

NJSNA Region 4

Notes on Nursing



Welcome to the NJSNA Region 4 Microsite!! The Region 4 Board and Members were very involved in the development of this site as another way to share with you all the great ways Region 4 nurses are making a difference.

Every month we hold either a Board Meeting or an Educational Program and would be thrilled if you would join us for both. The meetings are held Virtually on the second Thursday of the month at 7pm.

The Region 4 Board really enjoys when Members join the meeting as your insight into current issues effecting nurses, support needed, programing ideas, and educational topics are extremely valued. The Educational Programs run by the Vice President of Education, Nowai Keleekai-Brapoh, have received significant interest by many of our members. Please contact me at kari.mastro@icloud.com or Region 4 Secretary, Dan Marino at marinod1@live.com and we will send you the meeting link.

Our Past-President, Maureen Clark-Gallagher, along with the Vice President of Communication, Melissa Sherman publish our Region 4 newsletters. We hope you are enjoying them and welcome your contributions and ideas on topic on which you would like to learn more.

We know many of you are experts in your field of practice and would like if you would consider writing an article for the newsletter or presenting at one of our educational sessions. We would also like to highlight your accomplishments so please send Maureen mgal-lagher@TESU.edu or Melissa mshermanrn@yahoo.com your accomplishments and photos of you in action.

Please know that the Region 4 Board and I are here for you. We thank you for all that you are doing for the nursing profession and the communities that we serve. Feel free to reach out to me or any member of the Region 4 Board.

Kari Mastro

President, NJSNA Region 4

Follow Region 4 on social media: Facebook, Twitter, Instagram, and LinkedIn.

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ughiea@yahoo.com

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mshermanrn@yahoo.com

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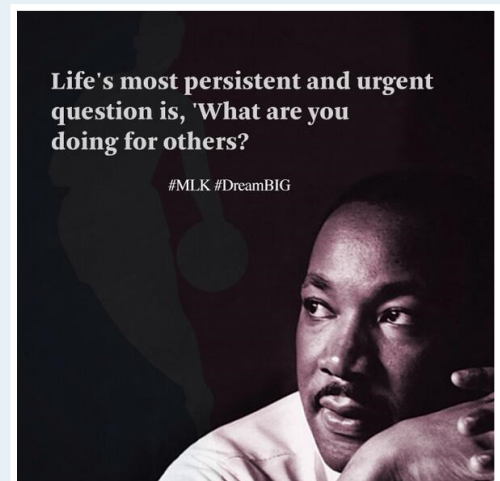
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Margaret Drozd
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Member-at-Large Somerset:
Marcia Nettingham
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12 Year Old Girls Writes Poem to Thank Doctors, Nurses and First Responders

This poem was written by a 12-year-old girl so that the doctors, nurses, and first responders know that she is thinking about them.

Clap - dedicated to our warriors

*People are clapping
Outside my window
They're standing 6ft apart
But their movements the same*

*Clapping together for the survivors
For the lost,
For the people that risk their life,
So another can live theirs.*

*We clap as one,
To get through the pair
To give hope to our warriors
Who were regular people yesterday
And the reason we fight now*

*They fight so we can survive
So we can live
So we can stand together
And hold hands as people*

*Not separated by a race
Or a gender
Who we love
Or what we support*

*We fight the same cause now,
And at 7:00
When our warriors go home or go to fight
We clap as people
And as people
We Survive*

To read this article, click [HERE](#)



January Nursing & Health Holidays:

[Thyroid Awareness Month](#)

[National Glaucoma Awareness Month](#)

[National Birth Defects Awareness Month](#)

[Cervical Health Awareness Month](#)

[National Blood Donor Month](#)

[World Leprosy Day - January 30](#)

February Nursing & Health Holidays

[American Heart Month](#)

[Age-Related Macular Degeneration \(AMD\) /
Low Vision Awareness Month](#)

[National Cancer Prevention Month](#)

[Congenital Heart Defect Awareness Week -
February 7 - 14](#)

[Heart Failure Awareness Week -
February 12 - 20](#)

[National Eating Disorder Awareness Week -
February 21 - 27](#)

[World Cancer Day; February 4](#)

[National Wear Red Day; February 3](#)

[National Donor Day; February 14](#)

Valentine's Day - February 14



WELCOME

<https://njsna.org/about-us/membership-benefits/>

Welcome New Region 4 Members!

September, 2022

Mariana Abu
Clara Bautista
Anna Berc
Rosemary Bradshaw
Sara Callanan
Christina Domnicus
Adrea Fortenberry
Belky Garita-Obando
Chantel Hale
Esi Hayford
Alexa Hicks
Celeste Johnson
Agata Lendzioszek
Lizbeth Manantan
Mousumi Mitra
Brittani Monaco
Edward Oladipo
Namrata Patel
Maitri Patel
Nitaben Patel
Afolasade Popoola
Bianca Regan
Madina Rizaeva
Dana Roder
Juliana Sanchez
Vivian Sarmiento
Melissa Siclari
Suzanne Way
Eleanor Wilton

October, 2022

Carol Agbuya
Rafael Agbuya
Katherine Agugliaro
Sharon Barna
Dorothy Carolina
Tania Castro
Beatrice Conteh
Regine De La Pena
Nelda Ephraim
Martha Hugger
Christine Kieffer
Kathleen Klige
Shyamala Kumar
Joanne madeline
Sobha Mathew
Korto Owbor
Editha Padierno
Claudia Pagani
Ana Pangulayan
Sonia Petite
Navjot Rai
Bryann Ricci
Tara Sanseverino
Kesha Tege
Alexandra Tobia
Xinna Yu
Christine Zuttah



WELCOME

Welcome New Region 4 Members!

November, 2022

Darnell Stith
Genevieve Basanaga
Charrise McClellan
Nicole Rosenthal
Kristina Cerro
Cory Wallace
Marilyn Figueroa
Pamela Homer
Bola Pena
Grace Samuel
Stacey Cacchione
Michelle Obena
Kiersten Zinnkas
Jane Githuka
Maria Carla Plaza
Marie Altino-Pierre
Nadeka Hawthorne
Erin Poulsen
Alieth Ossa Bonilla

WELCOME

Welcome New Region 4 Members!

December 2022

Elizabeth Adalakun
Dorothy Anesh
Nordia Chambers
Megan Chan
Urenna Colaie
Hayley Dadouris
Elizabeth Depinto
Anne Forestin
Danielle Frazier
Roda German
Christina Hanley
Nadrecka Hawthorne
Gary Jean
Audrey Joseph
Constance Kwarteng
Julia Morrissey
Judeth neumyer
Gabriella Parisi
Arun Pilania
Christen Serrao
Anette Servil
Carly Skibinski
Veronica Soldwedel
Dianne White
Samantha Wight

Click [HERE](#) for Member Benefits or to Renew Your NJSNA/ANA Membership



Lavinia Dock (1858-1956):

Picketing, Parading, and Protesting

By Mary E. Garofalo, RN and Elizabeth Fee, PhD

The famous nursing leader, M. Adelaide Nutting, said that Lavinia Dock was the “most noble, most unselfish, most largely helpful of women, a student, a scholar, in many ways the greatest spirit that has ever moved in our midst.”¹

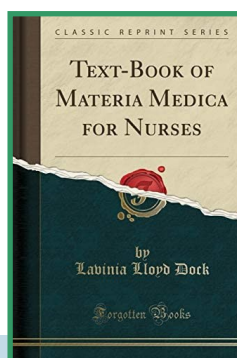
Dock came from a prominent and wealthy Pennsylvania family and, with an income from inherited property, had no need to consider finances in making her vocational choices. Deciding to become a nurse, Dock studied at the Bellevue Hospital School for nurses in New York City. After graduation, she worked as a visiting nurse for a variety of charitable organizations, supervised a ward in a temporary hospital for those suffering from yellow fever, and went to Johnstown, Pennsylvania, to help flood victims.² She also wrote *Materia Medica for Nurses*, the first nurses’ manual on drugs.³ The publication was financed by her father and it was a good investment: the book became the standard nursing school text on the subject and sold more than 100, 000 copies.

In 1890, Dock was appointed assistant superintendent of nurses at the new Johns Hopkins Hospital. At Hopkins, Dock taught first year classes and was responsible for most of the ward instruction. She began a life-long friendship with Isabel Hampton Robb, then the superintendent of nursing. In 1896, at 38 years of age, Dock left John Hopkins to join her friend, Lillian Wald, at the Henry Street Settlement in the Lower East Side of Manhattan. Dock moved into the Settlement, where she worked as a visiting nurse for twenty years.⁴ The Henry Street Settlement provided Dock with social, political, and emotional support to sustain her during her long career of professional and political activism. Working among poor immigrant laborers, Dock developed the political views she would later label as socialist. Many visitors to the Settlement were supporters of the Soviet Union; among other socialists and anarchists, she met Emma Goldman and Peter Kropotkin.^{5(p152)}

Dock became a member of the Women’s Trade Union League (WTUL) and organized events for its members at the Henry Street Settlement. She walked in the picket line of the 1909 shirtwaist strike in which 20000 workers, most of them women, walked off their jobs. ^{5(p153)} Dock also spoke to a standing-room-only crowd at the New York Academy of Medicine, arguing that working women needed access to information about birth control. Dock told her nursing colleagues that their status would be decided by the attitudes they took toward the needs and problems of the working class. This ran counter to the belief of many nurses that they could define their professionalization by their very distance from ordinary workers.

Dock was passionate, compassionate, and unconventional, soon becoming an ardent pacifist and then a militant suffragist. She was first arrested in 1896 for attempting to vote and then joined the National Women’s Party, the most radical wing of the women’s suffrage movement. In 1912, she joined a group of women making a pilgrimage on foot from New York City to Albany, NY, in an effort to gain votes for women in New York. She then marched to Washington, DC, to demand the vote. Dock persisted in demonstrations at the gates of the White House, was jailed on several occasions, and served sentences at the harsh Occoquan workhouse in Virginia. As she later described these experiences: “It was a great joy to do a little guerilla war in that cause, and I believe that going to jail gave me a purer feeling of unalloyed content than I ever had in any of my other work.”⁶ Dock worked hard and without much success to persuade other nurses to campaign for women’s suffrage. Some nurses claimed that, as a profession, it would be improper to take a political position, while others were simply opposed to female suffrage.

She wrote furious letters to George Marshall, the Secretary of State, and a most emphatic apology to the Ambassador of the Soviet Union to whom she introduced herself as “a friend of the Russian Revolution” and “a member of the American Council for Friendship with Russia.”



To Be Continued...



If you have any questions, comments, or suggestions for NJSNA Region 4 Monthly Notes on Nursing, email Melissa Sherman, VP Communications at mshermanrn@yahoo.com

GET SOCIAL
WITH US!



Happy Love Day!



Lavinia Dock, Continued...

She then deplored “the present wave of wicked, sad, and lamentable unkindness to the USSR” due to the “ascendancy in this country of reactionary elements typified in our millionaire corporations” wanting “oil, land, and the subjugation of workers of all countries. . . .”⁷

Dock had returned to Pennsylvania in 1922 and the 5 Dock sisters, all unmarried, lived together at the family farm near Fayetteville. Lavinia gradually lost her hearing, and although she seldom left home, she worked diligently with Isabel Stewart on an abridged version of *A History of Nursing*, the popular 2 volume work originally coauthored with M. Adelaide Nutting.⁸ Dock believed that nursing would not be fully accepted until its history had been soundly documented.², p. 93

In 1956, after breaking a hip, she died of bronchopneumonia at age 99.”

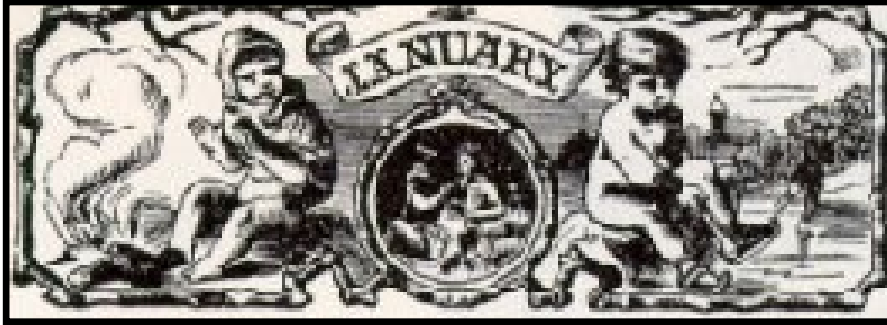
To read this article, click [HERE](#)

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2. James JW, Stein AP. Lavinia Lloyd Dock, 1858-1956. In: Bullough VL, Church OM, Stein AP, editors. *A Biographical Dictionary*. New York, NY: Garland Publishing; 1988. pp. 91-94. [[Google Scholar](#)]
3. Dock LL. *Materia Medica for Nurses*. New York: G.P. Putnam’s Sons; 1890. [[Google Scholar](#)]
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6. Dock LL. Lavinia L. Dock: Self-portrait. *Nurs Outlook*. 1977;25:23. [[PubMed](#)] [[Google Scholar](#)]
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Articles from American Journal of Public Health are provided as a courtesy of **American Public Health Association**

January in Nursing History



January 2	1916 Eleanor Lambertsen born 1929 <u>Anna Maxwell</u> died
January 5	1926 <u>Mary Eliza Mahoney</u> died
January 6	1869 Helen Scott Hay born in Lanark, IL
January 7	1975 ANA held formal ceremonies to honor 1st certified nurses
January 9	1928 Sophie Mannerheim, ICN president 1922-1925, died
January 10	1894 1st meeting of Society of Superintendents of Training Schools in NYC
January 12	1870 Ada Thoms born in Richmond VA
January 14	1878 Isabel Stewart born in Fletcher ONT
January 18	1918 <u>Helen Fairchild</u> died
January 20	1863 <u>Hannah Ropes</u> died
January 21	2004 Mildred Montag died
January 23	1902 Lucile Petry Leone born in Lewisburg, OH
January 27	1955 ANF established

February in Nursing History



February 2	1901 The Nurse Corps (female) became permanent
February 5	1871 Mary Gardner born in Newton MA
February 6	1866 Annie W Goodrich born in New Brunswick NJ
February 15	1904 Ohio Nurses Assoc. formed
February 16	1881 Mary Breckinridge born in Memphis TN
February 17	1943 First class of Army flight nurses graduated
February 18	1945 Nurse POWs awarded Bronze Star
February 19	1902 Agnes Ohlson born in New Britain CT
February 25	1858 Lavinia Dock born in Harrisburg PA
February 26	1890 Mabel Keaton Staupers born in Barbados
February 27	1857 Clara Weeks Shaw born in Sanborton NH



ANA January 2023 **FacebookMessages:**

~ The “tridemic” has created serious challenges for nurses trying to care for the their patients and communities. ANA created an [Immunization Resources](#) Page to help you to stay updated on the latest vaccine information.

~ MLK Day is the only federal holiday designated as a National Day of Service, where Americans are encouraged to volunteer to improve their communities.

~ Take a listen to [Nursing 2023's](#) interview on the nurse staffing crisis with Dr. Ernest Grant and Dr. Katie Boston-Leary. They discuss topics from solutions to improve staff retention to the importance of nurse advocacy.

Did You Know?!

Did You know?

If you could drive to the sun -- at 55 miles per hour -- it would take about 193 years






While awake, your brain generates between 10 and 23 watts of power—or enough energy to power a light bulb.



“Each year, National Heart Health Month is observed in February. According to the World Health Organization (WHO), cardiovascular disease is the world’s number one cause of death, killing over 17 million people every year. The month is a very important period during the year. Awareness is created about the various heart conditions, and it goes a long way to help reduce the rate at which heart-related diseases are taking the lives of people. We need to use this month to take extra care of our heart health and help those who already suffer from heart diseases.

People, families, and organizations are encouraged to actively participate in the activities of this month, from preparing heart-healthy meals to setting up online support groups to encourage one another to eat healthier, work out, and mainly develop healthier habits. Having a proper understanding of heart conditions is quite complex, but that is just what the month has been set aside for. With proper commitment and attention, we all can effectively learn about this vital organ and how best to keep it in perfect working condition.

Why National Heart Healthy Month is Important:

-  It Helps us value the heart
-  It helps spread love
-  It unites us for a good cause

How to Observe National Heart Healthy Month

- * Improve your health habits
- * Spread information about heart health
- * Help people quit unhealthy habits

To read the article, click [HERE](#)

For information about AHA Go Red for Women, click [HERE](#)





The IFN 2023 C.A.R.E.S. Award

The IFN will be hosting the 2023 C.A.R.E.S. Award on 4/6/23 at the Pines Manor, Edison, NJ

The awards are made in recognition of nursing excellence in five categories:

C: Clinical Practice

A: Administration

R: Research

E: Education

S: Support

Please honor an outstanding nurse and colleague by nominating them for the 2023 C.A.R.E.S Award!

For more information, contact Debra Harwell at deb@njsna.org or click [HERE](#)



**Our next Region 4 monthly online meeting will be on
Thursday, 2/9/23 at 7:00 pm**

**Email NJSNARegion444@gmail.com
to obtain the link & agenda.**

Being positive in a negative situation is not naive. It's leadership.

— Ralph Marston —

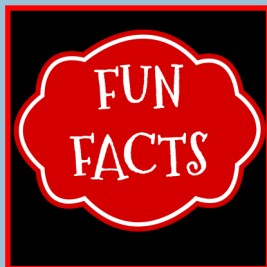
Marijuana & Nurses: Should Nurses Use Marijuana Now That it is Legal in NJ?"

Click [HERE](#) for Video!



Fun Trivia Facts!

- ⇒ The tongue of a Blue Whale can weigh more than 2.5 tons! Click [HERE](#) for more fun whale facts...
- ⇒ In Switzerland, it's illegal to own just one guinea pig! Click [Here](#) for more guinea pig fun facts...
- ⇒ The actors who voiced Mickey and Minnie Mouse married each other in real life! Click [HERE](#) to read more fun mouse facts!



Congratulations Dr. Avril Keldo - Mary Ann Rooney Award Recipient

Please join us in congratulating Dr. Avril Keldo in receiving the Mary Ann Rooney Award from Sigma Theta Tau, Region 14.

She was recognized for her outstanding nursing mentorship throughout the years.

Winter Car Hacks

“The worst part about setting out on a freezing morning is trudging through the snow to scrape down the car's windows and mirrors. You can shorten your arctic morning routine with these winter car tricks - and spend more time where it's warm:

- **Let the sun do its thing.** Park facing east to get the most windshield-warming heat you can from the sunrise.
- **Protect your mirrors.** Keep ice and snow off your sideview mirrors by covering them with those plastic grocery bags that always seem to pile up.
- **Shield your wiper blades.** A pair of socks over your windshield wipers can keep them from freezing to the windshield.
- **Welcome your windshield.** Cover your windshield with an inexpensive welcome mat or even a carpet remnant to catch the ice and snow. And a bonus: If your car gets stuck in the snow, you can use the mat to get traction under a tire.”

Click [HERE](#) to read the entire article





Partnership for Maternal and Child Health of Northern New Jersey Upcoming Programs & Events

The Partnership for Maternal & Child Health of Northern New Jersey is a non-profit organization that is committed to improving the health of women, children, and families. Check out their [upcoming programs and events](#) below:

1. **The Maternal Health & Perinatal Safety Symposium** - “An innovative, in-person professional education forum that aims to improve health equity and ensure safe births for all.”
 - * Thursday, 3/16/23 from 8 am - 3 pm, at the Bergen County Community College, Lyndhurst Conference Center
 - * Click [HERE](#) for more information ~ Register by February 28th and pay the early bird price of \$75/person.
2. [Protect Me With 3+ Contest](#) - “An annual poster & video contest for middle and high school students grades 5 - 12 to help highlight the importance of vaccines in the community.” **Entry deadline: 2/3/23.**
3. **Etiology and Management of Cervical Cancer: *FREE*** Live Webinar offering 1.0 Contact Hour on Monday, 1/30/23 from 10 am - 11 am
4. **Cannabis on the Rise:** Addressing use in Pregnancy, Breastfeeding, and Early Parenting Half-day, in-Person Conference offering 3.0 Contact Hours. Cost is \$30/person
 - * Thursday, 4/20/23 from 9 am - 1:30 pm at NJ Sharing Network, 691 Central Ave., New Providence, NJ
5. **Fetal Alcohol Spectrum Disorder:** Understanding, screening, and supporting individuals in the school setting: ***FREE*** On-Demand Webinar offering 1.0 Contact Hour *Available until 6/30/23
6. **Sleep-Related Infant Deaths:** Updated AAP recommendations for reducing infant deaths in the sleep environment: ***FREE*** On-Demand Webinar offering 1.0 Contact Hour
 - *Available until 6/30/23

**If you have any questions or need assistance with registration, please contact:
Sarah Muller-Robbins at: srobbins@pmch.org**



Spoon Theory

By Kirsten Schultz

“The Spoon Theory,” a personal story by Christine Miserandino, is popular among many people dealing with chronic illness. It describes perfectly this idea of limited energy, using “spoons” as a unit of energy.

Miserandino lives with lupus, a chronic autoimmune disease which causes an immune system to attack the body’s healthy cells. One day, Miserandino writes, her friend wanted to understand better the realities of living with a chronic illness. “How do I explain every detail of every day being affected, and give the emotions a sick person goes through with clarity. I remember thinking if I don’t try to explain this, how could I ever expect her to understand. If I can’t explain this to my best friend, how could I explain my world to anyone else? I had to at least try.”

Sitting in a café, Miserandino goes on to explain how she gathered spoons and used them to represent finite units of energy. Energy, for many of us with chronic illness, is limited and depends on many factors including stress levels, how we’re sleeping, and pain. Miserandino then walked her friend through the friend’s normal day, taking spoons, or energy, away from the friend as the discussion went on. When she realized Miserandino went through this every single day, her friend started crying. She understood, then, how precious time was for people like Miserandino, and how few “spoons” she had the luxury of spending.

Identifying as a “Spoonie”

It’s unlikely Miserandino expected *so many* people to identify with Spoon Theory when she conceptualized it and wrote about it on her site, [But You Don’t Look Sick](#). But until Spoon Theory, no one else had explained the trials of chronic illness so simply and, yet, so effectively. It’s been accepted across the world as this amazing tool to describe what life with illness is really like. The Spoon Theory has done some great things since its inception – one of which is providing a way for people to meet others dealing with illness.”

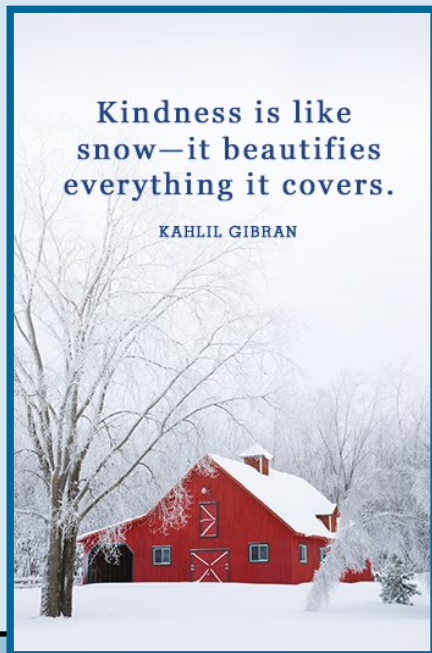
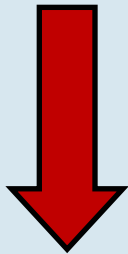
The guilt associated with having a chronic illness is a heavy burden. One of the things that the Spoon Theory can help with is that separation between what we’d like to do and what our illnesses dictate.“

Download a free copy of “[TheSpoon Theory](#)” by Christine Miserandino in PDF format

To read the article, click [HERE](#)



January is...



Kindness is like snow—it beautifies everything it covers.

KAHLIL GIBRAN

Celebrate Black History Month

Source: CNET

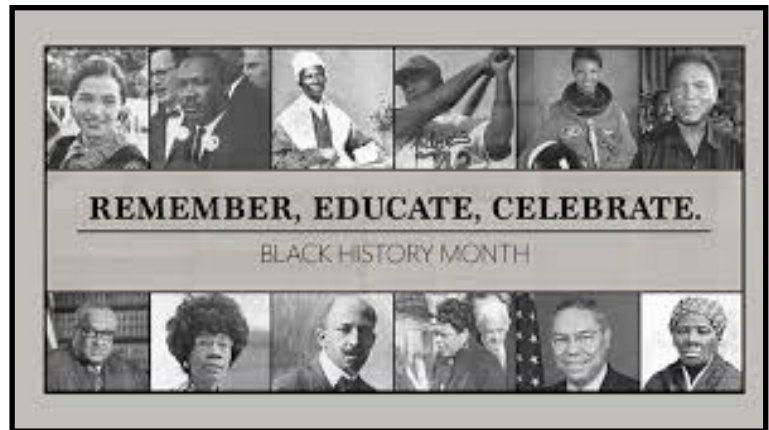
“February is Black History Month, a time to honor the essential contributions of Black people in the story of America. National and local events and online celebrations will take place throughout the month to focus attention on Black people's achievements and history.

The story of Black History Month...

Born as a sharecropper in 1875, Carter G. Woodson went on to become a teacher and the second African American to earn a doctorate from Harvard. He founded the [Association for the Study of African American Life and History](#) in 1915 and was eventually known as the "father of Black history."

Since 1976, the US has officially marked the contributions of Black people and celebrated the history and culture of the Black experience in America every February. “

To read the entire article, click [HERE](#)



EVENTS

★ Every February, the Rutgers Paul Robeson Cultural Center makes an intentional effort to highlight programs and events organized by student organizations, Rutgers-NB departments, faculty, alumni, and local community organizations that celebrate Black History Month.

Click [Here](#) for information about upcoming Black History Month events.

Email prccrutgers@echo.rutgers.edu with any questions.

Valentine's for Veterans

By Julia LeDoux

"A national nonprofit is once again collecting Valentine's Day cards for veterans in Department of Veterans Affairs hospitals and deployed service members. Soldiers' Angels receives thousands of Valentine's Day greeting cards each year addressed to service members and veterans. Since the cost to ship the cards is so high, this year the organization is asking for those who send Valentine's cards to include \$1 per card. The money received will help to offset the cost of shipping boxes of cards overseas or shipping to representatives for distribution at VA Hospitals.

Although the gesture of sending a Valentine's Day greeting card may seem small, those who are serving overseas greatly appreciate the kind thoughts. "Many deployed service members do not receive any mail from home," said Air Force veterans and Soldiers' Angels CEO Amy Palmer. "Receiving a card from someone they may not know, but who supports them nonetheless, is a fantastic way to boost the morale of our service members."

The story is very much the same for veteran patients in VA Hospitals. "Many are staying in a hospital that may be many miles or several states away from their nearest family members," says Palmer. "And, due to visitation restrictions that might still be in place, these patients may not have any visitors so receiving a card or other support helps to keep them going."

For those who would like to help spread the love to deployed service members and veterans this Valentine's Day, please send your Valentine's Day cards, along with \$1 per card to:

Soldiers' Angels Valentines for Veterans
2895 NE Loop 410, Suite 107
San Antonio, Texas 78218

**** Deadline: February 14, 2023****

For more information on the program, click [HERE](#)

Help us spread the love!

Send some love to our troops and veterans this Valentine's Day!

Just add a \$1 to the card you're sending to cover shipping.

DEADLINE | FEBRUARY 14, 2023

SOLDIERS' ANGELS
Valentines for Veterans

Mail your cards and \$1 per card to:
Soldiers' Angels Valentines for Veterans
2895 NE Loop 410, Suite 107
San Antonio, Texas 78218
SOLDIERSANGELS.ORG/VALENTINES



Gift of Life Donor Program: Nation's Leader for 15 Years

Source: Yahoo News

“[Gift of Life Donor Program](#) continues to lead the U.S. in life-saving organ donations for a milestone 15 consecutive years thanks to its dedicated staff, hospital partners and generous community. In 2022, Gift of Life coordinated the most organ donors and the most organs for transplant among all 57 organ procurement organizations (OPO) in the country.

Gift of Life led the nation in:

Most organ donors – coordinated life-saving gifts from 690 organ donors in 2022, and the most in the U.S. every year since 2008.

Most organs transplanted – those donations resulted in 1,744 transplants, the most in the U.S. in 2022.

Most kidneys transplanted in U.S. history – coordinated 1,017 kidneys for transplant aligning with CMS (Centers for Medicare and Medicaid Services) and HRSA (Health Resources and Services Administration) initiatives to improve kidney utilization and access. Kidneys are the organ needed by the majority of patients on the national waitlist.

Largest contributor to [U.S. one millionth transplant milestone](#): Gift of Life's community contributed the most organs for transplant of any region in the nation to this historic milestone.

Headquartered in Philadelphia, the Gift of Life Donor Program is the federally designated OPO that serves the eastern half of Pennsylvania, southern New Jersey, and Delaware. Gift of Life's annual donation rate, 61 organ donors-per-million-population, is among the highest in the world.

Victoria Burns, RN, CPTC, CT, has brought her extensive nursing and communication skills to Gift of Life as a transplant coordinator for more than 14 years. The sophisticated work of coordinating donations is richly rewarding, she said.

"The work we do each day means the difference between life and death for a waitlist patient and can bring comfort to a family facing a devastating loss. Donor families share with us how meaningful it is that their loved one's final act was to save and heal lives. It's incredibly powerful," she said."

For more information about the Gift of Life Donor Program, click [HERE](#)

To read the entire article, click [HERE](#)



Legislative Updates from CEO Judy Schmidt

Political Updates: We are now into the fifth quarter of the Legislative Session 2022-2023.

Legislation Watch:

- **Removal of APN/Physician Collaborating Agreement (A2886/S1522)**
 - o Assembly bill and Senate bill reintroduced
 - o Bills have been sent to the Health Committees
 - o Senate Health Committee passed bill on 12/15/22
 - o To Full Senate for vote TBA
- **Nurse Staffing Committees (A224)**
 - o Assembly bill in Health Committees
 - o No Senate version
- **Surgical Smoke (A256/S732)**
 - o Assembly bill and Senate bill reintroduced
 - o Senate bill is in Health Committee
 - o Passed in Assembly
 - o For Full Senate vote 11/21- bill was voted on to be amended in the Senate. It has to go through the process again of being posted to the Senate Board List for a full vote. Amendment was to exclude home health and psychiatric hospitals.
 - o Passed in Senate 11/21
 - o Awaiting Governor signature
- **Nurse Title Protection (A3829)**
 - o Reintroduced in the Assembly
 - o Referred to Assembly Regulated Professions
 - o Actively looking for sponsor in the Senate
- **BSN in 10 (A2194/ S1050)**
 - o Assembly bill and Senate bill reintroduced
 - o Referred to Senate Health
 - o Referred to Assembly Regulated Professions

Legislative Updates

Continued on next page...

Judy Schmidt Updates Continued...

- **Codifies and extends authorization for certain out-of-State health care practitioners and recent graduates of health care training programs to practice in New Jersey. (A4619)**
 - Referred to Assembly Regulated Professions Committee
- **A4621/S3156- Requires issuance of report on certain information and data on processing of applications for professional and occupational licenses and mandates review of training and call intake in Division of Consumer Affairs (A4621/S3156)**
- **Raises penalty for assaulting direct and indirect Health Care Providers (A4197/S2625)**
 - Referred to Senate Law and Public Safety
 - Referred to the Assembly Judiciary Committee
 - Referred to Assembly Regulated Professions Committee
 - Referred to Senate Commerce Committee

Collaboration with the New Jersey Board of Nursing:

- All NJ Board of Nursing positions have been filled except two public members.
- The Attorney General proposed a Rule on Discrimination and Harassment for all licensees under the Division of Consumer Affairs. This rule does affect nursing and may have unintended consequences. NJSNA in collaboration with the Nursing Coalition Group submitted comments to the DCA. Awaiting decision of the Attorney General. [Here](#) is the proposed rule.
- Continuing to facilitate resolution to problems that NJSNA members and non-members are experiencing. NJSNA Executive Board met with leadership in the Division of Consumer Affairs last year to discuss issues that our members were having when contacting the board of nursing. This dialogue will remain open until resolutions are obtained.
- NJSNA continues to assist its members with any issues regarding licensure.
- Met with Mary Fortier NJBON ED to discuss relationship between NJSNA and NJBON.

Collaboration with the American Nurses Association (ANA):

- Assisting the Healthy Nurse Health NJ group in the “RNConnect” Project through ANA to help nurses experiencing stress in the workplace.
- Collaborating with the ANA and NJ Department of Health “CDC’s Project Firstline” regarding infection prevention.
- Appointed to the National Nurse Staffing Task
- Attended annual ANA Lobbyist Meeting
- Attended ANA Leadership Summit
- Attended annual ANA Executive Enterprise Conference



World Cancer Day **Close the Care Gap**

“We know that every single one of us has the ability to make a difference, large or small, and that together we can make real progress in reducing the global impact of cancer.

On February 4, we call on you, whoever and wherever you are, to play your part in creating a cancer-free world.”

Click [HERE](#) for more information



Click [HERE](#) for
Winter Safety Tips!



Seasonal Affective Disorder: **Not Just the Winter Blues** **By Patrick Bigaouette, M.D.**

“For many, the winter season is a joyous time filled with family, friends and great food. However, for others, winter months can be quite the opposite. Shorter days, cold weather and stress from the holidays can be challenging, leading to increased stress, sadness and even depression.

While it may seem like "just the winter blues," some people may experience more persistent, pervasive symptoms of depression known as seasonal affective disorder.

[Seasonal affective disorder](#), or SAD, is a form of major depression that some people commonly suffer from in late fall and winter months. More rarely, it may occur in early spring.

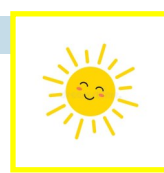
Research shows that the greater the distance you live north or south of the equator, the greater the incidence of SAD cases. In the U.S., people are more likely to have SAD in the North than in the South. An explanation may be that reduced levels of sunlight disrupt the body's internal clock and may change the levels of serotonin, which affects mood, or melatonin, which plays a role in sleep patterns and mood.

People tend to stay indoors more often when it's cold and dark. This can increase isolation and decrease the opportunity to share enjoyable activities with others, further contributing to sadness and depression. In addition, people may be less physically active or not exercise as much during winter, which can impact their sense of well-being.”

To read the entire article, click [HERE](#)



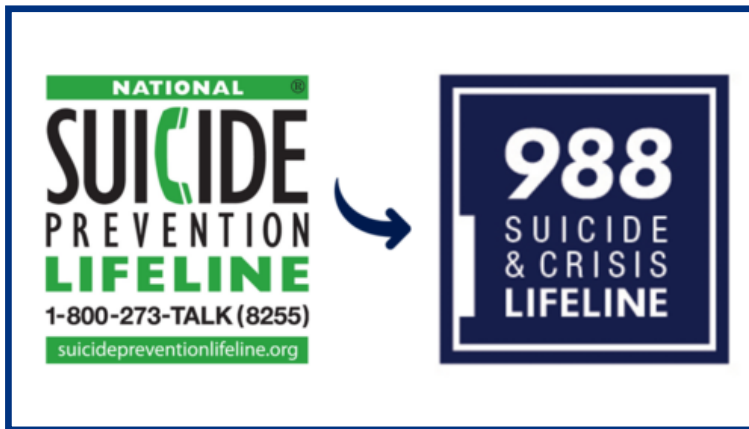
Well - Being Resources



Healthcare professionals can call the NAMI Helpline at 800-950-NAMI OR in a crisis, Text “NAMI” to 741741.

To learn more about NAMI’S resources visit their website by clicking [HERE](#)

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline



988 has been designated as the *new* three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States.

For more information, click [HERE](#)



As nurses, we encounter life and death situations that often leave us feeling overwhelmed, helpless and alone.

Enter Operation Happy Nurse: your go-to resource for coping with all the pressure that comes with being a real-life superhero. Visit their website by clicking [HERE](#)



Find the Well-Being Initiative [HERE](#)

“I’m Not Just February”

Poem By Annette Wynne

*I'm not just February
With winds that blow
All day, and piled-up snow;
I'm Washington and Lincoln, too,
Who kept our country's flag for you!*

*I'm Valentine of airy grace -
With golden hearts and hearts of lace
And pretty cards that people send,
Quite as a secret, to a friend.*

*Though I am short of days and small,
I'm quite a big month, after all!*

Click [HERE](#) to read the poem



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