



## 2020 Nurse of the Year: Leah Goodwin, BSN, RN-BC



Pierce County Nurses Association NOTY Leah Goodwin (front center in blue sweater) pictured with coworkers from the St. Joseph Medical/Surgical Unit.

**R**aised in Spanaway, Leah is a lifelong Washingtonian who climbed Mt. Rainier three times with her Dad. She began her career in nursing by earning her LPN degree at Clover Park Technical College. After working in nursing homes for a couple of years, she was hired at St. Joseph Hospital where she worked in the float pool while earning her BSN. She graduated from Pacific Lutheran University in 1987. For the last 32 years, Leah's worked at SJMC on the Medical/Surgical unit spending the last 30+ years on the 7th floor night shift as a staff nurse and a charge nurse. "I love my night shift. It works well for me. I am not a morning person."

Over the years, Leah has mentored many young nurses. She feels she was "lucky to get training from veteran nurses" when she started and feels it is important to return the favor and mentor young nurses. "I remember my first night very well. I tell new nurses, 'the first six months, you feel like you're disorganized and have so much to learn and you can feel overwhelmed. But by a year, you'll think now I feel more confident as a nurse.' It does get easier."

Leah also works to share her deep passion for compassionate patient care and the importance of teamwork. She encourages them to "imagine yourself as a patient and give the care you would like to receive." She encourages them to ask questions and be open to teaching and not to be too hard on themselves. She also shares with them that it's important

to adapt to change because there will always be changes - it's important to be "Flexible like Gumby" and then explains who Gumby is.

Leah has served on many committees including a couple of years on the contract negotiation team. She's been active for several years on the Pharmacy/Nursing Committee that works to prevent medication errors. She was involved with setting up the red tray procedure to help decrease interruptions when passing meds. "Being a nurse is having ideas and putting them out there." She encourages new nurses to get involved on committees and to constantly be learning and growing. "Every day is a different day and there will always be something new to learn."

Leah's impact on other nurses was very evident in the numerous nominations we received but Leah was surprised by her nomination for Nurse of the Year "I never realized how much I've touched people's lives by teaching. I love working with my co-workers and managers." The nominations echo that love and respect. They highlight Leah's amazing nursing skills as well as her passion for patient and staff safety and mentorship of new nurses. Leah was described as a "vault of knowledge", the "OG of nurses", "the go-to person for nursing questions", and "the rock of the night shift." They also spoke of Leah's big smile.

Leah's passion for learning and teamwork continues outside of work too. In 2000, she

## Name Change: Why Another Vote?

**O**n the 2020 PCNA ballot this Spring, over two-thirds of the members voting, voted to change our name to Rainier Olympic Nurses Association but there is one more step needed - a final vote by the membership at a meeting.

The Pierce County Nurses Association Board of Directors proposes to the membership that based on the tally of the membership ballot vote the following resolution be approved:

*"That Article 1 of Pierce County Nurses Association's Articles of Incorporation be amended to change the name of the corporation from Pierce County Nurses Association to Rainier Olympic Nurses Association."*

**Virtual Membership Meeting  
 to vote on this measure is  
 Tuesday, Sept 15 @ 5:30pm.**

Members are encouraged to register at [piercecounrynurses.com](http://piercecounrynurses.com).

## Your Vote Counts!

purchased a Model A on eBay because "it was cute." Leah and her husband now own four Model A's and she is very involved with the Gallopin Gertie Model A Club of Tacoma and volunteers at the LeMay Collections at Marymount Car Museum. She enjoys working on the Model A's and is helping to restore a 1930 Ford Model A Cabriolet at the LeMay - America's Car Museum in Tacoma. Leah's husband of 31 years, Allen, is very supportive of her work as a nurse and her volunteer work.

As Leah reflects on the last 35 years as a nurse, Leah shares that she is "proud to be a nurse and to be able to touch the lives of patients, families and coworkers." She has particularly enjoyed being a bedside nurse "By offering bedside care, I have hopefully made a difference and provided care with a smile."

# Supporting the Next Generation of Nurses

## 2020 PCNA Nursing Scholarship Recipients

### Florence Golda



#### Linda Trader

Nursing is a second career for Linda. After raising her daughter as a single mother working three jobs, Linda decided to

return to school to pursue her dream. In 2014 after a twenty year hiatus, she began her nursing education at South Puget Sound Community College. In 2018, she graduated with honors from Pacific Lutheran University BSN program. While in school, she worked as a Nurse Tech in the Medical Telemetry Unit and for the last two years she's worked full time in the St. Clare Hospital ER.

Linda is currently a DNP Psychiatric Mental Health Nurse Practitioner student at Pacific Lutheran University.

In addition to working and attending school, Linda has found time to volunteer both at work and in our community. She is a member of the Pierce County Medical Reserve Corps and the MRC Trauma Resilience Team. Linda plans to use her skills to provide "comprehensive mental health care to individuals in our community". She is also interested in teaching and mentoring future nurses.

Linda wrote in her essay "I am a nurse. Nursing is not just a career and a profession, but part of the essence of my existence and who I am as a person."

### Nayung (Nancy) Yim



Nayung (Nancy)'s passion for nursing began in 2007 after volunteering for a medical mission trip with her church to Honduras. They worked with surgeons, nurses and dentists to

provide free surgeries and dental care. "This truly opened my eyes and calling to become a nurse."

Starting as a med tech, then CNA, then LPN, Nayung graduated from TCC ADN program in March of 2012. Since 2012, she has worked at Good Samaritan Hospital. She began in PCU and ICU and then 4 years ago transitioned to Hospital Observation Unit as a Charge RN. In 2019, she also earned her PCCN certification. Nayung is active at work as a co-chair for their unit based council committee as well as on the Clinical Practice Council and Safe Staffing Committees.

Beginning in the Fall of 2019, she's been enrolled in the BSN program at University of Washington where she's maintained a

4.0 gpa while raising a family and working part time at Good Samaritan Hospital. Upon completion of her BSN program in June 2021, Nayung plans to continue her nursing education in graduate school and pursue a NP degree in public health.

### LPN to RN



#### Jihye Gaty

Jihye began her healthcare career as a Medical Assistant in Korea. After immigrating to the United States, she's advanced

her education from a CNA to LPN. This Fall, she begins the BSN program at St. Martin's University. She plans to work in oncology with minorities who are socioeconomically challenged. Her goal is to continue advancing her education at a graduate program and become a nurse practitioner.

Jihye's passion for education comes from her mom who taught her that "Education is your weapon. No one can steal it from you." Jihye's mom did not finish elementary school because, as the oldest child, she needed to earn money to support her siblings. Her mom went on to raise five children as a single mother instilling in them the value of education. "I will not give up on my dream to become a capable person who is able to help people whose lives are not much different than my mother's."

As a wife and mother of four children, Jihye is busy balancing work, school and parenting but she still finds time to give back as a leader in her church community and a volunteer with Joyful Mission and homeless meal sites.

### College



#### Alexandra Heldrich

Alexandra is currently attending University of Washington School of Nursing in Seattle.

After the death of her father after a long battle with a rare form of cancer 10 years ago, Alexandra knew she wanted to be a nurse. "From this point forward, I knew that I wanted to be a nurse so I could help others the way my father's nurses helped our family.

Over the last several years, Alexandra has volunteered in the community to expand her knowledge about a nursing career and support vulnerable populations. She first volunteered at Harborview Medical Center in the PACU where she learned

about the behind the scenes duties of nurses. She also volunteered with Gay City's free HIV and STI testing clinic. "My time at Gay City opened my eyes to the health disparities experienced by many LGBTQ people."

At UW, Alexandra is on the leadership team at UnicoRN, an LGBTQ student organization for the UW School of Nursing. She has also worked as a CNA for the last two years working in long term care centers and rehab facilities. These positions helped Alexandra advance her patient care skills and work alongside registered nurses.

Alexandra is interested in working in both hospital and community health settings as a travel nurse and "working with and advocating for the LGBTQ community in order to help advance LGBTQ-friendly and gender-affirming healthcare."



#### Samantha Jones

2017 was a defining year for Samantha. After earning a BA in media studies from The Evergreen State College,

she was headed into a career in media when her life took a dramatic shift. At the end of 2016, Samantha's unborn daughter was diagnosed with congenital hydrocephalus. 2017 brought multiple surgeries and hospital admissions for her daughter but also for her mom who in December of 2017 had a double lung transplant with life threatening complications due to necrotizing fasciitis. By the end of 2017, Samantha had become a full time caregiver for both her daughter and her mother.

These experiences and the nurses she witnessed helped her discover "an innate desire within myself to help people and take care of them in times of need. I want to impact people the way previous nurses impacted my family and myself."

Samantha is currently a student at Pierce College Nursing Program. She anticipates graduating next year with her ADN with plans to continue her education at UW Tacoma's RN to BSN program. "Because I have such a passion for patient safety, intense, quick and high acuity care, I plan to bring my skills to a NICU or PICU."



#### Heidi Russell

Heidi is currently a student at University of Washington Tacoma after enrolling in a direct transfer degree program from Tacoma Community College.

Her passion for nursing goes back to early grade school. However, Heidi's path involved first becoming an EMT. After graduating from the fire academy with Pierce County Fire District 13, she volunteered for 5 years as a firefighter/EMT for the communities of Browns Point and Dash Point. Her experiences as an EMT helped her develop a variety of skills - from staying calm during emergencies and valuing team members to exposure to disadvantaged populations and lack of resources.

After working as an EMT, Heidi took on a leadership role at Amazon as a Safety Specialist where she was "responsible for ensuring the safety of associates in a fast-paced and ever-changing warehouse environment." In this position, Heidi has been able to develop leadership and public speaking skills.

After completing her degree, Heidi plans to start her nursing career with an ER residency with the eventual goal of becoming a flight nurse. Heidi's long term education goal is to obtain a doctorate degree.



### Hailee Saul

Hailee wrote in her essay that being a nurse "has always been part of who I am." She shared stories of caring for friends and family as a young child by grabbing the first aid kit and tending to their wounds. "My compassion and desire to help has remained unchanged."

Hailee is currently enrolled at Olympic College Nursing Program. After she completes her ADN in 2021, she plans to begin work on her BSN degree. Her long term goal is to eventually become a nurse practitioner.

Over the last few years while working on pre-requisites, Hailee has worked as a CNA in a variety of settings from a memory care center to an urgent care to currently as an ER Tech at Jefferson Healthcare. All of these experiences have advanced her nursing skills. Her current position has also helped Heidi settle on a specialty.

Hailee enjoys working in the ER. "In working in the Emergency Department, I will be working with the entire community." She enjoys the pace of the ER and "you never know what each day will bring however, you will be helping people on their worst days."



### Rebecca Schulz

Rebecca is currently a BSN student at Pacific Lutheran University. She is a member of Delta Iota Chi and has served as her class representative since 2018. In addition to volunteering with Delta events, she volunteered at the 2019 PCNA Nurses Week banquet and is

a student representative on the School of Nursing Recruitment, Admission and Progression Committee. While majoring in Nursing, Rebecca has also earned a minor in Hispanic Studies.

Rebecca's early experiences helping to care for her father who struggled with a rare respiratory disease led her to decide to pursue a career in nursing. "I know firsthand what it is like to watch a loved one get sick and in my nursing career I would like to help families get through situations similar to those I have experienced."

While interested in both OR and ER settings, Rebecca is greeting each clinical rotation as an opportunity to explore working with different patient populations. Her career plans involve spending some time as a travel nurse and, in the future, exploring a graduate degree in Healthcare Administration. "I believe that nursing is underrepresented when it comes to hospital leadership."

## High School



### Trinity Marden

Trinity graduated from Gig Harbor High School this year with plans to attend Gonzaga University in the Fall. Recent events including the COVID-19 pandemic have shifted her plans. She is enrolled at Tacoma Community College where she will work on her prerequisites before transferring to a four year degree program.

Trinity's passion for nursing began when diagnosed as a child with a rare autoimmune disease. Through treatment, she witnessed countless compassionate healthcare providers. "I want to pursue nursing because I want to give back the kindness I received. I know that I will be able to make a difference in people's lives and to help them."

In addition to overcoming her rare autoimmune disease, Trinity has struggled with dyslexia. She's worked hard to cope with and overcome it. "My disability has helped me to be strong, hard-working, and optimistic."

While in high school, Trinity tutored kids at The Boys and Girls Club. Her time tutoring was very fulfilling. "It means the world to me that I can help those who are struggling."



### Grace McLaughlin

Grace graduated this year with both her high school diploma from Graham Kapowsin High School and her Associate in Pre-Nursing degree from Pierce College. This Fall, she enters Washington State University Nursing Program to earn her Bachelors of Science in Nursing.

Grace has always had a strong curiosity about living beings and when she discovered a profession that allowed her to learn more about biology while helping others, it felt like a perfect fit. Her passion for nursing grew during her experiences as a volunteer at Good Samaritan Hospital's Cancer Center as well as at Multicare's Nurse Camp. She was profoundly impacted by the patients that she encountered over her 100 hours of volunteer service.

During high school, Grace has also worked as a referee for youth soccer and as an assistant at a youth summer camp. She has used these experiences to strengthen her communication skills.

Grace's long term goal is to explore earning a Doctorate of Nursing Practice degree and become an ARNP. While she is interested in working in pediatrics or oncology, she is looking forward to clinicals where she can get "hands-on experience" in various populations and practice areas.

### Miyamora Rosenthal



Miyamora graduated from Stadium High School in June and begins her BSN degree at University of Hawaii Manoa this Fall.

After the death of her brother at a young age, Miyamora learned early about overcoming adversity and resiliency. She also knew at a young age that she "wanted to help others, particularly children." She joined Camp Eyasbut, a camp sponsored by Harborview that provides life changing experiences for young burn victims. At Camp Eyasbut, she volunteered alongside nurses. "This camp gave me valuable lessons not only about the impact we all have on other people but how much nurses make a difference in people's lives." Miyamora also attended Multicare's Nurse Camp. Her experience at Nurse Camp solidified her desire to work with children.

Miyamora plans to pursue a career as a pediatric nurse. "My goal is to work at Seattle Children's Hospital or Mary Bridge Hospital, gaining extensive knowledge that will allow me to travel the world and serve underserved populations." Her ultimate goal is to assist in international medical relief in Mexico/Latin America and Africa.

### Kylynn Anna Stringer



Kylynn graduated from Sequim High School in June. While still in high school, she began working on her prerequisites for the Peninsula College Nursing Program through Running Start. She plans to complete her associates degree at Peninsula College and specialize in pediatrics or labor and delivery.

Donate to the scholarship fund at [PierceCountyNurses.com](http://PierceCountyNurses.com) or email us to explore other ways you can support the next generation of nurses!

Kylynn's passion for pursuing a career in healthcare began early in her childhood. She shared that she always loved "pretending that they broke a bone and wrapping it in paper towels and tape as if it was a cast." After the death of her grandfather in 2017, she became increasingly interested in nursing. "I realized that as a nurse, I could help make someone's last moments of their life the best that it could be, and when I become a nurse, I will do exactly that with all my power."

During high school, Kylynn volunteered at Olympic Medical Center. As a volunteer, she has been able to have "interactions with the visitors and patients, meet staff that might one day be my colleagues, as well as learn a lot about the hospital itself." Since the outbreak of COVID-19, Kylynn has worked at Olympic Medical Center as a Screening Representative. She helps ensure the health of the hospital environment by taking temperatures of patients and visitors and screening them for COVID symptoms.



### Clara Trajico

A graduate of Steilacoom High School with several college credits through Running Start, Clara is a direct admit to St. Martin's University Nursing Program this Fall.

Clara's passion to pursue a career in nursing began early in her life when exposed to hospitals due to her sister's epilepsy. "I have grown to develop an appreciation for nurses. Through it all, nurses played a quintessential part in my family's life by easing the pain of our hardships. The beauty in being a nurse is that one is able to partake in a patient's triumphs and losses and be there to support them through it all. They are able to rejoice with them in times of happiness, but also support them in times of sadness."

To further explore a career in nursing, Clara participated in both Multicare Nurse Camp and Seattle Children's Nurse Camp. Through these, she was able to shadow seven different nurses in five different units. "Meeting patients and talking to the nurses I shadowed gave me hands-on experience and allowed me to visualize what it would actually be like to be a nurse."

From her experiences with her sister as well as at the Nurse Camp, Clara's dream is to work at Seattle Children's Hospital.

# Thank You! to Our Amazing Donors

Even without our silent auction, we raised over \$2,700 through our fundraising efforts last fiscal year. This will be combined with \$5,700 from the RONA budget and investments for a total \$8,400 available for nursing students in 2021. We offer a variety of scholarships for nursing students including our Florence Golda scholarship which is awarded to a member who is returning to school to advance his/her education. We would like to extend a special thank you to all of our donors! We greatly appreciate your support!

- Agnes Balangue Herron
  - Amanda Mackey
  - Annishia Henry
  - BeneFIT Medical
  - Branton Watkins
  - Chan Ly
  - Cherie Shaw
  - Christina Bradley
  - Christy Stapleton
  - Cindy Laughlin
  - Crazy Compression
  - Daffodil Bowl
  - Dennis Stephens
  - Dianna Kielian
  - Duke's Chowder House
  - Evelyn Street
  - Grand Cinema
  - Gretchen Maurer
- Happy Feet Company
  - Jackie Flowers
  - Jeds Beratio
  - Judith Turner
  - Judy Scott
  - Karen Crossman
  - Kimberley Russell
  - Kirk's Pharmacy
  - Kristin Wilcox
  - Lee Hendley
  - Liberty Bolante
  - Linda Tieman
  - Lynda Jackson
  - Mary Shaw
  - Mike Krashin
  - Monisha Gulani-Wasson
  - Museum of Flight
  - Nadine Chappell
- Nancy Coon
  - Narrows Plaza Bowl
  - Patricia Sanchez
  - Rhein Haus Tacoma
  - Ruby Hohn
  - Sandra Crossland
  - Seattle Mariners
  - Seattle Seahawks
  - Sonja Rasmussen
  - Sonya Miller
  - Susan Jacobson
  - Tacoma Art Museum
  - Tacoma Comedy Club
  - Tacoma Rainiers
  - Teri Moser Woo
  - Total Wine & More
  - Wilco Farm Stores
  - Wild Waves Theme and Water Park

## Monthly Giving Campaign

With COVID-19 impacting our ability to raise money at events, we've created a monthly giving program to raise money for scholarships for nursing students. Your tax deductible donations of \$5, \$10, \$20 per month will have a big impact for nursing students in our region. Visit our website to sign up as a monthly donor or give a one time donation. Let's support our future nurses and nurses who are advancing their education!

"I completed my NP degree and am working in a fantastic career field. I am able to work to the fullest extent of my degree, licensure and certification. NP's play a critical role in supporting the health and wellness of Washington residents and I get the opportunity to be a part of this."



JONATHAN LAPHAM, MSN, ARNP, AGPCNP-BC  
2015 PCNA SCHOLARSHIP RECEIPT

# Becoming a Nurse Amidst Covid-19



**W**e find ourselves in a very strange time. The world has changed suddenly and drastically. This is true for so much of our lives - at the bedside, at our homes, in our community. It has also changed how our future nurses are being trained. We asked **Ashley Eubank**, a past PCNA scholarship recipient to share with us how her experience as a nursing student has changed over the last few months. We seek insight into how we can all welcome and support these nurses who will be transitioning into their nursing career after some very difficult final quarters of nursing school.

## PCNA: How have your classes changed to be socially distant?



**ASHLEY:** Currently almost every class is online through zoom. Spring quarter we even had simulation online through zoom. This summer, the school was able to implement some changes so that we could get back into sim lab. Our group

of eight is split in half with four in a debrief room watching what was going on in simulation, while the remaining four were in sim lab. We had to remain 6ft apart at all times which meant simulation was a lot different than what most of us are used to. We are all so used to working as a team and that is virtually impossible with having to maintain a distance of 6 feet from one another. It has been challenging as a student, but I am grateful that I was able to get some in person lab time.

## What alternatives did you have for your hospital or nursing home experience?

Since we could not attend in person clinical Spring quarter, we were given a few different online resources so we could get our clinical hours. We met via zoom at our scheduled clinical time, then sent into individual breakout rooms to work through our scenarios. After the clinical day was over, we would meet back in the main

room and debrief our day and give report. Of course, it was nothing like taking care of real patients, and it was extremely frustrating at times trying to figure out what exactly each program was wanting you to achieve.

Sometimes in the programs we used there were scenarios that were not realistic. I will share one with you that I will never forget. It was a scenario about a 17-year-old who played football and came in with a concussion. When I was getting ready to do medication for this patient, I needed to use his weight to calculate how much medication he needed. The chart said the patient weighed 68lbs. I thought that can't be right, they must mean kg, and obviously online you can't directly ask the patient or weigh them, so I went with my assumption, and I was wrong. So, I had a 17-year-old that weighed 68lbs.

## How do you feel these changes to your nursing education will impact you as a nurse?

Fortunately, I am far enough into the program that I didn't have to miss learning essential hands on skills. Some of the levels below me had to validate their skills during this time and I can't imagine what it was like for them to learn these hands-on skills at home and not being able to practice, even with the mannequins at the school. I do feel at a disadvantage for missing an entire quarter of clinical and in person simulation, but I know I will have the opportunity to learn a lot during my preceptorship and eventually nursing residency.

## What are your fears as a new nurse?

My fear as a new nurse is just the feeling of being incompetent and just not prepared. Nurses have so much responsibility, it can sometimes feel overwhelming. People's lives and outcomes really depend on us and the care we give.

## How can we help you when you become a nurse to bridge any gaps in your experience?

I think the biggest thing that would help is showing patience and understanding that our nursing school experience has differed than the standard because of this pandemic. Be willing to teach, especially for those students who had to validate their hands-on skills at home. Just letting us know that you are here to help if we need anything is helpful too. Right now, I don't know what I might need once I become a nurse but knowing that I have resources available when I have any questions or concerns is reassuring and comforting.

Thank you!  
NURSES

## The COVID-19 pandemic has radically impacted our lives and careers.

As we write this, COVID-19 cases are again on the rise. We are hopeful that when you read this, they are on the decline. Rising or falling, phase 1, phase 2, or phase 3, nurses remain on the frontlines of this battle.

The stress and strain on nurses is profound. If you are struggling, we encourage you to reach out. We're including several resources available to support healthcare workers' mental health below and created a resource page on our website at [piercecountynurses.com/resources-for-nurses](https://www.piercecountynurses.com/resources-for-nurses) which will be updated regularly.

We also invite you to join us for a **free webinar on Saturday, October 10, 2020: DIY Tactics: Managing Distress in Response to Traumatic Situation at Work.** See ad on page 6.



## Resources

### Washington COVID-19 Mental Health Network

A group of Washington-based mental health professionals dedicated to connect frontline COVID-19 workers with licensed therapists for one-on-one, no-fee therapy, including free teletherapy visits. Learn more at [wacovid19therapists.com](https://www.wacovid19therapists.com)

### Trauma Recovery Network of Western Washington

A group of therapists trained in trauma recovery are offering a limited number of pro bono therapy sessions. Learn more at [traumarecoverywa.org](https://www.traumarecoverywa.org).

### Headspace

Headspace, an online meditation platform, is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020. [headspace.com](https://www.headspace.com)

### Happy App

ANA has partnered with Happy App which provides one-on-one support 24/7. Learn about this resource available to nurses at [happythemovement.com/ana](https://www.happythemovement.com/ana)

<b>Vice-President</b>	<b>Secretary</b>	<b>Treasurer</b>	<b>Director</b>
 Evelyn Street RN, CNOA Perioperative Svcs. Olympia	 Kimberly Russell RN Ortho-Med-Surg Lakewood	 Michael Long RN, CASHN Neuro Trauma ICU Tacoma	 Agnes Balanguie-Herron RN, RN Med-Surg Tacoma
<b>Director</b>	<b>Director</b>	<b>Director</b>	<b>Director</b>
 Christina Bradley MSN, RN, SCRN Nursing Supervisor Tacoma	 Debra (Debi) Brogan MSN, RN, C Faculty / L&D Grays Harbor	 Josie Hansen RN Clinical Instructor Gig Harbor	 Susan Jacobson RN, C Retired Tacoma
<b>Director</b>	<b>Student Rep</b>	<b>NOTE:</b> There are currently two open board positions. Serving on the board is a great way to support nurses and gain leadership skills. To learn more, email us at <a href="mailto:office@piercecountynurses.com">office@piercecountynurses.com</a>	
 Amanda Mackey RN, RN Ortho-Med-Surg Lakewood	 Ryan Miller PLU Nursing Student Tacoma		



**Tami Green**  
RN, BC  
Mental Health  
Lakewood

**M**any things are out of our control in these unprecedented times. It is difficult to stay on task and focus on the things we do have control over. As we focus on the things we can do, we decrease our anxiety over the things we can't do or don't have the answers for.

We are identified as health care leaders in our communities. We have the experience to stay calm in times of peril and we have the critical thinking skills to help our families, friends and neighbors

navigate our current health crisis. We need to set a good example by masking in public and social distancing as we can. We must provide non stop reminders about handwashing. We need to be regularly updating our information with the latest science and research around Covid-19 so that we can be the common sense leaders in our communities. Our WSNA and ANA websites are a great place to start.

We will get through this tough time, but only with focus and caring for one another. Please take care of yourself by attending our fall education webinar. **Even Heroes need a little help now and then.**



**PIERCE COUNTY NURSES ASSOCIATION**  
PIERCECOUNTYNURSES.COM

223 Tacoma Avenue South • Tacoma, WA 98402

## Save the Dates!

As we plan events, we're mindful that COVID-19 and the need for social distancing might change our plans drastically. Please visit our website for the most up to date information. If in-person events are not possible this Spring, stay tuned for more virtual events.

### GOING VIRTUAL:

- Special Membership Meeting | Tuesday, Sept. 15, 2020; 5:30pm
- Fall Ed Webinar | Saturday, Oct. 10, 2020; 10am to Noon
- Virtual Annual Meeting | Tuesday, April 20, 2021; 5:30pm

### HOPES FOR SPRING:

- Annual Bowling Tournament | Saturday, Feb. 21, 2021; 12 - 2pm
- Spring Ed Event | Saturday, March 27, 2021; Time TBD
- 2021 Nurses Week Banquet | Friday, May 7, 2021; 5 - 9pm

## Get Involved!

Volunteering with us is a great way to gain leadership expertise while promoting and supporting nurses and future nurses. To explore volunteer opportunities and sign up to be a volunteer, visit [piercecountynurses.com](http://piercecountynurses.com).

### Scholarship Committee

The Scholarship Committee is responsible for selecting recipients for the RONA scholarships. Time commitment: Approximately 6-7 hours in late March & early April to review applications & meet to finalize the selections. Reviewing of scholarship applications can be done in the office or remotely.

### Career Fairs & Talks with Nursing Students

PCNA/RONA meets with high school students and nursing students each year to talk with students about exploring a career in nursing and answer questions about transitioning into a nursing career. We would love to have you join us!



**Free Webinar for Nurses**  
**Saturday October 10, 2020 10am - Noon**  
**DIY Tactics: Managing Distress in Response to Traumatic Situations at Work**

Exposure to traumatic events is very common for nurses. There are emotional first-aid DIY tactics that can be used to cope. Distress arising from exposure to traumatic situations at work can be deflected and/or discharged by taking advantage of basic neurologically-based strategies.

By using these DIY tactics, nurses will be able to discharge emotional distress when it arises, deflecting many disturbing occupational experiences, and resolve/purge distress that still lingers from past upsetting experiences.

Objective: Nurses will learn how to execute a variety of DIY psychological tactics to prevent internalization of occupational trauma and to discharge distress stemming from secondary exposure to traumatic situations.

**Register at [PierceCountyNurses.com](http://PierceCountyNurses.com)**