Join us for education, celebration and connection

Guest speakers and panel
Three guest speakers will discuss local resources available for the homeless. Rob Stewart, Executive Director from New Horizons will share how they connect homeless youth with basic services in order to exit street life. A guest speaker from Mary’s Place will talk about providing safe shelters and services to support women, children and families. Tiffani McCoy, vendor and lead organizer at Real Change, will explain how her organization provides immediate employment for homeless people.

Our discussion panel will include past recipients of KCNA Community Grants who will share their experience and insights. Emerin Hatfield, BSN used grants for multi-culture books for families and age appropriate toys for proper development. Esther Tung, BSN, MS-CNE, RN utilized grants to support mothers and families with successful breastfeeding through the Nurse Family Partnership. Antwinett O. Lee, EdD, MS-CNE, RN, Seattle Pacific University, partnered with nursing students to compete service projects addressing human trafficking, educational badges for ER nurses and infection control measures for Union Mission Hope Place.

Cost and registration
$15 for KCNA members and nursing students/$40 non-members. Includes coffee, box lunches and handouts. Registration deadline is October 21, 2019.
Dear KCNA Members,

I am excited to begin my second term as your President and appreciate your support. We have a great lineup of programs for fall 2019 through spring 2020 including a special celebration of the 200th birthday of Florence Nightingale on April 4!

As an educator, the fall season has always been a time of change and new beginnings and that sense of excitement extends to my work with KNCA. To begin with, I want to encourage you to take advantage of our upcoming educational events cultivated by the Program Committee, each providing you with a Certificate of Attendance to be used towards your license renewal. Remember that members enjoy reduced rates for these events, all thanks to a special partnership with Salal Credit Union. Event information is included in this issue and can be found on our website at kcnurses.org.

I am also happy to announce that the election results have been tabulated and the following appointments have been made:

**Board of Directors:** President: Antwinett O. Lee; Treasurer: Anne Poppe; Members at Large: Judy Albers, Frankie Manning, Brittany Rios, Heather Stephen-Selby and Emily Vinson.

**Nominating Committee:** Chris Henshaw (Chair, most votes), Tamryn Aalvik and Hannah Jeong.

Our fall board meeting will be on September 19, 2019 where we will analyze our progress with the Strategic Plan. Our findings will guide our next steps in program offerings, publications, social media, and innovative ways to engage members.

Here are a few examples of how KCNA is making progress:

**Website:** Improved sections for “Getting Involved” and “Nurse Awards” to increase ease of use in submitting information.

**Social Media:** Began utilizing a program to create colorful and polished posts. Like & follow us on Instagram: kcnurses and Facebook: facebook.com/@kingcountynurses.com

**MentorLink:** Updated the program with advice from past participants.

**Community Grants:** Expanded the program to include an option for grant renewal for ongoing projects.

**New Member Services Director:** Jennifer Bravo joined us in March after Rose Williamson retired after 17 years with KCNA. Jennifer has a background in non-profit management and worked alongside nurses when she was as a therapeutic activities director in long-term care. Welcome to the team!

I would also like to take this opportunity to honor our incredible 2019 Shining Star awardees and our 18 scholarship recipients who received $3,000 each toward their nursing education. You will be amazed by the contributions of awardees and the commitment to social justice held by scholarship recipients. Read more about them on page 5 of this edition and plan on attending the May 7, 2020 Gala when we will announce our 2020 awardees and scholarship recipients!

Please join me and commit to getting involved with KCNA. I look forward to meeting you at upcoming events.

Warmest regards,

—Antwinett O. Lee, EdD, MSN-CNS, RN

President
More education, celebration and connection

CONTINUED FROM PAGE 1
Topics will cover the basics of budgeting, common goals and financial planning as well reducing debt, discovering your risk tolerance, investment options and asset allocation.

Presenter
Adrian Hedwig, CFS Financial Advisors at Salal Investment Services. He provides a full range of investment services through CUSO Financial Services, L.P.

Cost and Registration
No charge for KCNA members. Space is limited—register early. Dinner is provided. **Registration deadline is November 4, 2019.**

The Moment of Lift Book Club
Monday, December 2, 2019
Dinner 5:30–6:00 PM/
Discussion 6:00–7:30 PM
Good Shepherd Center,
4649 Sunnyside Ave N, Room 202, Seattle
1.5 hours Certificate of Completion

Program

Participants will gather together for dinner and a facilitated informal discussion about the book.

Facilitator
Chris Henshaw, EdE, RN, Professional Development Specialist, Virginia Mason will facilitate the discussion. Chris is an active member of KCNA and has served on the Program, Finance and Nominating Committees as well as on our Board of Directors. She is looking forward to an engaging conversation about this important book.

Cost and Registration
$20 for KCNA members/$45 non-members. **Registration deadline is November 15, 2019.** Books will be mailed upon registration. Event costs underwritten by Salal Credit Union. Capacity is limited to 40 to ensure an intimate book club format. We are unable to accommodate students.

**BEFORE THE EVENT:** Read the book in advance and be ready to discuss how it relates to your work as a nurse.

Thank you, volunteers! Get involved
We want to take this opportunity to say: “Thank You!” to all of our volunteers! We so appreciate all that you do! KCNA volunteers serve on the KCNA Board of Directors, on committees, task forces and special interest groups. They also help at programs, events and with fund raising efforts.

Have you considered getting involved?
Being active with KCNA can bring greater career satisfaction and help you build connections in your field. We recently updated the Getting Involved section of our website and have made it easier for you to let us know your area of interest: kcnurses.org/members/getting-involved

KCNA Calendar of Events

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<tr>
<th>Date</th>
<th>Event</th>
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<td>October 26, 2019</td>
<td>Fall Nursing Summit</td>
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<td>November 7, 2019</td>
<td>Money Matters Seminar</td>
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<tr>
<td>December 2, 2019</td>
<td>The Moment of Lift Book Club</td>
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<td>February 29, 2020</td>
<td>District Meeting</td>
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<td>April 4, 2020</td>
<td>Florence Nightingale Musical</td>
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<tr>
<td>May 7, 2020</td>
<td>2020 Annual Gala</td>
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</tr>
</tbody>
</table>

Details and registration at kcnurses.org.
Mark your calendars for these 2020 events

DISTRICT MEETING:
Trauma-Informed Care and Harm Reduction
February 29, 2020 • 8:30 AM–1:00 PM
Good Shepherd Center,
4649 Sunnyside Ave N, Room 202, Seattle

Program will include the following guest speakers:

- Heather Stephen-Selby, ARNP, Health Point Community Health Clinics
- Amy M. Curtis, BSN, RN, Healthcare Recruitment Specialist, Public Health — Seattle & King County
- Anneleen Severgnen, RN, MN, Training and Development

Florence Nightingale Musical
Saturday, April 4, 2020 • 6:30–8:30 PM
Good Shepherd Center,
4649 Sunnyside Ave N, Chapel Theater, Seattle

Program:
A very special celebration and theatrical performance in honor of the 200th birthday of Florence Nightingale. Created by Pamela Gerke and performed by HeartsHealthArts.org, this musical reveals the passionate nature of Florence Nightingale and her important contributions to nursing.

2020 Annual Gala
Thursday, May 7, 2020 from 5:30–9:00 PM
Ballard Bay Club, 6413 Seaview Ave NW, Seattle

KCNA’s signature annual event. Join us as we celebrate 117 years of KCNA! This evening event includes dinner, an auction to raise scholarship funds and presentation of our prestigious Shining Star Nurse Awards and scholarship recipients.

Additional details and registration information for 2020 events will be posted as they become available. Be sure to sign up on our website at: kcnurses.org/members/news to receive our News2Use electronic newsletter which will keep you informed about event details and reminders.

We celebrate the 200th birthday of Florence Nightingale on April 4, 2020.
King County Nurses Association has recognized outstanding nurses and those who serve the nursing profession annually since 1961. Please join us in celebrating this year’s awardees:

**ROSE WILLIAMSON:** Rose recently retired as Member Services Director after 17 years of committed service to KCNA. Rose's responsibilities included event support, member and student communications, social media and the production of *The Advocate* printed newsletter and various online e-news bulletins.

**SALAL CREDIT UNION:** Salal Credit Union is a key supporter of KCNA, providing funds for nursing scholarships since 2011. Since 2016, Salal has additionally provided funds for educational events and community grants. This year it provided $29,000, including five scholarships of $3,000.

**PEGGY BALDWIN, RN:** Peggy has been a nurse for 25 years, with 22 of those years at the King County Correctional Facility in Public Health Services. She graduated from Western Wyoming Community College and is well loved by coworkers and supervisors alike. She is praised for her clinical skills, team work and positive leadership style.

**MELISSA ERDMAN, BSN, RN:** Melissa has been a nurse at the King County Correctional Facility in Public Health Services since graduating with her BSN from Seattle University in 2004. She is described by her coworkers as “…the epitome of who a nurse should be, she is a tenacious care giver and a beloved co-worker.” Beyond nursing, she has a degree in Marine Carpentry and even worked as a boat builder before becoming a nurse.

---

**Shining Stars**

**Congratulations to our Shining Star Award recipients**

Getting to know MentorLink

**Application deadline is October 15, 2019**

**Required orientation on October 29, 2019, 5:30–7:30 PM at the Good Shepherd Center in Seattle**

KCNA’s MentorLink Program is designed to develop partnerships within the KCNA community, strengthening connections, fostering a greater sense of belonging and supporting the future of nursing. Mentees are KCNA members who are new graduates, KCNA nursing scholarship recipients or KCNA members who are new to a particular nursing position. Mentors are KCNA members who are experienced in their field and have a desire to be role models, provide advice, be supportive and share their knowledge and experience with others.

This program is designed to be fun, flexible and inspirational. It’s up to each mentor team to determine how often they meet and the best way to communicate. It might be in person, by email, text or another way of communicating.

**Interested in applying to be a mentor or a mentee?**

Visit our website to apply: kcnurses.org/members/mentorlink
King County Nurses Association 2018–2019 Highlights

RN Professional Education

- PROVIDED CONTINUING NURSING EDUCATION, including:
  - Fall Nursing Summit: Helping the Homeless
  - Home Lending for Nurses
  - Self-Care Skills for Nurses
  - Poverty Immersion
  - The Four Rs of Becoming a Nurse Educator

Community Collaboration

- THANK YOU TO SALAL CREDIT UNION for its sponsorship of scholarships, community grants, and educational offerings!

  ![SALAL Credit Union](image)

- COMMUNITY GRANTS: KCNA granted $7,500 for six community health projects that linked KCNA members with local nonprofits.
  - Human Trafficking for Emergency Department Nurses
  - Infection Control Stations at Hope Place
  - Seattle-King County Clinic
  - Cold Kits for Real Change Vendors
  - Supporting Successful Breastfeeding for Nurse Family Partnership Families
  - Holiday Purses with Personal Hygiene Items for Mary's Place

Member Services

- MENTORLINK program matched five teams including experienced nurse members with scholarship recipients, new graduates or nurses in a new position.

  ![MENTORLINK](image)

- PROVIDED COMMUNICATIONS to members through our printed newsletter The Advocate, our e-newsletter News2Use as well as through social media channels including Facebook & Instagram.

  ![KCNA Members](image)
COMMUNITY FINANCIAL SUPPORT: KCNA provided 27 local nonprofit organizations with support of $100–$500 (exceptions noted) with an emphasis on helping the homeless and supporting the community:

- Western Washington-National Association of Hispanic Nurses Association
- Project Cool for Back to School Backpacks for Homeless Kids
- Real Change—Cold Kits for Vendors
- Asian Counseling & Referral Services
- Atlantic Street Center
- Fare Start
- Filipino Nurses/Health Care Professionals Assn
- First Place
- Food Lifeline
- Friends of Youth
- Heroes for the Homeless
- Mary Mahoney Professional Nurses Organization ($3,000 for a full scholarship)
- Mary’s Place
- New Beginnings
- Noel House
- Northwest Harvest
- Nursing Students of Washington State
- Real Change ($1,000 for cold kits)
- Renton Area Youth & Family Services
- Seattle/King County Coalition on Homelessness
- Sophia Way
- Sound Generations/Central Area Seniors
- Teen Feed
- The Market Foundation (Pike Place Senior Center)
- Treehouse
- Union Gospel Mission
- UW SON DAWGS
- Washington Women in Need
- Western Washington National Assn of Hispanic Nurses
- Youth Care

AWARDED 18 SCHOLARSHIPS of $3,000 in 2018 to nursing students who show academic excellence and a commitment to social justice.

COMMUNICATED WITH A LIAISON at each of the 13 nursing schools in King County and provided The Buzz e-newsletter to nursing students.

PROVIDED OPPORTUNITIES FOR STUDENTS to attend KCNA events at no cost or at a reduced-rate.
KCNA members attend ANA Assembly

KCNA made financial support available as needed for members to attend the American Nurse Association Membership Assembly in Washington D.C. District Two members in attendance included Suzanna Avery Stercho, Jennifer Graves, Judy Huntington, Anita Stull and Rosa Young.

KCNA board members attend WSNA Convention

KCNA was proud to have a presence at the WSNA Convention held in May 2019 at the Tulalip Resort Casino in Tulalip. The theme for the convention was “Transforming Health Care through the Power of Nursing.” KCNA board members and staff hosted a table, shared information and attended sessions. Those in attendance reported that it was a positive experience that gave them the opportunity to connect with their colleagues and fellow professionals.

KCNA in the Community

Sign up to volunteer at the Seattle/King County Clinic

The Seattle/King County Clinic is scheduled for February 13–16, 2020 at Seattle Center. The clinic brings together health care organizations, civic agencies, non-profits, private businesses and volunteers from across the state of Washington to produce a giant free health clinic at Seattle Center. The four-day, volunteer-driven clinic provides free dental, vision and medical care to anyone in the region who struggles to access and/or afford health care.

Volunteer registration opens September 3, 2019. They are looking for dental, medical and vision professionals as well as interpreters and general event assistance.

TO LEARN MORE: Visit seattlecenter.org/volunteers.

KCNA takes part in Project Cool

KCNA staff and members volunteered for Project Cool held in July 2019, helping to pack over 600 backpacks with basic school supplies for homeless students. This annual volunteer event is managed by the Seattle/King County Coalition on Homelessness. Project Coordinator Neepam Shah stated, “Thanks to our volunteers, students will receive a vote of confidence in the form of a fully-stocked backpack, just in time for the first day of school!”
Donors make a difference! $34,954 raised for KCNA Scholarship Fund

King County Nurses Association is grateful to these individuals and businesses who supported our Scholarship Fund through contributions of cash, certificates or tangible items. Thank you!

**Five Full Scholarships — $15,000**
- Salal Credit Union

**Benefactor — $200–499**
- Kathryn Anderson
- Darlene Von Lehman
- Pamela Mitchell
- Janice Kaplan-Klein
- Barbara Innes
- Pat Greenstreet
- Marjorie Batey

**Visionary — $500 or more**
- Salal Credit Union
- Vision of Giving Foundation
- Seattle Art Museum
- Seattle Repertory Theatre
- Seattle Opera
- Seattle Shakespeare Company
- Seattle Symphony Orchestra
- Seattle Symphony Orchestra Education Trust
- Seattle Center Foundation

**Sponsor — $100–199**
- Judy Albers
- Ingrid & Eric Anderson
- Mary Baroni
- Mary Lee Bell, in memory of Bertha Davis
- Pamela Brucks, in honor of Jacqueline Reynolds
- Bridgett Chandler
- Carolyn Clark
- Lori Cross
- Heather Depuydt
- Sean Dumas
- Shirley Gilford
- Anita Hedlund
- Chris Henshaw
- Judy Huntington
- Carol Sue Ivory
- Sujeong Kim
- Pauline Lao & Brent Crocker
- Avenia Miller-Burch
- Teresa Mitre
- Vanetta Molson-Turner
- Steve Palazzo
- Mikhaila-Dorothy Pena
- Cyndie Richter-Juarez
- Amy Ridley
- Shannon Roosma-Goldstein
- Lio Saephanh
- Christopher Salatka
- Kay Skaffun
- Barbara Van Droof
- Sue Vermeulen
- Rosa Young

**Partner — $50–99**
- Anjaneette Allard
- Sofia Aragon
- Mary Burroughs
- Deborah Greenleaf
- Anne Hirsch
- Cynthia Kalka
- Mat Keller
- Ellie Marsh
- Helen Matthewson
- Anne Poppe
- Barbara Smith
- Debbie Wilkenson

**Friend — up to $50**
- Elena Boozo
- Dara Chapman
- Susie Chavez
- Debra Eckerlin
- Linda Filipi
- Linda Frank
- Vaani Ganeson
- Justine Gifford, in honor of Harborview Nurses
- Tara James
- Antwinti O. Lee
- Sandra Leick
- Mary McNaughton
- William Michael
- Sam Murray
- Peggy Pomeroy
- Charlotte Ruff
- Melanie Sedigo
- Heathen Stephen-Selby
- Elizabeth Wiley, in honor of Janice Ellis

**2019 Auction Business Donors**

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<th>Pam Newsom</th>
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<td>Alpine Specialty Cleaning</td>
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<td>Northwest African American</td>
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<td>Anthony’s Restaurants</td>
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<td>Museum of Art</td>
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<td>Bakery Nouveau</td>
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<td>Marjorie Batey</td>
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<td>Bellevue Arts Museum</td>
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<td>Bellevue Collection</td>
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<td>Beneath the Streets</td>
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<td>Bloedel Reserve</td>
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<td>Brown Bear Car Wash</td>
<td>Renaissance Seattle Hotel</td>
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<td>Caffe Ladro</td>
<td>Ride the Ducks Seattle</td>
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<td>Cascadia Art Museum</td>
<td>Salal Credit Union</td>
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<td>Cedarbrook Lodge</td>
<td>Saltoro Restaurant</td>
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<td>Cheesecake Factory</td>
<td>Seattle Art Museum</td>
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<td>Chef John Howie Restaurants</td>
<td>Seattle Gift Basket Co.</td>
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<td>Comedy Underground</td>
<td>Seattle Gilbert &amp; Sullivan</td>
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<td>Crown Plaza Seattle</td>
<td>Society</td>
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<td>Dick’s Drive In</td>
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<td>Dimitriou’s Jazz Alley</td>
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<td>Eight Bells Winery</td>
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<td>Elephant Car Wash</td>
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<td>Heavy Restaurant Group</td>
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<td>Henry Art Gallery</td>
<td>Swiminish Casino &amp; Lodge</td>
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<td>Hoodsport Winery</td>
<td>Tacoma Art Museum</td>
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<td>Judy Huntington</td>
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<td>Barbara Innes</td>
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<td>University Book Store</td>
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<td>Mitre Family</td>
<td>Sue Vermeulen</td>
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<td>in honor of Jim Mitre</td>
<td>Vertical World</td>
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<td>MoPOP</td>
<td>Wing Luke Museum</td>
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<td>Museum of Glass</td>
<td>Yuen Lui Studios</td>
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Ensuring the Future of Nursing

While it is important to take the time to celebrate our fund-raising successes, our efforts cannot stop. In 2019, we provided 18 students with $3,000 scholarships each, and we want to meet or exceed that for 2020!

This is what one of our recent scholarship recipients had to say: “My sincere gratitude for this life changing support. This means the world to me and has given me hope at a point where I was facing with dropping out of school. I do look forward to a day when I can give back…”

If you would like to make an impact on the lives of students, please consider making a tax-deductible donation today! Visit [kcnurses.org](http://kcnurses.org) and click on the purple “Donate” button, OR send a check to KCNA, 4649 Sunnyside Avenue North, Room 352, Seattle 98103.
King County Nurses Association is a professional organization of registered nurses, committed to supporting members in education, advocacy and community service.

BOARD OF DIRECTORS

President:
Antwinett O. Lee

Vice President:
Pamela Newsom

Secretary:
Pauline Lao

Treasurer:
Anne Poppe

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Brenda Balogh
Carolyn Clark
Jane Kim
Frankie Manning
Brittany Rios
Heather Stephen-Selby
Emily Vinson
Darlene Von Lehman
Rosa Young

STAFF

Executive Director:
Sue Vermeulen

Member Services Director:
Jennifer Bravo

COMMITTEES AND SPECIAL INTEREST GROUPS

Finance Committee
Membership/PR Subcommittee
Neighborhood Health SIG
Nominating Committee
Nursing Practice SIG
Program Committee
Scholarship Committee
Community Grant Task Force

KCNA Event Cancellation/Refund Policy: If a registrant is unable to attend an event, a substitute may be sent or the registrant may receive a refund by informing KCNA by the registration deadline. A $5.00 cancellation fee will be withheld to cover processing expenses. No refunds will be made after the event registration deadline, and no-shows will be billed. If an event is cancelled by KCNA, registrants will receive full refunds.

KCNA: A Constituent Association (District 2) of Washington State Nurses Association • 4649 Sunnyside Ave N, Rm 352 • Seattle, WA 98103
Phone: 206-545-0603 • Email: knurses@kcnurses.org • Website: kcnurses.org

The Advocate is published to inform KCNA members about issues and activities that affect their professional growth.