As I write this column, the snow is piled high around the windows of the home of good friends in the Yampa Valley. Icicles hanging from the roof frame an expansive view of a meadow covered with crystalline snow and the lower slopes of Mt. Werner. I feel lucky to be in such a beautiful location surrounded by family and friends as the holiday season draws to a close. I hope everyone has a warm, safe place to sleep tonight and every night during the harsh conditions that are part of a typical Colorado winter. I also hope that the ranchers and farmers in Colorado have success with their harvests, and that their livestock survive the harsh conditions that are part of a typical Colorado winter.

I recently was honored to present the remarks at the Denver School of Nursing’sChrome Commencement address at the Denver School of Nursing. Preparing that speech allowed me to reflect on what it means to be a professional nurse and what the profession of nursing has meant during my career. I will be sharing some of these reflections in this first president’s column for 2014 as the Colorado Nurses Association embarks on another exciting year.

Congratulations to all of the December graduates from our schools of nursing. Successful completion of an associate degree or a baccalaureate degree in nursing takes a unique combination of intellectual and interpersonal skills, compassion, integrity, courage and persistence. Not everyone is called to be a nurse and such gifts are not to be taken for granted. Best wishes are also in order for the hard working nursing faculty and staff who dedicate themselves to growing our next generation of professionals. Attending and participating in this graduation ceremony reminded me of the invaluable support I have received throughout my educational and employment path. Without the emotional, intellectual and financial support of many others, I would not have had a rewarding, challenging and satisfying career. I am deeply grateful to all who continue to support, encourage, correct and push me along the way.

Mark Twain has been quoted as saying there is nothing quite so hard to predict as the future. This quote reminded me of how poorly I predicted what my nursing career was going to look like when I graduated from my entry level program. I had no idea what kinds of changes I would see during the course of my career. I certainly did not think I was going to become a psychiatric nurse, earn a doctorate degree in nursing or someday have prescriptive authority in my scope of practice. The new graduates of 2014 most likely cannot foresee what paths their careers will ultimately take as the new fields of nursing knowledge and practice emerge and evolve over time.

Today’s nursing graduates face opportunities and challenges unique to their generation and to the evolution of our current illness care system to a health care system. I believe that all of us spend our careers learning what it truly means to be a professional nurse. When in school, we learn that professions have a shared body of knowledge, specialized skills, a code of ethics, and are self-regulating. Professional nurses are altruistic in our goals and esteemed by society. Many of us believe nursing is both an art and an applied science. The International Council of Nurses defines nursing as “encompassing autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people.”

ICN goes on to note that key nursing roles include “advocacy, promotion of a safe environment, research, participating in shaping health policy and health systems, management and education.”

When I ponder this definition of nursing and particularly the key role of advocating for ourselves and our patients, I picture a bright future for our profession and for the health of Colorado and our nation. When nurses are strong, the nation gets healthier. Gladys Campbell RN, MSN, CEO of the Northwest Organization of Nursing Leaders reminds us that our nursing license is a sacred contract between each of us and the public. Nursing is a career built on trust.

Speaking of trust, the latest Gallup Poll has again found that nurses are the most trusted professionals in the United States. Since 1999, with one exception (we loaned it to the firefighters in 2001 after 9/11), nurses have polled as the most highly trusted profession. We do not know why the public trusts us more than other health care providers, that question is a research study waiting for another day. In my heart I feel at least one of the reasons we are trusted by the public is nursing’s history of advocating for those who cannot advocate effectively for themselves—the very young, the aged, the ill, the disadvantaged and those at the end of life. Stephen Covey notes in his book The Speed of Trust that “The greater your integrity—the more honest, congruent, humble, and courageous you are—the more credibility you will have and the more trust you will inspire” (p.72).

We do know that holding this position in the public trust is an honor that carries responsibility. It behooves us to live up to the public’s expectations by being advocates who put the needs of health care consumers first. With the implementation of the affordable care act and Medicaid expansion in Colorado, I hope and
Many of you can probably tell the same story of how you have certain years that really stand out. That is 2013 for me. First I had the opportunity to join the board in Colorado and Region 8 representative, next was the second year I served as President at Porter Adventist Hospital, and all this culminated in my induction into the American Academy of Nursing. These are all meaningful professional opportunities, and what I think about most is the accountability I now have to play a role with MANY incredible nursing leaders in improving health care for our country.

I am very clear that nurses play a significant role in providing patient value which is quality, service, and cost. We have always known our role in preventing harm and achieving strong patient service relationships that facilitate improved health. In addition, we have accountability through this focus to manage cost of care through our professional roles in patient care in any setting – ambulatory, acute, and post-acute. The Academy provides the forum to advance many of these important structural and process changes through this focus to manage cost of care through health and policy practice and practice through nursing knowledge. Information for setting policy is generated through the work of 22 expert panels addressing a wide variety of issues from specialty practice to violence.

The annual meeting held in October is not limited to Fellows. Anyone may attend and participate in the opportunity to share ideas and develop new strategies for nurses to drive the transformation of America’s health care system. Highlights of the annual meeting include the induction of new Fellows and the designation of Living Legends.

Colorado had one new Fellow, Sharon Pappas, Chief Nursing Officer of the Centura Health System, inducted at the 2013 annual meeting. Colorado was also honored to have a Fellow, Jean Watson, named as a Living Legend. Living Legends are recognized for extraordinary contributions sustained over the course of their careers. Sharon and Jean share some of their personal reflections about their experiences during these events.

I acknowledge students, faculty and colleagues at the University of Colorado, College of Nursing, my academic home, over all these years, enabling me to launch and deepen my scholarship in Caring Science.

My gratitude to Watson Caring Science Institute Board and Faculty who continue to help nursing deepen and extend their professional practices in Caring Science.

My first book in 1979, Nursing: The Philosophy and Science of Caring, was the beginnings of my scholarly efforts to give voice, language to Caring Science, beyond conventional thinking at the time. I continued to be inspired by our shared humanity, witnessing and experiencing human suffering and the global need for authentic human caring worldwide. I am truly grateful for the American Academy of Nursing Board and for this formal designation as a ‘Living Legend’ with the hope that human caring and peace prevail in our world.
CNA members, nurse colleagues, and partner organizations speak of recent organizational changes that members, board officers and individual members faced during the transition period because they shared a vision of the status quo, identifying organizational strengths and weaknesses. I am pleased how the vision of members found a home in a changing environment makes her very well suited to be the executive director of the Colorado Nurses Association. Dr. Casper's past successes in leading large health care organizations towards adaption of nursing knowledge management system, which aids in real-time exchange. Nurses can now subscribe to the events calendar and never miss what's going on by signing up for blogs and other news content. Many of these changes are meant to bring us closer together by facilitating communication over long distances, building on a culture of dialogue and community initiatives, legislative/regulatory/ judicial proceedings, as well as state/local health and workforce campaigns. Furthermore, the visionary shift in the culture of the organization, where the board of directors and staff work together by facilitating communication over long distances, building on a culture of dialogue and collaboration, has increased the attractiveness of being professionally connected, more members as well as groups have joined the collaborative model fostered by the organization.

As Colorado's only professional association giving voice to all of Colorado's registered nurses, regardless of specialty, setting or professional role – CNA encourages all of Colorado's registered nurses to join the association. With 68,000 RNs in the state we are stronger together and could play an even larger role in defending our profession and the people we serve. A joyous springtime to everyone.

Sincerely, Nora Flucke, RN

Reference

http://www.nurses.co.org

President's Message continued from page 1

While we are advocating for others, I strongly urge all nurses to advocate for ourselves. The American Nurses Association currently has several initiatives in place to improve the health and well-being of professional nurses in a variety of ways. These initiatives include the Healthy Nursing program, Safe Patient Handling and Mobility Standards, Safe Staffing and Preventing Workplace Bullying. For more information on these and other services provided by the American Nurses Association, please go to www.nursingworld.org or to the new and improved website for the Colorado Nurses Association. To be a well-tuned therapeutic instrument, we need to take good care of ourselves emotionally, physically and spiritually. I urge all nurses to follow the advice of Stephen Covey and to treat any commitments you make to yourself with as much respect as you do with commitments you make to others. Please remember to put your oxygen mask on before assisting another person.

To support your ability to advocate for yourselves and the people of Colorado, I wish to personally invite all of you who are registered nurses to join the Colorado Nurses Association and the American Nurses Association. We are the national and state nursing associations who share the mission of strengthening the profession. Joining the largest professional nursing associations in Colorado and the nation is a great way to maximize your connections for employment, continue your professional development, network with intelligent and fun loving peers, and make sure that the voice of nursing is heard at health care policy tables in Colorado and around the nation. Please go to us as we advocate for nurses, and improving access to health care for all Coloradans. We are stronger together working to improve healthcare for all.

Nora Flucke, RN

Only a few months after launching the new strategic plan, the Colorado Nurses Association (CNA) has seen immediate positive results. Data indicators as well as human testimonies speak of the successful transition of the organization towards increasing its relevance, sustainability, and growing value for nursing professionals in Colorado.

I am so excited that Colleen Casper is going to continue putting plan into action, to further grow the Colorado Nurses Association as one of the most influential players for health advocacy in Colorado. Dr. Casper's past successes in leading large health care organizations towards adaption of nursing knowledge management system, which aids in real-time exchange. Nurses can now subscribe to the events calendar and never miss what's going on by signing up for blogs and other news content. Many of these changes are meant to bring us closer together by facilitating communication over long distances, building on a culture of dialogue and collaboration, has increased the attractiveness of being professionally connected, more members as well as groups have joined the collaborative model fostered by the organization.

As Colorado's only professional association giving voice to all of Colorado's registered nurses, regardless of specialty, setting or professional role – CNA encourages all of Colorado's registered nurses to join the association. With 68,000 RNs in the state we are stronger together and could play an even larger role in defending our profession and the people we serve. A joyous springtime to everyone.

Sincerely, Nora Flucke, RN

Reference

http://www.nurses.co.org

President's Message continued from page 1

While we are advocating for others, I strongly urge all nurses to advocate for ourselves. The American Nurses Association currently has several initiatives in place to improve the health and well-being of professional nurses in a variety of ways. These initiatives include the Healthy Nursing program, Safe Patient Handling and Mobility Standards, Safe Staffing and Preventing Workplace Bullying. For more information on these and other services provided by the American Nurses Association, please go to www.nursingworld.org or to the new and improved website for the Colorado Nurses Association. To be a well-tuned therapeutic instrument, we need to take good care of ourselves emotionally, physically and spiritually. I urge all nurses to follow the advice of Stephen Covey and to treat any commitments you make to yourself with as much respect as you do with commitments you make to others. Please remember to put your oxygen mask on before assisting another person.

To support your ability to advocate for yourselves and the people of Colorado, I wish to personally invite all of you who are registered nurses to join the Colorado Nurses Association and the American Nurses Association. We are the national and state nursing associations who share the mission of strengthening the profession. Joining the largest professional nursing associations in Colorado and the nation is a great way to maximize your connections for employment, continue your professional development, network with intelligent and fun loving peers, and make sure that the voice of nursing is heard at health care policy tables in Colorado and around the nation. Please go to us as we advocate for nurses, and improving access to health care for all Coloradans. We are stronger together working to improve healthcare for all.
Call us to set you on your career path today

Yampa Valley Medical Center offers a variety of career opportunities.

Yampa Valley Medical Center is a drug free workplace and applicants must pass a pre-employment drug screen.

TO APPLY CALL: 970-871-2337
FAX: 970-871-2337
EMAIL: careers@yvmc.org

www.yvmc.org

HOMETOWN HOSPITAL WORLD CLASS CARE

Yampa Valley Medical Center is a community not-for-profit, regional hospital located in the ski town of Steamboat Springs, CO with 39 inpatient beds, a Level IV trauma center and a Level II Nursery.

Yampa Valley Medical Center offers a variety of career opportunities.

Call us to set you on your career path today

As we transition into another New Year, the State of Colorado and the Board of Nursing have much to be grateful for, including its amazing, dedicated nursing workforce. It goes without saying that the ability to educate, attract and retain nursing staff is and will continue to be front and center in 2014 for the Board, Nursing Associations and Consumers. As one of the current 24 members of the Nurse Licensure Compact (NLC or Compact), Colorado provides for nurses possessing a multistate license to come to our state to deliver nursing services. However, confusion continues to arise concerning some corporate healthcare facilities’ hiring policies, in particular those that require all of their nursing staff to have a license from the state in which the hospital is located.

For clarification, the NLC is a mutual recognition agreement among compact states to facilitate interstate practice and regulation, allowing a nurse to have one license, issued by their home state of residence, and to practice in the other participating states. Similar to a driver’s license, a multi-state nursing license allows a nurse who is licensed in one compact state to legally practice in any other compact state.

According to the Compact provisions (codified in state statute), a nurse may only hold one compact license and it must be from their home state. For example, a nurse with a compact Nebraska nursing license cannot obtain a Colorado license as long as the individual maintains Nebraska as their primary state of residence. This nurse in the example would have practice privileges in Colorado, however.

Generally it is recognized that as a private sector business entity, a healthcare facility may issue private employment policies including hiring qualifications. However, according to an August 2, 2013 legal memorandum, issued by the Nurse Licensure Compact Administrators (a PDF copy may be found at https://www.ncsbn.org/nlc.htm entitled “Legal Memorandum to Employers of Nurses”), an employer refusing to honor a multistate nurse’s license may be in direct conflict with the Nurse Licensure Compact (NLC) which is part of Colorado statute and law.

Employers can easily verify a nurse’s RN and PN license, as well as theircompact status, through NURSYS www.nursys.com. Additionally, there is a new system available for employers called E-Notify. E-Notify enables employers to register all of their nurse employees and receive updates and notifications regarding licensure status and discipline information in NURSYS participating states. Employers may register up to 100 nurses for free. After the first 100 nurses there is a nominal per nurse per year.

E-Notify provides a direct tool for ongoing verification of an employee’s licensure.

Due to the ongoing concern about patient healthcare access, affordability, and a sufficient, qualified healthcare workforce, not only for Colorado but nationwide, it becomes imperative that agencies such as the Board of Nursing, employers, professional associations, and nurses continue to work collaboratively.

Board and Program Staffing

The state Board of Nursing is pleased to announce the re-appointment of Victoria (Vicki) Erickson, University of Colorado – Denver, College of Nursing Associate Professor, PhD, RN, NP and Theresa Cure, LPN with UnlimitedPossibilities. In addition, two new Board members were appointed. They areMatthew P. Fogel, MBA, BSN, BS, RN, representing Nurse Administration; and Jacque Riordon, representing Nurse Administration; andJacque Riordon, representing the public. Also, Terri Light joins Program staff as the long awaited Enforcement Specialist. Ms. Light has a BSN in Nursing from Regis University and is a licensed professional nurse. As the Enforcement Specialist Terri will be responsible for compliance monitoring of licensees and clarification on probation on license issues or are in the nursing peer assistance program for mental health or substance abuse disorders. Her background as a nurse specializing in psychiatric care will be an asset in this position.

Board of Nursing Website

Please be sure to check the Board of Nursing webpage at www.dora.colorado.gov/nursing for the latest information relating to the Board of Nursing, and to your professional license.
Nursing Peer Health Assistance Program: Ten Things Nurses Need to Know

By: Caitlin Kozicki, NCC, LPC, CAC III, CPS II, CEAP, Director Nursing Peer Health Assistance Program

Donna Strickland, MS, RN, PHM CNS-BC, CSP, Clinical Services Director

Several studies have found that substance use disorders are more highly stigmatized than other health conditions. (Rao, H., Mahadehvaphpa, H., Pillay, P., Sessay, Abraham, & Luty, 2009; Room, 2005; Schomerus, Lucht, Holzinger, Matschinger, Carta, & Angermeyer, 2011) despite the science that this is a disease of the brain. The relationship between stigma and substance use disorders can manifest differently from that of other stigmatized health conditions, thereby complicating efforts to build social acceptance of people with substance use disorders (Livingston, Milne, Fang, & Amari, 2011). This disease is chronic, progressive, and life-threatening. It is not a moral issue. It is not that someone is bad and needs to get good. It is that someone has a disease and needs treatment and support to get well. Treatment for substance use disorders is as effective as treatment for high blood pressure, asthma, and diabetes (SAMHSA, n.d.).

The Colorado State Board of Nursing (SBON) has contracted with Peer Assistance Services, Inc. (PAS), a non-profit organization, since June 2008 for the services required in the Colorado Nurse Practice Act (12-38-131).

1. A portion ($25 every two years) of our license fees pay for the Nursing Peer Health Assistance/Nurse Alternative to Disciplinary Program (NPHAP).

2. The NPHAP provides a continuum of services statewide to registered nurses (RNs), licensed practical nurses (LPNs), and nursing students who may be experiencing physical, emotional, psychiatric, psychological, drug or alcohol abuse problems that may be detrimental to their health.

3. The NPHAP provides nurses with the opportunity to address and improve their health, while continuing to pursue their practice safely.

4. Nurses can call us confidentially to discuss their situation, a concern about a colleague, to obtain information about the requirements of the NPHAP, and how to access services.

5. Nurses may self-refer to the NPHAP, or may be referred by others, including the SBON, employers, treatment providers, family, and friends.

6. Nurses can participate in the NPHAP prior to experiencing work performance issues and prevent action from the SBON. This type of self-referral could allow a nurse to remain unknown to the SBON.

7. In the instance of a complaint to the SBON and subsequent investigation, appropriate action is determined. Such action may include a determination that an Agreement to Participate (ATP) may be offered to a nurse who has violated the Nurse Practice Act and is struggling with a substance use, mental health, or physical issue. In general, the nurse would be asked to sign the ATP with the SBON, thereby agreeing to participate with the NPHAP. The nurse would remain unknown to the public as long as there is compliance and successful completion of the NPHAP.

8. The NPHAP provides presentations throughout Colorado at no cost to the community (e.g. nurses, nursing students, human resources, risk managers, staff within healthcare organizations, nursing organizations). Presentations focus on the scope and impact of substance use and mental health issues in the workplace as well as strategies for what supervisors/managers and healthcare professionals can do. Risk factors, signs and symptoms, and the effects on health, well-being, and employment are reviewed. Presentations on stress management, compassion fatigue, sleep, dealing with change, and nutrition and mental health are available.

9. Nurses in the NPHAP are most often employed in the healthcare sector.

10. The goals of the NPHAP are to keep nurses practicing safely in their profession and to protect the public.

Call us confidentially at 303-369-0039.

References


Colorado received funding in 2006 and in 2010 from the Substance Abuse and Mental Health Services Administration to integrate routine screening, brief intervention, referral to treatment services for tobacco, alcohol and other drug use in healthcare settings statewide. Screening followed by brief intervention, has been shown to significantly reduce alcohol consumption, morbidity, and healthcare utilization in primary care patients. The initiative known as SBIRT Colorado, has worked to train healthcare professionals to routinely ask patients about substance use, to assess health related risks associated with use, and to provide motivational conversations to encourage behavior change. The only state to receive two consecutive five year grant initiatives, Colorado has the resources available and the evidence supporting the practice, the uptake of substance use screening and brief intervention in Colorado has been slow. Common barriers identified include limited time to routinely address substance use, insufficient training about the affect of substance use on health, and providers’ discomfort addressing alcohol and other drug use in the context of a healthcare setting.

With a new opportunity on the horizon, SBIRT Colorado can further its goal to institutionalize substance use screening and brief intervention as a standard of care, particularly among nurses. The University of Colorado, College of Nursing received funding in September 2013 from SAMHSA to develop and implement a training curriculum to teach undergraduate (BS) and graduate Advanced Practice Registered Nursing (APRN) students to deliver evidence-based screening and brief intervention services to address substance use. The initiative known as Nurses Helping Colorado, aims to instill substance use screening and brief intervention skills into the largest healthcare workforce... nurses. The University shares the belief with SBIRT Colorado that nurses are ideally positioned to provide substance use screening and brief intervention services. These services are compatible with core nursing philosophies about patient-centered care and providing a holistic approach to patient care. Implementation of substance use screening and brief intervention directly aligns with nurses’ existing skills in coaching and health promotion. Nurses who are viewed by the general public as being ethical, trustworthy and reliable sources of health information will lead the way to successful integration of substance use screening and intervention in healthcare.

The objectives of the Nurses Helping Colorado training program include: 1) establish a structure that will prepare BS and APRN students with essential knowledge and skills in substance use screening and brief intervention; 2) train BS and APRN students on essential knowledge, attitudes, and skills to deliver evidence-based screening and brief intervention services in multiple settings, with a focus on multidisciplinary hospital-based or primary care, medically underserved, veterans, and other at-risk patients; 3) integrate substance use screening and intervention skills into nursing students’ supervised patient care experiences in a variety of multidisciplinary clinical practice settings; and 4) develop a plan to sustain training. Project Director Mary Weber, PhD, PMHNP-BC, FAANP and her accomplished team of faculty members have determined that the only way to successfully educate students on the importance of addressing substance use as a healthcare issue, is to effectively weave information throughout the curriculum. Rather than having one course dedicated to substance use screening and brief intervention, Dr. Weber and her team have determined that knowledge about substance use as a healthcare issue and the clinical skills to address this issue must be included in these clinical areas:

- Chronic disease management, including prevention, screening, diagnosis, medication management, treatment adherence, management of co-morbidities, and lifestyle changes;
- Psychiatric comorbidity: assessment, primary care management, treatment, and referral;
- Women’s health, family planning, and reproductive health issues;
- Symptom management and palliative care, including appropriate use of opioid medications;
- Health disparities in minority groups that are disproportionately impacted by substance use disorders, as well as comorbid mental health conditions and chronic diseases;
- Public health and ethical issues in screening, risk reduction, access to and retention in care, prevention, and access to care for vulnerable populations; and,
- Veteran health care, homelessness, and comorbid medical, psychiatric and substance issues.

SBIRT Colorado is partnering with the University to provide support to faculty as they work to include substance use screening, brief intervention, and referral to treatment as a core component in nursing education. This collaborative effort will help further the institutionalization of substance use screening and intervention as a standard of nursing practice in Colorado’s healthcare settings.

Acknowledgements

Particular thanks are due to the project team at the University of Colorado, College of Nursing, Sarah Thompson, PhD, RN, FAAN; Mary Weber, PhD, PMHNP-BC; Laurra Aagaard, MA,MS; Paul Cook, PhD; Farah Bower, MS, APN, ANP-C; and, Michael Galbraith, RN, PhD, for the exemplary contributions to this issue.


(Endnotes)
Colorado Public Health Association (CPHA) 2013 Awards

Lifetime Achievement Award

This award honors an individual who has retired from full-time employment in public health, in recognition of their outstanding contributions and leadership in the field of public health.

The recipient of this award is...

Kris Wenzel

Formerly with Central Colorado Area Health Education Center

Kris was a champion of life-long learning and continuing education. She modeled servant leadership in her work and personal life and was a highly respected humble public health nurse leader. Her nursing and public health career spanned from 1972 to 2013. She was a key player in many professional nursing and community programs that have impacted the field of nursing, medicine, and health care nationally and in Colorado. She mentored scores of nursing, medical students as well as young adults who expressed an interest in health care careers. Kris served as the Executive Director of the Central Colorado Area Health Education Center from 2001 to 2013. She shared her expertise and knowledge by participating in grants, publications, and professional presentations. The following only highlights a few of Kris’s significant professional accomplishments and contributions before her death in August. She...

• Championed the Colorado and greater metro “Nightingale” awards events recognizing outstanding nurses
• Served on the foundational board creating the “Center for Nursing Excellence”
• Project Director, Colleagues of Caring, Colorado Alliance for Nursing Workforce Development, University of Colorado Health Sciences Center, Denver
• Leadership for the “Aurora Lights,” a weekend and summer program which prepared underserved and needy children for careers in health care
• Coordinated the “Gold Stethoscope” recognition and award program for exceptional health care providers
• Secured housing for students completing rural health rotations
• Actively participated and supported the “Public Health in the Rockies” conference

Kris passed away on August 2, 2013 and will be forever remembered as a Colorado Public Health and Nursing hero. She touched the hearts and lives of many of us and counting others working in public health and health care across Colorado.

Award for Legislative Excellence

Established in 1988 by CPHA, this award is presented annually to a person or organization for highly visible past or present efforts within the state or nation in support of public health issues. Membership in CPHA is not a prerequisite.

The recipient of this award is...

Senator Jeanne Nicholson

State of Colorado • Senate

Jeanne Nicholson, an ardent supporter of public health and citizens of Colorado, and Colorado Senator for Gilpin County, moved legislation that supports the Community Oral Health Grants Program (SB19-261), held a Community Safety Forum in Conifer as well other local town meetings (e.g., Golden, Superior), and promoted jobs for Coloradoans in the Keep Jobs in Colorado Act, a measure to ensure more Colorado businesses and workers benefit from state contracts (HB 13-1292) to strengthen Colorado’s economy. She has stated, “The best way to serve the people I represent is by listening to their needs and priorities. Please let me know what is on your mind so together we can create a better Colorado.” Her enthusiastic interest in hearing the needs and voices of local residents as well as promoting a safe and healthy place for Coloradoans was shown by the legislation she supported and local efforts she promoted. Jeanne Nicholson, a long-time member of the Colorado Public Health Association, should be applauded for her tireless local community and state legislative efforts. Thanks to Jeanne for all she has done for legislation in Colorado.

Most Innovative Project

Awarded to an innovative, outstanding and adaptable project developed or implemented by a local public health agency in addressing a public health issue(s) in the community.

The recipient of this award is...

Gail Stoltzfus

Custer County Public Health

Gail Stoltzfus, RN deserves the Most Innovative Project Award for her Free Sports Physicals Project. She lives in a small, mountain county with limited access to care. When that impacts our children, it is even more of a concern. Many of our residents are either uninsured or underinsured, and they cannot afford the physicals which are necessary for their children to participate in interschmportial sports. Gail Stoltzfus began working on this project several years ago and continues to refine and enlarge it. This year she made it possible for at least 115 Middle and High School students to receive free sports physicals. In order to accomplish this, she arranged for space at our medical clinic, convinced several of the medical providers to volunteer their time and professional expertise, and communicated with school personnel and parents. She also works with the school nurse and administers any needed vaccinations at the time of their physicals. This year she arranged for five separate clinics, trying to provide for as many students as possible. This has been very positively received by students, parents, and school personnel alike. It has also boosted the public relations for our medical providers who were facing criticism from the community for not having community projects. This has been a very unique, innovative and ambitious project which is worthy of replication in other public health agencies.

DO WHAT YOU WERE MEANT TO DO

For you, health care is a calling, and Regis University is the ideal place to bring your passion, commitment—and credits—to earn an advanced degree. RNs with an associate’s degree in nursing may be eligible for a Block Credit Transfer of up to 80 credits in our RN-BSN or RN-MS, Nursing programs.

Programs Offered

• RN to BSN
• RN to MS, Nursing
• MS, FNP
• MS, NNP
• MS Nursing: Education or Management focus

Learn More At regis.edu/coloradanurse

Colorado Nurse • Page 7

February, March, April 2014
New Public Health Nurse of the Year

This is awarded to a public health nurse with less than five years practice serving in a public health capacity who has demonstrated the ability to establish community partnerships that resulted in improved utilization of public health programs and/or services.

The recipient of this award is...

Melanie Rogers
Jefferson County Public Health

With only three years of experience in the field, Melanie Rogers has already demonstrated great aptitude as a public health nurse and is an emerging leader. Her interest and focus are in the areas of sexual and reproductive health, especially for youth, which have greatly benefited several new initiatives recently implemented in our family planning clinic. As part of a marketing plan to increase our outreach to teens in Jefferson County, Melanie developed the idea for the ‘Go Ask TISH’ text line. Since its launch in February, over 300 texts have been received. Melanie also created and stars in a video series called, “Sex Ed with Mel... in 30 minutes or less.” Videos are posted on the JCPL website, YouTube, and recently featured on the Beforeplay.org Facebook page and website. Videos topics include “How to use a condom,” “STDs,” and “Birth control.” Thus far, she has created seven videos which have been viewed over 1500 times. Melanie does a brilliant job of using her artistic style and sense of humor to lighten up some potentially embarrassing topics and help young people feel they are able to relate to her. These undertakings have been in addition to her regular responsibilities of seeing clients in our family planning clinic, case management, and outreach of the HIV program. Melanie’s enthusiasm, positive attitude, and passion for her work have made her a wonderful asset to our agency. She has made important contributions to public health nursing in Colorado and is extremely deserving of the PHNAC New Public Health Nurse of the Year award.

PHNAC Award for Excellence

This award is to be presented to a public health nurse who has made outstanding contributions in the field of public health and public health nursing over a period of several years and has demonstrated exemplary leadership and service to take public health nursing into the future. The recipient must be a leader, a member of PHNAC, and may hold a leadership role in his/her agency.

The recipient of this award is...

Carol McDonald
Denver Public Health

Carol is passionate about public health and service to the Denver and Colorado communities. She has fostered and implemented programs for nursing students from all over Colorado to acquire rotations in Denver Public Health clinics, increase awareness of Public Health as a nursing specialty. She manages and participates in outreach programs to provide ongoing education to nurse consultants and daycare employees. These programs have increased awareness of immunization regulations and needs, and promoted increased vaccine coverage of our youngest citizens. During the recent upsurge in whooping cough in our State, she helped design and execute a special program to provide free vaccinations to daycare providers in metro Denver to help reduce transmission of pertussis. Carol has championed excellence in Public Health nursing by her service to the many committees, nurses, groups and a legion of nurses who participate in. She helped design and implement the “new nurse” orientation to Public Health which is now a part of PHNPC’s contribution to the annual PHIN conference. She is a mentor and who encourages all public health nurses to actively participate in every aspect of public health nursing. And, Carol never forgets that Public Health is really about the individual people who live and work in our communities.

Lillian Wald Award

Awarded to a public health nurse who demonstrates leadership skills among peers and community, has practiced a minimum of five years, is creative, resourceful and innovative in addressing public health concerns in the community, is caring in relationships with colleagues and clients, initiates, implements, and evaluates public health interventions that focus on health promotion and disease prevention, shares public health knowledge with colleagues and the community and is a member of PHNAC and CPA.

The recipient of this award is...

Kindra Mulch
Kit Carson Health Department

Though not a native of Colorado (she was born and raised in Kansas), Kindra has embraced our state and is an emerging leader who has been intimately involved in agriculture (working with her husband on the family farm) and a member of a small rural town located in eastern Colorado. Kindra is not afraid of speaking her mind, and has been involved on several boards and workgroups including the local Family Center Board, Rural Deliveries, Centennial AHEC and others. In order to be effective on these boards, she maintains a high level of understanding regarding the issues that are important to her community. Because of her inquisitive nature, she stays abreast of the issues of the day and is not afraid to ask compelling questions or voice her opinion (which is well informed) when it is vital that stakeholders know what the moving parts and facts are. This allows for those not involved at a high level to make informed decisions that are sound and that will have a positive impact. She is passionate about her profession—just ask her! Kindra spent over a decade in the Colorado State Board of Public Health, always aware of her role as a public health nurse and using that title to inject the nursing perspective. She took this position very seriously, rarely missing a meeting and spending countless hours prior to meetings reading preparatory materials. She influenced many of the recommendations that she helped develop, including marijuana and public health law. She is a subject matter expert in many areas, especially Robert’s Rules of Order. She has brought to light the benefit of having a solid, well-informed staff through our Human Service colleagues which allows for nurses to do a better job providing services to our communities.

Warning signs

A change

Increased use of pain medications documented in patient charts
Frequent or repeated absenteeism or tardiness
Decreased reliability
Unexplained disappearances on the job

What to do if you have noticed these symptoms?
If you have questions or need assistance, please call the toll-free, caring and confidential call.
303.369.0039

www.PeerAssistanceServices.org
Nursing, Peer Health Assistance Program, Nurse Alternative to Disciplinary Program

April is National Donate Life Month!

465 lives were saved in 2013 thanks to 148 selfless organ donors... and you! Thank you for helping facilitate the gift of life.

Donor Alliance is the federally designated, nonprofit organ procurement organization and tissue bank serving Colorado and most of Wyoming. As a recognized leader in facilitating the donation and recovery of transplantable organs and tissue, Donor Alliance’s mission is to save lives through organ and tissue donation.

Organ/Tissue Donation

720 South Colorado Boulevard Suite 400 North Denver, CO 80226
303.329.4747 Main 303.321.1183 Fax 888.868.4747 Toll Free
DonorAlliance.org DonateLifeColorado.org DonateLifeWyoming.org
The Colorado Nurse’s Foundation is pleased to announce the 2014 Scholarship recipients.

**Heather Gilmartin** received the $6000 DNA 30 Scholarship. Heather is a PhD student at the University of Colorado College of Nursing. After graduation, Heather would like to pursue a research faculty position in a college of nursing.

Martha Levine received the $5000 Coutesany C. and Lucy Patton Davis Scholarship. Martha is a PhD student at the University of Colorado College of Nursing. Martha’s future goals include researching the healthcare disparities among women, especially during childbirth.

Shaunette Meyer is the recipient of the $5000 Roy Anderson Memorial Scholarship. Shaunette is a PhD student at the University of Colorado College of Nursing. Shaunette plans to focus her research and nursing practice towards improving health care for women and their children in her community.

Stacy Wall received the $2500 H. M. Muffly Memorial Scholarship. Stacy is a DNP student at the University of Colorado College of Nursing. Stacy plans to continue her development of her leadership role in advocating for advanced practice in nursing.

Anissa Buhring is the recipient of the $2000 Lizzie Schaeffer Teichler Memorial Scholarship. Anissa is a PhD student at the University of Colorado College of Nursing. Anissa’s research and focus will be to explore the chronic illness experience of rural-dwelling Mexican Americans.

Melanie Leamon received the $1000 Lola Fehr Donating Phyllis Drennan Memorial Scholarship. Melanie is a BSN student at the University of Northern Colorado. After graduation, Melanie would like to work in oncology nursing.

**Shannon Koch** is the recipient of the $1000 Colorado Nurses Association: Virginia Paulson Memorial Scholarship. Shannon is a BSN student at Colorado Mesa University. Shannon plans to continue her education and work as a nurse practitioner in rural Colorado.

Hannah Bassett received the $1000 Colorado Nurses Association Scholarship. Hannah is a BSN student at University of Colorado at Colorado Springs. Hannah plans to work in an acute care setting as a new nursing graduate with a special focus on early recognition and treatment of mental illness.

Gerald McCall is the recipient of the $1000 DNA 16 Eleanor Bent Scholarship. Gerald is an Accelerated BSN student at Metropolitan State University of Denver. After graduation, Gerald hopes to work as a critical care nurse.

Jill Brogdon received the $1000 DNA 20 Scholarship. Jill is in the MSN-FNP program at Regis University. Jill plans to use her advanced degree to serve others. She will go on her first trip to Ethiopia in the spring.

**Shantel Gallegos** is the recipient of the $1000 Donor Alliance Scholarship. Shantel is in the Master’s Program at Colorado State University - Pueblo. Shantel’s goal as a Psychiatric Nurse Practitioner will be to decrease the stigma regarding mental health and push the community and hopefully the nation toward mental health.

Michael Jones received the $1000 University of Colorado Nightingale Scholarship. Michael is a BSN student in the University of Colorado College of Nursing. As a second career student, Michael hopes to continue his nursing education and become an Acute Care Nurse Practitioner.
You are reading this article because Colorado is one of 16 states making nursing association history by joining a 2-year regional pilot called the Multi-State Division (MSD). In 2013 the American Nurses Association (ANA) created the MSD 2-year pilot plan with the goal of helping state nurses association attain 21st century sustainability. It is not news to anyone that with recent economic challenges, advancing technology and innovative business models, our state nurses associations must change with the times in order to remain relevant and sustainable. The association model used by ANA that worked in the 1980’s, has become obsolete and outdated 34 years later. The goal of the MSD pilot is to develop innovative business models that combine best practices from our various state participants so that we can continue to deliver exceptional products and services to the nurses in our states, while still affording to stay in business; in other words, a win-win for our nurses.

Western State Multi-State Division

The Western States Multi-State Division (WSMSD) will function as an entity to implement a stream-lined business operations model that combines common capabilities of State Nurses Association’s (SNA) with key ANA resources. Each SNA will retain its own identity and board structure with shared goals of becoming more efficient and profitable. An example of a shared goal is: develop new initiatives for membership recruitment and retention. The overarching goal is for SNAs to grow and become even more vital and visible in the future. There is great opportunity to combine best practice of state operations with unifying tools and technologies, while providing each state association their unique state-specific experiences and practices. Criteria for success of the Western MSD will be to increase the value proposition for our nurses (what’s in it for me?). Increasing the value proposition is the equation for sustainability.

Western States Multi State Division members are Holly Carlson, Idaho Nurses Association (INA), Kathleen Kaufman, Utah Nurses Association (UNA), Lisa Trim, UNA, Carol Stevens, AzNA, Mary Ciambelli, Colorado Nurses Association (CNA), Carol O’Heara, CNA, Robin Schaeffer, AzNA and Regina Robuck, INA.

The MSD Leader acts as a liaison between the ANA National Office and both the MSD and individual states to ensure that strategic goals and objectives are met.

Continue to look for updates in the future publications…. all MSD pilots are on the move and making history!!!!  

Robin Schaeffer, MSN, RN, CNE, Multi-State Division Leader, Western MSD

You have an RN; the degree is your next step. At the CU College of Nursing, you’re just five online courses away. And, you’ll work on a project that benefits you and your employer. Don’t wait! www.nursing.ucdenver.edu/RN-BS | 303-724-1812
Become a CSNA Fourteener!

Kelly C. Scriber
University of Colorado, Denver
CSNA Legislative & Education Director

Anyone who has ever climbed one of Colorado’s “fourteeners” knows that it is a difficult and demanding endeavor requiring physical and mental stamina to successfully reach the peak – the task is not easy, but the reward is great. The good news is that you can become a CSNA Fourteener without breaking a sweat and feel rewarded knowing that you are helping others. What is a CSNA Fourteener? The CSNA Fourteeners is a new sponsorship program to help support the numerous activities of the Colorado Student Nurses Association (CSNA). As a sponsor, you have a unique opportunity to support CSNA initiatives, which provide educational resources, leadership opportunities, and career guidance to students from more than 30 Colorado Schools of Nursing.

Governed by nursing students, CSNA is a non-profit organization that serves all of Colorado’s nursing students. Through several initiatives, we promote professional development, advocate for high-quality health care, endorse and contribute to advances in nursing education and develop the next generation of nursing trailblazers who are prepared to lead the profession in the future. Each year, CSNA organizes two statewide conventions which provide an excellent opportunity for students to engage in discussions about current nursing issues and advancements, explore career and leadership opportunities, as well as the privilege to network with nurses and companies looking to hire new graduates from across the state. The CSNA wants to build a solid foundation of leadership, commitment, compassion, and knowledge for our future nurses. Become a CSNA Fourteener now! We are reaching out to you and your organization with the goal of supporting our initiatives by contributing to the future of nursing. Think of how rewarding it will feel knowing that you helped us reach our peak!

If you are interested in sponsoring CSNA through a monetary gift, we have various support levels for donation. Any support is greatly appreciated and will be recognized in our monthly newsletter, convention programs and website. If you are interested in learning more about this opportunity, please visit our website at www.csnaostudents.org or contact us at coloradosna@yahoo.com.

Colorado Nurses Association to Co-sponsor Spring Health Care Career Event
Sports Authority Field at Mile High
Tuesday, May 6, 2014

On Tuesday, May 6th the Colorado Hospital Association and the National Healthcare Career Network will host their 5th health care career fair at Sports Authority Field at Mile High. The event will feature Michael Slubowski, FACHE, FACMPE, President and Chief Executive Officer, SCL Health System who will welcome job seekers. The Colorado Nurses Association, the Greater Metro Denver Healthcare Partnership, and the Association of Surgical Technologists will be co-sponsoring the event.

Attending health care job seekers will have the opportunity to meet recruiters from Colorado hospitals and other health care employers. More than 700 health career job seekers are expected to attend.

The event is free to attend. Job Seekers are invited to pre-register on the CHA Career Center web site at www.chacareercenter.com. Employers can contact kellie.bonthron@cha.com to reserve an exhibit booth.

Colorado Department of Human Services
Candice Mahoney at 719-546-4095 or via email at candice.mahoney@state.co.us

For more information about MHCD and our career opportunities, please visit our website at www.mhcd.org. To apply, please submit your application and resume to resumes@mhcd.org or fax to (303) 758-5793.

Additional requirements and job information may be found at www.edaff.com. Interested candidates should click on the Careers tab and search by Keywords, State (Colorado), City (Denver). Select the position of interest to review the criteria. To apply, click “Apply Now.”

We look forward to hearing from you!
Nurses topped the poll again. The latest Gallup poll results, released in December of 2013, named nurses as the most trusted professionals in the country. And once again we must ask the questions: Why are these trusted professionals so invisible in the positions of influence in health care?

The IOM report on the Future of Nursing: Leading Change, Advancing Health, released in 2010 provides a clue. Respondents to a survey about why nurses did not hold more positions on decision-making bodies indicated that nurses were not perceived as decision makers in health care delivery systems. Respondents also believed that nurses should be key players in any group where policy decisions are made. What can nurses do to move to the table where decisions are made? The first step is to learn what positions nurses hold in your local community now. Do you know the nurses who may be serving on your county board of health or community advisory groups? Is there a nurse who is influencing the care of children in your community? How do nursing influence in the delivery of services to seniors? There are very important positions, but the Robert Wood Johnson Foundation, which is supporting the implementation of the IOM recommendations, has put a focus on getting more nurses on hospital boards. We know there are some nurses on hospital boards in Colorado, but the number is hard to determine. Some hospital web sites contain biographical information about their board members, but many do not. On one hospital board list where a nurse is known to be a member, the nurse indicates that she has a PhD, but does not identify herself as a nurse, missing an opportunity to increase the visibility of the profession. We need the help of Colorado nurses in every community if we are to be successful in increasing nursing influence in health care decisions. Let me suggest three actions every nurse can take.

First, find out where nurses are now serving on local boards and commissions related to health care, especially hospital boards. Please share your findings with the Colorado Center for Nursing Excellence or the Colorado Nurses Association. We need that information to help establish a baseline on which to build.

Second, identify nurses whom you believe would be effective in these positions (including yourself) and schedule a meeting to develop a plan for nursing influence on the board. The Salons offered by the Center for Nursing Excellence provide board leadership education, and other opportunities will be available this spring. Nurses who currently serve on hospital boards or have served in the past are available as resources.

This effort to increase the influence of nurses in health care decisions is not made to enhance the visibility of the nursing profession. We know that successfully placing nurses in positions of influence will lead to quality care for more people at a reduced cost. No one else is going to get us there. It is up to nurses to make it happen.

The Colorado Center for Nursing Excellence can provide resources to facilitate local leadership groups and skills development. Contact Lola Fehr at lola@coloradonursingcenter.org.

At Life Care Centers of America, we’re proud to welcome your individual ideas, talents and approaches; we know that’s how great we are. Your professional and personal success matters to us, too. That’s why we make opportunities available to advance your career and further your education, along with solid benefits like paid time off and 401K options.

Seeking Registered Nurses/ Licensed Practical Nurses

Berkley Manor Care Center (219) 231-0200
Briarwood Health Care Center (303) 209-8300
Caledon Lodge Care Center (719) 275-2000
Columbine Manor Care Center (719) 539-4112
Eagles Nest Retirement Home (719) 599-4951
Garden Terrace Alzheimer’s Care Center (719) 275-4444
* Women’s & NewBorn, Registered Nurse: PRN, 7 P.M.-7:30 A.M.
* SurgiCare-Buckley, Charge Nurse: 7 A.M.-7:30 P.M.
* Emergency, Registered Nurse: PRN
* Therapy, Physical Therapist: PRN
* Therapy, Speech/Language Therapist: PRN
* Therapy, Occupational Therapist: PRN
* Surgery Services, Charge Nurse (Circulating & Scrub)

We are seeking exceptional nurses for specialty positions. Requires Colorado RN license and 1-5 years experience. A BSN degree is preferred.

Visit us at www.LCCA.com

The Colorado Center for Nursing Excellence can provide resources to facilitate local leadership groups and skills development. Contact Lola Fehr at lola@coloradonursingcenter.org.

A festive atmosphere and an awe inspiring view greeted friends and supporters at the Friends of Nursing (FON) City Lights Gala held December 20 at the Pinnacle Club in the Grand Hyatt Denver. The Club is on the 32nd floor of the Hyatt and there was a fantastic view of Denver’s holiday lights. A delicious holiday dinner of whiskey braised short ribs and grilled shrimp with a noel log and molded chocolate candies was served to nearly 100 guests. Music was provided by Derry O’Leary with a sing-along by guests. When master of ceremonies Rick Cran dall KEZW morning personality announced that a Christmas afghan made by former FON President Janice Jurasic was to be auctioned unless he received $1,000 before he began, an immediate donation was received from Ellen Stewart. The event was chaired by Terry Biddinger and Steve Edmonds, FON members.

All proceeds of the event will be used for FON scholarships to nursing students enrolled in baccalaureate or higher degree programs in Colorado. Each year earnings from the FON endowment are supplemented by donations and fundraising efforts. Since its founding in 1981, more than one million in scholarships have been awarded. The annual awards luncheon will be held Saturday April 26 at Lakewood’s Country Club. Applications for the 2014 awards are closed. Only online scholarships applications are accepted and they will be posted August 2014 on the FON website and schools will notify their students.

More information about FON including membership and scholarship applications and donations can be found at www.thefon.org. If you would like to receive an invitation to the Scholarship luncheon and are not on our mailing list, please contact us.

lola@coloradonursingcenter.org
District 2

Happy New Year to all Colorado nurses! On behalf of the Colorado Nurses Association, we would like to invite all District 2 members to join in a couple of important networking opportunities coming up.

First up is the 51st Annual Denver St. Patrick’s Day Parade “Get On The Bus” march. The event is held this year on Saturday, March 15, 2014. Look for more information to follow. Family and friends are welcome. We usually plan to gather at the parade start line no later than 9 am on the day of parade and we are completed by 12 noon. Come join the fun and the opportunity to reinforce why we are the most trusted profession and the number of us there is to serve Colorado.

Next up is the Colorado Nurses’ Association Night at the Rockies to be held Friday, May 6, 2014, when the Colorado Rockies will host the Texas Rangers. Mark your calendars and watch for more information to come.

And, last but not least, the 2014 Colorado Legislative Session is in full swing. Please refer to the GAPP Committee report in this same Colorado Nurse issue and watch for email alerts asking for your advocacy in important bills and rules making this 2014 session.

In closing, remember, we are “Stronger Together!”

District 3

Anne Zobec, President

DNA 3 has four meetings each year, these are held in February, May, September, and December. We have 2 educational program meetings and 2 parties each year. We try to invite lots of non-members to our events.

We had a holiday party in December at Joyce Vernon’s home. A gift exchange was held and lots of yummy treats were enjoyed by all.

In February we will have a program about Health Care reform and how it impacts our patients.

Amy Doman and Kate Peterson continue to be involved on the Safe Transitions Task Force. This group is looking at ways to help patients return home safely after discharge from the hospital. We are planning to have the task force provide an update for our meeting.

We will have a dinner meeting on May 12, 2014, at Peak View. We will take a tour of this facility and learn more about mental health issues in our community. This meeting will be capped off with a dinner celebrating Nurses Week.

District 4

Lori Rae Hamilton, President

We hope everyone had a wonderful holiday season!! At our wonderful Christmas dinner, hosted by Dorothy Deniro, we made Christmas cards for all the members in District 4. Hope everyone received and enjoyed them. Our meeting on January 24th at CSU-Pueblo presentation by nursing students Ready or Not – Here Comes Health Care Reform created by Lola Fellr with the Colorado Center for Nursing Excellence. For anybody that would like to see this presentation, it is on the Colorado Student Nurses Association website opening page at www.coloradostudentnurses.org.

March 8th will be our District 4 and District 6th combo meeting in Walsenburg at 1100. We invite all the area nurses for District 4 and District 6 to come eat, network, and have a great time. We are hoping to have some of our GAPP on the road members come and talk to us at this meeting. District 4 will also be gearing up for our membership scholarships for our future graduates into this wonderful profession. If you know of a graduate within the district, please make sure to encourage them to apply.

Interested individuals are strongly encouraged to submit applications at http://jobs.regis.edu as soon as possible.

The DNA 6 has committed to presenting a $1,000 scholarship to both an Adams State University and to a Trinidad State Junior College Valley Campus nursing student each year.

DNA 6 name tags are now available for members and include the member name, level of education at the DNA 6 logo. Members wear them at local events as one way to promote DNA 6.

DNA 6 and DNA 4 are planning a joint meeting on March 8th from 11:00 – 1:00 in Walsenburg at the Plaza Inn.

District Reports continued on page 14

DNA 6 (San Luis Valley)

Charlotte Ledonne, BSN, MA, LPC President

In the spirit of giving, the DNA 6 members made hygiene bags for our local homeless shelter, La Puerita. Left to right – Sue Foster, Helen Lester, Mabel Cotton and Shawn Elliott.
The DNA 7 members and associates in the four corners region met this fall to develop their mission statement and strategic plan for the year. The event was well attended and productive. Our group will continue to support nursing throughout the region with a variety of outreach events and activities to connect nurses positively. We plan to sponsor a spring and fall event for our community to compliment and strengthen the nursing profession in our community. In addition one of our members generously donated a web site for our nursing community (thank you Nora).

Scholarships for the fall membership assembly were offered and the event was attended by members of DNA-7 and those representing also DNA-31 from our region. This one day event was an opportunity to meet other members from across the state and appreciate the efforts and progress of the association. Excellent learning sessions in the afternoon touched on the role of nursing and legal matters in our state pertaining to nursing.

DNA-7 member and interim director Nora Fluke presented the presidents update and voting issues for the event. Of note for our rural area, we will continue to have at large board members which will provide opportunity for rural representation.

DNA-8 has not yet set a date for a Spring 2014 Meeting, but would appreciate members contacting CDittenberger@cna.com to share ideas for a meeting topic. It is time for DNA elections and members interested in running for office are invited to contact Cathy or President Stacey Seamans.

DNA 9 met October 15, 2013 at the home of Janie Arndt, president. We welcomed new member Jamiea Solano and a guest. It was also fun to welcome long time CNA member, Paula Stearns, to DNA 1! She recently moved to Fort Collins.

We approved updated bylaws, modeled on the CNA bylaws.

Jamiea Solano agreed to be our rep for the 2013 Membership Assembly. Thank you Jamiea! She reported that it was a very worthwhile experience for her.

We also voted to give a donation to a family who lost their home in the recent Colorado floods.

Discussion was held on future plans for the DNA including reconnecting with the local schools of nursing.

A date has not been set for our spring meeting.

Want to learn more about DNA-7? Visit http://www.cna.org for information about DNA districts and how to contact your DNA district leaders.

DNA 12 lost a key Board member and co-president of our District this last year – Kris Barnes. Sadly, Kris has moved to the northern coast. Happily, she just celebrated in September the birth of her first grandchild. Kris was instrumental in helping obtain various speakers for DNA 12 events last year.

Our DNA 12 Board met for a holiday brunch on December 21st and looked at the crystal ball forecast for 2014. We have two goals for this next year. We plan to meet quarterly in stead of bi-monthly. In addition, our focus will be connecting with district members via Facebook.

Our crystal ball forecasts the following for 2014:

In February, DNA 12 is planning to carpool down to the Legislative Dinner hosted by DNA 16. This event is on the evening of February 19th and presents a great opportunity to connect with legislative representatives from DNA 12. If you are interested in carpooling with us contact Anita Roberts at anitaroberts@comcast.net.

In April, we plan to meet and have a speaker either from one of the local nonprofit groups or from one of the schools of nursing. DNA 12 has provided support to these groups in the past.

In June, we plan to meet and have a legislative update since the season will be wrapping up. Our members indicated last year via survey, that this is the main reason they are part of CNA. We want to be sure and have news that captures legislative highlights that especially impact our district.

In October, we will be attending the CNA Membership Assembly together and look forward to connecting with the other districts.

In December, we see our future wrapping up the year with a festive get-together.

DNA 12 Board members include Anja Bagheera, Janet Holdsworth, Jody Owen (missing Jody Owen).

DNA 12 Board members include Anja Bagheera, Janet Holdsworth, Jody Owen, Anita Roberts and Curtis Stringer. The Board of DNA 12 want to give a donation to the Colorado Nurses Legal Defense Fund after hearing about the need at the State convention. The autonomy of nurses and their practice is at stake. DNA 12 encourages other Districts to do the same.

In April, we plan to meet and have a speaker either from one of the local nonprofit groups or from one of the schools of nursing. DNA 12 has provided support to these groups in the past.

In June, we plan to meet and have a legislative update since the season will be wrapping up. Our members indicated last year via survey, that this is the main reason they are part of CNA. We want to be sure and have news that captures legislative highlights that especially impact our district.

In October, we will be attending the CNA Membership Assembly together and look forward to connecting with the other districts.

In December, we see our future wrapping up the year with a festive get-together.

DNA 12 Board members include Anja Bagheera, Janet Holdsworth, Jody Owen, Anita Roberts and Curtis Stringer. The Board of DNA 12 want to give a donation to the Colorado Nurses Legal Defense Fund after hearing about the need at the State convention. The autonomy of nurses and their practice is at stake. DNA 12 encourages other Districts to do the same.

In December, we see our future wrapping up the year with a festive get-together.

DNA 12 Board members include Anja Bagheera, Janet Holdsworth, Jody Owen, Anita Roberts and Curtis Stringer. The Board of DNA 12 want to give a donation to the Colorado Nurses Legal Defense Fund after hearing about the need at the State convention. The autonomy of nurses and their practice is at stake. DNA 12 encourages other Districts to do the same.
DNA 23

Fran Dowling, President

District 23 usually meets every other month. There will be a March and a May, before summer break. At the May meeting, we will have election of Officers. We strive to increase membership and participation in meetings from all members and/ or Nurses who are potential or prior members. I encourage all DNA 23 members to be thinking of becoming an officer for the District. We continue to plan for our goal for the year to be a Donation or support to a worthy cause in the Community for Nurses. Since there are only three “leftovers” these days, and Nursing has changed so dramatically, please submit your ideas, requests and desires. It would be nice to hear from all our members. We wish the several long time members who have been ill recently, a speedy recovery and better spring. Welcome to all new Nurses who have joined us. As always, CNA keeps us well informed on updates. We appreciate the diligence and efforts.

DNA 30

Eve Hoygaard, Secretary (hoygaard@msn.com)

DNA 30 membership is involved in a number of different activities as we start 2014. Our annual Holiday Donation project resulted in donation of $1170... this resulted in MetroCareRing receiving 117 $10 gift cards. These cards were then included/distributed as a gift of choice to 117 families receiving Holiday Gift Food Boxes. This then allows those families to select an additional food item to personalize their holiday meal. This was the fourth year of this project and was the largest amount raised to date! Thanks to all our members who chose to participate this year. All our members were encouraged to donate to an organization of their choice. Congratulations to the recipient of the DNA-30 Scholarship that was awarded to Heather Gilmartin, a PhD student at the University of Colorado Health, LLC, Colorado Springs. Membership Director: Michael J. Rice, PhD, APN, RN, FAAN, Professor & Endowed Chair in Psychiatric Nursing University of Colorado College of Nursing, Denver.

Finishing out their 2 year terms that expire at the end of 2014 are: President Ann Terrill-Torrez, Secretary Karen Shoenhals, Treasurer Laura Mehringer, Education Director Karen Lyda, Ethics Director Ronnie Shaw, Legislative Director Laura Mehringer.

We are excited to get going this year with the tremendous talent, inspiration and enthusiasm Donna, Nancy, Fredi and Michael bring to our organization. We have an ambitious agenda and a fabulous group of board members to steer the way. Hooray!

In December, several DNA 31 members attended a very informative roundtable discussion with Charles Park, MD, on Opioid Dependence...
Meet A Real “Call the Midwife”

Charlotte Ledonne, RN

I admit, I am an avid viewer of the “Call the Midwife” series that has aired on PBS the last two years and can’t wait for the third season. Which brings me to a conversation I had with a seasoned nurse at the Alamosa, Colorado Post Office. I have known Margaret for many years, and she has been an inspiration in our community. Knowing that she is from England, I am eagerly telling her about the series when she stops me dead in my tracks. 

Margaret Roberts Jones in her nursing uniform

London, England

Margaret Roberts Jones (r) on her bicycle as a district nurse Bristol, England

was assisted by 1st, 2nd, 3rd and 4th year nursing students who provided the preponderance of work in caring for patients.

After her fourth year and an additional year specializing in midwifery, Margaret was ready to graduate. Although a great accomplishment, Margaret relates that graduation was not the hoopla it is today. It was considered a privilege to attend school, with the expectation that students do their very best and consider themselves fortunate to receive a quality education. No whining allowed!

Following graduation Margaret and a dear nursing friend moved to Bristol, England and worked as District Nurses, providing nursing and midwifery care in patients’ homes. Most patients lived in 1 room of the apartment, as heating more rooms was beyond their means. The homes had electricity and most had indoor toilets. Margaret recounts that life in Bristol was not as meager as East London, the setting for “Call the Midwife” but fathers were still given tuppence to make the phone call to the doctor or ambulance if the delivery was not progressing as expected. District nurses were respected by both the families and physicians and were expected to work independently, calling for backup only if absolutely necessary. Margaret worked as a District Nurse in Bristol for two years before moving on to practice private midwifery in southwest England.

Her travels in her nursing career took her from England and Canada to Hawaii and San Francisco before she finally settled in Alamosa.

Margaret’s lasting words are “I loved being a midwife. It was my vocation and I still miss it.” In her mind’s eye she is still bicycling the streets with her black bag. ♦
Submitted by Eve Hoygaard, MS, RN, WHNP
Director-at-Large, Colorado Nurses Association

The Colorado Nurses Association honors the memory and acknowledges the work of deceased nurses in our state. Sharing names of and information about these members of our profession with our nursing colleagues is one way that we do this.

We have received information about the deaths listed below who have lived in, worked for, or were educated in Colorado. Membership in the Colorado Nurses Association is not required for inclusion. If you have information about a deceased nurse that you would like us to include in the next issue of the Colorado Nurse, please send basic information (including full name, city where they lived/worked, the school where they obtained their nursing education/date of graduation, and/or area of practice) to Eve Hoygaard (hoygaard@msn.com). We reserve the right to edit material submitted and endeavor to verify all information included in this column. If an error is noted, please advise us and a correction will be published. Your assistance will be greatly appreciated.

We honor the following nurses . . .

Aberle, Carol, RN. A 1969 diploma graduate of St. John’s McNamara School of Nursing. Rapid City, SD, she later completed her BSN at Metropolitan State College in 1984, then a MS in Health Services Administration from the College of St. Francis in 1993. A RN at Presbyterian St. Luke’s, she ended her career as a Coordinator of Transplants.

Clark, Sara Ann, RN. A critical care nurse at the VA Hospital, Denver, she received both a BSN and MSN from Regis University.

Daley, Karen Ann, RN. She was a diploma graduate from St. Joseph’s Hospital School of Nursing in Denver.

Goldcamp, Mary “Meg” E., RN. While a Navy Nurse during both WWII and the Korean Conflict, she was a CRNA. Later, she worked at St. Anthony’s Hospital for 35 years.

Hamberg, Carol D., RN. She was an RN in Colorado for 14 years prior to 1961.

Hoffman, Margaret Ann, RN. After joining the US Cadet Nurse Corps in WWII, she graduated from St. Anthony’s Hospital School of Nursing in Denver. Later, she worked in Public Health before beginning her 30 year career with United Airlines. She was first a stewardess and later worked in the United Medical Center in Denver.

Maher, Geneva Ann, RN. A graduate of the University of Iowa School of Nursing, she worked at the VA Hospital in Denver.

Montijo, Elizabeth “Betsy” Cooper, RN. A 1980 BSN graduate of the University of Colorado, she was an RN at Children’s Hospital, Denver and then for Denver Public Schools for 25 years.

Scullion, Kathleen V., RN. She was a nurse in Colorado.

Shatwell, Elizabeth Cook, RN. A WWII Veteran, she was a School Nurse.

Thielen, Teresa Peitz, RN. A graduate of St. Joseph Hospital School of Nursing, Omaha, NE, she worked at Larimer County Hospital.

Whipple, Clara, RN. A 1943 graduate of Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.

Daly, Mary “Ma” Connolly, RN. A 1943 graduate of Whipple, Clara, RN. A 1969 graduate of St. John’s McNamara School of Nursing, Rapid City, SD, she attended Vassar College, she later attended Columbia University, NY and became an RN. She was also an elementary school teacher.
CAMP NURSES NEEDED!

We are a traditional co-ed, residential, summer camp in beautiful North East Pennsylvania. We are hiring Patient, Fun, Energetic and Flexible RNs for summer 2014. We offer a beautiful setting, great staff community and an 8 week experience of a lifetime.

To inquire about joining the IHC team, please contact:
Lauren@indianhead.com • 914 345 2155
www.indianhead.com
IHC – Celebrating 74 years!

Roundup River Ranch seeks experienced pediatric nurses who want to make a difference in the lives of children with chronic and the threatening illnesses at a residential camp in Colorado. Paid and volunteer positions available. To learn more visit www.roundupriver.org or contact alsheehan@roundupriver.org 970.834.2687

The Salvation Army’s High Peak Camp is recruiting! We have an open camp nurse position for the 2014 summer camping season! Nurse responsibilities include assisting medical staff to sick and injured personnel and campers, helping medications during registration and dispensing medication as prescribed by the camp. A travel nursing license is required (ORGN). For more information, please contact mnc@salvationarmy.org.

Cargill Beef has an opportunity available for a Health Services Supervisor, located in Fort Morgan Colorado. This position will be responsible for assisting the Health Services Manager in direction of the day-to-day operations of the Occupational Health Department through efficient utilization of available staff department and implementation of policies and procedures. Relocation to Fort Morgan is required. For more information and to apply, please visit: https://cargill.taleo.net/careersection/2/jobdetail.ftl?lang=en&src=REF-12&job=FOR00335

Cargill is an EEO/AA Employer

CARGILL

Email: matoaka@matoaka.com
www.matoaka.com

ENJOY A SUMMER ON EAST LAKE IN MAINE AT PREMIER GIRLS SUMMER CAMP. Seeks Nurses. Travel allowance, room & board, excellent salary. Lots of fun! Celebrating 64 years in camping! Mid June to August Contact Ph: 800-MATOAKA Email: matoaka@matoaka.com www.matoaka.com

Summer Camp Nurses Needed

CAMP NURSE POSITION. Come spend a rewarding summer as a camp nurse at Cheley Colorado Camps in the beautiful Rocky Mountains of Estes Park, CO. Dates are June 8th-Aug 11th. Benefits include room and board, wages, travel stipend, camperships, and crisp mountain air. Call us 1-800-CAMPFUN or visit our website at www.cheleymgs.com to apply online.
For more information call: Ranae Shrader at 303.556.3668 for RN-BSN Completion Extended Studies at 303.721.1315 for Intro to Perioperative Nursing

www.msudenver.edu/nursing
Join us in Denver for AACN’s annual National Teaching Institute & Critical Care Exposition

May 19-22 • Preconferences May 17-18

AACN’s NTI is the premier conference for high acuity and critical care nurses.

Outstanding and diverse learning opportunities, inspirational gatherings and networking to reignite your practice

Learning the latest, bringing it to the bedside

why I wanted to be a nurse

Learn about NTI attendees’ experiences and take-aways in their own words. View the video at—
www.aacn.org/nti

www.aacn.org/nti