



# PIERCE COUNTY WINTER 2017 NURSES ASSOCIATION

SUPPORT + ENCOURAGE + EMPOWER + ENGAGE  
PIERCECOUNTYNURSES.COM

Connecting nurses to each other and their community



Mike Krashin, President  
PCNA Board

**W**e are thankful for the successes PCNA has experienced this past year! We count as successes our long-term board members, several of which recently tendered their resignations. A most heartily felt thanks to Sonya Miller, Judy Scott, Astra Tenborg, Carolyn Lee! And welcome to new board members, Marcie Doyle and Angele McComb.

We're excited to start off 2017 with our **4th Annual Bowling Tournament on February 25th** (see p.4). Register your team on the PCNA website to bowl with colleagues,

friends and family. Creatively named teams of four-to-six will bowl two games, eat lunch, buy tickets for a gift basket raffle, and engage in friendly competition.

**All fundraising proceeds go to scholarships** for high school seniors, college students and the Florence Golda Scholarship for RNs pursuing advanced education (see p.3).

At the **PCNA Spring continuing education event on March 18th** (see p.2), Dr. Sunil Aggarwal will present **"Integrating Cannabinology into the Science and Art of Nursing"**. Register for this **FREE** event on the PCNA website.

The **Washing State Nurses Convention** will convene in Tualip, WA May 3-5 (see p.4). It's an opportunity to meet candidates for WSNA Board positions, network with colleagues and make new friends from around the state!

Wrapping up the Spring is our **Nurses Week Banquet and Annual Meeting on May 12th**. This event will include a silent auction, dinner, guest speaker, photo booth, and more! We'll celebrate our heritage and announce scholarship winners and the 2017 PCNA Nurse of the Year.

The PCNA Board always looks forward to this event as well as seeing old friends, previous award winners, WSNA staff and elected officers, and above all...**YOU**...the nurses of Pierce County!

## Save<sup>the</sup>date

### Nurses Week Banquet & Annual Meeting

**"Honoring Our Past: Milestones in Nursing History"**

Landmark Convention Center  
Friday, May 12th

### Nurse of the Year

**D**o you know a nurse who makes a difference in the lives of their patients and co-workers? A nurse who shows compassion and advocacy with every action? A nurse who strives to improve conditions, programs and morale where they work? If you do...

Please nominate them for  
PCNA Nurse of the Year!

**Deadline: March 31**

Nominations can be submitted through the PCNA website or mailed to the office. Nominees must be current PCNA members.

### Photo Op

**W**e're seeking photos of nurse pinning ceremonies and graduations! Would you be willing to share a photo to be used in a slide show at the Banquet and on our website?

Email your photos to  
[office@piercecounynurses.com](mailto:office@piercecounynurses.com)

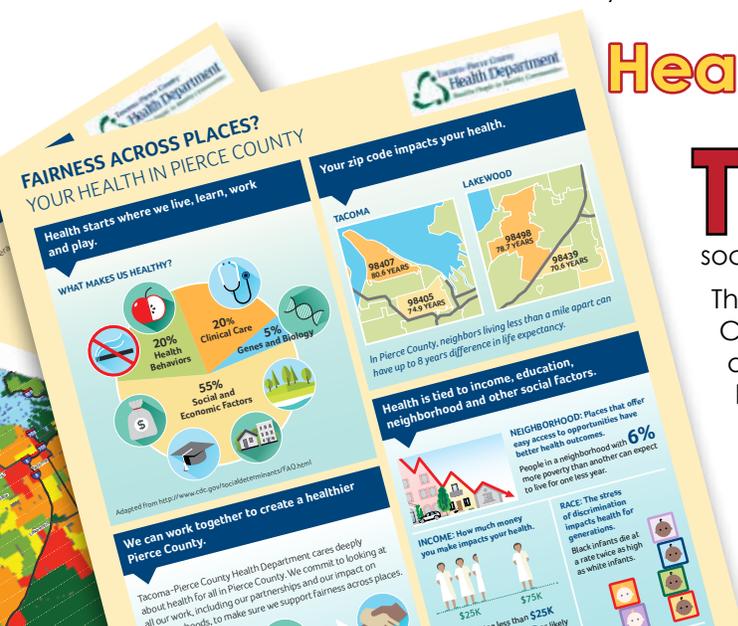
## Health Equity in Pierce County

**T**he Tacoma-Pierce County Health Department has released the **2015 Health Equity Report**. The data shows that there are significant health inequities in Pierce County as a result of socioeconomic and environmental inequities.

The assessment analyzed and mapped how health in Pierce County differs by where community members live, learn, work, and play. The report is being used to build coalitions and inform how resources are used throughout the county.

Visit [tpchd.org/healthequity](http://tpchd.org/healthequity) to read the full report and explore a wealth of information, including 70 maps about health in Pierce County and a beautiful infographic that displays complex statistics with simplified but striking illustrations.

You can download the graphics PDF here:  
[tpchd.org/files/library/c72ace1427ef5728.pdf](http://tpchd.org/files/library/c72ace1427ef5728.pdf)



# Community Resource Spotlight



**T**he Sexual Assault Center of Pierce County provides **FREE advocacy** services to anyone who has experienced sexual assault or abuse (recent or past). The Center also assists family and friends of those who've been sexually assaulted or abused.

A **24/7/365 crisis phone line** connects callers to an advocate for immediate information, emotional support or medical and legal advocacy.

**24-Hour Crisis, Information & Referral Line**  
**800.756.7273 or 253.474.7273**

Advocates help victims identify and access services while providing emotional support and guidance. Face-to-face services can also be arranged by calling the crisis line.

## Say Yes to Hope!

Helping Victims of Commercial Sexual Exploitation

**T**he goal of the **YES to Hope! Program** is to connect victim-survivors with community systems that can assist them toward healing and greater self-sufficiency. Teens and young adults who identify as having experienced past or present Commercial Sexual Exploitation (CSE) are referred to a CSEC (Commercial Sexual Exploitation of Children) Community Advocate who can provide case management and unconditional support, as well as resources and referrals for medical, legal, therapeutic and social services across Pierce County.

## Youth Drop-In Center

The **Youth Empowerment Services Drop-In Center** is a safe place where youths and young adults receiving services from the YES to Hope! program enjoy a light snack, take a shower or use computers and phones.

**Hotline: 253.444.5351 | YesToHope@HopeSACPC.org**



## Spring Education Event

# Integrating Medical Cannabinology into the Science and Art of Nursing

Presented by **Sunil Aggarwal MD, PhD**

*"I approach patients holistically. I treat them with the utmost respect and empathy. I believe patients are best served through open communication and evidence-based guidance tailored to their goals."*



**Dr. Sunil Aggarwal** is Board Certified in Physical Medicine and Rehabilitation. He special-

izes in treating life-threatening illnesses and chronic pain and is deeply interested in integrative and cross-cultural medicine, in addition to pain and symptom management, advanced care planning, and end-of-life care.

He is a member of the American Academy of Hospice and Palliative Medicine, and the American Academy of Physical Medicine and Rehabilitation.

**WHEN:** Saturday, March 18, 2017  
**9 - 11 am**

(no late admission; doors close at 9:10 am)

**WHERE:** Jackson Hall  
314 MLK Jr. Way, Tacoma (across from Tacoma General main entrance)

**COST:** Free

**RSVP:** Pre-registration required at **PierceCountyNurses.com**

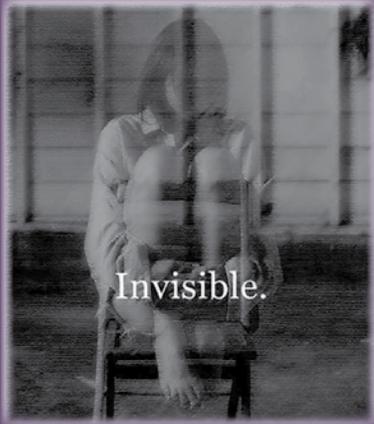
Please Note: PCNA members are guaranteed spots until room capacity is reached; other RNs and LPNs will have seats confirmed on a space-available basis. Two-hour certificates of attendance will be provided to all attendees.

## PCNA Survey on Retirement

Tell us what you think!

**P**lease take a few minutes to visit the PCNA website and take our survey on retirement and volunteering. Whether you are just starting your career or hoping to retire soon, we'd love to hear from you! A link to the survey can be found on the home page.

## HUMAN TRAFFICKING



## Fall Education Report

**T**hank you to Washington Engage and our presenters—Dr. Cynthia Wolfe, Dr. Tony Escobar, Jan Runbeck RN, MN, and Carlyn Sampson—for sharing their expertise with us in October! We also want to thank Kathleen Murray and the Franciscan Health System for their support in making the event possible, and to all who brought donations for the PCSAC Yes to Hope! program.

Information about Human Trafficking, Yes to Hope! and the public health impact of child sex trafficking is available on the PCNA website.



## Ways to Get Involved

### Have Fun!

Form a team and join us at our 4th Annual Bowling Tournament on February 25th. This is a great activity for camaraderie with your work team, family and friends—and easy way to raise money for nursing scholarships.

### Procurement

We're seeking donations from members and local businesses for raffle baskets at the bowling tournament and the silent auction at the banquet. We'll provide you with letters, donation receipts and thank you notes.

### Career Fairs

Volunteers are needed to represent PNCA at several high school career fairs this Spring. Send us an email to be added to our volunteer pool.

### Volunteer Committee

The PCNA volunteer committee helps connect active members and retired nurses with opportunities to volunteer in our community.

*To sign up or to ask questions about any of these, please drop us an email.*

## Applying for Scholarships

**I**t's time for nurses and students to think about applying for 2017 scholarships to further their nursing educations. **Applications are due March 31**, and Scholarship winners will be invited to celebrate with their families at our Nurses Banquet in May.

There are three scholarship categories:

- **High School Level Scholarship:** Given to graduating Senior High School students who plan to pursue a career path in nursing.
- **College Level Scholarship:** Given to a person who is not yet a Registered Nurse, but has been accepted into or is currently

enrolled in a basic Registered Nursing Program, either pursuing their ADN or BSN.

- **Florence Golda Scholarship:** Awarded to a Registered Nurse who is enrolled in a program to advance his or her nursing education beyond an ADN degree. Any RN applying for this scholarship must be a PCNA member in good standing.

Applications are available online, but forms and other requirements must be postmarked or delivered by March 31, 2017. We cannot accept submissions electronically at this time.



### Can We Be Friends?

Stay up to date on all PCNA events and activities. Like us on Facebook and share us with your nursing friends!



## Division of the Civilian Volunteer Medical Reserve Corps

*A national network of local groups of volunteers committed to improving the public health, emergency response, and resiliency of their communities.*

### An Invitation to Join PCMRC

**P**eople become nurses because they care about people—for their patients, their families and their communities. Pierce County Medical Response Corps (PCMRC) and PCNA are joining forces to help serve our community. This is an opportunity to volunteer on several different levels, with time commitments to fit your individual schedule.

By joining PCMRC, you can volunteer in community centers, immunization clinics or disaster preparedness. This is an especially great opportunity for retired nurses to fulfill their continuing interest in caring for others.

For more info and a volunteer application, visit the Health Dept. website:

[tpchd.org/files/library/af61584292abdb0d.pdf](http://tpchd.org/files/library/af61584292abdb0d.pdf)

## PCNA Board 2016 | 2017

President .....Mike Krashin  
 Vice President.....Marcie Doyle  
 Secretary.....Amanda Mackey  
 Treasurer .....Agnes Balangue Herron  
 Treasurer Elect..... Michael Long  
 Directors ..... M. Josie Hansen  
 ..... Susan Jacobson  
 ..... Evelyn Street  
 ..... Karen Tranholt  
 ..... Angele McComb  
 .....(two open positions)  
 Student Rep ..... (open)  
 Executive Director .....Julie Long

## Help Raise Scholarship Funds Simply by Shopping with your Fred Meyer Rewards Card



Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to PCNA:

[fredmeyer.com/communityrewards](http://fredmeyer.com/communityrewards).

You can search for us by our name or by our non-profit number **87727**.

Every time you shop and use your Rewards Card, you are helping PCNA earn a donation for our nursing scholarship fund! You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

## Save the date WSNA

### Nurse Legislative Day

Feb 13, 8:00 am – 3:30 pm  
 512 Washington St SE, Olympia

Advocacy doesn't end at the bedside. You advocate for your patients every day. Learn how you can advocate for them effectively in Olympia, too.

Legislators and the public recognize that our daily caring for the health of our patients and communities give us valuable and unique insight.

On Nurse Legislative Day, you'll learn about the critical issues facing nurses and health in Washington State, and just as important, you'll discover how you can make a difference.

As nurses, we have one of the most trusted and respected voices ...Let's learn to use it!

CREATING A CULTURE OF SAFETY  
**TAKING RESPONSIBILITY TOGETHER**

Washington State Nurses Convention

May 3 - 5 • Tualip, WA

Register now for early bird rate!

[RNConvention.com](http://RNConvention.com)

To find out more and register for other events, visit [www.wsna.org](http://www.wsna.org)



**PIERCE COUNTY NURSES ASSOCIATION**  
PIERCECOUNTYNURSES.COM

223 Tacoma Avenue South • Tacoma, WA 98402



## 4th Annual PCNA Bowling Tournament

Saturday Feb. 25, 2017 12-2:30pm

Pacific Lanes Bowling • 7015 S. "D" Street, Tacoma

Start forming your teams and have a whole lot of fun raising money for nursing scholarships! A Light lunch will be provided. Prizes will be awarded for the most team spirit, the highest-scoring team, and the highest-scoring individual. **Register by Feb. 10** on the PCNA website:



- Individuals \$25
- Teams of four \$100
- Teams of six \$150

NOTE: \$11 of each registration goes directly to the scholarship fund and is tax-deductible.