit at lower rates than other campuses. Between 2014 and 2017, five cases of forcible rape were reported at Saint Joseph's College.⁴

For Saint Joseph's College—a Sisters of Mercy institution with a commitment to nonviolence—the imperative to address this national social epidemic proactively is clear, not only to benefit the safety of the community now, but also to prepare our graduates to make positive contributions to society at large as they disperse after graduation. "We're not satisfied with the results of our current prevention efforts. Our mission calls for the creation of a safe and just place for all. We need to do more," said President James Dlugos.

Now, with the assistance of significant federal funding, the College is stepping up its preventative programming.

This year, the United States Department of Justice's Office on Violence Against Women awarded Saint

Joseph's College a three-year \$299,884 grant to fund programming that enhances prevention of, awareness of, and response to a range of sexual misconduct that can occur in the community, including: sexual assault, domestic violence, dating violence, or stalking.

"We have been given an extraordinary opportunity to address such an important issue," said Dr. Matthew Goodwin, Dean of Campus Life and Title IX Officer. "Educating, training, and empowering students, faculty, and staff to ultimately end sexual violence and harassment is not only the intent of the grant, it's also a moral responsibility connected to our College's spiritual identity."

The grant-funded programming plans to provide all members of the College community—students, faculty, and staff alike—with skills to recognize, intervene, prevent, and report all forms of sexual violence. Against the backdrop of a long history where sexual assault is a taboo topic, the DOJ programming also educates community members on how to practice the effective measures for preventing sexual violence and how to become more skilled at discussing issues related to sexual assault.

This latter goal—developing the skills to discuss the issue while remaining grounded in knowledge and civility—couldn't be more timely. Over the past year, the #metoo movement nationwide has disrupted at least some of the silence surrounding this social epidemic of violence, particularly in the workplace. Allegations and convictions of sexual violence have rocked the high-profile worlds of sports, entertainment, religion, media, and government, to name a few, bringing unprecedented media attention to the issue. Regardless of how one feels about the nature of or the outcome of the recent Supreme Court hearings, what is clear is that the issue of sexual assault became entangled in partisan feuding on a national stage and threatened to divert the conversation away from the statistical realities that are only now garnering widespread attention.

"With the Department of Justice funding, Saint Joseph's College is positioned to make an important contribution," said President Jim Dlugos. "Sexual misconduct is a public health issue and a social justice issue. The call to action is clear. As a higher education institution, we can help educate our students about the need for and nuances of consent, about warning signs and how to intervene as a bystander, and about how to support our fellow community members in a time of need."

A number of College academic programs already address the social causes and impacts of violence, including: criminal justice, sociology, history, political science, and nursing. With the new funding, the entire community will experience training, in partnership with Through These Doors (formerly Family Crisis Services of Maine) and the Cumberland County Sheriff's Office.

Many students feel strongly about the need to increase public awareness of the national statistics on sexual violence, so much so that they participated in a class walkout. One of the students, Nora Laprise '22, said, "Violence against women is a huge problem in today's society and it needs to be recognized so that we can help prevent it. For some people, it may come across as a sensitive subject, but the only way for us to change is to educate ourselves. We need to recognize that the person who inflicted this violence is wrong. If we all stand strong together as a community—as women, and as people in general—and educate everyone on the effects of the violence, then maybe we can completely prevent violence against women."

1 Smith, S.G. et al. (2017). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010-2012 State Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. Retrieved from the CDC Centers for Disease Control and Prevention <https://www.cdc.gov/violenceprevention/pdf/NISVS-StateReportBook.pdf>

2 Rennison, C. M. (2002). Rape and sexual assault: Reporting to police and medical attention, 1992-2000 (NCJ 194530). Retrieved from the U.S. Department of Justice, Office of Justice Programs, Bureau of Justice Statistics: <http://bjs.ojp.usdoj.gov/content/pub/pdf/rsarp00.pdf>

3 Sexual Misconduct is a broad term that encompasses Sexual Assault, Sexual Exploitation, Non Consensual Sexual Intercourse, Forced Sexual Intercourse, Stalking, Intimate Relationship Violence, Domestic Violence and Sexual Harassment. Sexual Misconduct may vary in its severity and consists of a range of behaviors or attempted behaviors. Sexual Misconduct violates federal and state civil rights laws and may be subject to criminal prosecution in addition to action taken by the College.

4 The Clery Act requires annual reporting of statistics for various criminal offenses, including forcible and non-forcible sex offenses and aggravated assault. In compliance with the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, the College publishes an Annual Safety and Security Report containing statistics of specified crimes, arrests and disciplinary referrals.

2018 Daisy Honorees continued from page 9

Lisa (Leone) Hopper, RN Gibson October 2018

Lisa took care of my fiancé many times throughout his battle with cancer but the care she provided towards the end of his life will always be cherished. During the day, I would spend time at the bedside with my fiancé but would leave at night to sleep and re-charge. When I left him in the nurses' hands at night I always felt comfortable but it was when he had Lisa that I was the most at ease, because she and R--- had a special bond; she took incredible care of him. Throughout his cancer battle he always told me he had two fears – one being a straight catheter or a foley catheter placement to empty his bladder and two being death. One night in particular was incredibly difficult. He had been admitted with a pain crisis related to new tumors in his spine. Both the spread of his disease and the loss of control over his bladder and bowels were devastating as a 27-year-old man. Lisa continuously assured him that she was there to help and she would get him through all of the obstacles that were in his way that evening. She was able to make a horrible situation a little more bearable. Together he and Lisa had conquered his fear of emptying his bladder with a catheter and his pain was better controlled. He continued to have to empty his bladder with a straight catheter until he passed



away. It was Lisa who helped overcome this fear and provided exceptional patient care in a difficult situation. Lisa is a special kind of nurse that connects with her patients, cares for them deeply, and works tirelessly to meet their unique needs. I was so thankful to have Lisa caring for my loved one.

Tenicia Hauck, RN and Paula Gentile, RN ED October 2018

Tenicia and Paula have provided exceptional care to one of our patients who has been in the ED for several days awaiting placement. As you know, the ED is not an appropriate place for any patient to be boarding. We have no windows on our unit. This patient has Autism and is non-verbal. While many nurses also provided care, Tenicia and Paula have been the primary psych nurses during the daytime. They have advocated for this pt, bought food and toys for him with their own money, created a communication tool with pictures, made a daily plan for him and trained other nurses about the plan. They have treated this young man with dignity and respect, greeting him each day with a smile and helping him in any way they can, including taking him for walks when it is safe to do so. Despite not having specific training in autism, they went above



and beyond to educate themselves in order to provide the best care possible to him.

Paula Gentile, RN,ADN - ED October 2018

Paula has provided exceptional care to one of our patients who has been in the ED for several days awaiting placement. As you know, the ED is not an appropriate place for any patient to be boarding. We have no windows on our unit. This patient has Autism and is non-verbal. While many nurses also provided care, Paula has been one of the primary psych nurses during the daytime. Paula has advocated for this patient, bought food and toys for him with her own money, created a communication tool with pictures, made a daily plan for him and trained other nurses about the plan. Paula treated this young man with dignity and respect, greeting him each day with a smile and helping him in any way they can, including taking him for walks when it is safe to do so. Despite not having specific training in autism, she went above and beyond to educate herself in order to provide the best care possible to him. I want to stress again FORTY days...and still counting. There is hope for this patient to be placed in the next few weeks. Until then, I know he will be well cared for and we will continue to do the best we can.





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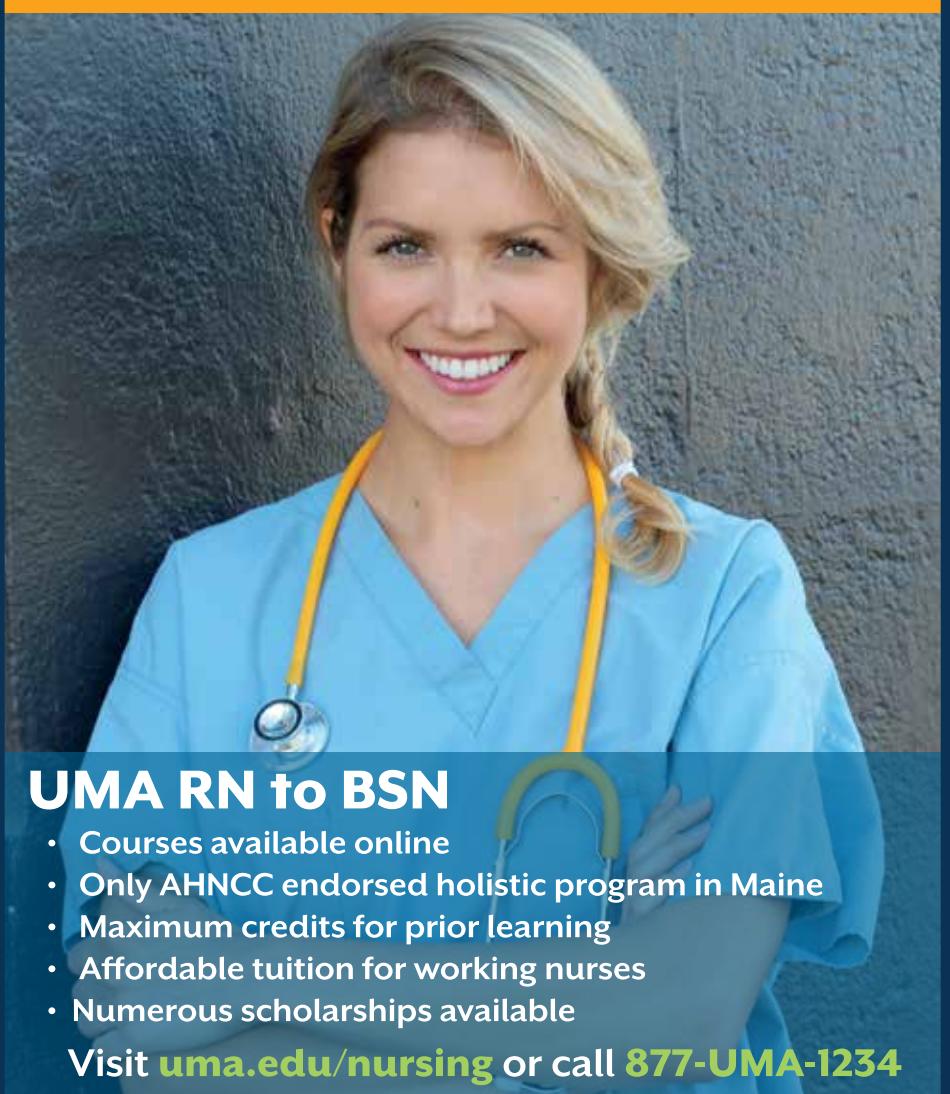


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