



RAINIER OLYMPIC NURSES ASSOCIATION

ENGAGE + ENCOURAGE + EMPOWER + SUPPORT

The Evolution of Rainier Olympic Nurses Association

The counties of Pierce, Thurston, Grays Harbor, Mason, Kitsap, Jefferson and Clallam represent the northernmost part of the continental United States of America and Washington State. These counties now encompass the Rainier Olympic Nurses Association. It wasn't always this way. For decades, these counties were each their own district nurses association, a constituency district of Washington State Nurses Association (WSNA). On December 6, 2018, WSNA sought to provide a strong local association for all members and redrew the district boundaries, combining all 7 counties. And just like that the districts became a regional association! The Rainier Olympic Nurses Association, a regional nurses association supports over 3,300+ nurses across the Olympic Peninsula.

Each district has its own history. The oldest being Pierce County which filed Articles of Incorporation to Washington State on October 4, 1909 to officially become The Graduate Nurses' Association of Pierce County. After 56 years, and many banquets later, on January 14, 1965 the organization became Pierce County Nurses' Association or PCNA.

The histories of the other counties are less documented. Capital Nurses Association in Thurston County, Grays Harbor Nurses Association in Grays Harbor both supported nurses through education events and leadership opportunities. If you have any historical documents, photos from events, please let us know. We'd love to collect them and add them to the association archives.

At the time of the regionalization, the association did not know it was the beginning of several significant changes awaiting it.



In January 2020, the board voted to update the association name to more accurately represent the expanded region. They put two names on the ballot mailed to members in February 2020, Madrona Nurses Association and Rainier Olympic Nurses Association. The membership voted for Rainier Olympic Nurses Association. While there were a few more hoops to jump through including a vote at a meeting in the Fall of 2020, the new name was set. We became the Rainier Olympic Nurses Association (R.O.N.A.) at the same time the term rona became synonymous with something else.

In the spring of 2020, the COVID-19 pandemic upset the lives of everyone and nearly every business on the globe. Like many other businesses, schools and institutions, we made the shift to virtual assembly. While it impacted our hearts to not be able to gather in person, the board members quickly realized this was an opportunity to reach out to members whom we had not been able to connect with previously. We moved our

monthly board meetings to Zoom. This shift allowed board members who lived in counties outside of our Tacoma office area to easily attend meetings and offer their valued input and ideas. With the shift to virtual, the education committee was able to collaborate with several speakers and educational institutions to offer events via Zoom. The ability to record the presentations has allowed many nurses who were not able to attend live events to watch at a later time.

The third significant change the association would face in just three years was the sale of the building where the office had been located for twenty five years. The office now needed to find a new home. Oddly, it seemed fitting to now have to find a larger home for our growing membership and region.

After several months and many relocation board committee meetings, a new office space was selected to house the R.O.N.A. office. Among the amenities at 4115 Bridgeport Way W, Suite F in University Place, are a new bright, sunny space and a large meeting room where we can gather in person, have remote meetings and continuing education events for in person and remote attendance.

Our association has evolved from many districts to one large region with a new name and a new office. We hope you'll join us at our Nurse Week Banquet & Annual Meeting on Friday, May 6th and our Open House on Saturday, June 25th. To learn more and stay up to date on all our upcoming events, visit our website and sign up for our email list.

Open House



Join Us

Saturday
June 25, 2022
9-Noon

Laughter Yoga presented by
Barb Olson from 9-10am.

Stop by to see the new office, learn about
our plans for the upcoming year and
explore ways to become involved.
Or just stop by to say hello!
RSVP at rainierolympicnurses.org



4115 Bridgeport Way W Suite F
University Place, WA 98466

REMEMBER TO VOTE! POSTMARK YOUR BALLOT BY APRIL 16TH.



**Nursing Career
Information Sessions**

Volunteers Needed!

We're looking for nurses from a variety of specialties to participate in an information session for high school students.

To be notified about times and dates for upcoming sessions, sign up at rainierolympicnurses.org/volunteers-needed

Book Discussion for Nurses

**Saturday
April 16th
10:00-11:30am**



Book: *The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures* by Anne Fadiman



Discussion Facilitator:
Mary Anne Tagulinao, RN, BSN, MSN, CRRN, CNEcl

The first 20 nurses who register receive a copy of the book

In person event held at the new office:
4115 Bridgeport Way W Suite F
University Place, WA 98466

Thank you to our event sponsor:



REGISTER AT WWW.RAINIEROLYMPICNURSES.ORG

EVENTS TO REMEMBER

Book Club for Nurses
April 16 | 10-11:30am

Nurses Week Banquet and Annual Meeting
May 6 | 5-8:30pm

New Office Open House and Laughter Yoga
June 25 | 9-Noon

R.O.N.A. Night with the Tacoma Rainiers
July 16 | 7pm

Pre-recorded event:
Transgender Toolbox: Basic Tools to Provide Optimal Care.

Register on our website:
RainierOlympicNurses.org

Student Debt Clinics

We know that many members have had issues with student debt, whether that be struggling to make a monthly student loan payment because of how expensive it was or delaying big life events like marriage or purchasing a home because of the long-term drag of student debt.

New rules from the Department of Education have made Public Service Loan Forgiveness more accessible than ever for public service workers like you! R.O.N.A. along with WSNA have teamed up with the American Federation of Teachers, to provide members important information and free resources that will help access loan forgiveness. Visit our website and sign up for our email list to be notified about upcoming trainings.

Summer x

Student loans are a maze. We're partnering to guide the way.

Sign up or learn more at aft.org/benefits

RAINIER OLYMPIC NURSES ASSOCIATION NIGHT WITH THE TACOMA RAINIERS

RAINIER OLYMPIC NURSES ASSOCIATION NIGHT WITH THE TACOMA RAINIERS

Join in on the fun for an evening of baseball at Cheney Stadium! The Tacoma Rainiers take on the Oklahoma City Dodgers.

Saturday July 16th

Game Time: 7:05 PM Gates Open: 5:30 PM

GROUP EXPRESS TICKET - \$15 PER PERSON
• RESERVED SEAT TICKET

For tickets and information, visit: rainierolympicnurses.org

Nurse Appreciation Night
Thursday, May 5

Includes special ticket pricing and a limited-edition Mariners-themed stethoscope charm set when purchased through this link:

mlb.com/mariners/tickets/specials/nurse-appreciation#offer

What's This About An Electronic Ballot?

RAINIER OLYMPIC NURSES ASSOCIATION
 PURPOSE: ENCOURAGE • EMPLOYER • SUPPORT

NEW ADDRESS:
 4115 BRIDGEPORT WAY, WEST SUITE F
 UNIVERSITY PLACE, WA 98448
 (206) 220-7307
 OFFICE@RAINIEROLYMPICNURSES.ORG

2022 - 2023 Election Ballot

STEP 1: Mark your choices in the appropriate boxes for sections A and B.
STEP 2: Seal ballot in the small **BALLOT ENVELOPE**.
STEP 3: Seal **BALLOT ENVELOPE** in the **RETURN ENVELOPE**.
STEP 4: Write **NAME & ADDRESS** on **Return Envelope***.
STEP 5: **POSTMARK BY APRIL 16, 2022**.

*This is required to verify that you are a R.O.N.A. member in good standing and with voting eligibility. Ballot results will be announced at our 2022 Nurses Week Banquet & Annual Meeting on Friday, May 6, 2022. For more information and to register for this event, visit RainierOlympicNurses.org.

CANDIDATE REQUIREMENTS:
 All officers and board members commit to attending monthly board meetings and R.O.N.A. events, performing the duties of their specific office and participating in special committees. To be eligible for election you must hold current R.O.N.A. membership.

PLEASE NOTE:
 If you are interested in running for an open position:
STEP 1: Write your name in an available blank.
STEP 2: Download/printing **CONSENT TO SERVE** form (rainierolympicnurses.org/about/boards-of-directors).
STEP 3: Include this form with your **BALLOT RETURN ENVELOPE**.

A Board of Directors

President (2 year term)
 Tamara [Tam] Green (Lakewood) (2022-2024)
 (2022-2024)

Secretary (2 year term)
 Kimberley Russel (Lakewood) (2022-2024)
 (2022-2024)

Treasurer-Elect (3 year term: serves 1 year as Treasurer-Elect and 2 years as Treasurer)
 (2022-2025)

Directors (2 year terms) (select or write in box (4) total). (2022-2024)
 Debra (Debi) Bragan (Blaine) (2022-2024)
 Shanell Brown (Bosman) (2022-2024)
 Mildred (Lisde) Hansen (Cig Harbor) (2022-2024)
 Amanda Mackley (Lakewood) (2022-2024)
 (2022-2024)
 (2022-2024)
 (2022-2024)

B Bylaws

[1] Explanation: The following shall be added to Article II Section 2 to clarify the use of remote communication for meetings:
 Members may participate in a meeting of members through one or more means of remote communication through which members not physically present may participate in the meeting substantially concurrently, vote on matters submitted to the members, pose questions, and make comments. For any meeting of which one or more members may participate by means of remote communication, notice of the meeting will provide complete instructions for participating in the meeting by remote communication. Participation by such means shall constitute presence in person at a meeting.
 Shall this change be approved? YES NO

[2] Explanation: The following shall be added to Article IV Section 13 to clarify the use of remote communication for board meetings:
 Board members may participate in a meeting through one or more means of remote communication through which members not physically present may participate in the meeting substantially concurrently, vote on matters submitted to the members, pose questions, and make comments. For any meeting of which one or more members may participate by means of remote communication, notice of the meeting will provide complete instructions for participating in the meeting by remote communication. Participation by such means shall constitute presence in person at a meeting.
 Shall this change be approved? YES NO

[3] Explanation: The following wording in red shall be added to Article IV Section 8 and Article VII Section 1 to provide for the use of electronic ballots for future elections.
 Article IV Section 8: All officers and directors shall be elected by secret mail or electronic ballot.
 Shall this change be approved? YES NO

Article VII Section 1: These bylaws may be amended at any annual or regular meeting by a two-thirds (2/3) vote of the members present and voting, provided the proposed amendments have been made available to all members at least two (2) weeks previous to the meeting or by secret mail or electronic ballot with a two-thirds (2/3) vote of all officers and directors shall be elected by secret mail or electronic ballot.
 Shall this change be approved? YES NO

A measure on this year's R.O.N.A. ballot will allow for the use of an electronic ballot in the future. If approved, beginning next year, members who have a valid email address in their membership record will receive an email with a one time link to vote. All ballots will continue to be secret. Don't have a valid email address? You will continue to be mailed a paper ballot as in past years.

This change will not only save thousands of dollars, it will save trees too.

To update your email address in your official R.O.N.A. membership record, please contact the Washington State Nurses Association membership office at membership@wsna.org.

Ways to Volunteer and Get Involved

Serving on a committee is a great way to connect with fellow nurses outside of your workplace. It's easy to serve. Most committees are a short-time commitment of just a few hours per year.

Scholarship Committee

Help select the recipients of the R.O.N.A. scholarships! The committee also reviews and proposes changes to the application process and applications. Each committee member is responsible for reviewing all of the applications individually and then the committee meets to finalize their selection. Both the review process and meeting occur in early April. Typical time commitment: 10-15 hours depending on number of applications received.

Outreach Committee

Explore and support opportunities to connect with members and promote R.O.N.A. The committee also meets once a year in the Fall to plan for the coming year and, again, in the Spring if needed. Typical time commitment 4-6 hours.

Education Committee

Help select/develop topics for upcoming education events and find presenters. The committee meets 1-2 times in the Spring/Early Summer to plan topics for the coming year and maybe again in the Fall to finalize plans. (R.O.N.A. follows a fiscal year July to June), and the typical time-commitment: 6-8 hours.



Fundraising

Help us raise money for the next generation of nurses! Plan and, with the support of staff, assist in the execution of our fundraising events and campaigns. Traditionally, we have two main fundraising events. Our Bowling Tournament at the end of February and a silent auction at our Nurses Week Banquet in May. The committee will develop and support additional fundraising campaigns - Giving Tuesday, monthly giving, etc. The committee meets 2-4 times a year to plan fundraising activities and help procure donations. Typical time commitment is 20 to 30 hours per year with with most of the activity being in the Spring.

Visit the R.O.N.A. website to learn about all of our committee service opportunities.

Ways to Give

Monthly Giving

R.O.N.A. has 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 to give a one time donation. Let's support our future nurses and those who are continuing to advance their educations!



Fred Meyer Rewards

Raise funds for Nursing Scholarships and still get all your Rewards and Fuel points! Just go to:

FredMeyer.com/CommunityRewards

and link your rewards card to our R.O.N.A. nonprofit number: **HF098**

Continuing Education and Practice Hours

Changes to NCQC Requirements

Effective June 12, 2021, Nursing Care Quality Assurance Commission (NCQC) reduced education and active nursing practice hour requirements for active, inactive, expired, and retired-active nurse credentials and changed the reporting period. It's now easier to maintain your continuing education and active nursing practice hours.

Changes include:

- Continuing education and active nursing practice hour renewals are now yearly.
- Active nursing practice continuing education hours changed to at least 8 hours a year.
- Active nursing practice hours changed to at least 96 hours a year.
- Retired active nursing practice continuing education hours changed to at least 8 hours a year.

For more info., see final rulemaking orders WSR 21-11-032 and WAC 246-840-210.



Tami Green
RN, BC
Mental Health
Lakewood

Come Together Amid Chaos

The world continues to bring us chaos and uncertainty and our members continue to report challenges at the workplaces and difficulties in providing quality care to patients in all health care settings. So, what is a nurse to do? We have been showing up and putting one foot in front of the other, carrying on for our patients for several years with no relief in sight. It is definitely time to Come Together.

Nurses Week 2022 is around the corner and with the recent improvements in our pandemic situation we are finally feeling safe enough to actually come together for in person to celebrate. Our Nurses Week Banquet and Annual Meeting will be held on Friday, May 6, 2022 in Tacoma. We will honor our **Nurse of the Year**, recognize our scholarship winners and finally come together in person to enjoy and appreciate each other.

I hope you can join us at our banquet. It will be a wonderful time to appreciate each other and honor the hard work we do. But, if you can't make it, please take some time during Nurses week to Come Together with some of your nurse friends and honor and enjoy the company of colleagues that have tread the same path over the last few years. Laugh, cry, hug, support and honor the wonderful people that you are and the amazing work you do every day.

Vice President	Secretary	Treasurer	Director	Director	Director
					
Susan Jacobson RN, C Retired Tacoma	Kimberley Russell RN Ortho-Med-Surg Lakewood	Kristen Hanson BSN, RN, CCRN ICU/PACU/OR University Place	Agnes Balangué-Herron BSN, RN Med-Surg Tacoma	Christina Bradley MD, RN, SCR Nursing Supervisor Tacoma	Shanell Brown BSN, RN Public Health Nurse Tacoma
Director	Director	Director	Director		
					
Debi Brogan RN, BC Faculty / L&D Elma	Josie Hansen RN Clinical Instructor Gig Harbor	Amanda Mackey BSN, RN Clinical Informatics Lakewood	Evelyn Street RN, CHRP Perioperative Svcs. Olympia		



Keep up to date on Association activities and events, like us on Facebook and follow us on Instagram.

REMEMBER TO VOTE!

Postmark your ballot by **APRIL 16th**.



4115 Bridgeport Way W., Suite F.
University Place, WA 98466



We'd love for you to share photos of your gatherings with fellow nurses. Are you a member of our Rainier Olympic Nurses Association group on Facebook? Join the group and share your photos of your celebrations with your fellow nurses.

In-Person Banquet

Yes, we're planning an in-person banquet for Nurses Week! If you're comfortable, we hope you will join us. Visit our website for all the COVID protocols. We'll be notifying attendees of any changes.

2022 NURSES WEEK BANQUET & ANNUAL MEETING

Limited Seating! Friday, May 6th 5-8:30pm

Landmark Convention Center
Roof Garden Ballroom
47 St. Helens Avenue
Tacoma, WA 98402

- Honor our Nurse of the Year and Scholarship Winners
- Gift Basket Raffle to support the R.O.N.A. Scholarship Fund
- Proof of vaccination or negative COVID test required by venue
- Retired nurses join us for free with advance registration
- \$25 (until April 29th) | \$30 at the door if space available



Come Together!

REGISTER TODAY - RAINIEROLYMPICNURSES.ORG

