



## GCNA DECEMBER DISTRICT MEETING

Tuesday December 7, 2010

5:30 PM – 8:00 PM

The Manor Party Center

24111 Rockwell Dr., Euclid, Ohio

216-481-4549

Note Meeting Room Change

Meeting will be held in the Camelot Room

Enter through the main entrance and follow signs

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A Potpourri of Learning Opportunities: Update on Bed Bugs, What is a Pain Ball and a Life Vest that doesn't keep you from drowning, but may save your life.

Speakers: Richard Novickis, RS, MPH, - Supervisor, Environmental Health Services, Cuyahoga County Board of Health

Sheree White, BSN, RN, - Cardiology Research, Harrington McLaughlin Heart and Vascular Institute, University Hospitals

Scott Williams, BS, - Territory Manager, Zoll CMS

Bette K. Idemoto, PhD, RN, ACNS-BS, CCRN, Cardiovascular CNS, Medical-Surgical Nursing, UHCCMC

**Schedule:** 5:30 – Social Hour, Dinner  
6:15 – Business Meeting  
6:30 – Program  
8:00—Adjournment

**Cost:** \$20.00 – Members/Guests  
\$15.00—Students  
\$25.00 – Non-members

REGISTER AT 216-771-6922 OR VIA EMAIL AT

[GCNA@CLEVELANDNURSE.ORG](mailto:GCNA@CLEVELANDNURSE.ORG)

**HELP US HELP PROVIDENCE HOUSE BRING YOUR DONATIONS TO THE DISTRICT MEETING DETAILS ON PAGE 2**

## PRESIDENT'S CORNER

As I prepare this message in my home office, notice birds chirping outside my window this early November morning and wonder about their hardiness for staying the winter. That reminds me of a talk on resilience Joan Borysenko, PhD presented at a Cleveland health fair last month. Her latest book is aptly titled It's Not the End of the World: Developing Resilience in Times of Change. She discusses resilience by comparing ways people handle tough situations; those who stay in the past versus those who create their future from the experience.

In these tough economic times, we have witnessed many signs to urge our attention. As an organization, GCNA has had two unprecedented years of cancelling the job fair due to lack of participating partners and recently acknowledged the closing of the Huron School of Nursing. In Ohio and across the nation, new graduates are having difficulty finding registered nurse employment for first jobs. Additionally, our local district expenses now outweigh the reduction in local dues from a decade ago. I urge you to carefully read the Treasurers Report for detailed information on our current financial status and plans for the future.

Election results also stir us. Our new county government has a balance (?) of inner ring suburb democratic and outer ring suburb republican council members. Ann Marie Donegan, RN lost her bid to Michael J. Gallagher for District 5 Cuyahoga County Council. Bill O'Neil, RN lost his bid to the US House of Representatives to Steve LaTourette. As Ohioans, we lost our solitary OH *nurse* senator Sue Morano, RN, representing Lorain and Huron counties and nursing at large.

Yet, despite these events, Nurses Day at the statehouse March 23, 2011 anticipates an unprecedented "sell out" within weeks of open registration and our Northeast Ohio Nursing Initiative (NEONI) is thriving with activity. The Institute of Medicine, with a tagline "Advising the Nation/Improving Health" published an October 2010 report - *The Future of Nursing: Leading Change, Advancing Health*. For more information visit [www.iom.edu/nursing](http://www.iom.edu/nursing), and let's work together to create successful change!

I look forward to seeing you at the December district meeting!

Best wishes,

*Carol Sams*

President

## DONATIONS NEEDED FOR PROVIDENCE HOUSE

For the fourth year GCNA will be taking donations for Providence House at the December District meeting. Last year was a big success and we hope to repeat that this year. Providence House is located on Cleveland's west side and is Ohio's first licensed crisis nursery of infants and toddlers through age 5. Needed items include:

Children's Shoes (size 6-12)	Latex Surgical Gloves (Ad. Med. & Lg.)	GROCERY ITEMS
Fall/Winter Jackets (larger sizes)	Dreft Laundry Detergent	Baby Juice/Fruit Juice
Socks (all sizes)	Windex, Furniture Polish	Canned Soups
Diapers/Pull-Ups ( sz. 4-5, Lg., Jumbo)	Air Fresheners	Applesauce, Fruit Cocktail, Jello
Infant formula	Portable Radio/CD players	Rice, Inst. Potatoes, Kool Aid
Children's Back-Packs or Suitcases	White Xerox Paper	Cream of Wheat
Paper towels, cups, Napkins, Kleenex	Postage Stamps	Canned Fruits & Vegetables
Plastic Sipper Cups w/lids	Manila File Folders	Saltine & Graham Crackers

**Due to strict safety requirements previously used children's items, clothes and linens cannot be accepted.** Just bring any items to the District Meeting on December 7, 2011. Call GCNA at 216-771-6922 for further details.

# Treasurer's Report

During the last two years the downturn in the economy has had a serious effect on both individuals and organizations. The leadership at GCNA has been able to continue to run a viable organization and I would like to take a few moments of your time to review the financial history of GCNA, our current financial status and plans for the future.

GCNA draws revenues from several sources. The first and largest component is from member's dues. We also receive revenues from the annual job fair, the webpage career center, District Meetings and GCNA investments.

In 1999 GCNA was in an enviable position financially. We were able to maintain a balanced budget only having to draw minimally from our growing investments. This was also the year ONA made a change in the dues structure at its convention raising dues by 19% and creating a structure to tie future ONA dues increases to the consumer price index. At that time the GCNA leadership felt the increase was unwarranted and in the fall of 1999 decided to go to the membership to ask for a decrease in member's local dues contribution. It was felt with the healthy state of our investments we could cover any shortfall in the annual operating budget by drawing from the growing investments and from revenues received from the annual job fair that had recently been reinstated. At the District Meeting in February of 2000 GCNA membership approved a local dues decrease of approximately \$48/year for a member paying a full membership fee. This decrease took effect in April of 2000.

Over the next 4-5 years GCNA continued to operate in the black due largely to several very successful years with the job fair. Beginning in 2005 we started to draw from our investment funds to cover a small deficit in the operating budget. By 2007 the job fair revenues began to decline and we were forced to increase the amount of money drawn from investments. This was also when we began to see a down turn in the country's economy and our investments began to lose money. In 2009 and 2010 we were unable to get enough job fair participants to hold a job fair and any budget deficits were covered by drawing from the investment fund as had been anticipated when dues were lowered in 1999-2000.

During this time of the downturn the GCNA Board made many cuts in the budget including suspension of staff salary increases and employer retirement contributions, having staff make contributions to their health plans, limited involvement in community activities that required fees and a move to switch the GCNA VOICE to electronic distribution. This year we also partnered with ONA to reduce the cost of our website by 60%. Despite all these measures we are now in a situation where 20% of our operating budget is made up of money drawn from investments. We cannot continue to do this or our investments will be totally depleted in the next 6-7 years.

As a result of this as Treasurer of GCNA I am asking the membership to approve a dues increase of \$3.00/month for all full rated members to take effect in June of 2011. Members paying a student or retirement rate will have their dues increased by an appropriate percentage. If the dues increased is approved by GCNA membership the Finance Committee and the Board will closely monitor the organizations financial status and make additional recommendations if needed

We will be discussing this at the District meeting being held on December 7, 2010 so I urge you to attend this meeting so that your voice can be heard.. A vote on this proposal will be put up to a vote of GCNA members at the March 8, 2011 District Meeting. In the meantime feel free to contact our office at 216-771-6922 or via email at [gna@clevelandnurse.org](mailto:gna@clevelandnurse.org) with any comments or questions.

Gerri Pangrac

## CALL FOR YEAR 2011 GCNA CANDIDATES

The following positions will be up for election on the GCNA Board of Directors and Nominating Committee in 2011. Members are encouraged to make additional nominations by contacting the GCNA office at 216-771-6922, fax at 440-322-3466 or email at [gcnaclevelandnurse.org](mailto:gcnaclevelandnurse.org). You will also have the opportunity to make nominations at the District Meeting on Tuesday, December 7, 2010. **GCNA members who are interested in becoming more involved are encouraged to volunteer to run for office.** A final list of candidates with their biographical sketches and ballots will be mailed to all members near the end of December.

### GCNA BOARD OF DIRECTORS 2011-2013

President Elect	Director - Education
Treasurer	Director - Staff Nursing
Director - At Large	Director - Administration

### NOMINATING COMMITTEE 2011-2013

Administration	Education
Staff Nurse	At Large

## GCNA NEWS AND NOTES

**ONSA CONVENTION . . .** During the weekend of October 22-24 the Ohio Nursing Students Convention was held at the Frances Payne Bolton School of Nursing. We would like to thank Board members Mary Joyce and Jen Davis for volunteering and helping out at this event. Jen participated in a panel discussion where she spoke on being politically active in the nursing profession. Mary helped out at the ONA Booth talking with students about GCNA/ONA. Thanks again for representing GCNA at this event.

**NEONI NE OHIO NURSING FORECAST PROGRAM . . .** Office Manager Jeff Groth attended the NEONI (Northeast Ohio Nursing Initiative) presentation on the new NE Ohio Nursing Forecast tool that NEONI has developed. This is an exciting development that will allow nursing/hospital leaders to forecast nursing needs in NE Ohio for up to 20 years ahead. Jeff also attended a training session on how to utilize this tool. It is hoped that organizations will be able to begin using this forecast tool in the spring of 2011 when the 2010 census data can be included.

**JOINT GCNA/OLN/CCBN MEETING DATE CHANGE . . .** After considerable thought it has been decided to move the GCNA District Meeting normally held in February to March. This the meeting we hold in conjunction with the NE Region of the Ohio League for Nursing and the Cleveland Council of Black Nurses. The reason for the change is to "spread out" our annual meetings and also to hopefully have better weather conditions for participants to travel in.

**RECYCLE AND HELP GCNA RAISE FUNDS . . .** GCNA is joining the Planet Green Recycling program. This programs helps organizations raise funds through the recycling of inkjet cartridges and cell phones. To kick off this effort we are asking you to bring any spent inkjet cartridges and old unused cell phones you may have. GCNA will then box them up, send them in to Planet Green and they will send a check to GCNA. For more information about the Planet Green program visit their website at <http://www.planetgreenrecycle.com/info/index.php>

## NOMINATIONS FOR 2010 ELIZABETH K. PORTER INVOLVED NURSE AWARD

It is time to make your nomination for the 2010 Elizabeth K. Porter Involved Nurse Award. The award is given each year to the GCNA member(s) who:

- 1 Foster high standards of nursing practice.
- 2 Promote the professional and educational advancement of nurses.
- 3 Promote the welfare of nurses to the end that all people may have better nursing care.

This year's award will be presented at the March 2011 GCNA District meeting. Nominations will be accepted until February 15, 2011. Contact GCNA for nomination forms at 216-771-6922 or E-mail at [gcnaclevelandnurse.org](mailto:gcnaclevelandnurse.org)

## JOIN GCNA IN "GOING GREEN"

Over the past year we have mentioned in the VOICE and at District Meetings plans to move to eventually publishing the VOICE as an electronic only publication. Distributing the VOICE electronically via email has several major benefits. For the organization one of the big benefits is cost. If every member were able to receive an electronic copy we would have an additional \$2,500-3,000 in our annual budget. In addition to cost savings an electronic VOICE allows us to communicate with members on a more frequent and timely basis. And an electronic version allows the inclusion of more color, graphics, internet links and photographs.

In this vein we would like to set September 2011 that we go totally electronic with VOICE distribution. We will distribute via email to all members we have a valid email address for. The best way to update your email information is by contacting Lisa Stonerock, membership coordinator at ONA. She will make the changes in the ONA database which is what GCNA utilizes to distribute the VOICE. In addition this will assure your all your information is correct at ONA. You can also update your email information by emailing us at [gcna@clevelandnurse.org](mailto:gcna@clevelandnurse.org). We will continue to post all copies of the VOICE on the GCNA website, [www.clevelandnurse.com](http://www.clevelandnurse.com)"

We realize that every member may not have access to a computer to receive the VOICE electronically and for members in this situation we ask you to contact our offices and we will make arrangements to insure you continue to receive the VOICE. Updates and reminders concerning the electronic VOICE will be in all future issues of the VOICE.

## TIME TO APPLY FOR THE 2011 GCNA ANNUAL SCHOLARSHIP

The Greater Cleveland Nurses Association (GCNA) is pleased to announce the 2011 Annual Scholarship! GCNA will award one \$1000 scholarship to a nursing student in a basic RN program entering their final year of school. Any junior who will be a senior in good standing in the fall of 2011 is eligible to apply.

### CRITERIA FOR APPLICATION AND AWARD

- Be a resident of Cuyahoga or Geauga County.
- Be enrolled full-time in a basic RN program in Cuyahoga or Geauga County.
- Have at least a 3.0 cumulative grade point average if currently enrolled in college, or if college work has been completed within the past five years. A copy of the most recent transcript must be included with the application.
- Maintain at least a 3.0 cumulative grade point average. A copy of the transcript/grades must be submitted within two weeks following each grading period.
- Provide proof of membership in the school's Student Nurse Association.
- Complete a 1000 word essay answering the following questions. Students should write a professional paper using correct grammar, spelling and punctuation. Margins should be 1 inch, papers should be double spaced, and the font should be no smaller than 12.
  1. What is your personal philosophy of nursing?
  2. How will you use your education for the advancement of nursing?

Interested applicants should call 216-771-6922 or contact us at [gcna@clevelandnurse.org](mailto:gcna@clevelandnurse.org) to receive an application. **Applications should be submitted no later than Friday May 6, 2011 to the Greater Cleveland Nurses Association, 1289 East Avenue, Elyria, Ohio 44035.**

## The Greater Cleveland Nurses

1289 East Ave  
Elyria, OH 44035

Phone: 216-771-6922

Fax: 440-322-3466

Email: [gcna@clevelandnurse.org](mailto:gcna@clevelandnurse.org)

### **GCNA BOARD OF DIRECTORS**

Carol Sams, MSN, RN – President  
Betty Freund, MSN, RN – President Elect  
Meghan Zona BSN, RN – Vice President  
Jennifer Davis BSN, RN – Secretary  
Geraldine Pangrac RN – Treasurer  
Luvenia Lewis, BSN, RN – Director, Administration  
Robin Collins Blake, ND, MSN, RN – Director, Administration  
Marylin Lotas PhD, MSN, BSN, RN – Director, Education  
Harriet Coeling, PhD., MS, BSN, RN – Director, Education  
Donna Hughes, BSN, RN – Director, At-Large  
Mary Joyce, RN – Director, At-Large  
Stacy Booker, RN – Director, Staff Nurse  
Marcia Schneider, RN – Director, Staff Nurse

Jeff Groth – Office Manager

VISIT THE GCNA CAREER CENTER AT [WWW.CLEVELANDNURSE.ORG](http://WWW.CLEVELANDNURSE.ORG)

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## GCNA BYLAWS REVISION

ONA has asked all Districts to work towards standardizing District bylaws to conform with the ONA model. This revision is largely a case of taking existing bylaws and rewriting them in a uniform format.

The GCNA Bylaws committee under the direction of Board member Marcia Schneider has been working diligently to complete this task and it is now ready for review and approval by the membership. We have prepared a copy of the new bylaws in a format that allows side-by-side comparison with existing GCNA bylaws.

We will be distributing copies at the December 7th District meeting and posting them on our website. We plan on asking members to vote on these bylaws changes at the March 8, 2011 District meeting.

If you have any questions or would like a copy of the proposed bylaws changes just contact the GCNA office at 216-771-6922 or via email at [gcna@clevelandnurse.org](mailto:gcna@clevelandnurse.org)

## JOIN THE NURSES HEALTH STUDY III

The Nurses' Health Studies are among the largest and longest running investigations of factors that influence women's health. Started in 1976 and expanded in 1989, the information provided by the 238,000 dedicated nurse-participants has led to many new insights on health and disease. While the prevention of cancer is still a primary focus, the study has also produced landmark data on cardiovascular disease, diabetes and many other conditions. Most importantly, these studies have shown that diet, physical activity and other lifestyle factors can powerfully promote better health.

The Nurses' Health Study is growing and they want to include you! They are looking for candidates to join more than 230,000 other female nurses who are already participating in the long-running Nurses' Health Studies. They are inviting female nurses, between 22 and 45 years old (born after January 1, 1965) to join our new study.

The new study will be entirely web-based, as roughly half of Nurses' Health Study II is already. To learn more and to join, nurses should visit [www.nhs3.org](http://www.nhs3.org)