

NJSNA Region 4

Notes on Nursing

Dear Region 4 members,

Happy Nurses Month! I would like to thank you and recognize you for your contributions to the nursing profession and the communities that we serve. As I continue to “mature” as a person and a nurse, I reflect back on the times that I felt my actions may not have made a difference. However, through the lens of a “seasoned nurse” I now know that my actions indeed touched a person's life through direct interaction, teaching a nursing student or another nurse, participating in policy development and/or becoming involved in my professional organizations etc.. I am sure you can reflect on your current and past actions as well.

Following the ANA theme of *You Make a Difference*, Region 4 recognized nurses each week with articles written by Region 4 nurses. In addition to emails sent to you, please see the information on the Region 4 microsite as well as on our social media sites.

Members of the Region 4 board and I were pleased to celebrate nurses at the recent IFN Diva and Dons Gala as well as at the May 7th NJSNA annual meeting. I was so happy to see many Region 4 members there as well. Region 4 membership also supported the IFN Caring and Sharing 50-50 raffle which was won by a Region 4 member! On May 12th an excellent education program was presented Region 4 member by Megan Filoramo. Please see our microsite for more information.

As Nurses Month winds down, I hope we never lose the wonderment of being a nurse. Please be kind to each other and reach out to your colleagues who are struggling. There are resources to help. No one is alone in the nursing profession.

With gratitude, Maureen

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Happy Nurses Month!
May, 2022





**NJSNA Region 4 Nurses Month
Self-Care
Information for Our Members
By: Megan Filoramo, MSN, APN-C
Region 4 Member
Pain Management NP, Educator, and
Nurse Coach**

Director: [Nurse self-care](#) | [New Jersey](#) | [Nursing Beyond the Job](#)

Nurses' Week is not just a time to be celebrated, it is a time to celebrate ourselves, a time to reflect on how we are doing as nurses. With that in mind, what is the biggest and best gift you could get this year for nurses' week? What would make your life as a nurse much better, lastingly better? A massage? Some time alone? A vacation?

All of these things are great, and you should have them, but what would it feel like to have peace of mind at work, to come home feeling tired but fulfilled? What if you could get some lasting relief from the emotional distress that we, as nurses in 2022, are so vulnerable to?

And what if you could give it to yourself?

That would be the ultimate self-care. By mitigating our emotional distress, the other more tangible aspects of self-care would fall into place. Eating right wouldn't be as big a struggle. Restorative sleep would be easier without the racing thoughts. Exercising might even be a possibility.

Feeling that your work is meaningful, feeling engaged, is protective against burnout even when there are huge components outside of your locus of control, like a global pandemic or systemic shortcomings. By feeling like our work is meaningful, one of the root causes of our distress is treated instead of just caring for the sequelae. It's like treating diabetes. We don't prescribe medications for the pain of diabetic neuropathy without addressing blood glucose and A1C. If we could address the etiology of our stress then all the other things, exercise, sleep, and enjoyment of hobbies would fall into place. And just like treating an elevated blood glucose, this is something that we want to make part of our daily routine even if we don't do it perfectly every day.

So how DO you feel good about the work you are doing when staffing ratios are horrible, when everyone around you seems burnt out, when your students are coming out of 2 years of in-home instruction with parents who were ill-equipped for the job? How do you feel good when your long-term care residents are socially isolated and depressed, when you are in management, and you see no way of helping your nurses who are struggling?

May Nursing Holidays:

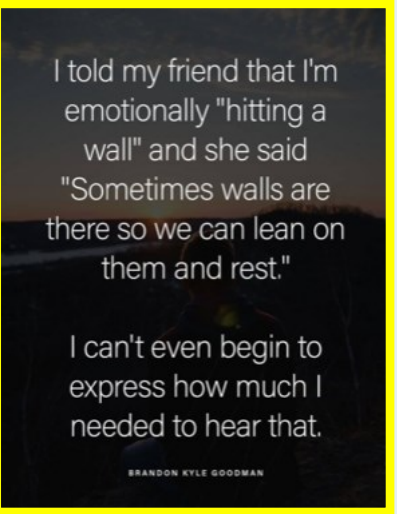
- National Critical Care Awareness & Recognition Month
- Oncology Nursing Month
- May 12: International Nurses Day
- May 6: National Nurses Day & National School Nurses Day
- May 6 - 12: National Nurses Week
- May 8 - 14: Neuroscience Nurses Week
- May 8: Mother's Day
- May 30: Memorial Day



June Nursing Holidays:

- June 1: National Healthcare Recruiter Recognition Day
- June 14: Flag Day
- June 21: First Day of Summer





Megan Filoramo Continued...

How do we feel good when we also feel that we are falling short?

The answer lies in dispelling the erroneous belief that we are falling short. It makes sense that we would believe this, after all, as nurses, we are trained to search for illness, risk, and dysfunction. We look at the whole person and use critical thinking to identify the areas of vulnerability. This is incredibly important for good care of the patient.

Unfortunately, when we apply this approach to our work lives, we can see all the things that AREN'T going right: the odds that are stacked against us, the ways we could have done a better job IF ONLY we had the right resources. This is what generates the belief that we are falling short. We know better so we want to do better.

But this is based in a reality that is not our current one. This is based on the ideal.

So, if we can accept the limitations of "ideal" nursing care and settle for the "best possible" nursing care (in the current situation), we can shift our focus from what isn't working to an equally crucial aspect of nursing: building up strengths, building self-efficacy EVEN WHEN the odds are stacked against us. We incorporate this seamlessly into our patient care even as we address their problems and vulnerabilities. We see the person BEHIND the diagnosis and focus on that person.

Can you see yourself as the person BEHIND the role of the nurse? Can you hold compassion for the person (YOU) who is showing up every day, who is trying their best, who is making a difference in someone's life, even without the perfect supplies, time, or energy? Can you focus on this and build on your strengths?

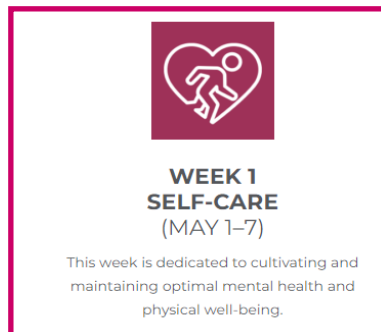
Doing a good job is based on caring for the patient. Period. Whatever that looks like. Can you feel secure in knowing that this means you can ALWAYS do a good job, that focusing on that person behind the diagnosis is ALWAYS an option?

The work you are doing now IS worthy of meaning and fulfillment. If you start with this premise, then every small step you take toward self-care can take root and grow. The best small, but effective, self-care step is to start by holding some space for yourself, being with yourself the way you can "just be" with your patient. Sit in your car for a few minutes before and after work and take 3 deep breaths. Inhale, hold for a few seconds and then exhale for twice as long as the inhale. This engages the parasympathetic nervous system and will allow your body to rest and restore. Just like that.

Let the emotions come and go. Acknowledge that this is hard work, you are doing it, AND you are doing it right. From this place of peace, go to the next step. If you could support yourself in one little way today, if you were your patient, what would you advise her to do?



Start there.





For Nurses Month, Nursing Recognition is Divided Into Themes For Each Week by the ANA

“ANA selected the evergreen theme, **Nurses Make a Difference** to honor the varying roles of nurses and their positive impact on our lives. Nurses make a difference as trusted advocates who ensure individuals, families, and populations receive quality patient care and services. Nurses make a difference by influencing and shaping health policy decisions that ensure all Americans have access to high-quality, affordable health care coverage.”

Check out the Region 4 microsite and emails & social media posts for each week in the month of May

Week 1: Self-Care (May 1 - 7) **Article written by Megan Filoramo (Nurse Coach and Region 4 member.**

Week 2: Recognition (May 8 - 14) **Article written by Kari Mastro (Region 4 President Elect).**

Week 3: Professional Development (May 15 - 21) **Article written by Nowai Keleekai-Brapoh (Region 4 VP of Education).**

Week 4: Community Engagement (May 22 - 31) **Article written by Marge Drozd (Region 4 Member at Large Middlesex County).**

For more information & updates, click [HERE](#)

Dr. Shirley Smoyak, Region 4 Member Remembered



Sadly, the advanced specialty of Psychiatric-Mental Health Nursing has lost a co-founder and an international icon. Dr. Shirley Smoyak passed away on Friday, April 1st.

Dr. Lucille Joel's reflected on the contribution of Dr. Smoyak to nursing:

“Dr. Shirley Smoyak and her mentor, Hildegard Peplau established and nurtured the first graduate level specialty in Psychiatric Mental Health Nursing in the world - right here at Rutgers School of Nursing.

Based on their work, the NJ-BON began to certify APNs, pre - dating the AACN certification by years. The certification recognized nurse - psychotherapists. Peplau-Smoyak's theoretical framework is as useful and therapeutic today as it was in its inception, and it has been the backbone of my practice all of these years. It has survived and surpassed iterations in the field.”

Kindly keep Dr. Smoyak's family in your thoughts and prayers.

Click [HERE](#) for Dr. Smoyak's obituary and funeral arrangements..



National Nurses Week History

“National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as **National Student Nurses Day**, to be celebrated annually. And as of 2003, **National School Nurse Day** is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses associations promotes the nursing profession at the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses associations, other specialty nursing organizations, educational facilities, and independent health care companies and institutions.”

Click [HERE](#) to read about a **Brief History of National Nurses Week**



**Our next Region 4 monthly online meeting will be held on
Thursday, 6/9/22 at 7:00 PM Via Zoom.**

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

We hope to “see” you there!

May in Nursing History



1873 Bellevue Hospital Training School founded	
May 2	1930 Lillian Clayton died 1915 Jessie Scott born, Wilkes Barre, PA
May 5	1942 US Army Nurses taken POW in Philippines
May 7	1845 Mary Eliza Mahoney born in Dorchester, MA
May 12	1820 Florence Nightingale born in Florence 1914 Martha Rogers born in Dallas
May 13	1908 Navy Nurse Corps established
May 14	2003 Marguerite Manfreda died
May 15	1910 Isabel Hampton Robb died
May 17	1888 May Ayres Burgess born Newton Highlands MA
May 21	1881 Clara Barton & associates establish the American Red Cross
May 25	1918 Army School of Nursing authorized by Secretary of War
May 26	1853 Sophia Palmer born Milton MA 1881 Julia Stimson born Worcester MA
May 28	1925 1st meeting of parent organization of Frontier Nursing Service

June in Nursing History



1952 1st issue of *Nursing Research*

1975 Formation of National Association of Hispanic Nurses

June 2	1861 US Sanitary Commission created
June 3	1888 Alice Fisher died, Philadelphia, PA
June 6	1912 NOPHN founded
June 7	1893 Dorothy Deming born New Haven CT 1969 Sharon Lane US ANC killed in Vietnam
June 9	1861 Dorothea Dix appointed Superintendent of Female Nurses of Union Army
June 10	1970 Anna Mae Hays, Chief, ANC, 1st woman promoted to brigadier general.
June 14	1839 Alice Fisher born in Greenwich, England
June 15 - 17	1893 Isabel Hampton organized the nurses' meeting at Int. Congress of Charities, Correction & Philanthropy meeting during Columbian Exposition in Chicago. Society of Superintendents of Training Schools founded.
June 15 - 20	1952 Last joint meeting of ANA, NLNE, NOPH
June 17	1952 NOPHN dissolved
June 22	1878 CT Training School contracts w/ Lippincott to publish <i>A Manual of Nursing</i> 2006 Vern Bullough died
June 28	1914 Rozella M. Schlotfeldt born in DeWitt, IA 1876 Clara Maass born in Newark, NJ

Why Am I So Tired? Reflections on Compassion Fatigue

By: Tahnja Wilson

It goes beyond tired, doesn't it? It feels like exhaustion—physical and psychological. Perhaps you are not sleeping or eating well. Perhaps you have bouts of feeling hopeless, powerless, irritable, angry, or sad. Perhaps you worry about not doing enough to help your students, or have become numb to their needs, or even question your personal and professional worth. These are all symptoms of “compassion fatigue.”

Compassion fatigue is the idea that supporting others emotionally through their trauma causes secondary trauma to the caregiver. This idea initially made the rounds in the mental health literature mostly as a concern of helping professionals—e.g., health care workers, social workers, first-responders, and therapists. It was observed that they were “burning out” from providing emotional support to their clients.

“While compassion fatigue may be more acute in the helping professions, it can be experienced by anyone giving emotional support to others. And it is no surprise that compassion fatigue is on the rise among educators, due to the supportive and personal nature of teaching, especially during the COVID-19 pandemic when stress levels have increased for teachers and students alike and traditional support systems have been overwhelmed. This is a challenge across higher education.

We strive to provide significant support in terms of remediation, coaching, and mentoring, especially given the additional housing, childcare, food, and dependent schooling/homework, and financial stresses brought on by the pandemic. It is also quite common for our students to be first responders themselves in education, healthcare, and other front-line roles, which only compounds the stress experienced.

So, what can we do to help ourselves and our students? Essentially, it boils down to *self-care*: positive activities that help us manage stress; *self-compassion*: being kind, non-judgmental, and understanding of ourselves; and *social support*: creating or expanding our personal and professional networks.

Before you run emotionally, psychologically, and physically dry, try picking a few of the following activities and schedule them weekly (some you may want to incorporate daily) into your routine...

- ⇒ Self - care
- ⇒ Self - compassion
- ⇒ Social Support - Both personal & professional”

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



Resiliency Roadmap: A Podcast for Nurses

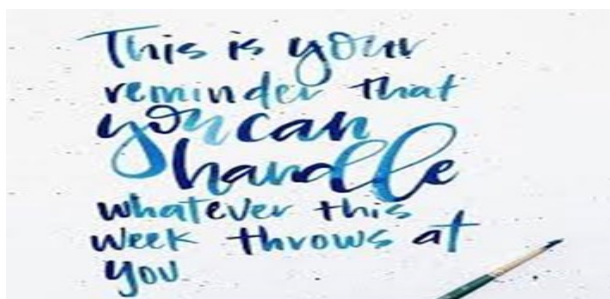
By: Maddy Pearson, DNP, RN, NEA-BC

“Resiliency and self-care have always been essential to those in the caring professions. As the pandemic endures, tending to one’s own well-being is perhaps more important than ever for nurses.

Join host Maddy Pearson, chief nursing officer and senior vice president of Clinical Services at Brigham and Women’s Hospital, as she interviews guests about trauma-informed care, sleep health, moral distress, joy and other topics to help nurses prioritize wellness and build resiliency.

Guests will reflect on their own experiences and provide resources to support other nurses on the journey toward resiliency. We hope that these conversations provide ideas and inspiration for you to start or continue making self-care a regular part of your routine.

To check out any of the 9 Podcasts, click [HERE](#)



What Does the Science Say About Daylight Saving Time?

By: Lauren Hale

“Permanent Standard Time is best for our sleep and circadian biology, which is fundamental to overall health and well-being. Sleep and circadian scientists advocate for ending the twice annual shifting of the clock. However, rather than switching to permanent Daylight Saving Time (which has more light at the end of the day), they prefer permanent Standard Time (which has more light at the beginning of the day).

The United States Senate recently voted in support of permanent Daylight Saving Time. If this bill is approved by the House and signed by President Biden, the US would abolish the disruptive twice yearly clock change in 2023. There is general agreement from both the public and the scientific community that changing the clocks twice a year is inconvenient, unhealthy, and risky.

- The National Sleep Foundation’s 2021 Sleep in America Poll found that nearly three-quarters of Americans prefer a consistent year-round time system.
- The shift to Daylight Saving Time in the spring is associated with increases in motor vehicle crashes, cardiovascular morbidity, stroke, and hospital admissions.

The more important conversation is whether clocks should shift to permanent Daylight Saving Time (as proposed by the Senate) or to permanent Standard Time (as preferred by sleep and circadian scientists, safety experts, and educators). “

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



NJSNA Region 4 Nurses Month Professional Development Information for Our Members

Professional Development: Education...and then Some!

Happy Nurses Month 2022! The immeasurable contribution of nurses around the world has rightfully been cast into the spotlight over the past two years. We must continue celebrating the vital role that we play in delivering high-quality care, promoting wellness, informing policy, and driving innovation and research.

This year, the American Nurses Association is recognizing nursing all month with a different theme each week. I, personally, am thrilled that one of those themes is professional development. When we think of professional development, advanced education usually comes to mind. But do we stop developing after attaining advanced degrees? Certainly not! In our increasingly complex and integrated health care delivery landscape, we must be agile and prepared to adapt to rapid change. Engaging in continued professional development is the surest way to be prepared to meet these changing demands.

If you are reading this newsletter, you're already on your way by joining NJSNA. I challenge you to commit to at least one other professional development activity this month:

- ⇒ Join a professional organization for your specialty.
- ⇒ Read a professional journal issue.
- ⇒ Listen to a nursing innovation podcast.
- ⇒ Participate in a webinar.
- ⇒ Get certified.
- ⇒ Become a mentor.
- ⇒ Take a fitness class. Yes, maintaining wellness is necessary for professional development too!
- ⇒

Whatever you do, keep learning, keep growing, and remember that ***nurses make a difference...you make a difference!***

Warmest regards,

Nowai Keleekai-Brapoh, PhD, RN, NPD-BC
NJSNA Region 4 VP for Education





Applications are open for the Dr. Barbara Wright Scholarship. \$1000 will be awarded to an NJSNA Region 4 member and/or a nursing student who lives in Region 4 and is enrolled in a nursing education program.

See details and apply now at <https://njsna.org/scholarship/>

Applications are due September 1, 2022.

There is also an option to make a voluntary tax-exempt donation to the Region 4 Dr Barbara Wright Scholarship fund. The donation site is <https://njsna.memberclicks.net/>

Check out the interesting historical information in the NJSNA Bylaws

Log onto the NJSNA site or click on <https://njsna.memberclicks.net/assets/docs/Documents/2020%20NJSNA%20Bylaws%20Final%20October%2015%2C%202020.pdf> to read the following...

“This is to certify that the undersigned do hereby associate themselves into a corporation under and by virtue of the provision of Title 15, Corporations and Associations not for profit, Chapter 1, etc., of the Revised Statutes of the State of New Jersey, 1937, and the supplements thereto and amendments thereof. **1. The name of this corporation is The New Jersey State Nurses’ Association. 2. The original certificate of incorporation was recorded in the Clerk’s Office of Camden County on November 8, 1902 and filed in the Office of the Secretary of State on November 26, 1902.** 3. The purposes for which this corporation is formed are the legislation and registration of nurses, the advancement of all interests which appertain to the betterment of the nursing profession; also a professional reciprocity between the nurses of New Jersey and the nurses of other states and countries. 4. The location of the principal office this corporation is at 17 Academy Street, in the City of Newark, NJ. 5. The number of Trustees (which may be also referred to as Directors) of this corporation is fourteen. 6. The names of the Trustees or Directors now elected and the expiration dates of their terms of office are.....”

Dolores “Dee” O’Hara (1935–), First NASA Space Nurse

Her Nursing Skills Launched an Out-of-this-World Career

By: Jessica Kirchner, RN, MSN, NPD-BC

“When Dolores “Dee” O’Hara entered nursing school after graduating from Oregon’s Lebanon High School in 1953, she had no idea her nursing career would have her literally reaching for the stars. In 1960, she became the first nurse to join NASA, launching a new specialty: aerospace nursing.

Born in Nampa, Idaho, O’Hara grew up in Oregon. After being impressed by a nurse at her high school’s career day, she enrolled in the Providence Hospital School of Nursing and later became a surgical nurse at the University of Oregon Medical School. While she enjoyed bedside nursing, the physical toll exacerbated O’Hara’s back problems, so she pivoted to diagnostic roles, including lab testing and radiology.

In the spring of 1959, her life took another unexpected turn when her roommate suggested they both join the Air Force. O’Hara’s first reaction was skepticism - “Nice girls don’t do that,” she declared - but the allure of traveling and seeing the world ultimately changed her mind. After completing officer training, O’Hara departed for her first assignment, in the labor & delivery unit of the Patrick Air Force Base hospital in Cape Canaveral, Fla.

In November 1959, O’Hara was summoned to the office of the hospital commander, Col. George M. Knauf, who offered her a remarkable opportunity: to join Project Mercury, a new NASA program to put human astronauts into space. O’Hara had no idea what an astronaut was, and she had never even heard of NASA (which had been established just 13 months earlier), but she accepted the job offer, “not knowing at all what I had committed myself to. She later learned that adding a nurse to the NASA medical support team had been Knauf’s inspiration. He knew that the space program would put astronauts under tremendous strain, so it would be crucial to quickly identify medical problems or health risks.

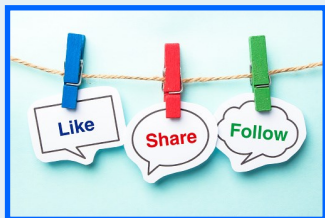
However, he also knew that the Mercury astronauts, like most pilots, would be reluctant to admit health problems that might cost them their chance to fly. Knauf decided a nurse was the answer: The astronauts would be more honest about their health and wellness with a nurse than a flight surgeon, and the nurse would still have the clinical expertise to identify potential problems. After an intensive search, Knauf decided that O’Hara’s experience in surgery and diagnostics ideally suited her for the job.”

To read the entire 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:



Happiness is a state of mind.



New Jersey is Getting Past: Single-Use Carryout Bags, Polystyrene Foam Food Service Products, and Plastic Straws (P.L. 2020, c. 117)

“Starting May 4, 2022, New Jersey retail stores, grocery stores and food service businesses may not provide or sell single-use plastic carryout bags and polystyrene foam food service products. Single-use paper carryout bags are allowed to be provided or sold, except by grocery stores equal to or larger than 2500 square feet, which may only provide or sell reusable carryout bags. After November 4, 2021, plastic straws may be provided only upon the request of the customer.”

For additional information about these changes, click [HERE](#)

GET PAST PLASTIC

PARK COMMISSION INCREASES POLLINATOR INITIATIVE

“The blueberry became the State Fruit of New Jersey in 2004, after a campaign led by Ocean County elementary school students. But the blueberry would not be as plentiful as it is without the help of the State Bug, the honeybee, which was given that distinguished designation because of the important role it plays as a pollinator.

Mercer County has acquired 10,000 acres of open space from Baldpate Mountain in the northern part of the county to Roebeling Park in the south,” said County Executive Brian M. Hughes. “We are committed to caring for our parks and natural lands responsibly, and this project is a good example that will benefit both wildlife and our constituents in and around Mercer County.

Pollinator habitat that is being created by the Park Commission’s stewardship team is not just functional. The converted meadows provide beauty; increase water retention during storms; reduce carbon emissions; and require less time for maintenance. In numerous parks, native grasses and wildflowers now cover areas that were once lawns made up of non-native grasses.”

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



Free & Discounted Therapy for Nurses

[Therapy Aid Coalition:](#)

Pro-bono or low-fee online sessions with a therapist for frontline and essential workers.

[Give an Hour:](#)

The Hospital Heroes Program provides six hours of free and confidential mental health support to all hospital-based essential employees and their loved ones in NY, NJ, and CT.

For more information & tools/resources, click [HERE](#)



Region 4 member, “Susan B. Hassmiller, PhD, RN, FAAN, has announced she will step down from her posts as director of the Future of Nursing: *Campaign for Action* and senior adviser for nursing at the Robert Wood Johnson Foundation at the end of May. “I could not be more grateful for the privilege of working closely with Sue for the past two decades,” writes Susan C. Reinhardt, PhD, RN, FAAN, chief strategist of the Center to Champion Nursing in America, which runs the *Campaign*.”

“An American Academy of Nursing Living Legend, a recognized change agent and role model for nurses worldwide, Dr. Hassmiller has lived a lifetime commitment to improving the nation’s health by strengthening the nursing profession and empowering nurses.”

Region 4 recognizes her extraordinary contributions to the nursing profession and sincerely thanks her. We are excited to hear that Dr. Hassmiller will still be greatly involved with nurses, as she has started her own coaching/consulting firm, specializing in health care leadership and executive coaching for nursing leaders. The site is www.sulucoaching.com

We wish her much success and happiness in her endeavor!



At Boston Marathon, Philly Nurse Breaks Record While Wearing Nursing Scrubs

By: Tom Avril

“Long pants, no problem....

Clad in blue hospital scrubs, Philadelphia nurse Samantha Roecker ran the Boston Marathon on Monday in an unofficial time of 2 hours, 48 minutes, and 2 seconds — the fastest marathon by a woman while wearing nursing attire. Setting the record was not her primary goal. Roecker, 30, ran to raise funds and awareness for the mental health and well-being of others in her profession, prompted by hearing stories of burnout during the COVID-19 pandemic.

Consider that goal accomplished, too. She recently raised over \$43,000 earmarked for the nonprofit American Nurses Foundation.

Roecker, an elite-level runner who goes by Sam, works 25 hours a week at a Penn Medicine ear, nose, and throat clinic, and up to 20 hours a week at the emergency department of Cooper University Hospital in Camden. A registered nurse, she also is studying at Penn to become a nurse practitioner.

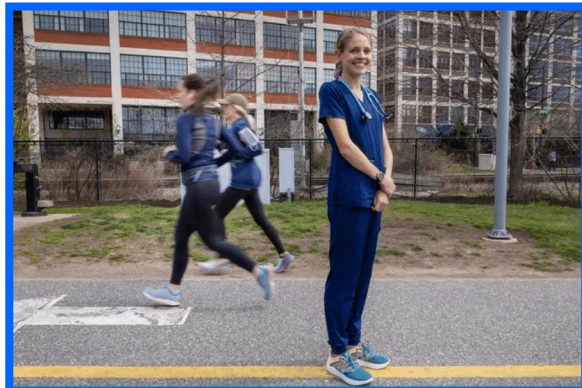
Those demands cut into her training time, so she was not expecting to match her personal marathon record – just under 2½ hours, set in December 2020. Yet she broke the nursing-attire record with ease. Her performance has yet to be certified by Guinness World Records, but it was more than 20 minutes faster than the old mark of 3:08:22, set by British nurse Jessica Anderson in 2019. “I tried to have a mix of fun and getting the most out of myself,” Roecker said by phone Monday afternoon.

Guinness did not recognize Anderson’s record at first, telling her she had to wear a dress and cap. After an outcry, the organization changed course. “It has become quite clear to Guinness World Records that our guidelines for the fastest marathon wearing a nurse’s uniform were outdated, incorrect and reflected a stereotype we do not in any way wish to perpetuate,” the organization said then.

At the recent Boston Marathon, the top finisher among women was Kenya’s Peres Jepchirchir, whose time was 2:21:01. First place for the men went to her countryman Evans Chebet, who finished in 2:06:51.

Roecker was not the only nurse in the field with Philly-area ties. Kayla Lampe, a former emergency-room nurse at Bryn Mawr Hospital, finished in 2:38:38, the top woman from the Philadelphia Runner Track Club. Nick Cardamone was the top male finisher from the club, finishing in 2:30:18.”

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



My Unsung Hero Podcast



“The daily news can fill us with despair. My Unsung Hero is an antidote to that despair. Each episode reveals what the news ignores: everyday acts of kindness and courage that transformed someone's life.

Listen — and renew your faith in humanity. From Hidden Brain Media.”

If you think you don't make a difference, listen to this 4-minute podcast about Laura Holmes Haddad's Story to see how you, as a healthcare

professional, touch others' lives!!

To listen to the podcast, click [HERE](#)

Nurse Suicide Prevention/Resilience

“Nurses are at higher risk of suicide than the general population. Ironically, one of the key risks is related to being a nurse. Nurses have more known issues about the job or work prior to death by suicide than others.¹

The profession of nursing is fertile soil for risk factors of suicide.²

- Exposure to repeated trauma
- Scheduling long, consecutive shifts
- Repeated requests for overtime
- Workplace violence, incivility, and bullying
- Inadequate self-care
- Isolation from family and friends
- Fearing for one's safety or the safety of loved ones
- Financial stressors
- Access to and knowledge of lethal substances
- Constant, high workplace stress
- Loneliness after relocation, transfer, or new job
- Issues with management
- Work/life role conflict
- Feeling unsupported in the role
- Feeling like you don't belong
- Feeling unprepared for the role
- Fear of harming a patient
- Being evaluated for substance use disorder
- Depression

Unfortunately, a mindset still exists that stigmatizes asking for help. We need to change our perspective to normalize conversations about mental health and wellness. Creating an atmosphere of acceptance and empathy can send the message: “It's okay to not be okay”. Suicide is preventable. To stop nurses from dying by suicide, we must accept that suicide happens and implement best practices to mitigate the risk.³ Educating ourselves on how to recognize the signs of a colleague at risk is important. Nurses have been at higher risk of suicide than the general public for many years.¹ Now with the added stressors of social unrest and the Coronavirus pandemic, we are at even greater risk.⁴ There are no known foolproof ways to prevent all suicides. However, we can learn ways to reach nurses in the dark place of depression to reduce the risk of a nurse acting on their suicidal thoughts.”

PLEASE GO TO <https://www.nursingworld.org/practice-policy/nurse-suicide-prevention/> **TO LEARN MORE ABOUT THIS .**

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.



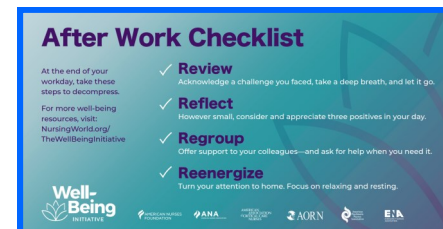
- * Nurses, making time for self-care is more important than ever. Looking for resources to kick - off healthy habits this new year? The Moodfit app is designed to support your overall wellness to help set goals related to sleep, mindfulness, exercise, mood, and more.



- * 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



From the Desk of VP Membership.....

Happy Nurse Appreciation Month & Nurses Day (May 6th)



On behalf of Region 4 New Jersey Nurses Association (NJSNA), ***Happy Nurse Appreciation Month and Nurses Day!*** We wish to extend our heartfelt gratitude to each one of you for carrying the lamp or lantern of faith, hope and healing for our earth, families, neighbors, colleagues, communities, populations, and even animals of all kinds.

As valued members of Region 4 NJSNA, American Nurses Association and NJSNA, we want to take the opportunity to thank you,

for fostering the courageous efforts and legacy of nurses who have gone before us;
for being the art, science, and innovators of the world;
for being the most trusted profession;
for being the fabric and beating heart of non-healthcare and healthcare systems everywhere,
where the presence of nurses carries their lamp or lantern, and,
for just being you.

You are the fabric and beating heart of our nursing association. If you are a talented podcaster or blogger, we need you. Or, if you have an interest to join committees and/or share your nursing and non-nursing talents, please contact Region 4 President, Region 4 VP of Membership, or your county's Member-at-Large. Their contact information is on the first page of this newsletter.

"Nurses are the heart of healthcare"- Donna Wilk Cardillo, MA, RN, CSP

Keisha Cogdell, DNP, RN
Region 4 VP of Membership

Please Welcome the Newest Region 4 Members

March 2022

Marchelle	Boyd
Rahkia	Stone
Marielle	De Leon
Samantha	Fattah
Aaron	London
Lisa	Redler
Kettelange	Cherismay
Dana	Felice
Samantha	Nardoza
Nkechi	Usifoh
Luz	Quezada-Mejia
MARIA	Field
Alexandra	Pinard-Acloque
Michelle	Matusalem
Sabina	Cormier
Justice	Gyapong
Patricia	Mulrooney
Emmanuel	Yeboah
Jalpa	Davda
Liliana	Calle Tito
Nakeisha	Gayle
Adhem	Bedad
Danielle	Kane
Vannia	Camacho
Lashanda	Coq
Lydia	Stephens-Remy
Karen	Giquinto
Harriet	Wijaya
Kara	Kaldawi
Eve	Machlin
Gina	Leka
Farkhanda	Farooqi
Vanilla	Bing-Wolapaye


Kelsey
 Mary
 Hannah
 Deena
 David
 Alena
 Scarlett
 Jennifer J
 Debra
 Julian
 Rebecca
 Shirley
 Susan
 Angela
 Suffiyah
 Tania
 Kelcey
 Kaitlyn
 Stacey
 Moses
 Jessica
 Franca
 Melissa
 Aeduc
 Paige
 Christine
 Jessica
 Shanielle
 Ella
 Laura
 Sarah
 June
 Catherine
 Brooke

April 2022

Arce
 Beuselinck
 Cairl
 Centofanti
 Coker
 Debrosse
 Dos Santos
 Dulong
 Fenderson-Ivery
 Fils
 Flaherty
 Garcia
 Gelowitz
 Godwin
 Hussain
 Llerena
 Mar
 McCammon
 Mereday
 Obidike
 Omieri
 Osuji
 Pagtalunan
 Park
 Pelle
 Poon
 Rabel
 Ross
 Roychowdhury
 Sheehan
 Soni
 Walker
 Wenz
 Zacheis



To Register for Nurse2Nurse Webinars, Click [HERE](#)



Peer Support for Nurses, by Nurses



nurse2nurseNJ.com **1-844-687-7301** M-F 8am - 8pm

Live Webinar Series!

**Self-Awareness-
Peer Support & Moral Injury**
January 31st at 2pm


**Self-Regulation & Work life
Imbalance!**
February 24th at 2pm

**Mental Agility-
Have We Taken Agile Too Far?**
March 24th at 2pm



**Strengths of Character-
Empathy, Stability & Communication**
April 28th at 2pm

**Connection, Peer Support &
a Circle of Care**
May 26th at 2pm

**Optimism-
Reframing Your Way Forward**
June 30th at 2pm



Scan the QR code or click on
the link below to register.
<https://us02web.zoom.us/join/91234567890?pwd=MTIzNDU2RjVhbnRlYXNjaW9udDZkdz09>

 nurse2nurseNJ  nurse2nurseNJ  @Nurse2Nurse

RUTGERS
University Behavioral Health Care

**NEW JERSEY
NURSING INITIATIVE**

The Nurse2Nurse Self Awareness-Peer Support & Moral Injury Webinar can be viewed [HERE](#)

Invitation from the Partnership for Maternal and Child Health of Northern New Jersey

We are thrilled to announce that registration is now open for our 2022 half-day pediatric virtual conference titled, *Beyond the Pandemic: Lasting Impacts on Pediatric Health!* We are proud to host four nationally-renowned speakers to present on how professionals can engage children and families to move beyond the acute phase of COVID and address issues of long-haul sequelae of COVID infection, early childhood development, mental health symptoms and interventions, and centering pediatric health equity in times of uncertainty and rapid change.

Thursday, June 16, 2022

8 am: Welcome

8:15 am: "Living in a Post-COVID World" with Katharine Clouser, MD, FAAP

9:15 am: "Supporting Early Childhood Coping and Resilience" with Jayne Singer, Ph.D. IECMH-E®

10:30 am: "Beyond the Pandemic: Anxiety, Depression & Youngsters" with Danielle Forshee, Psy.D.

11:30 am: "Thriving in the Midst: Centering Pediatric Health Equity" with Eurnestine Brown, Ph.D.

Please share widely! Important points:

- One registration provides access to any of the sessions. Separate certificates will be available for each session attended.
- **Scheduling conflict?** All sessions will be recorded and made available to registrants for two weeks after the live event. Certificates of completion will be sent for each recorded session. But you must register to receive access! Staff of [PMCH member hospitals](#) in northern NJ are eligible for free access. All others can contact Sarah at srobbins@pmch.org to inquire about scholarships or invoices as needed.

Please see our webpage [Partnership for Maternal & Child Health | About Us Partnership for Maternal & Child Health \(partnershipmch.org\)](#) for more information, speaker bios, and to register.

Reach out with any questions and we look forward to having you join us!

Kind Regards,

Sarah Muller-Robbins, MPH, RN, IBCLC, ICCE

Director of Education

Partnership for Maternal and Child Health of Northern New Jersey



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.

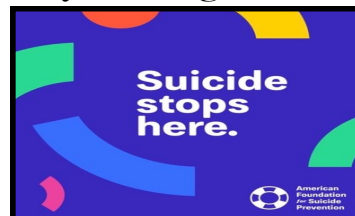


As nurses, we encounter life and death situations that often leave us feeling overwhelmed, helpless and alone.

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](#)

If you are in crisis, please call the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255) or contact the **Crisis Text Line** by texting **TALK** to **741741**.

Click [HERE](#) for more information



The New Region 4 Microsite

It is with great pleasure that I invite you to view the new Region 4 microsite on the NJSNA website. The link is <https://njsna.org/regional-site/region-4/> or you can click [HERE](#)

You can also access the site by going onto the NJSNA website <https://njsna.org/> and click on the Region 4 counties in the map of New Jersey.

Some of the areas covered on the site are news and blogs, monthly calendar of events, continuing education opportunities, resources, scholarships, and nursing awards. If desired, you can also share your picture or those of our colleagues (with their permission) on the site by sending me the photo.

The Region 4 Board was very involved in the development of this site as another way to increase our communication with you. **Please share this with your nursing colleagues (both NJSNA members and non-members) as well as encouraging non-members to join NJSNA.**

Thank you! Maureen



Editorial Staff:

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