



**Happy Summer**

**A TOAST TO REGION 3  
MEMBERS**



**Thank you to the members who  
joined us for the  
*"Meet and Greet"*  
Summer 2022**

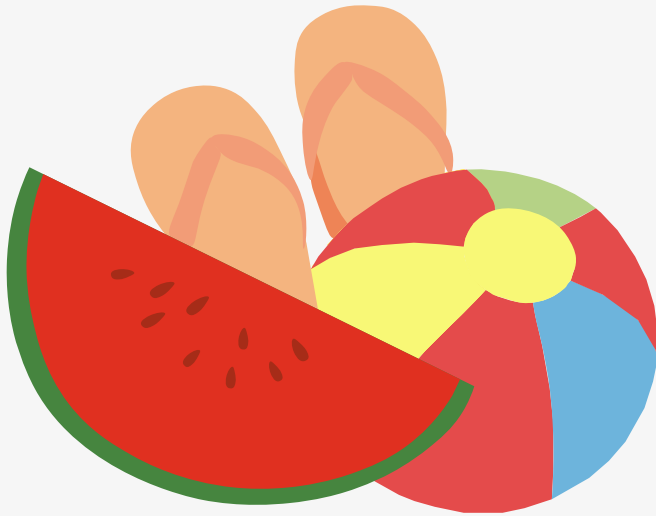
**It was great meeting you all!**











## UPCOMING EVENTS

### Essential Happy hour

Sept 21st 6-9:30 PM

### General Meetings

September 20

December 6

6:30 pm - 8 pm

## REGION 3 MEMBERS

Join the conversation on Whats App. Feel free to share ideas for events you would like to see.

To stay current, follow us on Facebook, LinkedIn, and Instagram



Region 3 needs you to publish in our Fall newsletter! If you have something to share with our members send your material and photos to: VP of Communications, Elsie A. Rivera at [njsnaregion03@gmail.com](mailto:njsnaregion03@gmail.com) by October 28, with the subject line Region 3 Newsletter There is no minimum or maximum length.

# NEWS







July 2022

## New NJSNA Region 03 Members

Add a little bit of body text



Funda Fernandez  
Dayana Monge Zamora  
Suzan Alicia Moore  
Pamela Murray  
Dana Nau  
Idongesit Obeya  
Abigale Roberts  
Ann Marie Sailsman  
Varsha Ann Thottananiyil  
Mariekarl Vilceus-Talty  
Janis L. Zadel



**WELCOME!**







# September is Baby Safety Month

Alissa V. Walaszek, BSN, RN

The anticipation of welcoming a new baby triggers emotions ranging from excitement to uncertainty. As nurses, it is our responsibility to ease new parents' worries, empower them with confidence, and help make the transition as smooth as possible. This process includes education to thoroughly examine a baby's environment to ensure they can learn, grow, and play without danger.

The Juvenile Products Manufacturers Association (JPMA) designates every September (because it is the ninth month of the year) as Baby Safety Month. It was initiated to educate parents and caregivers about baby safety issues and help them make informed choices about purchasing baby products and their proper use. What began in 1983 as Expectant Mother's Day, has since expanded into a month-long campaign. JPMA partners with retailers to educate them on the latest baby-proof standards and encourage them to market their safest baby products during this time.

As nurses, we can educate patients ...

- It is important to select and properly use a car seat the moment a baby leaves the hospital to ensure safe travel via motor vehicle and aircraft
- The best time to baby-proof a home is early in the pregnancy, by getting down on your hands and knees and thinking like a baby
- Baby-proofing is an ongoing process and is modified according to a child's growth and development. Try to always be one step ahead.
- A bare, JPMA Certified crib is the safest place a baby can sleep to ensure the first years are joyful and healthy
- If they are using a baby product secondhand, to ensure it has not been recalled, meets current safety standards, and has all the manufacturer instructions and labeling requirements
- Although heirloom baby gear carries sentimental value, it can be dangerous to use because it would not meet current safety standards
- To prioritize the baby gear they want to buy new (stroller, crib, walker, etc) versus secondhand (cloth diapers, books, clothing, etc) in order to stay within their budget

For additional baby safety tips, please visit the JPMA website at [https://www.jpma.org/page/baby\\_safety\\_month](https://www.jpma.org/page/baby_safety_month)







# **AUGUST IS NATIONAL MINORITY DONOR AWARENESS MONTH**

**Save and improve the quality of life of diverse communities by creating a positive culture for organ, eye, and tissue donation**

**Learn more about organ, eye and tissue donation and register today at [DonateLife.net](https://DonateLife.net)**



# Heart of Nursing



On July 31 I participated in the third annual summer conference of ACAP—Academy of Clinical and Applied Psychoanalysis (ACAP) ([www.acapnj.org](http://www.acapnj.org)) and the Institute of Counseling and Psychanalysis (ICPS) <https://icps.bgsp.edu> —a non-profit mental health cooperative located in Livingston. The Conference was held at Van Vleck House and Gardens in Montclair. The conference began with a live performance---a play tracing the lifelong relationship between two friends. I led a discussion group after the play. At this conference, I met a group of nursing students from Essex Community College. All of the students were pursuing their nursing education after employment in diverse fields---retail, insurance, and the group also included an EMT and a Medical Assistant. The students enthusiastically shared their interest in the preferred area of practice after graduation---Med-Surg, Mental health, and Maternal-Child health. No matter what their chosen field, they all agreed that the desire to ‘make a difference in patients’ lives’ was the primary reason. I was very moved by this—it brought me back to my career as a faculty of nursing—and although it has been a few years since then, I can see that there really is a ‘heart’ of nursing—it is alive and well amidst some difficult times.

Connie G. Bareford, PhD, RN, APN, BC, SCPsy







WEDNESDAY SEPTEMBER 21

# ESSENTIAL HAPPY HOUR

Hosted By

The New Jersey State Nurses Association Region 03

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All **Nurses, Police Officers, Firefighters**, and **EMTs**  
are invited for an evening of networking  
as we welcome the Fall season

6:00PM - 9:30PM

Stage House Tavern

1099 US-22 Mountainside, NJ 07092

**FOOD | CASH BAR**

**\$37 per person**

Submit Zelle payment to  
[njsnaregion03@gmail.com](mailto:njsnaregion03@gmail.com)

or

[paypal.me/NJSNARegion03](https://paypal.me/NJSNARegion03)

by Tuesday September 13

Contact Alissa with any questions at [walaszeka1@yahoo.com](mailto:walaszeka1@yahoo.com)





# LEGISLATIVE CORNER

## **ACTION ALERT: TAKE ACTION CONTACT YOUR LEGISLATURE**

**Contact your senators to support the:**

- **H. R. 1195 workplace violence prevention for nurses**
- **A223 “Consumer Access to Healthcare Act” eliminates requirement of joint protocol with physical for advanced practice nurses to prescribe medication.**
- **S304 establish minimum registered professional nurse staffing standards for hospitals and ambulatory surgery facilities and certain DHS facilities.**
- **A244 requires hospitals to establish nurse staffing committees.**
- **A256 and S732 requires health care facilities to adopt and implement policies to prevent exposure to surgical smoke via use of smoke evacuation system.**

**We encourage all members to contact their legislative representative to support nursing bills.**

**Find your NJ legislator and bills**

**<https://njleg.state.nj.us/>**



Save the date for...

healthynurses@njann.org

# THE HEALTHY NURSE HEALTHY NEW JERSEY UNITY WALK

Sunday, September 18, 2022  
Alvin P. Williams Memorial Park,  
Sewaren, N.J.  
12-3 PM

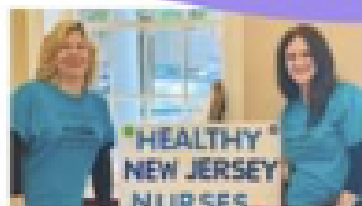


LIVE DJ

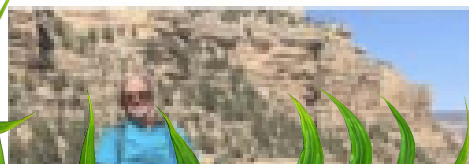
GREAT PRIZES

FREE PARKING

PICNIC AREAS



**FREE TO  
ALL NJ  
NURSES!**





Call for Nominations – 2022.

Region 3 Nominations

Committee has called for  
member suggestions for the  
November 2022 elections.

President-Elect,

Secretary

Treasurer

VP Communications Member-

at-Large: Essex Union

Counties

Nominating Committee (3)

Members would take office

January 2023.



# Save the Date

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

The Institute for Nursing will be hosting the 2023 C.A.R.E.S. Award. The C.A.R.E.S. Awards for Nursing Excellence are made in recognition of nursing excellence in five categories: C – Clinical Practice; A – Administration; R – Research; E – Education; and S – Support. Their commitment to nursing and health care through the CARE of people is tribute to our professional founders and an inspiration to the next generation of nurses.

The event will be held on April 7, 2023, at the Pines Manor, Edison, New Jersey.

Please help us honor an outstanding nurse by nominating them for the 2023 C.A.R.E.S. Award.

For more information, contact Debra Harwell at [deb@njsna.org](mailto:deb@njsna.org).

Nomination Information





## **Board Members**

**President: Lois Greene /Past-President: Norma Rodgers/Treasurer: Nwamaka Eguh  
/Secretary: Rachel Lyons VP Communications: Elsie A. Rivera/ VP Membership: Alissa  
Walaszek/ VP Education: Denise Warren/ VP Congress on Policy & Practice: Stephanie  
Herr/ Essex County Members-at-Large: Jennifer C. Ryan & Rosemary Allen-  
Jenkins/Union County Members-at-Large: Sandra Baker & Lynda Arnold Davis/  
Nominating Committee Chair: Shanda Johnson/ Nominating Committee: Carline Elizer  
Rosemarie Rosales, Marlene McLeod-Douse, Lucinda Swinton, Courtney Reinisch**

## **KEEP IN TOUCH!**

**We would love to hear from our members.  
Please let us know of any recognitions, publications, presentations.  
Send us questions, ideas, or comments to  
[njsnaregion03@gmail.com](mailto:njsnaregion03@gmail.com)**

**Elsie A. Rivera, DNP, APN, FNP-C  
VP Communications Region 3**