



# ANA-MAINE JOURNAL

**The Newsletter of the American Nurses Association—Maine**  
Quarterly publication direct mailed to approximately 27,000 RNs and LPNs in Maine.

**SPRING 2019**



## PRESIDENT'S MESSAGE

*"Nursing is an art; and if it is to be made an art, requires as exclusive a devotion, as hard a preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or cold marble compared with having to do with the living body—the temple of God's spirit? It is one of the fine arts; I had almost said, the finest of the Fine Arts."*

~Florence Nightingale

Happy Nurses Week to each of you! As I write this president's message, it is snowing, yet the signs of Spring with its eternal hope of new growth are all around ~ the robins have returned, the pussy willows are lush, crocus of purples and yellows are perched along my back stairs, and Florence Nightingale's May birthday announces National Nurses Week!

ANA's 2019 theme for Nurses week is: 4 million REASONS TO CELEBRATE

More than four million registered nurses comprise the largest group of health care professionals in the United States. Nurses are everywhere we live, work, play, learn, and worship, and in every health care setting providing care to millions of people. In fact, about one in every 100 Americans is a registered nurse. Nurses are closest to patients, providing care from birth to the end of life, and practicing in settings that include hospitals, outpatient settings, schools, public health, home care, parishes, homeless shelters and street practices, private practices and clinics, long term care facilities, hospice, correctional settings, business and corporate offices, and increasingly, many locations, including cruise ships! Through sheer numbers and wide-ranging roles, nurses have an unmatched perspective on prevention, wellness, and delivery of health care services. Nurses are highly educated professionals, can become certified in a wide range of clinical specialties and/or patient populations



and hold a wide range of positions including direct care, executive leadership, research, academia, and policy. For 17 consecutive years, the American public has ranked nurses the professionals with the highest honesty and ethical standards. These results underscore the deep trust the public has in nurses.

Let's celebrate nurses' commitment to addressing many public health challenges to transform health care to focus on health and wellness, in addition to illness care. Let's celebrate nurses' commitment to delivering culturally competent care and increasing diversity and inclusion in nursing. Let's celebrate nurses' groundbreaking work as researchers, executives, educators and innovators on national and global initiatives.

As we celebrate each of you during nurses week, we also celebrate one of the nurses we have been molded by, Florence Nightingale, the visionary nurse leader and founder of modern professional nursing. There is a movement underway to recognize Florence Nightingale's bicentennial by collaborating with coalitions of American and international partners who are planning events and programs to expand on Nightingale's vision for caring, models for nursing education, and health care administration.

The list of collaborators is long and prestigious, including the British Army Medical Services Museum <http://www.ams-museum.org.uk/museum> and The British Library <http://www.bl.uk>

A growing list of partners is available and listed at the Florence Nightingale 2020 website: <http://archives.bu.edu/web/florence-nightingale>

At the Boston University's Howard Gotlieb Archival Research Center, the collaborative Florence Nightingale Digitization Project is available for on line historical information; go to <http://archives.bu.edu/web/florence-nightingale>.

I look forward to shared opportunities where nurses can recognize one of the most remarkable women of the 19th century, Florence Nightingale, on the occasion of the 200th anniversary of her birth in Florence, Italy on May 12, 1820. Nightingale's spirit and accomplishments as a trailblazing social activist

and visionary whose ideas on such matters as public health and sanitation, holistic health, and a woman's place in society continue to beckon with relevance today. Florence Nightingale was a modern woman who defied society norms and her own family's social status to follow her calling into nursing – she considered this her divine purpose – to care for the ill and the poor, to implement change, and to use her skills and her intellect to challenge the current poor standards of sanitation and healthcare. Florence attended nursing school in Kaiserswerth, Germany during a time in history, 1844, when nursing was considered an unacceptable occupation for women of means and social standing. Nightingale's writings, research, and advocacy sparked worldwide healthcare reform and her course as an agent of change was set. There was another woman of conviction and an agent of change in this same era and place of 1800's England. According to the Royal Collection Trust, Florence Nightingale and Queen Victoria were age peers kindred spirits, maintaining a friendship and correspondence during their lifetimes. Queen Victoria wrote to Florence Nightingale in 1856, "...It will be a very great satisfaction to me, when you return to these shores, to make the acquaintance of one who has set so bright an example to our sex." Citing again the Royal Collection Trust, Queen Victoria and Florence Nightingale did meet in person multiple times at Balmoral and other British locations to discuss sanitation and the health and welfare of the English people. Queen Victoria and Prince Albert were attentive to hearing first-hand accounts of Nightingale's experiences in Crimea: training and working with nurses, caring for the soldiers, and learning of the dark, dirty, infested hospitals and the deplorable conditions of the sick and wounded. Nightingale used her relationship with the throne as an opportunity to obtain funding and facilitate change to improve sanitation for the British people. She provided meticulous documentation with volumes of statistics describing the unsanitary hospital conditions proving "more deaths from infection and unsanitary conditions than actual battle wounds." She persuaded Queen Victoria and Prince Albert "of the

**President's Message continued on page 2**

Presort Standard  
US Postage  
**PAID**  
Permit #14  
Princeton, MN  
55371

current resident or

## Index

Nominate a Nurse! . . . . .	3	Agnes E. Flaherty Leadership Award . . . . .	6
Saint Joseph's College of Maine		Legislative Updates . . . . .	7
Commencement . . . . .	3	Nurses Day at the Legislature. . . . .	8
ANA-Maine Legislative Collaborative		MBVS Receives National Recognition . . . . .	9
Advocacy. . . . .	4	Nursing Summit . . . . .	9
Nurses and Nurse Practitioners are Not		Nursing Tributes and Memorials . . . . .	10
Medicine "Lite" . . . . .	5	ANA-ME Nursing Student Scholarship	
Supporting Testimony for an Act to Increase		Criteria. . . . .	11
Faculty in Nursing Education Programs . . . . .	6	Membership . . . . .	11

## FOR YOUR INFORMATION

Feedback that ANA-Maine received from the statewide nursing survey indicated that many members are still under the impression that ANA-MAINE is a union. To clarify this misconception, we would like to describe the IRS category of this organization. We are not a union, we are a philanthropic membership organization or a 501(c)3. We support the profession of nursing by providing educational opportunities, scholarships, and support the Student Nurses Association of Maine. We also support the work of other professional nursing organizations, such as OMNE, that work to improve working conditions, such as staff patient ratios or Advanced Practice initiatives, with a focus on safe patient care. If you would like more information regarding how ANA-MAINE supports Maine's nurses, please contact Executive Director Jean Dyer at [jean.dyer@anamaine.org](mailto:jean.dyer@anamaine.org)

## CALL FOR COMMITTEE MEMBERS

The Student Affairs Committee and the Membership Committee of ANA-MAINE would like to invite nurses from northern Maine to consider joining one of the committees to help us develop a stronger connection with the nurses and future nurses in Maine. The committees will have conference call meetings at convenient times for all members. If you would like to help support our effort to move our membership organization forward please contact Jean Dyer, Executive Director at [jean.dyer@anamaine.org](mailto:jean.dyer@anamaine.org)

## NEW MEMBER BENEFIT - NURSING SCHOOL LOAN FINANCING

A new benefit will soon be available to ANA-MAINE members. SPLASH is a school loan refinancing opportunity that will be available to the nurses in Maine. Nurses in New Hampshire are currently appreciating the benefit of reduced student loan payments. Please watch for more details on the ANA-Maine website [www.anamaine.org](http://www.anamaine.org)

### President's Message continued from page 1

need for reform of the military hospital system resulting in the issuance of a Royal Warrant for a commission to enquire into the health of the army." Her writings, research, and advocacy sparked worldwide healthcare reform. Today we use the term 'change agent' with frequency and lightness of heart. In the 1800's, for a woman to be a change agent was unheard of. Yet, Florence Nightingale was one, and as such, saved thousands of lives, and created the first modern schools of nursing. She indeed deserves a celebration along with the 4 million American nurses practicing today who collectively follow in her footsteps.

When met with a difficult challenge, today's nurses continue to ask, 'what would Florence do?'

Many thanks and much appreciation to Juliana L'Heureux, Maine Nurse Historian and one of the editors of the ANA-Maine Journal for assisting with Nightingale facts and history and updated information regarding the bicentennial events.

## ATTENTION ANA-MAINE MEMBERS!

### Nominations for open seats on the board of directors will begin July 1, 2019.

This is the fourth year that ANA-MAINE is utilizing the secure online nomination and voting system to elect members to fill open positions on the board. Nomination submissions will be accepted through July 18 and the electronic ballot will be available August 21 – September 18.

As a member of ANA-MAINE, you have the opportunity to determine the leadership of our organization. Details about the electronic voting process will be emailed to members and may be found on our website at [www.anamaine.org](http://www.anamaine.org). To be eligible to submit a nomination, you must have an ANA-MAINE member ID number. If you need assistance with obtaining this number, log in to the member portal, also found on our website.

ANA-MAINE eagerly anticipates the activities planned for the next work year. Your participation in this process is a way to positively affect the continued work of your organization.

To request a paper nomination form, please call the ANA-MAINE office at 1-877-810-5972 x700.

**Deadline for submitting online nominations is  
July 18, 2019**

The newly elected board of directors will be announced on September 26, 2019 at the ANA-MAINE annual business meeting in Freeport, Maine. More details regarding this event may be found at [www.anamaine.org](http://www.anamaine.org).

## ANA-MAINE and Maine AHEC Network Offers Free Webinar

To celebrate Nurses' Week, ANA-Maine and Maine AHEC Network is offering a free webinar titled "You are the key to HPV prevention: An Update." The speaker will be Jessica Reed, MSN, GNP-BC. This webinar will award one approved continuing education unit. The webinar will take place on May 6th from 12-1 pm. Please watch [www.anamaine.org](http://www.anamaine.org) for details to register for this practice-based webinar.



[www.anamaine.org](http://www.anamaine.org)

Published by:  
**Arthur L. Davis Publishing Agency, Inc.**



**NursingALD.com** can point you right to that perfect **NURSING JOB!**



May, June, July 2019



Volume 15 • Number 2

Published by the  
**AMERICAN NURSES ASSOCIATION-MAINE**  
a constituent member association of the  
**American Nurses Association**  
E-mail: [info@anamaine.org](mailto:info@anamaine.org)  
Web Site: [www.anamaine.org](http://www.anamaine.org)

P.O. Box 647  
Kennebunk, ME 04043

### ANA-MAINE BOARD OF DIRECTORS

**Catherine Lorello-Snow, RN, PMHRN-BC**  
President, South Portland  
[Catherine.snow@anamaine.org](mailto:Catherine.snow@anamaine.org)

**Robert Abel, MSN, RN, CPHP, CCM, CMC**  
President-Elect, Portland

**Beth Kessler, MSN, RN**  
Treasurer, Jefferson

**Jennifer Morton, DNP, MPH, PHNA-BC**  
Secretary, Eliot

**Joanne Chapman, MEd, MSN, RN, NE-BC**  
Director, Falmouth

**Joyce Cotton, DNP, APRN-CNS**  
Director, Kennebunk

**Carla Randall, PhD, RN, CNE**  
Director, Auburn

**Erin Stratton, PhD, MS, RN**  
Director, Camden

**Marianne Tarraza, PMH-NP, RN**  
Director, Cape Elizabeth

Contents of this newsletter are the opinion of the author alone and do not reflect the official position of ANA-MAINE unless specifically indicated. We always invite leaders of specialty organizations to contribute.

### ANA-MAINE EDITORIAL COMMITTEE

Michelle L. Schweitzer (Editor)  
Patricia Boston, MSN, RN, RRT  
Jean Dyer, PhD, MSN, BSN, CNE  
Juliana L'Heureux, BS, RN, MHSA

We welcome submissions, but we reserve the right to reject submission of any article. Send to [publications@anamaine.org](mailto:publications@anamaine.org). CE calendar listings are without charge.

Attribution: We do not knowingly plagiarize. We encourage our authors to fact check their material but we do not assume responsibility for factual content of ads or articles.

For advertising rates and information, please contact Arthur L. Davis Publishing Agency, Inc., 517 Washington Street, PO Box 216, Cedar Falls, Iowa 50613, (800) 626-4081, [sales@aldpub.com](mailto:sales@aldpub.com). ANA-Maine and the Arthur L. Davis Publishing Agency, Inc. reserve the right to reject any advertisement. Responsibility for errors in advertising is limited to corrections in the next issue or refund of price of advertisement. Published quarterly every February, May, August and November.

Acceptance of advertising does not imply endorsement or approval by ANA-Maine of products advertised, the advertisers, or the claims made. Rejection of an advertisement does not imply a product offered for advertising is without merit, or that the manufacturer lacks integrity, or that this association disapproves of the product or its use. ANA-Maine and the Arthur L. Davis Publishing Agency, Inc. shall not be held liable for any consequences resulting from purchase or use of an advertiser's product. Articles appearing in this publication express the opinions of the authors; they do not necessarily reflect views of the staff, board, or membership of ANA-Maine or those of the national or local associations.

**Postal Address corrections:** This list of addressees is obtained from the Maine State Board of Nursing (MSBON) each issue. To keep your address current for these mailings, simply notify the MSBON of any needed changes in your postal mailing address.

Permission must be obtained from ANA-Maine to replicate or reproduce any content from *ANA-Maine Journal*.

 CITY OF BANGOR | PUBLIC HEALTH NURSE PROGRAM MANAGER

Municipal health department seeks Program Manager for Maternal/Child Nurse Program and Travel Health, Infectious Disease and Immunization Clinic. Looking for an individual who is interested in a variety of health issues who wants to make an impact in their local community. NP preferred but will consider BSN with experience in Public Health and/or supervisory experience. Hours M-F, no holidays or evenings.

FOR MORE DETAILS AND TO APPLY VISIT [WWW.BANGORMAINE.GOV](http://WWW.BANGORMAINE.GOV)

## Nominate a Nurse!

### Agnes E. Flaherty Leadership and Sister Consuela White Awards

Nominations are open for [The Agnes E. Flaherty Leadership Award](#) and [The Sister Consuela White Spirit of Nursing Award](#) in both categories listed below. Nominations close July 1, 2019. Awardees will be honored as our guests at the ANA-MAINE Conference Awards Dinner on September 26, 2019. Please mark your calendar in the event your nominee is chosen.

A blind review and selection of the nominee is assured by Award Committee Cooperative Exchange with our colleagues in the Northeast Multistate Division. Winners are notified prior to the Awards event. Do you have questions? Please E-mail the Awards Committee at [awards@anamaine.org](mailto:awards@anamaine.org).

There are two categories of practice for each award. Indicate the category of choice in the online nomination form (found at [www.anamaine.org/awards](http://www.anamaine.org/awards)) and upload your descriptive document for expedient electronic submission.

- The first category includes administrators, educators, public office holders or nominee, and health care providers in advanced practice roles
- The second category includes staff nurses in any setting: schools, community, long term care, acute care, home care etc. Preceptors for students would fall into this category.

### The Agnes E. Flaherty Leadership Award

#### Defining qualities include the ability to:

- Develop a work environment that fosters autonomy and creativity.
- Value and empower others.
- Affirm the uniqueness of each individual.
- Motivate others to work toward a common goal.
- Identify common values.
- Be committed to the profession and society.
- Think long-term and be visionary.
- Be politically astute.
- Think in terms of change and renewal.

### The Sister Consuela White Spirit of Nursing Award

#### Defining qualities include the ability to:

- Listen on a deep level and to truly understand.
- Keep an open mind and hear without judgment.
- Deal with ambiguity, paradoxes and complex issues.
- Believe that honestly sharing critical challenges with all parties and asking for their input is more important than personally providing solutions.
- Be clear on goals and good at pointing the direction without giving orders.
- Use foresight and intuition.
- See things whole and sensing relationships and connections.

Online submissions at  
[www.anamaine.org/awards](http://www.anamaine.org/awards)

**Deadline: July 1, 2019**

## Saint Joseph's College of Maine Commencement

Saint Joseph's College of Maine Commencement to Feature Award-Winning Global Healthcare Activist Donato J. Tramuto as Speaker and Honorary Degree Recipient

(Standish, Maine)-Saint Joseph's College of Maine announces that Donato J. Tramuto, the CEO of Tivity Health, Inc—a leading provider of fitness and nutrition health improvement programs—will speak at the 2019 Commencement on May 11th, as well as receive an honorary degree.

Author of *Life's Bulldozer Moments: How Adversity Leads to Success in Life and Business* (Hamilton Press), Tramuto is a recognized innovator and industry leader with more than 35 years of healthcare experience and a deep commitment to global healthcare access, patient outcomes, and digital solutions.

Tramuto is the founder of Health eVillages, a non-profit organization which provides state-of-the-art mobile health technology in the most challenging clinical environments. He is also the chairman and founder of the Tramuto Foundation, an international not for profit organization providing college scholarships each year to students who have demonstrated compassionate leadership. Additionally, the Foundation has supported hundreds of organizations whose goal is to make the world a more just and fair place, including a partnership with Saint Joseph's College to create Maine's first Institute for Integrative Aging and its associated programming.

President James Dlugos, Ph.D., who will confer the Honorary Doctorate of Public Service Degree to Tramuto, said, "Over the course of his career, Donato Tramuto has brought a spirit of innovation and creativity to the work of improving the lives of people and building stronger communities, which resonates with the mission of Saint Joseph's College of Maine. We're proud to recognize his commitment and energy with this honorary degree."

About the announcement, Tramuto said, "I am deeply honored by this invitation to speak to the graduates of this fine academic institution, and humbled to accept an honorary doctorate. Saint Joseph's College of Maine is a special place, and I commend the faculty and students for making its core values the foundation of the student experience. Much like the culture that I strive to achieve in the workplace and through my foundation, this is a college where everyone is expected to encourage, respect and support the success of the entire community. I truly believe these graduates will carry on the mission to make the world more just and fair."

A member of the Board of Robert F. Kennedy Human Rights, Tramuto is chairman of its Leadership Council where he leads a national initiative to address workplace dignity and inclusion. Tramuto is also chairman of the board of Robert F. Kennedy Center for Justice & Human Rights Europe. In 2014, he was honored with the prestigious Robert F. Kennedy Ripple of Hope Award.

Tramuto holds honorary doctorates from the College of Fine Arts at the University of Massachusetts at Lowell, Thomas Jefferson University and Lasell College



and has received numerous awards for his commitment to healthcare innovation and healthcare access for all.

Before joining Tivity Health, Tramuto founded Physicians Interactive Holdings (now Aptus Health), a global provider of insight-driven digital engagement solutions for healthcare professionals and consumers.

#### About Saint Joseph's College of Maine

Founded in 1912 by the Sisters of Mercy in Portland, Maine, Saint Joseph's College is Maine's Catholic liberal arts college with a commitment to sustainability and wellness. The 474-acre campus, located on the shore of Sebago Lake in Standish, Maine offers more than 40 undergraduate programs and a nationally renowned Division III athletic program to a population of approximately 1,000 on-campus students. The College provides certificates and undergraduate and advanced degrees for thousands more working adults who reside throughout the United States and in more than 20 other countries through an online learning program. In 2018 Princeton Review named SJC one of America's "Greenest Colleges" and in 2015 the Carnegie Foundation for the Advancement of Teaching recognized the College's focus on community service through its mission and daily interactions with local, regional, and global communities with the Community Engagement Classification. For more information, see [www.sjcm.edu](http://www.sjcm.edu).

#### About Tivity Health, Inc.

Tivity Health Inc.™ (Nasdaq: TVTY) is a leading provider of health improvement, nutrition, fitness and social engagement solutions at scale to improve clinical outcomes, reduce healthcare costs and create opportunities to feel better, work better and live better. With decades of clinical and operational expertise, the Company touches millions of consumers through its integrated portfolio of brands and works directly with hundreds of healthcare practitioners and many of the nation's largest payers and employers. Tens of millions of Americans are currently eligible for Tivity Health's SilverSneakers®, Prime® Fitness, WholeHealth Living™ and flip50™ programs and millions of people have lost weight with Nutrisystem®, South Beach Diet® and DNA BodyBlueprint™. As part of its commitment to tackling social isolation and loneliness, in 2017, Tivity Health launched a rural aging initiative at addressing challenges unique to older adults in rural communities. Learn more at [TivityHealth.com](http://TivityHealth.com).

**NURSING LEADERS OF MAINE**

OMNE

The members of OMNE extend a heartfelt thank you to all nurses during National Nurses Week. **Your Strength, Commitment, and Compassion Make a Difference!**



NATIONAL NURSES WEEK 2019  
AMERICAN NURSES ASSOCIATION



4 million REASONS TO CELEBRATE

To learn more about OMNE membership, please visit [www.omne.org](http://www.omne.org)

**KENMONT KENWOOD CAMPS**

JOIN THE TEAM OF RN'S AND 1 MD AT OUR PREMIER PRIVATE BROTHER/SISTER RESIDENT CHILDREN'S CAMP, IN KENT, CT. WE HIRE 8 NURSES FOR OUR FIRST SESSION, 6 NURSES FOR OUR SECOND SESSION. We understand that nursing is an important job at camp that needs the proper amount of staff to run safely. You are not alone when caring for campers & staff.

AVAILABLE JUNE 16 – JULY 23 (5 WEEKS) AND/OR JULY 23 – AUGUST 18 (4 WEEKS) OPTION OF WORKING BOTH SESSIONS. WE PROVIDE air-conditioned FACILITY AND OFFER FREE ROOM, BOARD, PLUS AN OPPORTUNITY TO HAVE YOUR CHILD(REN) ENJOY THE CAMP EXPERIENCE, COMPETITIVE SALARY, CT STATE LICENSE REIMBURSEMENT AND A TRAVEL ALLOWANCE.

PHONE: (845) 262-1090, FAX: (845) 262-1091  
EMAIL: [TOM@KENCAMP.COM](mailto:TOM@KENCAMP.COM) • WEBSITE: [WWW.KENMONTKENWOOD.COM](http://WWW.KENMONTKENWOOD.COM)

# ANA-Maine Legislative Collaborative Advocacy



**AUGUSTA** two nurse legislators (left) Rep. Anne Perry and Rep. Michele Meyer

Juliana L'Heureux, BS, MHSA, RN

**AUGUSTA** - Maine's Governor Janet T. Mills welcomed nurses to the State House on January 22, 2019, during the annual "Nurses in Public Policy: Nurses in the Hall of Flags," legislative seminar. "We want Maine nurses to know how appreciated you are!" said Governor Mills.

Nurses convened in the historic Maine State House for the purpose of meeting, and greeting state legislators and public policy leaders during the first session of the Maine 129th Legislative session. Participants included nursing students, graduate students, public policy leaders and legislators. Special guest speakers were Rep. Anne Perry, a nurse practitioner and Rep. Michele Meyer, a registered nurse.

Moreover, the ANA-Maine annual public policy seminar at the State House demonstrated how nursing leadership has been participating in coalitions with our health care colleagues from the Organization of Maine Nurse Executives (OMNE), the Home Care and



**AUGUSTA** - Kathrine Bean RN from Northern Maine Home Care and Hospice took time to pose for a flu immunization with AARP member Michael Reynolds of Bucksport during Nurses in the Hall of Flags Nurses in Public Policy forum on January 22, 2019, in Augusta with the Maine Immunization Coalition (MIC).

Hospice Alliance of Maine (HCHAM) and the Maine Immunization Coalition (MIC). The purpose of the program is to help educate nurses about public policy and to raise awareness about the importance of running for elected positions.

During the past four years, ANA-Maine has collaborated as an advocating participant with the following health care advocacy organizations:

1. Maine Immunization Coalition with the Maine Primary Care Association
2. Maine Equal Justice coalition to expand MaineCare
3. Maine All Care coalition
4. Maine Providers Standing Up for Health Care – a grassroots advocacy group consisting of physicians, nurse practitioners, nurses and social workers.
5. Organization of Maine Nurse Executives – OMNE
6. Home Care and Hospice Alliance of Maine
7. Maine Hospice Council and Center for End of Life Care
8. Maine Public Health coalitions

In 2019, ANA-Maine is among the coalitions supporting two legislative bills. If they are passed, one bill will provide funding for nursing faculty loan repayment and a public health law to increase vaccination compliance by removing philosophical exemptions as a reason to oppose immunizations for

preventable contagious diseases like measles, mumps, rubella, pertussis and polio.

ANA-Maine is providing public testimony in support of two bills:

## An Act To Increase Faculty in Nursing Education

**Programs:** This bill (a) extends eligibility to apply to individuals who are currently enrolled in master's 24 or doctoral degree programs; 25 2 (b) specifies that applicants must indicate an intention to work as full-time nursing 26 faculty in a nursing education program in the State, and increases the required 27 commitment from three to five years after acceptance into the nursing education loan repayment 28 program; 29 3, and (c) increases the maximum amount of loans eligible for repayment under the 30 program from \$4,500 to \$30,000 for a master's degree, and from \$6,000 to \$60,000 for a doctoral degree.

## 2. An Act To Protect Maine Children and Students from Preventable Diseases by Repealing Certain Exemptions from the Laws Governing Immunization Requirements:

The bill directs the Department of Education and the Department of Health and Human Services to remove any immunization exemptions based on religious or philosophical beliefs from their rules and requires the Department of Education to adopt rules allowing a student who is covered by an individualized education plan and has elected a philosophical or religious exemption from immunization requirements to continue to attend school under the existing exemption as long as an appropriate medical professional provides a statement that the medical professional has provided information on the risks and benefits associated with the choice to immunize.

Nurses are represented in the Maine legislature by two House Representatives: Rep. Michele Meyer, a registered nurse who represents House District 2, serving Eliot, Kittery and South Berwick and she sits on the Committee on Health and Human Services; and Rep. Anne Perry, a nurse practitioner who represents House District 140, serving Baileyville, Calais, Charlotte, Passamaquoddy Indian Township, Passamaquoddy Pleasant Point, Pembroke, Perry, Robbinston, and Baring Plantation and she sits on the Committee on Health and Human Services.

ANA-Maine Legislative Committee is led by Juliana L'Heureux, B.S., M.H.S.A., R.N., the legislative liaison. New committee members are always welcome to participate. Responsibilities include reviewing legislative bills related to health policy, participating in coalitions and helping ANA-Maine to host the annual Nurses in the Hall of Flags and Nurses in Public Policy seminar. Please check the ANA-Maine website [www.anamaine.org](http://www.anamaine.org) and contact [Juliana.LHeureux@anamaine.org](mailto:Juliana.LHeureux@anamaine.org)

## CUMMINGS HEALTH CARE FACILITY

### A family owned business.

Now hiring a FT RN.

Benefits & Retirement - Package available

Please send resumes to  
JLane@chcfinc.com  
or call 207-732-4121  
5 Crocker St., Howland, ME 04448

WE CARE

## Free Suicide Prevention Training

Visit [sweetser.academy.reliaslearning.com](http://sweetser.academy.reliaslearning.com) for FREE suicide prevention training for medical professionals.

### Medical Pathway Training

- ◊ Adolescent Suicide
- ◊ Intervention for Suicide Risk
- ◊ Preventing Suicide in Emergency Department Patients
- ◊ And many more trainings!

For more information, contact Jeanne Bard  
[jbard@sweetser.org](mailto:jbard@sweetser.org)

Brought to you through a partnership between the Maine CDC and Sweetser.



Sweetser

**Camp Half Moon in the Berkshires** — Camp Nurse positions available. RN, LPN. Beautiful lakefront setting with heated pool. Salary, room, board and travel — families welcome. Partial summer available. Season dates: June 18th-Aug. 17th. Must enjoy working with children in a camp setting. Day Camp & Sleepover Camp, coed, ages 3 to 16.



**Camp Half Moon**

888-528-0940 | [www.camphalfmoon.com](http://www.camphalfmoon.com)  
email: [camphalfmoon@gmail.com](mailto:camphalfmoon@gmail.com)

Eager to start a career where you can make a difference every day?

## Public Health Nursing

*Nurturing the Heartbeat of Maine Communities*

The Maine Center for Disease Control and Prevention is looking for nurses statewide who want to be part of Maine's Public Health Nursing team.



Join a dynamic Public Health Nursing Team today by visiting [Maine.gov/dhhs/jobs](http://Maine.gov/dhhs/jobs). Click on the Public Health Nursing position that interests you and apply today!

## Now Recruiting for Registered Nurses

RN I hourly rate \$29.43-\$34.85  
RN II hourly rate \$30.70-\$36.74

92 Bed, State Run, Inpatient Psychiatric Hospital

- ◆ CMS Certified
- ◆ 12 hour shifts
- ◆ Loan Reimbursement up to \$200 a month
- ◆ 12 paid holidays per year
- ◆ 12 vacation days per year
- ◆ 12 sick days per year

Contact: Desirea Chase  
[desirea.chase@maine.gov](mailto:desirea.chase@maine.gov) | 207-624-4785  
Apply at [www.maine.gov](http://www.maine.gov)

**Riverview**  
PSYCHIATRIC CENTER

# Nurses and Nurse Practitioners (NP's) Are Not Medicine "Lite"

**By Cristina Carballo-Perelman, M.D.**

Republished with permission from Beth Boynton's "Confident Voices in Healthcare"  
Blog - [www.confidentvoices.com](http://www.confidentvoices.com)

I have been a neonatologist for 30+ years. Throughout my career, nurses and neonatal nurse practitioners (NNP's) have guided me, assisted me, and comforted me through difficult patient care issues that arose. Even more importantly, they allowed me to leave the neonatal intensive care unit (NICU) without worrying about how my patients were being taken care of.

I am writing this because our profession (MD's and DO's) continue to devalue these professionals despite the quality care they provide to our patients in our absence. I have personally witnessed during my tenure practicing in the hospital setting, how physicians poorly treat nurses, speak condescendingly to them and often times demean them amongst themselves, telling off color jokes or making lewd comments about their appearance.

As my title says, nurses and NPs are not medicine "lite." The vast majority, especially after the 1990's, did not go into their respective professions because they couldn't get in to medicine; or used their nursing careers as stepping stones to enter medical school. That may have been a more common phenomenon a few decades back, when women in medicine were a rarity and nursing was seen as a pseudo-profession. This is obviously not the case anymore.

Now, both men and women, decide on a career in nursing, amongst many reasons, mostly because it is their passion. Those that choose a nursing career understand the differences as well as the similarities between how physicians and nurses practice and what both professions offer to patient care. They understand that their professions are symbiotic, where one cannot survive without the other.

Both professions, have at their core, the desire to heal. Both professions want to insure that health returns not only to the patient but also the family or community that supports that patient. Although doctors tend to diagnose more than they participate in the day to day bedside cares, MD's increasingly assist nurses with these cares. And more frequently, nurses and NP's also participate in diagnosis while administering bedside care. The boundaries, in fact, have become fuzzier as both professions continue to evolve, supporting each other towards the common goal of improving patient outcomes, especially in the current medical malpractice and corporate medicine environment. Yes, one could say that without physicians, nurses could not administer care since the diagnosis might not be as evident. However, without the nursing profession, patients would not get the care that the physicians expect. This is due to the MD's responsibilities being divided over many patients at any one time. As nurses, taking care of these number of patients would, of course, be untenable.

Despite the similarities and the needs both professions have for each other, the discriminatory and/or demeaning behavior that some MD's exhibit toward the nursing profession, drives me to attempt an explanation as to why this continues to happen and how we, as physicians, can and should change the culture.

I believe that the origin of treating nurses as inferior to doctors resulted from, in the distant past, nurses practicing without needing a bachelor's degree. Students were allowed to go to nursing school after high school, graduating with a degree in nursing. This has completely changed over at least the last 30 years. Nurses not only are required to have a bachelor's degree, but many are encouraged to pursue a masters. Those nurses that go on to receive an advanced practice degree now receive a doctorate, either as a PhD or as DNP (doctorate nurse practitioner). The past discrimination against the nursing profession has been attributed to what some believed to be "inadequate" education. However, not only can this excuse no longer be used to discredit this noble profession, there should never have been any perceived "valid" excuse for treating one group of professionals over another in such a poor fashion. Yet despite this, the stigma of "poorly educated" continues to be used as a trump card, as if it justifies this insensitive and inappropriate behavior.

I believe that the elitism that continues to be taught in medical school feeds this discriminatory pattern of interaction with nurses, despite the common knowledge that nurses now not only practice with at least a bachelor's degree if not more, but more importantly they are an integral part of team.

It is imperative that we as physicians be tasked with assisting nurses to become empowered within their profession. By empowering nurses to be an equal partner in the healthcare team, studies have shown that nursing job satisfaction rises, leading to improved patient care. Isn't that what we, as physicians want?

So how do we stop this type of discriminatory behavior and elitism? How can we help support the nursing profession so that they begin to be treated as the equal partners of a healthcare team that they truly are? That, of course, is a difficult question to answer as it requires a change in culture, which requires the perpetrators of their poor behavior to change said behavior. More importantly those who require changing their behavior need to acknowledge and accept that their behavior is wrong before they can accept the need to change it! Education is the key to change.

I believe educating new physicians in training, whether in medical school and/or residency, of the value nursing brings to the healthcare team, will be the key to help them understand and treat nurses with the equal respect they deserve. Furthermore, it needs to be emphasized to these young doctors, that the knowledge nurses possess include not only how to care for patients but also their understanding of the pathophysiology behind the disease process and treatment plan. Moreover, the skills they have are as important towards the healing of a patient as are those of the MD's.

To assist physicians who are in the middle of their career or even later, to learn how to treat nurses as their equals within the healthcare team, the education needed to accomplish this may be more difficult to impart. Many may not understand that their



perception, and therefore treatment of nurses is wrong and needs to change. This particular group's mindset is that they, the physicians, can talk down to the nursing staff because of their continued belief that nurses are inferior to them. How could nurses ever be considered as equal members of the healthcare team?

These group of physicians, will require intense new education, education not to dissimilar to learning about EMR's, HIPPA, IRB's etc. Learning may need to be accomplished through CME courses and should be required by healthcare corporations as well as hospitals, so that physicians can be allowed to continue to practice. Certainly we, as physicians, put limitations on our own profession, when standards for safe practice are not met. Why would learning how to interact appropriately with nurses be any different? After all, if nurses are treated poorly, as I have said before, patient care suffers.

Therefore, I would like us, as a group, to begin the journey towards understanding the strengths that nurses within the healthcare team possess. Let's celebrate these strengths daily. In this way, patient care can be impacted positively, and outcomes improve across the board.

## Author Bio

Cristina Carballo-Perelman, M.D., has been a neonatologist for 30 years. She has seen how society devalues women, both at home and in the workplace by continually placing more value of women's beauty over brains. She and her coworkers have experienced this inequality and unfair treatment of women in the professional setting over the years, Dr. Carballo-Perelman's passion and motivation to write her female empowering books, including *The Modern RN's (r)Evolution*, derives from wanting to help women who have experienced similar situations. She provides hope that if they search for companies with ethics and integrity, they will indeed be re-hired.

Her aim is to empower women, not make them into "little men." By doing so, she hopes to accelerate the overall equality of the sexes in all areas of life!

Her other passions include employee rights and corporate social responsibility. She has first-hand experience concerning these topics as she was fired for "challenging the status-quo" at work. She realized to late the cost of working for a corporation without a "soul." These experiences have allowed her to help others navigate the workforce and become empowered as employees with rights.

Finally, as a physician, she has dealt with many issues concerning death, including the right to assist death "with dignity." Her "intimate interview" with Death itself, puts a unique spin to the topic.

There has been much accolades concerning all her books and the help they bring to those who read them.

Her hope is to continue to help others live empowered, joyful lives and enjoy this journey called life!

She lives in Scottsdale, AZ with her husband, also a physician. Their daughter has a Masters in Nursing and is a Pediatric Hematology/Oncology nurse.

Connect with Cristina's via her website at [www.figjam.guru](http://www.figjam.guru)

**NATIONAL NURSES WEEK**  
MAY 6-12, 2019

**4 million REASONS TO CELEBRATE**

AMERICAN NURSES ASSOCIATION  
**MAINE**

#NursesWeek

Beginning in 1993, the American Nurses Association declared May 6-12 as the national week to celebrate and elevate the nursing profession.

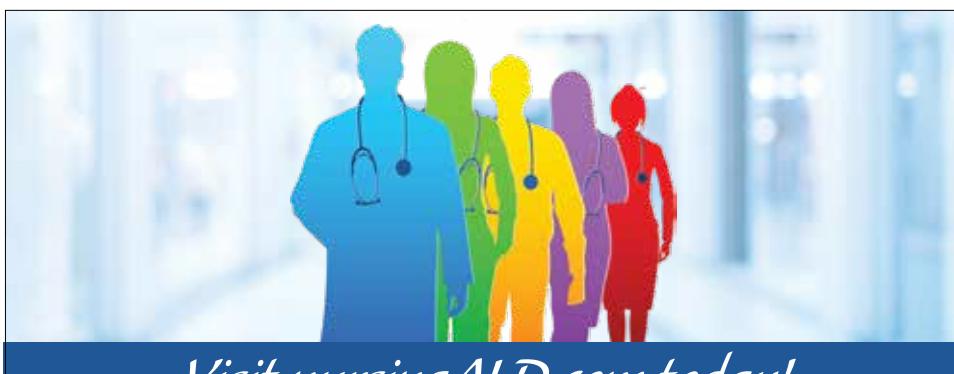
# Supporting Testimony for an Act to Increase Faculty in Nursing Education Programs

**Danielle R. Doyan, R.N.**

\*This testimony was given to the Legislative Committee on Innovation, Development, Economic Advancement and Business on April 4, 2019.

AUGUSTA, ME- I am here to support LD 799. My name is Danielle Doyan. I am strongly committed to become a nurse educator in the State of Maine. Although I was ready to begin nursing school in 2006, I began taking nursing prerequisites as there was a two year wait list at the University of Maine at Augusta. Due to this delay, I graduated in May 2010. I am proud of both the education and experience I have accomplished since then. My work experiences include a charge nurse of forty-nine residents with dementia as a new registered nurse, med-surg nursing, school nursing of all age levels, triage, and my current position as a home health nurse. I will graduate with my BSN next month and I have applied to the University of Maine at Orono for the Master of Science in Nursing/Nurse Educator track to begin the program in September 2019, once I am accepted. I also hope to be provided the opportunity for a teaching assistantship once I am admitted to the graduate program. When I perform a self-assessment, I often think of Abraham Maslow and his Hierarchy of Needs. I was first introduced to his theory when I was eighteen years old and I knew then that I would not attain the achievement of self-actualization until I became a teacher. I understand there are many other directions I could choose as an experienced nurse, but my desire to share my knowledge, and to encourage and support students, is where my happiness and contentment lies. Academically, I received a GPA of 3.898 last semester and received letters from the Dean at University of Maine Augusta and from Senator Cyrway. With a known statewide shortage of both nurses and retiring faculty, I hope to become a positive attribute during this prevailing deficit. I have much to give. From papers on complications of poly pharmacy in the elderly to PowerPoint presentations indicating the prevalence of heart disease in Maine, I possess a naturally didactic proclivity to educate. I value the holistic education I have received through the BSN program at UMA. My own self-care has improved immensely, and this has influenced the care I provide for my patients. I look forward to kindly sharing this holistic information and evidence-based knowledge with my future students. On another note, obtaining an associate degree in Nursing, and now the BSN, has been very expensive. I have raised my son alone as a single-parent, and I have incurred over \$28,000 in loan debt between the two programs.

It would be with sincere gratitude that I accept the loan-forgiveness aspect of this opportunity. It is my honest intent to reside and teach nursing in Maine. My child is a ten-year old football player and is loyal and dedicated to the Waterville Football League and his teammates. He has already been asked by staff at the YMCA and his football coaches to be a coach in training for younger children. As I feel I am a natural leader, my son is as well. It is with an honest heart that I express there is nothing else that I want to do except to teach Nursing. I am very comfortable with people and have discovered the nursing niche where I belong. I was meant to be an educator of future nurses and I have the combined experience of working with patients, staff, students and professors that support my ability to succeed.



*Visit [nursingALD.com](http://nursingALD.com) today!*

**Search job listings**

in all 50 states, and filter by location and credentials.

**Browse our online database**

of articles and content.

**Find events**

for nursing professionals in your area.

*Your always-on resource for  
nursing jobs, research, and events.*



## Agnes E. Flaherty Leadership Award

Agnes E Flaherty Leadership Award Presented to Nancy Jackson, MSN, RN

The Agnes E Flaherty Leadership Award was presented to Nancy Jackson, MSN, 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.

### Agnes E. Flaherty Leadership Award

It is my pleasure to nominate Nancy Jackson, MSN Nursing Director of Emergency Services Department at LincolnHealth, for the Agnes E. Flaherty Leadership Award. Nancy has a compelling vision for success, has created a culture of excellence within her department and continues to strive for outcomes that benefit the patient as well as the community.

Nancy is a visionary leader. The healthcare landscape today requires a leader who is fearless, one who can navigate the uncertainty of healthcare with a calm nature, laser focus and an empathetic heart. As a leader she is one who develops her staff by listening, supporting and empowering them. Within two years of arriving at LincolnHealth, Nancy motivated staff to revamp staffing models and adapt a charge nurse role. This was something the staff originally saw no need for. Through dialogue and professional development, Nancy now has a fully staffed department with a group of capable professional charge nurses who truly manage and lead the daily operations of the departments.

Never one to settle for as is, Nancy strives to improve patient care – directly or indirectly. Recognizing critical access hospitals across Maine struggle to move their patients efficiently through the system, Nancy spear-headed a collaboration with mid-level managers and direct care staff in the organization, developed infrastructures to increase and make readily available bed capacity for the designation populations. This collegial approach took persistence, tenacity and most important a vision for a better experience for the patient. Utilizing data, evidence based practices and resolve, efficient throughput has been realized and now serves as a model for other organizations to emulate. While this endeavor focused on improving efficiency Nancy always keeps the patient at the center of all decisions. Ensuring patients at LincolnHealth were able to experience exceptional patient care in a timely manner. Outcomes are the hallmark of any initiative; in the case of throughput the target time of ED to Unit is 30 minutes, at LincolnHealth the time is consistently under 30 minutes with the utilization of a pull versus push system.

As a leader, Nancy demonstrates professional excellence through her dedication to improving the work place for employees. Supportive of the ANA initiative #EndNurseAbuse, Nancy identified areas of improvement and engaged those around her to implement positive changes in the work environment. Today work place violence is a reality for many emergency room nurses, Nancy has been one to recognize emergency room nurses are a population at risk, even in a critical access hospital. For over a year she collected objective data that looked at the episodes surrounding security risks to staff. With the necessary data, Nancy is working on a security program that will ensure safety for both staff and patients. This is her professional nursing acumen; not focusing on the problems but finding a solutions.

In the summer months of 2018 Nancy's vision of a standardized approach to Code Blue responses will come to fruition. For over two years she researched products, policies and procedures to ensure Code Blue's at LincolnHealth would be safe. Her vision follows that of the American Heart guidelines with code team members all recognizing their roles and having the education/training to effectively and competently perform their duties. All code carts are now standardized with the latest equipment. Nancy's passion for this project didn't stop at the code response, she also formed a quality review interdisciplinary approach to review all codes to ensure optimal outcomes. The success of this project is a direct reflection of her ability to collaborate with all disciplines for optimal outcomes.

There are many talents and contributions Nancy brings to the table; one that is so vital in today's healthcare is financial stewardship. The constant changes in healthcare and dwindling reimbursement force leaders to do more with less. Nancy has the ability to find a cost savings that even the financial gurus miss. She works with Finance and Purchasing to renegotiate contracts to maximize value, eliminate waste and consider thinking outside the box to meet the every growing demands placed on leaders.

Nancy Jackson is truly a visionary leader, who serves those in need, supports our profession and leads by example. Please accept this nomination for my esteemed colleague who is so deserving of this award.



*Left to Right: Beth Kessler, BSN, RN presented the Agnes E Flaherty Leadership Award to Nancy Jackson, MSN, RN. Christine Anderson, BSN, RN, NE-BC, CNO from Lincoln Health also joined the celebration.*

# Vaccine Legislation and Nurse Faculty Loan Legislative Updates

**Juliana L'Heureux**

**AUGUSTA, ME** - Updates as of April 15, 2019, regarding two legislative bills followed by our nursing colleagues in cooperation with the Maine Immunization Coalition, during the 129th Legislature.

LD 798: *An Act to Protect Maine Children and Students from Preventable Diseases by Repealing Certain Exemptions from the Laws Governor Immunization Requirements*, sponsored by Representative Ryan Tipping. This amended bill passed in the Committee for Education and Cultural Affairs with a vote of eight in favor and five opposed. Amendments to the language in the bill included:

- The expansion of the authority to authorize medical exemptions to include a physician, a nurse practitioner or a physician assistant, when immunization against one or more of the vaccine preventable diseases may be medically inadvisable.
- Students covered by an individualized education plan and who asserted a philosophical or religious exemption before September 1, 2021, pursuant to law in effect prior to that date, may continue to attend school under the student's existing exemption, as long as a parent or guardian provides a statement of proof, about being informed regarding the risks and benefits of the choice; also, a student 18 years of age or older with a statement that has made that student aware of the risks and benefits associated with the choice to immunize.

In summary, the current law allows exemptions from immunization requirements based on religious or philosophical beliefs for students in elementary and secondary schools, and postsecondary schools and employees of nursing schools and health care facilities. In the amendment, those exemptions will be removed effective September 1, 2021. Additionally, the amendment provides that a parent or child provide a written statement from a physician, a nurse practitioner or a physician assistant that, in the person's professional judgment, immunization against one or more of the diseases may be medically inadvisable.

LD 799: *An Act to Increase Faculty in Nursing Education Programs* sponsored by Representative Erik Jorgensen. The purpose of the bill includes the extension of eligibility to apply to individuals who are currently enrolled in master's 24 or doctoral degree programs. It specifies that applicants must indicate an intention to work as full-time nursing faculty in a nursing education program in Maine, and increases the required commitment from three to five years after acceptance into the nursing education loan repayment program. It increases the maximum amount of loans eligible for repayment under the program from \$4,500 to \$30,000 for a master's degree, and from \$6,000 to \$60,000 for a doctoral degree. This bill received support from all those who testified during the public hearing given to the Committee on Innovation, Development, Economic Advancement and Business. An update about the status of this bill was posted by Lisa Harvey McPherson who has provided leadership for the passage of this legislation. During the work session on LD 799, when the Committee discussed the legislation, it was requested that the Finance Authority of Maine (FAME) come back with a proposal for an omnibus plan, to provide for up front assistance and loan repayment to high need health professions in Maine. Nursing, nursing faculty and providers were identified and they want FAME to work with the Department of Labor about other health care workforce shortages. Moreover, the bill will be funded by revenue from the next liquor contract. In fact, the committee wants to create a priority package. They want the bill to receive unanimous support and be the leading workforce legislation coming out of the committee.

## MARK YOUR CALENDAR AND PLAN TO ATTEND THE AMERICAN NURSES ASSOCIATION-MAINE AND OMNE ANNUAL CONFERENCE

HILTON GARDEN INN, FREEPORT, ME

September 26-27, 2019

### Keynote Speaker

Dr. Earnest Grant, PhD, RN, FAAN  
American Nurses Association President

Vendors • Networking • Annual Business Meeting  
Presentation of Nursing Awards

Visit [www.anamaine.org](http://www.anamaine.org)  
for updated event information



# Anthony McGuire Receives the 2019 UCLA School of Nursing Distinguished Alumni Award

Anthony McGuire, PhD, CCRN, ACNP-BC, ACNPC, FAHA, is the recipient of the 2019 UCLA School of Nursing Distinguished Alumni Award for Service to Profession, Diamond Bruin. Per Linda Sarna, PhD, RN, FAAN, Dean, UCLA of Nursing, Tony was chosen for transforming the nursing profession through his exemplary leadership and serving as a role model to other nurses.

Anthony began his education in Maine, earning an Associate Degree Nursing from Central Maine Medical Center and BS Business Administration from University of New England. After moving to California, Anthony earned his BS Nursing from California State University, and MSN and PhD from University of California – Los Angeles.

Dr. McGuire has served as a critical care RN for 31 years and as a board-certified acute care nurse practitioner for 18 years. Before his role as Chair of the Saint Joseph's College nursing department, Dr. McGuire was a faculty member at California State University in Long Beach, California. Dr. McGuire is also a fellow for the American Heart Association, the chair of the Program Committee at the Western Institute of Nursing, an ambassador to the American Association of Critical Care Nurses, and a nurse researcher at the University of California in Los Angeles, California. His research deals with the effects of depression in cardiovascular patients with a specific focus on acute coronary syndrome (ACS) patients, the utilization of bedside nurses in the identification of depression, and outcomes mediated by depression in this population of patients.

When he's not teaching or conducting research, Dr. McGuire likes to travel and spend time with family.



**Anthony McGuire, PhD, CCRN-K, ACNP-BC, FAHA is the recipient of the 2019 UCLA School of Nursing Distinguished Alumni Award**

Invest in  
yourself.  
*Advance  
your career.*



Husson University's graduate and professional degree programs offer you the flexibility and affordability you need to take your nursing career to the next level.

**Find your balance.** Complete your coursework online on a schedule that fits your life.

**Learn from the best.** Study under faculty members in active practice who'll teach you what it takes to excel in this in-demand field.

**Make a smart investment.** Open up a new world of increased career prospects and personal satisfaction.

- Master of Science in Nursing
  - Educational Leadership
  - Family Nursing Practitioner (APRN)
  - Psychiatric Mental Health Nurse Practitioner (APRN)
- MBA - Healthcare Management

**HUSSON**  
UNIVERSITY

## Nurses Day at the Legislature

**AUGUSTA, ME** - Nurses in Maine with the American Nurses Association of Maine (ANA-Maine) and the Organization of Maine Nurse Executives (OMNE) recognized the public policy leadership provided by our colleague, Rep. Anne Perry, a nurse practitioner who serves in the state legislature representing House District 140, in Washington County.

As a nursing leader, Rep. Perry exemplified the goals established in the Maine Nursing Action Coalition's Campaign for Action. The purpose of this grant funded initiative has been to create innovative solutions where nurses are leading the way to address Maine's health challenges. ANA-Maine is partnering with diverse stakeholders in the grant to plan for a workforce to meet the health care needs of our citizens. Rep. Perry has been a leader for representing nurses in public policy.

The vision of the Maine Nursing Action Coalition is to care for our patients so they can live healthier lives. Nurses are essential partners in providing care and promoting health equity and well-being. As an elected nurse legislator, Rep. Perry has supported the vision of the nursing coalition to improve quality patient care and support health care initiatives for all Maine people.

Catherine Snow, president of ANA-Maine will recognize Rep. Perry and present her with an award from ANA-Maine and the Organization of Maine Nurse Executives (OMNE).

"Maine nurses are honored to have Rep. Anne Perry's experienced public policy leadership serving the public on the legislative Health and Human Services Committee and on the important ethics committee," said Snow in announcing the special recognition. "She has served her patients as a Registered Nurse and as an Advanced Practice Nurse and as a Nurse Practitioner. She understands how quality nursing practice will improve our patients health."

In acknowledging Rep. Perry's legislative leadership, the ANA-Maine recognized her many leadership accomplishments including:

- Board Member, Maine School Boards Association, 1990-1996, 2001-present
- Member, Maine State Nurses Association, 2001-present
- Treasurer/Vice President/Co-Founder, Neighbors Against Drug Abuse, 2000-present
- Board Member, Calais School Committee, 1999-present
- President-Elect, Maine Nurse Practitioner Association, 1997-present
- President, Saint Croix Area Rotary Club, present
- Member, Choosing Wisely - promoting conversations between patients and clinicians
- Member, Food and Fuel Alliance
- Member, Immaculate Conception Parish in Calais
- Member, Maine Advanced Practice Nurses Association

- Co-Founder, National Legislative Association of Prescription Drug Pricing
- Co-Founder, Substance Abuse Services Commission
- Member, University of Maine at Machias Board of Visitors
- Chair, Washington County: One Community

Speakers at the morning program beginning at 8 AM in the Capitol Welcome Center (adjacent to the Capitol Security) were: Rep. Anne Perry NP, Kim Esquibel, executive director of the Maine State Board of Nursing, Rep. Michele Meyers, RN, BSN and Lisa Harvey-McPherson RN, MBA, MPPM, vice-president government relations for Northern Lights Health.

A noon press conference highlighted the recognition of Rep. Anne Perry, to thank her for her public policy leadership and will also include other legislators.

Co-sponsors for the program with ANA-Maine were the Organization of Maine Nurse Executives (OMNE) and the Home Care and Hospice Alliance of Maine.

Free influenza immunizations were provided by Northern Light Home Care & Hospice in the Hall of Flags. Light morning refreshments were served in the Hall of Flags.

The purpose of the Nurses Day in the State House and Nurses in Public Policy program are to provide education for nurses about legislative processes and to consider opportunities to apply their leadership skills towards serving in elected offices.



**January 22, 2019 in the Maine State House Hall of Flags – (left) Senator Susan Deschambault of York County and Catherine Bean, RN with Northern Light.**



**Nurses in the Maine State House Hall of Flags on January 22, 2019 from left ANA-ME Director, Carla Randall; ANA-ME President-Elect, Robert Abel; ANA-ME President, Catherine Snow, Legislative Liaison, Juliana L'Heureux and ANA-ME Executive Director, Jean Dyer.**



### MaineHealth

**Excellence in Care and Careers**

When you bring your nursing skills to the newly unified MaineHealth system, you can join us in delivering the best possible care, close to home. Whether you thrive in a large urban medical center or prefer the warmth and character of a community hospital, MaineHealth has the ideal setting for you. Consider a career at Maine's premier employer – one of America's top 100 integrated healthcare networks – and receive the opportunities, resources, tuition assistance, and support you need to advance your nursing career.

We offer rewarding nursing careers in a variety of specialties including:

- Cardiac
- Case Management
- Emergency Room
- Float Pool/Resource Center
- Home Health Care
- Leadership
- Long Term Care
- NICU/ICU/SCU/PICU
- Obstetrics
- Physician Practices
- Psychiatric
- Surgery/Operating Room



#### Member Organizations

- Franklin Community Health Network
- LincolnHealth
- MaineHealth Care at Home
- Maine Behavioral Healthcare
- Maine Medical Center
- Maine Medical Partners
- MaineHealth Corporate
- Memorial Hospital
- NorDX
- Pen Bay Medical Center
- Southern Maine Health Care
- Waldo County General Hospital
- Western Maine Health

Visit us at  
[www.careersatmainehealth.org](http://www.careersatmainehealth.org)  
to learn more and apply today.



Like MaineHealth Careers on Facebook to learn more about upcoming career events

An Equal Opportunity Employer.

# Maine Bureau of Veterans' Services Receives National Recognition

Patch.com posted by Broadreach PR

AUGUSTA, Maine – On Tuesday, February 26, the Maine Bureau of Veterans' Services (MBVS) received the 2019 Abraham Lincoln Pillar of Excellence Award from the U.S. Department of Veterans Affairs (VA) for its work to end Veteran homelessness. This is the Bureau's second consecutive Pillar of Excellence Award, having been recognized previously in 2018, for its Veteran suicide prevention efforts.

During his second inaugural address in 1865, President Abraham Lincoln articulated what would become the nation's obligation to Veterans: "to care for him who shall have borne the battle and for his widow and his orphan."

Today, there are more than 21 million Veterans. Caring for their particular needs, and their dependents' needs, requires more innovation and collaboration between federal and state governments than even a visionary like Lincoln could have foreseen.

Since 2011, the VA has recognized its state partners for programs and initiatives that support Veterans in their respective states. This year's Pillar of Excellence Award was presented to the Maine Bureau of Veterans Services Acting Director David A. Richmond, by the National Association of State Directors of Veterans Affairs President Alfie Alvarado-Ramos and Veterans Affairs Undersecretary Randy Reeves, standing in for Secretary of Veterans Affairs Robert Wilkie, at the 2019 National Association of State Directors of Veterans

Affairs (NASDVA) Mid-Winter Conference held in Alexandria, VA.

All fifty states are represented as members of NASDVA as well as the District of Columbia, American Samoa, Northern Mariana Islands, Puerto Rico and the Virgin Islands. Maine was one of just six states to receive a Pillar of Excellence Award this year.

Acting Director of the NASDVA, Richmond said the following regarding the significance of the recognition:

"It is truly an honor for the Maine Bureau of Veterans' Services to receive this award. However, there are many other partner organizations in Maine that we work with every day on this important mission; this award is a direct reflection of their efforts as well. The Bureau strives to support Maine's most vulnerable Veteran population and their families with professional support, compassion, and respect. Our Homeless Veterans Coordinator, Jarad Greeley, who is also a U.S. Army Veteran, serves as a conduit between MBVS, Maine's homeless Veterans, and our partner organizations. He works tirelessly to remove the barriers to Veterans securing stable housing and support.

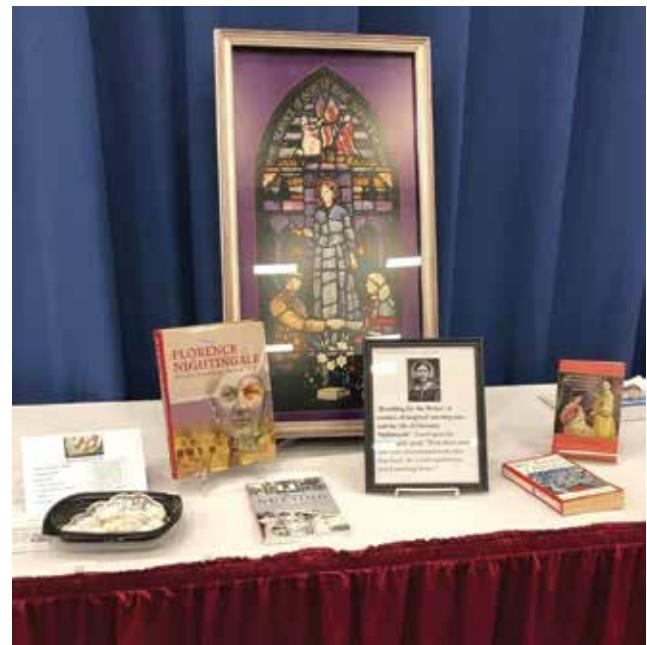
The Bureau has forged great partnerships with the Maine Homeless Veteran Action Committee; the Homeless Team at VA Togus (Maine); Easterseals; Preble Street; Veterans Inc.; Volunteers of America Northern New England; Maine Elks; Betsy Ann Ross House of Hope; Bread of Life Ministries; United Veterans of Maine, Inc.; the American Legion and Veterans of Foreign Wars; Gary Owens House; and other shelters, agencies, and caseworkers around the state. Our shared goal is to end Veteran homelessness in Maine, one Veteran at a time."

If you know a homeless Veteran who needs assistance, please contact Jarad Greeley at 207-430-6036 (office), 207-699-7186 (cell), or email [jarad.greeley@maine.gov](mailto:jarad.greeley@maine.gov). There are also resources available on the Bureau's website at <https://www.maine.gov/veterans/benefits/housing/homeless-veterans-services.html>.



**MAINE BUREAU OF VETERANS SERVICES** Acting Director David A. Richmond (third from the left) accepts the 2019 Pillars of Excellence Award.

## Nursing Summit



Nursing Summit meeting in Augusta promoted Maine's excellent nursing professionals. ANA-Maine exhibit announces the 2020 Florence Nightingale (1820-1910) international celebrations planned next year to recognize the visionary leadership she provided to teach quality patient care. Photo credit: Juliana L'Heureux

**THE American Women's COLLEGE**  
BAY PATH UNIVERSITY

**RN to BSN**

**100% Online Courses**  
offered in 6-week  
accelerated sessions

844-944-TAWC  
[baypath.edu/nursing](http://baypath.edu/nursing)

**6 START DATES A YEAR**  
JANUARY, FEBRUARY,  
APRIL, JUNE, SEPTEMBER,  
NOVEMBER

All nurses are eligible for a minimum of 30 transfer credits, and possibly up to 84 towards their degree.

ACCREDITATION STATUS: The Bachelor of Science in Nursing at The American Women's College of Bay Path University is accredited by the Commission on Collegiate Nursing Education, 655 K Street, NW, Suite 750, Washington, DC 20001, 202-887-6791 (<http://www.ccneaccreditation.org>)

**CCNE ACCREDITED**

## Nursing Tributes and Memorials

Memorials about deceased nurses can be sent to Juliana L'Heureux and Patricia Boston at [publications@anamaine.org](mailto:publications@anamaine.org). The Memorials should have been published within the last two years and must include a website link for the purposes of being able to access correct information and dates.

**Diane I. Kandilakis**, 72, died on March 27, 2019, in Biddeford. She was born Sept. 3, 1946, in Lewiston, Maine. She graduated from Lisbon High School in 1964, and St. Mary's Hospital School of Nursing, in 1967. In New York City, Diane was employed as a registered nurse before returning to Maine with her family. She retired from Maine Health, where she worked in audit and compliance. Sharing with family and friends were her favorite pastimes and her granddaughter was her greatest joy. Caring for others came first.



**Diane I. Kandilakis**

**Mary Catherine (Concannon) Kearney**, 98, died on April 1, 2019, at the Maine Veterans' Home in Scarborough with her loving family by her side. Mary was born on May 25, 1920, in Portland. As a first generation American, Mary was always very proud of her Irish heritage. She grew up on Munjoy Hill in Portland, attended local schools and



**Mary Catherine (Concannon) Kearney**

graduated from Cathedral High School, Class of 1938.

Mary graduated from the Mercy Hospital School of Nursing. Her adventurous spirit led her and others of this Greatest Generation to join the US Navy Nurse Corps, reaching the rank of Lieutenant. Upon return from wartime service, she married attorney John V. Kearney, in 1950, and they raised four daughters. Mary had a deep faith and was a long-time communicant of St. Joseph Church. She was active in school activities including as President of the Mothers' Guild of St Joseph's Academy and several years as a Girl Scout leader. She was an active volunteer at the Portland Public Library, an avid Bingo and card player, and enjoyed knitting, especially mittens for the children at Reiche School. Throughout her life, Mary was always taking care of others. The family extends their thanks to the Maine Veterans Home for the love and care she received in the last five years of her life as she dealt with dementia.

### Rachel Bailey Innes

obituary was published on April 4, 2019, dateline Gorham, Maine. She was born on December 10, 1925 in Portland, Maine. She attended public schools in Portland, graduating in 1943, from Portland High School. Soon after entering the School of Nursing of the Maine General Hospital in Portland (now the Maine Medical Center) that fall, she became enrolled in the wartime uniformed Nurse Cadet Corps of the U.S. Public Health Service. For the final six months of her training, she was selected to be one of those to work as an intern with



**Rachel Bailey Innes**

Portland's District Nurses. She successfully passed the Registered Nurse (RN) exam in Maine and in 1946, her family moved to Bath, Maine, where she taught at the University of Maine's Veteran's Annex, in nearby Brunswick and she worked in that school's infirmary. After brief moves, the family settled near Ann Arbor, Michigan, where Rachel returned to nursing for several months of 1956 – 57, working nights in the sick baby ward of the University of Michigan Hospital. After that, she did no more nursing work, preferring the duties of an at-home mother. Her family returned to Maine in 1996, making their home in Portland.

### Myrtle (Michaud) Rand

of Savoy Street in Portland Maine, passed away April 2, 2019 at Seaside Rehabilitation in Portland. She was born on May 3, 1942, in Winn, Maine. She graduated from Lee Academy, in Lee Maine, in 1960 and went on to Mercy Hospital School of Nursing in Portland. She and her husband Bob Rand, were married for 54 years and both of them served in the United States Armed Forces. Following their military service, in 1980, the Rand family returned to Maine. When they came home, Myrtle began her employment with Mercy Hospital as a Registered Nurse. Over her 31-year career, she primarily worked the night shift. She retired in 2011, but never lost her true bedside manner. She loved being a mom. In fact, Myrtle was an excellent cook and baker who was very active in the Cathedral of the Immaculate Conception. She enjoyed knitting, crocheting, and volunteering with the St. Vincent de Paul Soup Kitchen.



**Myrtle (Michaud) Rand**



**Do you remember the moment  
you knew you were going to  
love what you do?  
It's a defining moment;  
a realization; a vision that  
drives you to want to make a  
difference to so many.**

## Health Care Has A Calling.

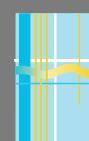
### Be A Covenant Nurse.

With more than a century of service to our communities, our commitment is stronger than ever. And it's why patients trust our doctors, nurses, and care teams.

We're a leader in faith values-based health and elder care. Our health network includes three acute care hospitals throughout Maine and New Hampshire, 10 post-acute care communities extending from Maine to Pennsylvania, as well as numerous physician practice locations, for all of life's health needs.

Celebrating National Nurses Week

Find Your Next Career Here: [ExploreCovenant.org](http://ExploreCovenant.org)



**COVENANT  
HEALTH**

St. Joseph Healthcare • Bangor  
St. Mary's Health System • Lewiston  
St. Joseph Hospital • Nashua  
Post-Acute Care Communities

## ANA-ME Nursing Scholarship Application Period is Open

# ANA-Maine Nursing Student Scholarship Criteria

### What is this scholarship?

- There are two scholarships available from ANA-MAINE.
  - (1) \$1,000 scholarship for a student enrolled in a BSN program and
  - (1) \$1,000 scholarship for a student enrolled in an advanced nursing degree program

### Who is eligible?

- Individuals currently enrolled and matriculated in a Maine state-approved, accredited registered nursing program leading to an associate degree, baccalaureate, masters or doctoral degree in nursing
- Doctoral candidates in out of state programs may apply with permanent residency in Maine
- Enrolled in at least half-time status and has successfully completed 30 credits of program curriculum
- Must have a minimum of 3.0 GPA and be in good standing with academic institution
- Member of ANA Maine or Student Nurses' Association Membership

### When will the scholarship(s) be awarded?

Awardees will be notified by August 1, 2019  
 Scholarships will be presented September 26, 2019  
 ANA-MAINE and OMNE Annual Meeting  
 Hilton Garden Inn, Freeport, ME

### Who chooses the recipient(s)?

Student affairs committee chair and three other members will complete a rubric for each application. Applications are blinded by student affairs committee member and given to chair for blind reviewing by the committee and the winners are announced to the ANA-Maine Board.

### What documents are required with the application?

- Copy of the most recent transcript and degree audit
- Proof of ANA-Maine membership or Student Nurses' Association Membership
- Essay describing how nursing will/has impacted your life
- 1 professional/academic letter of recommendation

Visit [www.anamaine.org](http://www.anamaine.org) to apply for the scholarship

## Medical Professionals Health Program

MPHP is a program available to all nurses who live or work in Maine. Our staff is trained and experienced in providing clinical assessments, resources, monitoring, and licensing advocacy services for those struggling with substance use, behavioral and/or mental health issues.

For more information visit our website at [www.mainemphp.org](http://www.mainemphp.org)



If you or someone you know is in need of assistance, please contact us at: 207-623-9266 | [mphp@mainemed.com](mailto:mphp@mainemed.com)

# MEMBERSHIP

## ANA/ANA-Maine Membership Application

For assistance with your membership application, contact ANA's Membership Billing Department at (800) 923-7709 or e-mail us at [memberinfo@ana.org](mailto:memberinfo@ana.org)



### Essential Information

First Name/MI/Last Name

Date of Birth

Gender: Male/Female

Mailing Address Line 1

Credentials

Mailing Address Line 2

Phone Number

Circle preference: Home/Work

City/State/Zip

Email address

### Professional Information

Employer

Current Employment Status: (ie: full-time nurse)

Type of Work Setting: (ie: hospital)

Current Position Title: (ie: staff nurse)

Practice Area: (ie: pediatrics)

RN License #

State

### Ways to Pay

#### Monthly Payment - \$15

Checking Account *Attach check for first month's payment.*

Credit Card

#### Annual Payment - \$174

Check

*If paying by credit card, would you like us to auto bill you annually?  Yes*

Credit Card

### Membership Dues

Monthly = \$15      OR       Annually = \$174

Dues: \_\_\_\_\_ \$

ANA-PAC Contribution (optional).....\$

American Nurses Foundation Contribution .....\$

(optional)

Total Dues and Contributions .....\$

### Authorization Signatures

Monthly Electronic Deduction | Payment Authorization Signature\*

Automatic Annual Credit Card | Payment Authorization Signature\*

\*By signing the Monthly Electronic Payment Deduction Authorization, or the Automatic Annual Credit Card Payment Authorization, you are authorizing ANA to change the amount by giving the above signed thirty (30) days advance written notice. Above signed may cancel this authorization upon receipt by ANA of written notification of termination twenty (20) days prior to deduction date designated above. Membership will continue unless this notification is received. ANA will charge a \$5 fee for any returned drafts. ANA & State and ANA-Only members must have been a member for six consecutive months or pay the full annual dues to be eligible for the ANCC certification discounts.

### Fax

Completed application with credit card payment to (301) 628-5355

### Web

Join instantly online.  
Visit us at [www.joinana.org](http://www.joinana.org)

### Mail

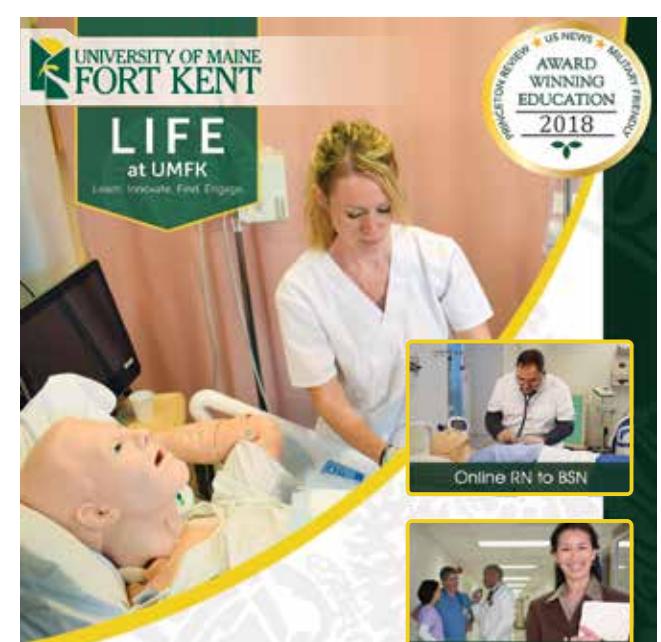
ANA Customer & Member Billing  
PO Box 504345  
St. Louis, MO 63150-4345

  
**MID COAST-PARKVIEW HEALTH**  
*Our Community. Our Health.*  
**Join us**  
**in caring for the health**  
**of our community.**

### Mid Coast Senior Health Center Current Opportunities

**Staff RN 3pm-11pm  
LPN  
Nurse Resident**

- Competitive Wages and Benefits
- Opportunities for Advancement
- Education Reimbursement
- Apply online at [www.midcoastparkviewhealth.com/careers](http://www.midcoastparkviewhealth.com/careers)
- An equal opportunity employer



The University of Maine at Fort Kent can get you on the path to a career in healthcare. Contact us today to find the right program for you.



Accessible • Affordable • Accredited

[s.umfk.edu/healthcare](http://s.umfk.edu/healthcare)

1-888-879-8635



## Join our nursing team!

Seeking all levels of experience for a wide variety of practice areas

**With locations across Maine, our Talent Team is here to help you find the right job at Northern Light Health**

Review openings and apply online at [careers.northernlighthealth.org](http://careers.northernlighthealth.org).

Call 207.973.7100 or email [talent@northernlight.org](mailto:talent@northernlight.org) to be connected with one of our Nurse Recruiters

Also visit our Facebook page for news and updates about positions -  
**Northern Light Health Careers**

**Recruiting for:** Acadia Hospital, AR Gould Hospital, Beacon Health, Blue Hill Hospital, CA Dean Hospital, Eastern Maine Medical Center, Northern Light Foundation, Inland Hospital, Continuing Care, Lakewood, Maine Coast Hospital, Mercy Hospital, Sebasticook Valley Hospital, Northern Light Home Care & Hospice

 **Northern Light Health**

The top half of the image features the University of Maine at Augusta logo (a stylized 'U' and 'M' in white on a dark blue background) and the text "UNIVERSITY OF MAINE AT AUGUSTA". Below this is a photograph of a smiling female nurse in blue scrubs and a yellow stethoscope around her neck. Overlaid on the bottom right of the photo is the text "UMA RN to BSN" in white, followed by a bulleted list of program benefits: "Courses available online", "Only AHNCC endorsed holistic program in Maine", "Maximum credits for prior learning", "Affordable tuition for working nurses", and "Numerous scholarships available". At the bottom right of the overlay, it says "Visit [uma.edu/nursing](http://uma.edu/nursing) or call 877-UMA-1234".

To the nurses whose selfless contributions have created a community rooted in compassion. To the nurses who double as our family, friends and neighbors. To the nurses who show up everyday for the purpose of bettering lives, not receiving praise. Thank you for everything you do, from everyone you do it for.

**MaineHealth**

 **Franklin Community Health Network**  
MaineHealth

 **LincolnHealth**  
MaineHealth

 **Maine Behavioral Healthcare**  
MaineHealth

 **MaineHealth**  
CARE AT HOME

 **Maine Medical Center**  
MaineHealth

 **Memorial Hospital**  
MaineHealth

 **Pen Bay Medical Center**  
MaineHealth

 **Southern Maine Health Care**  
MaineHealth

 **Western Maine Health**  
MaineHealth

 **Waldo County General Hospital**  
MaineHealth