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mgallagher@TESU.edu

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samstudz@optonline.net

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joan_scott@me.com

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whereitis@aol.com

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mshermanrn@yahoo.com

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Kari.mastro@icloud.com

VP Nominations & Elections: Sarah Bilyj
sarahbilyj@gmail.com

VP Education: Yvette Shangold
yshangold@comcast.net

Member-at-Large Hunterdon: Susan
Jelvani sdjelvani@gmail.com

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Marinod1@live.com

Member-at-Large Middlesex: Margaret
Drozd mdrozd@saintpetersuh.com

Member-at-Large Somerset:
Marcia Nettingham
marcienenettingham@yahoo.com



NJSNA Region 4

Notes on Nursing

A Letter From the President...

Dear Region 4 Members,

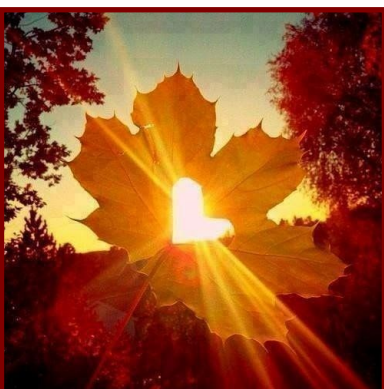
Happy Fall to you. This summer flew by, although not quietly, due to the extreme weather and the Delta variant. I do hope you were able to get some rest and relaxation.

This fall will be a busy one. On October 27-28, the NJSNA convention will be held in Atlanta City at the Harrah's Casino and Resort Waterfront Conference Center (see pg10). NJSNA headquarters has assured me that all safety precautions will be in place. Region 4 will have a meet and greet on Oct 27 at 7:30 pm. I hope you can join us.

Please mark your calendars to join our annual virtual meeting on November 13th (see page 5). We will have a wonderful presentation by Dr. Barbara Wright and Dr. Susan Reinhard. We will also review our bylaws and cover many other items. You will be emailed specific details and the agenda closer to the date.

I hope you will consider running for a Region 4 Board position. Please refer to page 12 of this new letter. Sarah Bilyj, Region 4 VP of Nominations and Elections, or I would be happy to provide more information to you. Please email us and we'll get back to you.

This newsletter also recognizes the 20th anniversary of September 11th. This date is especially meaningful to me as my brother Kevin, as part of NYPD and FEMA response team, was a first responder and worked "in the Pit" for months afterwards. He died two years ago from consequences of that time. On September 11th, I will remember him, all the nurses and first responders, and those affected by the aftermath of these terrorist attacks.



On this bittersweet date, Region 4 and I thank you for being a nurse which means we frequently "run in while others run out."

With gratitude,
Maureen

Johnson & Johnson

SEE
YOU
NOW



“Innovation Podcast”

"In January 2020, the American Nurses Association and Johnson & Johnson launched an inspiring storytelling podcast that reveals innovative and human-centered solutions addressing today's most challenging healthcare problems. See You Now podcasts unpack the personal motivations of each guest and explores how their experiences sparked action.

Each episode features nurse innovators, nurse allies, and other leaders in and at the intersection of health creation through their work, by developing unique programs, devices, technologies, protocols, and treatment approaches."

Click [HERE](#) to listen to an episode today!



Nurses, Do You Have Questions About the COVID-19 Vaccines?

Looking for guidance on how to talk to patients? The American Nurses Association, together with leading nursing and healthcare organizations, launched this site as a nurse’s hub for critical, current, and credible COVID-19 vaccine information. They hope it is both helpful to you and helps you educate patients and members of the communities you serve.

The COVID Vaccine Facts for Nurses campaign is proudly sponsored by:



Click [HERE](#) to access these resources



September Nursing Holidays:

[National Clinical Nurse Specialist Recognition Week](#) – September 1 – 7

[National Pediatric Hematology/Oncology Nurses Day](#) - September 8th

[Nephrology Nurses Week](#) - September 13 – 20

[Vascular Nurses Week](#) - September 5 - 11

[National Neonatal Nurses Week](#) - September 14-20

[National Neonatal Nurses Day](#) September 15th

[Nursing Professional Development Week](#)—September 14 – 18

[National Midwifery Week](#) - September 27 – October 3

October Nursing Holidays:

[National Midwifery Week](#) September 27 – October 3
October 4 - 8

[National Pediatric Nursing Week - Emergency Nurses Week](#) October 11 – 17

[National Emergency Nurses Day](#) - October 14

[National Case Management Week](#) - October 11 – 17

[International Infection Prevention Week](#) - October 12 – 20

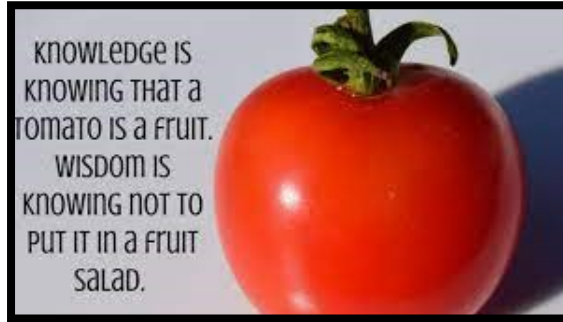
What do you say to parents who have vaccine safety concerns? Watch the [CDC's](#) video series that addresses various topics on vaccine safety and effectiveness and provides many resources to help you inform your patients & their families. Click [HERE](#) to watch access the video series on YouTube



Congratulations to all the NJ Healthcare Heroes including, Judy Schmidt CNO NJSNA/IFN!

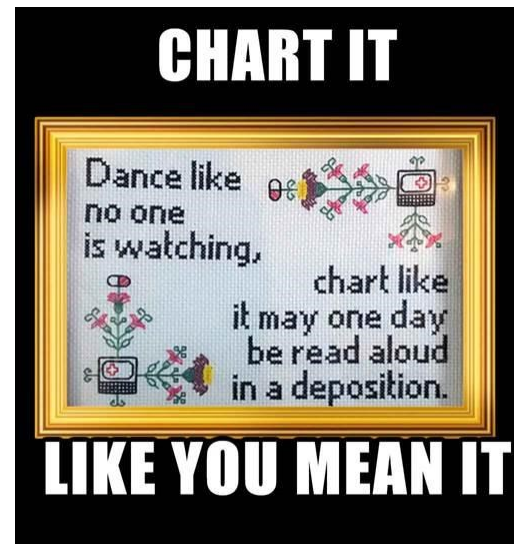


Click [HERE](#) to read more about the 2021 Healthcare Heroes awards!

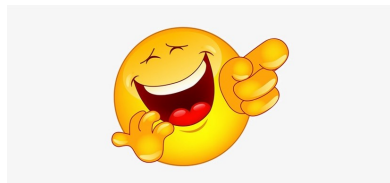


The Delta variant causes more infections and spreads faster than early forms of SARS-CoV-2, the virus that causes COVID-19.

Click [HERE](#) for the latest COVID - 19 DELTA Variant information and guidance from the CDC.



Vintage ad from the 1940's. The splendid opportunities of nursing...





A Fun Hobby With My Dog Milly

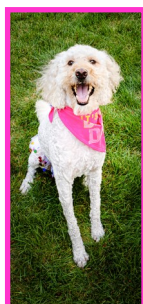
By: Melissa Sherman BSN, RN, CSN - NJ



Photos Courtesy of: Colleen Rooney Photography

As a busy wife and mother of two teenage sons, there is definitely a little bit of extra Testosterone in our household! Thankfully, I have our 4 year old female Goldendoodle Milly to keep me company on the days I am feeling extra “girly.” My good friend Colleen happens to be a professional photographer and I love to scrapbook as you may have read in a previous Newsletter, although usually I scrapbook about my family’s milestones, ect. Well, recently I have developed a new “hobby” much to my husband’s chagrin and despair! I have started to shop for different cute, frilly, and VERY girly outfits for my pooch for special occasions or just for fun but to my credit...only when they are on super sale!!

Then, I take pictures of her and have started making scrapbooks of my precious Milly which has been very different than the ones I have made for the past almost 20 years that were entirely boy - centric and all about cars, sports, and little boy quotes & stickers! The extra special part and where my good friend Colleen comes in, is for Milly’s birthday and during the holiday season. During these two times, my wonderful husband of 19 years and my two incredible boys completely indulge my new “hobby” and we go “all out” for our girl doggo!! Instead of taking time writing about what this must look like, I will use the space to share a few pictures of my new “hobby” with my favorite furry friend!



Newly-Revised: Nursing: Scope and Standards of Practice, 4th Edition

"The **Nursing Scope and Standards of Practice** describes the “who,” “what,” “where,” “when,” “why,” and “how” of nursing practice:

- **Who:** Registered Nurses (RN) and Advanced Practice Registered Nurses (APRN) comprise the “who.”
- **What:** Nursing is the protection, promotion, and optimization of health and abilities; prevention of illness and injury; facilitation of healing; alleviation of suffering through the diagnosis and treatment of human response; and advocacy in the care of individuals, families, groups, communities, and populations.
- **Where:** Wherever there is a patient in need of care.
- **When:** Whenever there is a need for nursing knowledge, compassion, and expertise.
- **Why:** The profession exists to achieve the most positive patient outcomes in keeping with nursing’s social contract and obligation to society.

When each of these questions is answered, the complex considerations in scope of practice become clear. In a profession as dynamic as nursing, and with evolving health care demands, changes in scope of practice and overlapping responsibilities are inevitable in our current and future health care system.

This resource informs and guides nurses in their vital work providing safe, quality, and competent care."

Click [HERE](#) to buy your copy today!



Region 4 Annual Meeting Via Zoom
November 13th, 2021

The speakers are **Dr. Barbara Wright**, a longtime NJSNA and Region 4 member and past NJ Assembly Woman, and **Dr. Susan Reinhard**, Senior Vice President and Director of AARP Public Policy Institute and Chief Strategist Center for the Champion Nursing in America and Family Caregiving Initiatives. The topic is A Journey of Professional Nurses: Mentor and Mentee.

As the date approaches, additional details will be included in future newsletters & on Social Media



Our next Region 4 monthly online meeting will be held on
Thursday, 9/9/21 at 7:00 PM.

Contact Maureen at mgallagher@tesu.edu to obtain the link to the meeting & agenda.

We hope to “see” you there!

This Month in Nursing History



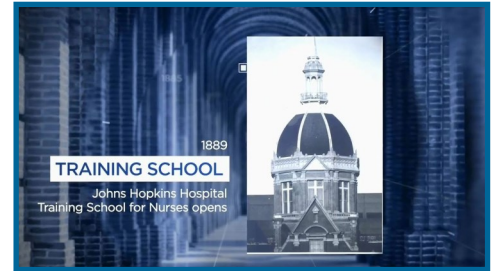
1902 Lina Rogers, of Henry Street Settlement, becomes first school nurse.

1873 Connecticut Training School admitted first class

1874 Linda Richards became night superintendent at Bellevue; started practice of keeping records and writing orders.

1899 Hospital Economics course offered at Teachers College.

1889 Johns Hopkins Training School opened.



| | |
|------------|----------------------------------------------------------------------------------------------------------|
| October 1 | 1873 Linda Richards graduated New England Hospital 1900 AJN 1st published |
| October 2 | 1948 Adelaide Nutting died 1869 Clara Noyes born 1903 Lulu W. Hassenplug born |
| October 4 | 1922 Sigma Theta Tau formalized |
| October 11 | 1915 Edith Cavell executed |
| October 24 | 1955 Anna Eldredge died |



1902

LINA ROGERS

THE FIRST SCHOOL NURSE

First public health school nurse in New York City schools. Decreased the rate of absenteeism and spread of communicable disease.

American Nursing: An Introduction to the Past

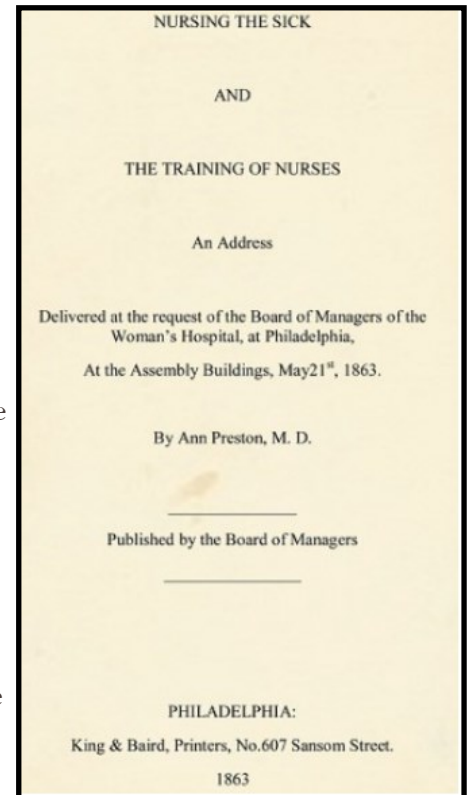
By: Jean C. Whelan (1949-2017) Adjunct Assistant Professor of Nursing,
University of Pennsylvania School of Nursing

"Professional nursing holds a unique place in the American health care system. As members of the largest health care profession, the nation's 3.1 million nurses work in diverse settings and fields and are frontline providers of health care services. Today, schools of nursing compete for the brightest applicants, and nursing is highly regarded as an excellent career choice for both women and men.

Most people think of the nursing profession as beginning with the work of Florence Nightingale, an upper class British woman who captured the public imagination when she led a group of female nurses to the Crimea in October of 1854 to deliver nursing service to British soldiers. Upon her return to England, Nightingale successfully established nurse education programs in a number of British hospitals. These schools were organized around a specific set of ideas about how nurses should be educated, developed by Nightingale often referred to as the "Nightingale Principles." Actually, while Nightingale's work was ground-breaking in that she confirmed that a corps of educated women, informed about health and the ways to promote it, could improve the care of patients based on a set of particular principles, she was not the first to put these principles into action.

Throughout history most sick care took place in the home and was the responsibility of family, friends, and neighbors with knowledge of healing practices. In the United States, family-centered sickness care remained traditional until the nineteenth century. Hospitals began to proliferate to serve those who were without the resources to provide their own care, and as hospitals increased in numbers so did the demand for caregivers who would be able to deliver thoughtful care to the patients in them. Early nineteenth-century hospitals were built mainly in more populated sections of the country, generally in large cities. Nursing care in these institutions differed enormously. In hospitals operated by religious nursing orders, patients received high quality care. But, in other institutions, nursing care was more variable, ranging from good in some hospitals, to haphazard and poor in others.

Recognizing the importance of good nursing care to a patient's well-being, some physicians initiated courses for those interested in nursing. In 1798 Valentine Seaman, a New York physician, organized an early course of lectures for nurses who cared for maternity patients. An early nineteenth-century program, the Nurse Society of Philadelphia (also referred to as the Nurse Charity of Philadelphia) trained women in caring for mothers during childbirth and postpartum period. Its founder, Dr. Joseph Warrington, a strong advocate of providing instruction for women interested in pursuing nursing as an occupation, authored a 1839 book entitled [The Nurse's Guide Containing a Series of Instruction to Females who wish to Engage in the Important Business of Nursing Mother and Child in the Lying-In Chamber](#). This publication, which each Nurse Society nurse received, represents an early example of a nursing practice text. Between 1839 and 1850 the Nurse Society employed about fifty nurses, establishing an early practice of engaging nurses for care of patients in the home.



The year 1873 was a watershed year in American professional nursing history. In that year, three nurse educational programs—the New York Training School at Bellevue Hospital, the Connecticut Training School at the State Hospital (later renamed New Haven Hospital) and the Boston Training School at Massachusetts General Hospital - began operations. These three programs, all based on ideas advanced by Florence Nightingale, are generally acknowledged to be the forerunners of organized, professional nurse education in the United States."

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



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

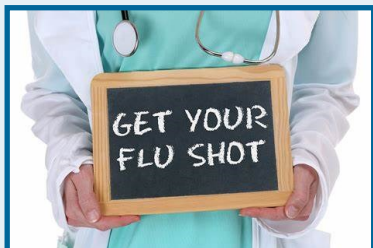


Please check us out on:



CDC's Morbidity and Mortality Weekly Report released updated flu vaccine recommendations for 2021 – 2022. COVID-19 vaccines *may* be given with flu vaccines. Everyone 6 months and older *should* get a flu vaccine this fall.

For more information, click [HERE](#)



Six Flags Fright Fest Begins Sept. 10th: Haunted Mazes, Thrilling Rides and More

By: Annalise Knudson

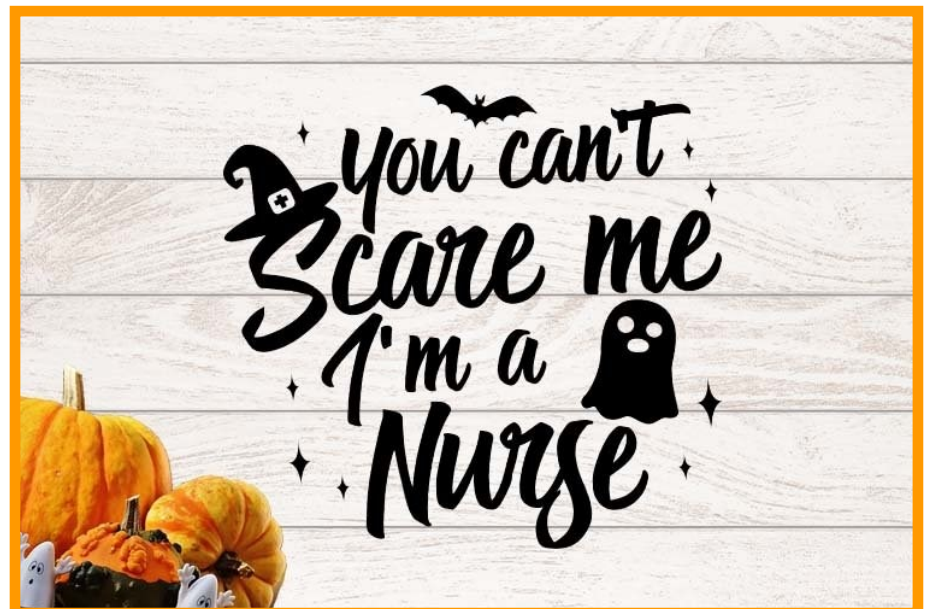
"Get ready to be scared. Six Flags Great Adventure's annual spooky tradition - Fright Fest - will return to the Jackson, N.J., theme park on Friday, Sept. 10. The event will feature family-friendly "Thrills by Day" and terrifying "Fright by Night." Programming will run weekends and select weekdays through Halloween on Sunday, Oct. 31st.

Admission will feature: six elaborately decorated areas; attractions for kids (including the popular Trick-or-Treat Trail); 10 live shows (including the signature "Dead Man's Party"), and the world's greatest thrill rides in the dark, Six Flags said. Plus, nine haunted mazes will provide the most extreme scares for an additional fee.

Fright Fest makes its return in 2021 after Six Flags hosted Halloweenfest in its place last year due to the coronavirus (COVID-19) pandemic. The new event featured family-friendly activities and socially - distant scaring.

To address high demand and improve guest service, reservations will be required for all guests visiting Fright Fest this year. Six Flags members, season pass holders and daily ticket holders must pre-book their visit."

For more information and to read the entire article, click [HERE](#)

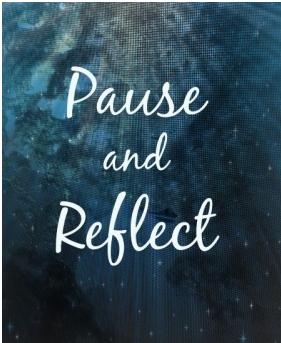


Ways to Build Resilience As Seen in NJSNA Nurses Weekly



"Cynda Hylton Rushton, PhD, RN, FAAN, Anne and George L. Bunting Professor of Clinical Ethics and Professor of Nursing and Pediatrics at Johns Hopkins University, said studies show ways to help build resilience include mindfulness, which is developing the neuropathways to support mental and emotional stability by focusing attention, calming the nervous system and resetting when we are knocked out of our resilience zone."

Rushton offers these tips for how nurses can build resilience:



Pause
and
Reflect

"Pause. Do this first to calm your nervous system. You can do this with three slow, deep breaths as you draw up your meds or listen to your patient's heart or lungs with your stethoscope. As you do this, notice any tension in your body, how you are feeling right now, and what your mind is focused on. Finding space to pause throughout the day helps to reduce the buildup of stress and distress.

Reflect. Once your nervous system has calmed, reflect on why you're a nurse and why you have chosen this path of service. This is both an anchor and a resource to motivate nurses to continue to show up and serve. This can happen in a breath in the midst of chaos, when nurses need the discipline to stay focused on what matters most and what is right in front of them. Nurse can also reflect on where their stress or distress is coming from - where is there dissonance, confusion, or uncertainty? Realistically appraising the situation without being swept away by fear can help them maintain focus.

Respond rather than react. Choose your responses. Being clear about what you are responsible for helps to reduce the burden of over responsibility. When you can respond with compassion rather than judgement, you are more likely to reduce the detrimental effect of the adversity and chaos.

Know yourself and your limits. Learn to say no with integrity and let go of the unrealistic expectations that reinforce martyrdom and self-sacrifice. Extend compassion toward yourself. You are doing the best you can right now.

Conserve energy. Fighting with reality will only add to exhaustion. Notice what depletes you and what nourishes you.

Allow yourself to ask for what you need. Asking for help is a profound act of integrity. Create connections. Pause in a huddle to share something you are grateful for or just to check in. Remind yourself that you are not alone.

Give and receive gratitude. You cannot be grateful and angry at the same time. Find small moments of gratitude during the day. Keep a gratitude journal and say "thank you" when someone offers you appreciation."



THERE IS
always, always,
ALWAYS
something
to be thankful for



Let it go

Let go of what no longer serves. Create a daily ritual to let go of things left undone, are beyond your control, or require forgiveness.

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


NJSNA • IFN
BACK BY POPULAR DEMAND

THE
**NEW JERSEY STATE NURSES
ASSOCIATION/INSTITUTE FOR
NURSING CONVENTION**

Save the Date

October 27-29, 2021

**Harrah's Casino and Resort
Waterfront Conference Center
Atlantic City, New Jersey**

For More Information Contact:

*Norma L. Rodgers, Exhibits Manager at NJSNAExhibit@gmail.com or
Debra L. Harwell, Convention Manager at deb@njsna.org*

www.njsna.org



The Institute for Nursing (IFN) is honoring Region 4 as the Winner of the "Wheels to Heal" Region Contest. That means we sold the most tickets!!



The Institute commends Region 4 members for your steadfast commitment and contributions to the "Wheels to Heal" Car Raffle. The IFN is humbled by your expression of support, thank you. The car raffle was a huge success only because of NJSNA members like you. Please see the upcoming New Jersey Nurse edition for additional details on the IFN car raffle.

As the winner of the contest, Region 4 is being provided with a free ticket to the 2021 upcoming NJSNA Convention, *"Surviving to Thriving: Put Your Oxygen Mask on First... Promoting Resilience in Nursing,"* valued at \$275.00 (member). The Convention is being held on October 27 - 28, 2021 at Harrah's Casino and Resort in Atlantic City, New Jersey. **Region 4 will have a meet & greet on 10/27/21 at 7:30 PM. I hope you can join us! **

If you are interested in being entered into the raffle for this free convention ticket, please email Maureen at mgallagher@tesu.edu by **October 9th**.

Nurses Need Mental Health Days As Seen in NJSNA Nurses Weekly

"We all need a break. No matter how much you love your job; how well you perform; how much of a difference you feel you are making, we all need to take some time to care for our mental health. If you are not at 100%, you cannot adequately care for your patients. Self-care is equally as important as being compliant with your blood pressure medication or insulin. So, when should you take a mental health day?"



4 Reasons to Take a Break:

"Distraction: When you're distracted, whether work-related or not, you should promptly tackle the situation. It is easy to be at work yet have your focus elsewhere. Taking a day or two away from the stresses of your job can be helpful in regaining control of your wellbeing.

Neglect: Like batteries, we need to be charged. Our minds and bodies often need boosts of energy. If you have been neglecting yourself, use a mental health day for some self-care. Go to the spa, get that massage you've been delaying, shop, visit that family member or friend whom you've missed. Take this time to do something for yourself.

Appointments: Just as we educate our patients, nurses need to be proactive. Take a mental health day (or two) to visit your physician, therapist, counselor, spiritual leader, etc. Taking time off to address your mental health needs is instrumental in helping you function at your best.

Physical Health: The World Health Organization (WHO) states, "there is no health without mental health." Poor mental health is a risk factor for chronic physical ailments. When your mental health begins to affect your physical health, you should definitely use a mental health day to care for yourself. Neglecting your mental health can lead to serious health complications such as:

- Heart disease
- High blood pressure
- Weakened immune system
- Asthma
- Obesity
- Gastronomical problems
- Premature death

We've all heard the adage "pressure makes diamonds." This is not the case when it comes to the mental health of nurses. It has become expected that a nurse should work well under pressure. That is irrational and not a safe expectation. Taking a mental health day can be beneficial in reducing some of the occupational hazards nurses face daily. If we save nurses, we will save health care."



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

Region 4 Nominations

Proviso to NJSNA Region 4 Bylaws was approved by Region 4 Board and Region 4 members in attendance on May 13, 2021: The current NJSNA Region 4 President- Elect resigned from the position on May 4, 2021. In order to fill this important role, the Region 4 Board appointed a Region 4 Member (Kari Mastro) to cover the remaining term ending December 31, 2021. In order to prepare and mentor the President- Elect to assume the role of President, Maureen Clark-Gallagher MS, RN, current President of Region 4, volunteered to serve an additional year term as President. The President-Elect position will begin on January 1, 2022 until December 31, 2022. The President-Elect will then assume the President position on January 1, 2023 until December 31, 2024. Kari Mastro PhD, RN, NEA-BC will serve as President - Elect from May 11, 2021 until December 31, 2021. Beth Knox, DNP, APN, AOCN (current Past President) volunteered to serve an additional year in this position.

The following positions are open for Elections in November 2021:

President Elect, Treasurer, VP Membership, VP Education, Member at Large - Hunterdon County, and Member at Large - Somerset County.

Please contact Sarah Bilyj, Region 4 VP of Nominations and Elections, if you are interested in running for a position or would like more information.

Her email is sarahbilyj@gmail.com

Region 4 Dr. Barbara Wright Scholarship

One thousand dollars will be awarded to a registered nurse who is a NJSNA Region 4 member (minimum of one year) and/or a nursing student who lives in Region 4 and is enrolled in a nursing education program at one of the following levels and meets the established criteria:

- Entry Level RN (Diploma, Associates, or Baccalaureate)
- RN to BSN
- Masters in Nursing
- Post Masters
- Doctorate in Nursing.

The application and additional information are located [HERE](#) (go to the bottom of the website page).

The deadline is October 23rd



NJ Elections 2021 Important Dates to Remember

- October 12th -Voter Registration Deadline for General Election
- October 26th - Deadline to apply for a Mail - in Ballot by Mail for General Election
- November 1st at 3 PM - Deadline for In - Person Mail - in Ballot Applications for General Election
- November 2nd - General Election



Let's Network!!



Region 4 is encouraging each member to reach out to another nurse about NJSNA.

Please send Melissa Sherman (mshermanrn@yahoo.com) a photo of you giving a fellow nurse a copy of a Region 4 Notes on Nursing Newsletter or a colleague with you who recently joined NJSNA.

Please identify who is in the photo and state that the person(s) gave permission for us to use in a future newsletter.



Your name will be entered in a contest to win a beach bag that was purchased by the Region as a fundraiser from the Institute for Nursing.

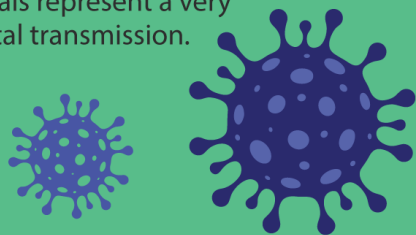




SHOULD I BE CONCERNED ABOUT THE DELTA VARIANT?

New data show Delta is different than past versions of the virus: it is much more contagious.

- Vaccinated people can get breakthrough infections of Delta variant and may be contagious.
- Vaccinated individuals represent a very small amount of total transmission.



cdc.gov/coronavirus

CS22541-A 4/27/2021

The COVID-19 Delta variant

4 things to know

- The Delta variant has become the majority of COVID-19 cases in the US
- The variant is twice as contagious as before
- The vaccine protects you from infection, illness, hospitalization, and death
- Everyone should wear a mask where COVID-19 transmission is high

COVID-19 vaccines are:

- SAFE
- EFFECTIVE
- FREE FOR ALL

For more information visit covid19.ni.gov/vaccine or call 855-568-0545

\$15 Million in Grants Available to Reimagine the Future of Nursing By: American Nurses Association

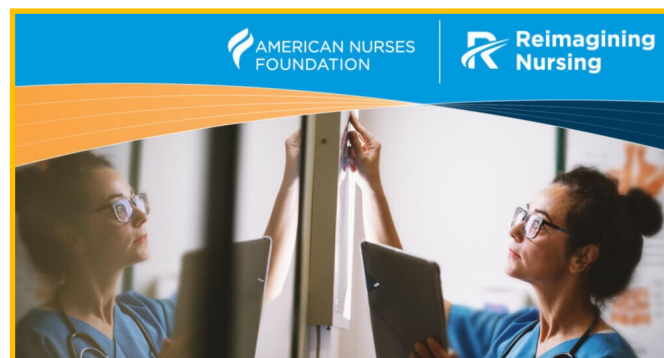
“Nurses deliver high-quality, accessible, and equitable care for all Americans. Many health care experts and advocates lament that the current health care system under-develops, under-utilizes, and under-appreciates nurses.

The American Nurses Foundation is committed to changing these dynamics and asks nurses to respond to its request for proposals for bold, innovative, and risky (but not reckless) ideas that will ensure that nurses have access to the knowledge and tools to deliver exemplary care, and the environments in which they can do that important work.

Over the next three years the Foundation will grant a total of \$15 million to pilot 11 of these ideas through its Reimagining Nursing (RN) Initiative. The Foundation seeks nurses, academicians, informaticists, computer scientists, developers, and organizations that heighten visibility of the value of nursing and improve health care delivery systems.”

Applications are due Oct. 25, 2021.

Click [HERE](#) for more information





NJSNA Praises Decision to Name DOH Building After A Nurse

By: NJSNA Nurses Weekly

Judy Persichilli Recognized for Her Leadership During COVID-19 Pandemic

"The New Jersey State Nurses Association (NJSNA) praised the decision to name the new Department of Health building in downtown Trenton after one of their own - Judy Persichilli, R.N., B.S.N., M.A., commissioner of the New Jersey Department of Health.

The honor recognizes Persichilli's unwavering leadership during the COVID-19 pandemic.

"Judy Persichilli is a true advocate for health care whose leadership helped us answer the call during the state's darkest days," said Mary Ellen Levine, DNP, MSN, RN, CHPN, NJSNA president. "She continues to work tirelessly to address all challenges that have arisen related to the virus, allowing her nursing ethics to guide her decisions. Although she is our commissioner, she is first and foremost a nurse."

Persichilli began serving as acting Commissioner of Health on Aug. 5, 2019. She was confirmed by the State Senate on Jan. 9, 2020.

Prior to leading the department, she served as the acting CEO of University Hospital in Newark and held CEO positions at CHE Trinity Health, Catholic Health East in Michigan and St. Francis Medical Center in Trenton."

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

"Vaccinate" vs. "Inoculate" vs. "Immunize": What Are The Differences?

"As we continue to battle the virus, you have probably heard about people getting - or eagerly waiting to get - *vaccinated* or *inoculated*. You may know that these terms involve the immune system, which might lead you to wonder: are they the same thing as being *immunized*?"

If these words have you perplexed, the following article is here to provide you with the quick vocab jab you need to get rid of all of that confusion from your system."

Click [HERE](#) to read more



New Barbie Dolls Honor COVID - 19 Healthcare Heroes

By: Sylvie M. Baggett



“In recent years, Barbie has become an astrophysicist, a judge, and even participated in the Tokyo Olympics. Now the 62-year-old toy is doing her part to battle a global pandemic.... *Two* Barbies were modeled after US healthcare workers: Internist Audrey Sue Cruz, MD, and ER nurse Amy O'Sullivan, RN. When Mattel reached out with the opportunity, Cruz says she was completely shocked and surprised. "I remember when I was a kid and I saw a doctor Barbie for the first time. It's a dream come true a dream I didn't even know I had to have a Barbie in my likeness. O'Sullivan, on the other hand, never had much time for Barbies as a child. "I always liked Ken," she says. "He had all the cool stuff."

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

Medscape

Source: Mattel



Survey: 1 in 9 Nurses Getting COVID Vaccine As Seen in NJSNA Nurses Weekly

“Data from a new survey of more than 4,500 nurses nationwide conducted by the American Nurses Association (ANA) in conjunction with the COVID Vaccine Facts for Nurses campaign, highlights that the majority of nurses stand behind the science of the COVID-19 vaccines and support mandatory vaccinations for all employees.

Comprised of ANA and 22 other leading nursing and health care organizations, COVID Vaccine Facts for Nurses is an education campaign that provides critical, current, and culturally sensitive COVID-19 vaccine information for the nation's nurses.”

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

Click [HERE](#) to read the article on **NEW SURVEY DATA: Nurses Recommend COVID-19 Vaccines and Support Mandates and Boosters if Recommended**

2022 ANA Innovation Awards

The ANA Innovation Awards highlight, recognize, and celebrate nurse-led innovation that improves patient safety outcomes. Awards will be presented to a nurse and a nurse-led team whose product, program, project, or practice best exemplify nurse-led innovation in patient safety and/or outcomes.

Application Submissions Open: June 1, 2021, 9:00 a.m. EDT

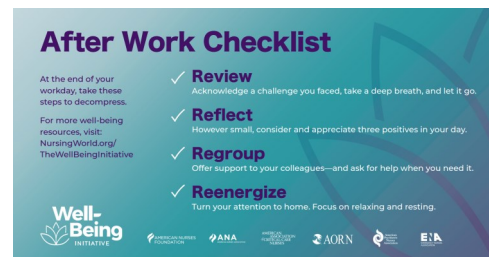
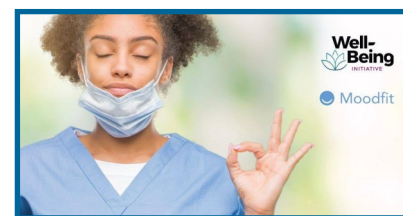
Application Submissions Close: October 31, 2021, 12:00 p.m. EST

For more information on the 2022 ANA Innovation Awards, click [HERE](#)



From the ANA...

- * ANA pays tribute to nurses. Click [HERE](#) to watch
- * To continue to support you in during the COVID-19 pandemic, ANA is offering a free video education series on critical issues surrounding the crisis. Topics include: PPE, ventilator issues, non-acute care, vaccine development, racial disparities, disease progression, ethics, and mental health support.
- * Nurses, making time for self-care is more important than ever. Looking for resources to kick-off healthy habits this new year? The Moodfit app is designed to support your overall wellness to help set goals related to sleep, mindfulness, exercise, mood, and more.
- * Struggling to keep up with infection prevention and control best practices? Find the latest information and resources at ANA Project Firstline. Designed for nurses by nurses, Project Firstline features comprehensive, evidence-based training about COVID-19 and other pathogens. Learn more and stay informed. Learn more and sign up [HERE](#)
- * Taking steps to decompress after each workday is critical to your mental health. Learn 4 things you can begin doing today with the "After Work Checklist" [HERE](#)
- The ANA is offering a free, complete 42-minute webinar, as well as three "Quick Videos" of key highlights. You must register to watch the complete webinar, or you may click on any of the Quick Videos below to watch them. In these videos, you will learn about the unprecedented effort that is underway to quickly develop an effective and safe vaccine to protect against the COVID-19 pandemic. Click [HERE](#) to register



SAVE THE DATE...
Diva and Don Gala

Pines Manor, Edison, New Jersey
April 7, 2022

Call for Nominations:

The *Diva and Don* event offers the opportunity for you to nominate a professional registered nurse who has demonstrated outstanding achievement and been a positive influence on others. If interested, please reach out to Debra Harwell at deb@njsna.org.

Thank you.

Debra Harwell, BA
Deputy Director
New Jersey State Nurses Association/Institute for Nursing
1479 Pennington Road
Trenton, New Jersey 08618
609-883-5335 x119
609-883-5343(F)



Candy Land Was Invented for Polio Wards

The Candy Land game was invented by Eleanor Abbott, a schoolteacher, in a polio ward during the epidemic of the 1940s and '50s.

“The outbreak had forced children into extremely restrictive environments. Patients were confined by equipment, and parents kept healthy children inside for fear they might catch the disease. Candy Land offered the kids in Abbott’s ward a welcome distraction—but it also gave immobilized patients a liberating fantasy of movement. That aspect of the game still resonates with children today.”

To read more, click [HERE](#)





NJSNA Mission...Vision...Values

The mission of the New Jersey State Nurses Association is to promote the profession of nursing; advance the practice of nursing and advocate for nurses.

NJSNA achieves our mission through the activities of its members in:

- Education
- Policy development
- Leadership
- Professional representation
- Workplace advocacy

ENDURING VISION

Creating the future through advocacy, leadership and public policy.

COLLABORATIVE VALUES

Our organization's members value:

- A shared vision for the future of the nursing profession.
- A unified nursing voice.
- Informed and proactive leadership.
- Innovation with transparency.
- Mutual respect and cooperation.
- Safe and collaborative work environments.
- Professional and courteous attention.
- Evidence-based practice in all nursing arenas.
- Improvement of health care standards.
- Continuing education and professional growth.
- Socially significant work.

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 mission of HEAL NJ healthcare Workers Covid Hope & Healing Helpline, is to provide live Covid crisis counseling support, 7 days a week from 8am – 8pm to all New Jersey Healthcare Workers, their families, and caregivers statewide, with emergency support available 24/7.

The HEAL team is comprised of mental health specialists, nurses, and healthcare worker staff, partnered with highly trained behavioral healthcare experts to offer “peer informed” Covid crisis counseling support services.

- The services offered include:
- Covid crisis counseling by phone, chat, and email
- Virtual Resilience & Wellness Webinars
- Virtual Crisis Counseling Support Groups
- Access to best and most up to date resource database available

For more information, or to attend online support groups, click [HERE](#)



Click [HERE](#) for a free emotional wellness and peer support app that connects users to trained volunteer listeners for a real-time, text-based chat.



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](#)



If you are in crisis, please call the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255)



Twentieth Anniversary of Sept 11th

Per the 9/11 Museum and Memorial website “ Despite our shared grief in the aftermath of 9/11, hope, resilience, and unity lifted us up as a nation. Twenty years later, these lessons are more important than ever. Today, the 9/11 Memorial & Museum stands as a beacon of healing and renewal – a physical embodiment of the compassion we showed to one another, the resolve we demonstrated to the world, and how,

in the face of unfathomable loss, we rose as one. During this 20th anniversary year, we will share the history and lessons learned with a new generation, teach them about the ongoing repercussions of the 9/11 attacks, and inspire the world with memories of our fortitude, strength, and resilience.”

[THIS](#) link provides a selection of some of the events and related 20th-anniversary content we have planned to mark this milestone.

NEW JERSEY’S 9/11 MEMORIAL IN LIBERTY STATE PARK...The memorial is open to visitors from 6 a.m. to 10 p.m. each day and can be reached by car or light rail. Directions to Liberty State Park can be found [HERE](#).

The terrorist attacks of Sept. 11, 2001 were felt by the whole country, the whole world. But nowhere more powerfully than in New York and New Jersey. New Jersey lost 750 souls in the attack - more than any state other than New York. We will never forget them...

Click [HERE](#) for a NJ 101.5 article on “We Remember.”



Editorial Staff:

Maureen Clark-Gallagher MS, RN, President Region 4
Melissa Sherman BSN, RN, CSN - NJ VP Communications Region 4