

Celebrate nursing with KCNA this spring

Gala★22

A CELEBRATION OF NURSING

Thursday, May 12, 2022
6:30–7:45 PM via Zoom

CELEBRATE NURSES!

King County Nurses Association cordially invites you to our **119th Annual Gala**, a very special evening celebrating nurses and the nursing profession! Plan on attending this special event that concludes National Nurses Week.

Festivities will include the presentation of **2022 Shining Star Nurses Awards**, introduction of our **2022 scholarship recipients**, and the culmination of our GiveBig campaign to raise **scholarship funds**. To make this event even more festive, we have invited a special guest emcee to be our guide for the evening, and we have created a signature cocktail/mocktail just for this event! Plan on joining in to celebrate nurses and the nursing profession. **Sign up as an early-bird to be included in the door prize drawings.**

Gala Emcee

Cheryl L. Cooke, PhD, DNP, PMHNP-BC, Psychiatric Nurse Practitioner, is owner of Cooke Therapy and has been

a registered nurse for nearly 40 years. Dr. Cooke worked in hospitals, community health and home care settings and returned to get her master's and PhD in Nursing. Dr. Cooke's research and expertise is in race/racism, mental health, women's health and health policy issues. As a nurse who has "been there and done that," Dr. Cooke looks forward to sharing an evening of genuine fun and celebration!



Cost

\$25 for members / \$35 nonmembers / \$10 nursing students. All fees support the KCNA Scholarship Fund.

Registration

Register online at kcnurses.org by May 5, 2022. **Early Bird Registration Deadline: April 15, 2022:** All early birds will be entered into a drawing for one of 10 door prizes featuring party celebration items, KCNA travel mug, swag, and a Starbucks card.

Signature cocktail/mocktail

Upon registration, you will receive the recipe for our signature cocktail/mocktail, the fresh and floral *Nurses Lavender Lemon Drop* — simply delicious!

Recorded Videos

Register at kcnurses.org to receive the links to view these recordings of live events.

Recording of Transgender Toolbox: Basic Tools to Provide Optimal Care
Flexible Viewing through December 31, 2022
Free for KCNA/WSNA Members and nursing students / \$45 Nonmembers

Facilitator: Cory Grandinetti, MA, OTR/L is an occupational therapist at Rehab Without Walls. He is also a local and international speaker on transgender topics and a passionate advocate for the underserved.



Sponsored by regional nurse associations: Central WA Region Nurses Association, Inland Empire Nurses Association, King County Nurses Association, NW Region Nurses Association, Rainier Olympic Nurses Association, SW Region Nurses Association.

Recording of Restore & Revive Workshop

Flexible viewing March 21–April 1, 2022
\$25 KCNA Members and nursing students / \$45 nonmembers

Facilitator: Lisa Dunlap, Resilience Coach and Integrative Nurse Practitioner, AGPCNP-BC of Nurse Your Soul with Lisa, has 13 years of experience as a nurse. She experienced burnout and came out thriving by using the methods and strategies she shares in her workshops.



Celebrating the past, present and future of nurses



Chris Henshaw

Dear KCNA Members,

Spring is just around the corner, and that means a BIG celebration for King County

Nurses Association's (KCNA) 119th Anniversary. The Annual Gala 2022 will take place virtually during National Nurses Week on Thursday, May 12. Consider this your special invitation to join in the festivities as we celebrate our past, present and future! The event will feature awards for outstanding nurses, recognition of scholarship recipients, and a chance to support the nursing scholarships.

Go to the KCNA website at kcnurses.org to register by May 5.

The slate of candidates for the 2022 elections was recently approved by the Board of Directors. Thank you to the KCNA members willing to run for the elected positions. Please review the Candidate Biographies in this issue, and return your ballot by April 1, 2022.

The Board met recently and reviewed the final draft of the Strategic Plan, redesigned for the next three years. The plan provides a roadmap focusing on our mission statement, core values, and over impact goal. Details on our progress from the last five years will be shared with members in the fall of 2022.

Strategic Plan Details:

MISSION STATEMENT:

King County Nurses Association is a professional organization of registered nurses, committed to supporting members and the communities they serve through education, advocacy and service.

CORE VALUES:

Core values are the principles that guide our actions, our interactions and our decision-making within the KCNA organization. Since 1903, KCNA has strived for excellence in service to its members and the community. These core values are indicators of excellence.

- **Collaboration:** building positive connections and partnerships within the nursing profession and within the community of King County.
- **Compassion:** a holistic way of interacting with others, respecting dignity, and sharing decision-making.
- **Innovation:** a commitment to reframing concepts, generating new ideas and being adaptable.
- **Social Justice:** awareness and mitigation of bias and inequities, balancing consideration of the needs of *all* with the needs of *the individual*.

OVERALL IMPACT GOAL:

Improve the health and well-being of communities within King County.

I hope you'll plan on attending the Annual Gala 2022 on May 12 to applaud the service, leadership and caring of nurses. Let's celebrate 119 years of KCNA!

Warmest regards,

—Chris Henshaw, EdD, RN, NPD-BC
KCNA President

Welcome new members!

When you joined WSNA, you automatically became a member of KCNA. Welcome! Be sure to join us on social media and sign up to receive our e-newsletter, *News2Use*. Subscribe at kcnurses.org under Members/News. As a member, you are eligible for community grants, professional development funds and discounts on continuing education.

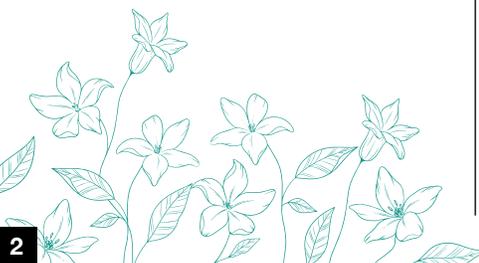
NATIONAL NURSES WEEK
May 6–12, 2022

Nurses

RESPECTED
TRUSTED
APPRECIATED

AMERICAN NURSES ASSOCIATION

ANA ENTERPRISE



Vice President/2022–24

Pauline Lao, DNP, ARNP, is a Palliative Care Nurse Practitioner at Valley Medical Center. She earned her DNP degree



at the University of Washington and completed a fellowship in Geriatrics & Palliative Care. Pauline has served as board vice president and secretary and is on the scholarship committee. She is also member of the Hospice and Palliative Nurses Association and the American Academy of Hospice and Palliative Medicine.

It has been my privilege to serve on the board, collaborating with nurses across the profession and promoting education, advocacy and service. I am passionate about elevating the nursing profession, and it would be an honor to serve as vice president.

Secretary/2022–24

Heather Stephen-Selby, BSN, MSN, ARNP-BC, RN, is the Director of Clinical Services at HealthPoint Community Health



Center, where she is responsible for managing COVID response, employee health, infectious diseases and infection control. She provides direct patient care, professional development and management. Heather is also a family nurse practitioner at the Tukwila clinic. She has been active in nursing associations at the local, state and national levels. Heather currently serves on the KCNA board as Secretary.

The role of secretary is to engage, record and address the work of KCNA as a board member. Being active with KCNA is a wonderful opportunity to be engaged with our local community and reflects the mission of education, advocacy, community involvement, which has held true during the pandemic. KCNA has become a lifeline for support, a rich collegial environment, and a repository for sharing best practices.

Member at Large/2022–24: (5 positions open)

Carolyn Clark, RN, currently works at the King County Correctional Facility where she has been serving



as her Unit's Grievance Officer for WSNA the last two years. She has been an active member of KCNA for over 12 years and currently serves on the board.

I am grateful for the relationships I have developed through KCNA by serving on committees, volunteering, partaking in continuing education, and being on the board. I appreciate being part of an organization that is supportive of individual as well as the collective nursing voices in King County, an organization that has helped so many withstand the pandemic just a little bit better. I would be honored to continue to serve for this outstanding association.

Hannah Jeong, BSN, RN, works at Eating Recovery Center, holds a BSN from UW, and is projected to graduate from their DNP-PMHNP Program this spring.



Hannah is a mentorship co-lead for the UW Nurse Camp and volunteers at community mental health events with the Seattle-King County Clinic/NAMI. She also serves as a mentor with the WA State Opportunity Scholarship. She currently serves on the KCNA Board and the community grants task force.

KCNA has empowered me with the resources to help navigate professional nursing and take on leadership roles as an RN. I hope to continue growing my collaborative skills and advocate for our nursing communities and future nurses. I hope to bring a unique perspective, based on my professional background in psychiatry and behavioral health, to the board of KCNA, particularly regarding advocacy/continuing education opportunities for KCNA.

Steven Simpkins, PhD, RN, is the Nursing Program Director for Highline College and holds a PhD in Nursing



Science from the UW. He has served in leadership roles with Sigma Theta Tau, Association of Nurses in AIDS Care, the Council of Nursing Education in WA, and the WA Center for Nursing. Steven is currently serving on the KCNA board.

The organization is very influential in the lives of my students at Highline College, particularly those from underserved communities. I have seen the way scholarships from KCNA have changed their lives. It would mean a lot to me to be more active in seeing other students have the opportunity to pursue their dreams.

Rosa Young, MSN, RN, retired after an extensive nursing career as a school nurse, flight nurse, and at the VA. She earned her



MSN and MPA from Seattle University. She has served on the WSNA Board, the KCNA Board and the Mary Mahoney Professional Nurses Organization Board. She has served on WSNA committees and routinely leads health outreach efforts in the community.

KCNA provides me with an opportunity to network and collaborate with my peers, promote diversity, equity and inclusion in health care and my professional association, and have an impact that makes a difference. I connect well with others and enjoy coaching and mentoring; I am always willing to serve, improve my knowledge, and participate in my professional organizations. I believe my skill set, knowledge and background are clearly a fit for this role.

Nancy Wilder, RN, BA, a KCNA member since 1983, recently retired after nearly 40 years at Seattle Children's.



She served on various leadership committees at Children's as well as the designated WSNA Membership Chair. Nancy holds an AND from Olympic College, a BA in sociology from UW and an ASPAN certification. Nancy has been a nurse at CYO Camps and Camp Gallagher for over 10 years.

After 40 years at the bedside, I am enthusiastically initiating my passion for supporting and growing the nursing workforce while listening to the needs of colleagues. With collaboration and

innovation, I am committed to advocate for nursing, by supporting educational, scholarships, mentorship, and research. I am passionate about the future of nursing for the over 5,000 KCNA members and our colleagues in the U.S.

Nominating Committee/ 2022–2023:

(3 positions open)

Erin Michonski, RN, BSN, earned her BSN degree from Seattle Pacific University and currently works at Seattle



Children's. In addition, she has been a clinical instructor at Bellevue College. Erin is a past member of the KCNA Board and has served on the nominating committee. She is also a member of KCNA's Neighborhood Health Special Interest Group.

I would like to serve on the KCNA Nominating Committee, collaborating with other nursing professionals to build positive relationships within the nursing community.

Teri Trillo, MSN, RN, CNE, is a



nursing faculty member at Highline College where she is a clinical instructor and certified nurse educator. She earned an RN at Highline, a BSN at UW Tacoma and an MSN from Seattle Pacific University. Teri held leadership roles with WSNA, CNEWS, the Council of Nursing Education WA State, Natl. Education Association, Natl. League for Nursing, Clinical Placements NW, North Puget Sound

Clinical Placement Consortium, UW Tacoma/UW Bothell Nursing Advisory Committees as well as the Nursing Care Quality Assurance Commission.

I became a member of the KCNA in 2004, and over the last 18 years I have attended numerous KCNA education and community events. I encouraged students who received scholarships and was a KCNA nursing school liaison for several years. I have enjoyed participating in the annual Spring Gala along with friends and coworkers for many years and look forward to the opportunity to be more active with KCNA.

Phoebe Lim Vuong, MSN, RN, CNL is an



adjunct nursing faculty member with Highline College. She earned an MSN, CNL from Rush University in Chicago and is currently a 2023 DNP, FNP candidate at Johns Hopkins University. She has served in leadership roles with student nurse associations and on university diversity and inclusion committees. Phoebe served on the WSNA Board of Directors, the WSNF Committee, and as a mentor with the WA State Opportunity Scholarship.

Being a first-generation in college from an immigrant family, I experienced first-hand the importance of representation and inclusion, and I was fortunate enough to meet mentors who supported me along the way. My professional goals are mentoring the next generation of minority nurses and increasing the diversity of the nursing profession. The KCNA Nominating Committee, along with their values of collaboration, compassion, innovation and social justice, not only supports my professional goals, but also provides a platform for me to pursue them.

Community grants

KCNA continues to offer community grants to members, thanks to funds provided by Salal Credit Union. Members who partner with a nonprofit for a community-based project are eligible to apply for grants from \$500–\$2,000. If you have a project in mind, explore more at kcnurses.org under the Members section.

Recently completed grant projects:

Member: Donna Maier, \$1,000
Project: Distributing Halo Sleep Sacks to clients in the Nurse Family Partnership (NFP) program in Kent, part of Public Health Seattle King County. Nurses were able to purchase 88 wearable blanket sleep sacks for distribution to their clients prenatally and immediately postpartum to promote a safe sleep environment for their newborn.

Member: Akiko Chau, \$1,250
Project: Motivational Interviewing Training for nurses and supervisors in the Nurse Family Partnership program. This grant provided a half-day training focusing on skills of mentoring, evaluating and monitoring. The skills will help nurses to assist clients in making behavioral changes that can improve pregnancy outcomes and economic self-sufficiency of the family.

Member: Erika Fardig, \$2,000
Project: Seasonal Influenza Vouchers for Uninsured Patients. The project was for uninsured family members of clients of the Nurse Family Partnership program. Working with a local pharmacy, flu shots were provided along with information on COVID vaccines and boosters.

THANK YOU



KCNA's GiveBig Campaign — May 3–4

Join KCNA and help raise scholarship funds for local nursing students through GiveBig. With your help, we can raise the funds needed to provide 18 scholarships at \$4,000 a piece. We serve diverse students committed to social justice, with many recipients becoming nurse leaders. Join us in making dreams happen! Donate on May 3–4 at givebigwa.org site. Scholarship fund donations are always tax-deductible.



Your vote counts

Your KCNA ballot is included as an insert to this newsletter. Be sure to review the nominees including their biographies and statements and make your selection on the ballot. Ballots must be **postmarked by midnight on April 1, 2022**. Thank you for voting!

KCNA Calendar of Events

Date	Event	Page
Until April 1	Video—Restore & Revive	1
April 1	Ballots postmarked	5
May 3–4	GiveBig	5
May 12	KCNA Annual Gala 2022	1
Until Dec 31	Video—Transgender Toolbox	1

All events are via Zoom. Details and registration at kcnurses.org.

Dear KCNA Colleague,

Your vote matters! We want to hear about how to best support the profession of nursing in King County. Review the biographies and statements of the nominees, mark your selections on the enclosed postcard ballot and make sure it is **postmarked by April 1, 2022**. Results will be announced at the Annual Gala.

—KCNA Nominating Committee

KING COUNTY
NURSES
ASSOCIATION

4649 Sunnyside Avenue North
Room 352
Seattle, WA 98103

NON-PROFIT ORG.
U.S. POSTAGE
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SEATTLE, WA.
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BALLOT INCLUDED
Return postmarked by April 1, 2022.

KING COUNTY
NURSES
ASSOCIATION

King County Nurses Association is a professional organization of registered nurses, committed to supporting members and the communities they serve through education, advocacy, and service.

BOARD OF DIRECTORS

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Vice President:
Pauline Lao
Secretary:
Heather Stephen-Selby
Treasurer:
Louise Peterson

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Hannah Jeong
Antwinett O. Lee
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Pam Newsom
Brittany Rios
Steven Simpkins
Emily Vinson
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Executive Director:
Sue Vermeulen
Member Services Director:
Jennifer Bravo

**COMMITTEES AND
SPECIAL INTEREST GROUPS**

Finance Committee
Neighborhood Health SIG
Nominating Committee
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.

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