

Join us for Continuing Education in 2021

Make a new year's resolution to participate in KCNA's continuing education opportunities. They are informative, fun and a great way to connect with fellow nurses! All events are currently online via Zoom. Please register for events at kcnurses.org. You will receive an email with a Zoom link prior to the event date. Upon submission of an event evaluation, attendees receive a certificate of completion.

MentorLink Chat: Civil Conversations

Thursday, January 28, 2021

6:30–8:00 PM via Zoom

1.5-hour Certificate of Completion

Program

KCNA's MentorLink Chats encourage mentoring conversations between new nurses and experienced nurses. In this chat, we will be discussing the art of civil conversations focusing on



the methods of **Kate Bracy**, retired Public Health Nurse and KCNA Shining Star awardee. As a nurse educator, Bracy developed communication strategies to help individuals and teams work more effectively together and make progress even when there is disagreement. We will view Bracy's TedX Talk, "*Learn How to Stay Civil Most of the Time*" and discuss putting her methods into practice. Gain practical tools to better deal with disagreements and difficult conversations and learn Bracy's secret weapon for when conversations are especially hard.

Cost and registration

No charge for KCNA members and current KCNA scholarship recipients. We are unable to accommodate nonmembers or nursing students.

Registration deadline: January 25, 2021.

District Meeting: Community COVID-19 Update

Tuesday, February 16, 2021

6:30–8:00 PM via Zoom

1.5-hour Certificate of Completion

Program

A local perspective on what is happening with health disparities during the pandemic, how care is being delivered and available resources for the most vulnerable. Explore and share the important role that nurses play and how to engage as advocates. The presentation will include interactive polls, discussions and engagement as we find ways to improve access to care for all.

Presenter

Heather Stephen-Selby, BSN, MSN, ARNP-BC, RN is currently the Director of Clinical Support at

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Welcome 2021 & Thank You, Nurses!

As we begin 2021, KCNA recognizes the challenges and triumphs of our nurse members during 2020 and into this new year. Thank you for your dedication and courage in the face of this global pandemic, economic downturn and rising health inequities. In whatever role you find yourself, you have chosen to make sacrifices and you have done so with courage and purpose. Thank You!



New year brings new opportunities

Dear KCNA Members,



Antwinett O. Lee

Welcome to 2021! Special thanks to all our members who are working hard during the pandemic. We applaud your efforts in supporting patients and one another.

KCNA is working hard behind the scenes to provide resources and events to support members. Whether you participate by attending an event, joining a committee, holding office, keeping up with KCNA news, or any other avenue, it is our membership that makes KCNA unique and strong as an organization. Thank you.

I would like to encourage you to consider getting more involved with your professional organization by running for an office. There are a variety of positions open on the Board of Directors including President, Treasurer, and Member at Large; all positions are for two-year terms beginning in May 2021. We are also looking to fill

three positions (one-year terms) on the Nominating Committee. This is a great opportunity to develop your leadership skills and contribute in a positive way to the nursing profession. Each of these roles has offered me new ways to engage with our community, meet nurses from across our profession, further the strength of KCNA, and grow as a person. Please email sue@kcnurses.org by January 15 if you are interested.

We have some excellent virtual events coming up in 2021 and are able to offer them with support from Salal Credit Union. They are designed to support members during these challenging times. Events include: MentorLink Chat: Civil Conversations; District Meeting on COVID-19 Update: Focus on Community Health & Homeless; Book Club: *Body & Soul: The Black Panther Party & the Fight Against Medical Discrimination*; and Transforming Trauma: Sustainable Practices (this is the first time all WSNA Regions are hosting an event together). Register now to take advantage of these wonderful opportunities!

Highlights from the September and November Board meetings:

- Assigned Board liaisons to committees.
- Approved \$1,000 charitable donation to Real Change in lieu of cold kits due to COVID-19.
- Approved postponing the annual Financial Review until fall 2021.
- Reviewed and approved annual policies including ethics, conflict of interest, whistleblower, and process for Executive Director review.
- Approved 18 scholarships for 2021 in the amount of \$3,000 each.
- Approved two scholarships of \$3,000 each to the Mary Mahoney Professional Nurses Organization.
- Approved financial advisor.
- Approved holding a virtual Annual Gala on May 6, 2021.

Thanks for all you do. We are in this together and here to support you.
Warmest regards,

—Antwinett O. Lee EdD, MSN-CNS, BSN, RN
President

Gain leadership skills

Ramp up your leadership skills in 2021! Open positions on the KCNA Board of Directors include President, Treasurer, and Member at Large; all positions are for two-year terms beginning in May 2021. Also, there are three open positions (one-year terms) on the Nominating Committee. Interested? Notify us by January 15 by emailing: sue@kcnurses.org.

Virtual Annual Gala 2021

Save the date: May 6, 2021

We just can't go one more year without celebrating! We are excited about providing an online celebration this spring. More details will be coming soon. Check our website, social media or subscribe to our monthly e-newsletter, *News2Use*, to stay informed. Subscribe to *News2Use* at kcnurses.org/members/news.



More continuing education

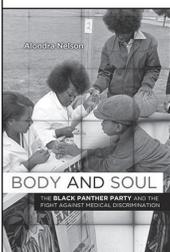
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HealthPoint, where she oversees their community health/homeless program, providing direct patient care and infectious disease management. She also manages employee health, professional development, operational management, and quality assurance for 15 clinics and urgent care sites. She is an active member of KCNA and WSNA and has served in various leadership roles.



Cost and registration

\$15 KCNA members & nursing students / \$30 nonmembers. **Registration deadline: February 11, 2021**



Nurses Book Club—*Body and Soul: The Black Panther Party and the Fight against Medical Discrimination* by Alondra Nelson

Saturday, March 13, 2021

9:00–10:30 AM via Zoom

1.5-hour Certificate of Completion

Program

Participate in a facilitated discussion about this important book that clarifies a lesser-known aspect of the Black Panther Party's broader struggle for social justice: health care. Explore how the organization's understanding of health as a basic human right anticipated current debates about

Winter 2021

Transforming Trauma: Sustainable Practices

Saturday, March 20, 2021

9–11:00 AM via Zoom

2-hour Certificate of Completion

Program

Registered nurses from all WSNA regions are invited to participate in this event focused on raising awareness of how nurses can respond to the cumulative toll of being exposed to suffering, hardship, crises and trauma. Come learn practical tools to help you as nurses sustain, individually and collectively, in the face of secondary trauma and overwhelm. Topics will include how vicarious trauma and overwhelm manifests as well as strategies for navigating what is unfolding.



Speaker

Laura van Dernoot Lipsky, MSW is founder and director of the Trauma Stewardship Institute and

author of *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* and *The Age of Overwhelm*. She is widely recognized as a pioneer in the field of trauma exposure and has worked nationally and internationally for more than three decades to develop inclusive and practical ways to help people recognize, navigate, and ease the burden of overwhelm in their daily lives.

Cost and registration

\$20 WSNA member / \$50 nonmembers. We are not able to accommodate students.

Registration Deadline: March 16, 2021. Register at kcnurses.org.

Unable to attend? Register to view the recorded video.

Sponsors: Northwest Region Nurses Association, Rainier Olympic Nurses Association, Southwest Region Nurses Association, Inland Empire Nurses Association, and King County Nurses Association.

the politics of health and race as it relates to access and equity.

Facilitator

Doris M. Boutain, PhD, RN, PHNA-BC, John and Marguerite Walker Corbally Professor



in Public Service, University of Washington and Associate Professor, Child, Family & Population Health, UW School of Nursing, is a leader in creating innovative strategies for

community and population health. She is considered an international expert in the field of health equity using socially just care approaches.

Cost and registration

\$20 KCNA members / \$40 nonmembers. Capacity: 40. We are unable to accommodate students at this event. Books are mailed to participants following registration.

Registration deadline: February 22, 2021 or until full.

Welcome new members

KCNA extends a warm welcome to you! You became a member automatically when you joined WSNA and work in King County. KCNA members enjoy numerous benefits including discounts on continuing education, member-only access to grants and programs, as well as a chance to serve on our board and committees. Let us know your interests by filling out the online form at kcnurses.org/members/getting-involved.

Stay in touch

Be sure to stay in touch with us so that you are in-the-know about your professional association. It's easy! Sign up for our monthly e-newsletter, *News2Use* by subscribing at kcnurses.org/members/news. Also, connect with us on social media including [facebook.com/kingcountynurses](https://www.facebook.com/kingcountynurses) and Instagram: [@kcnurses](https://www.instagram.com/kcnurses).

KCNA continues to offer scholarships

KCNA has provided scholarships for nursing students since 1993, serving 269 students with a total of \$551,750. This tradition will continue in the 2021–22 school year. Applications are available on our website at: kcnurses.org/scholarships/info-application and are due by **March 1, 2021**. Donations to our scholarship fund are accepted at any time at kcnurses.org/scholarships/donations. We are so proud of the caliber of our applicants, and we look forward to the 2021 round!



Shining Star Awards: Nominate a nurse!

KCNA presents Shining Star Awards to outstanding King County nurses each year at our Annual Gala in May. Do you know a nurse colleague who deserves special recognition for going above and beyond in the nursing profession or in the community? Nominations for 2021 honorees are due by **March 15, 2021**. Nomination forms are available at: kcnurses.org/members/nurse-awards. Nominations submitted in 2020 are considered active and will be included in the selection 2021 process.

KCNA donation has positive impact

In years past, KCNA members have gathered together to assemble hundreds of “cold care kits” for Real Change vendors, filled with useful items during the cold and flu season. This winter, it wasn’t possible due to the pandemic, so the funds (\$1,000) were donated directly instead. Tiffani McCoy at Real Change said, “Since COVID, we have shifted a bit toward some more direct service for our vendors.” On Instagram, Real Change acknowledged our donation, “Huge thanks to kcnurses for your donation to the vendor relief fund. We were able to purchase a ton of food for our grocery drive.”



KCNA Calendar of Events

| Date | Event | Page |
|-------------------|--|--|
| January 25, 2021 | WSNA Advocacy Camp | wsna.org |
| January 28, 2021 | MentorLink Chat—Civil Conversations | 1 |
| February 4, 2021 | WSNA Lobby Day | wsna.org |
| February 16, 2021 | District Meeting—COVID-19 Update | 1 |
| March 1, 2021 | Deadline—KCNA Scholarship applications | 4 |
| March 13, 2021 | Nurses Book Club—Body & Soul | 3 |
| March 15, 2021 | Deadline—Shining Star Nurse Awards | 4 |
| March 20, 2021 | Transforming Trauma | 3 |
| April 28–29, 2021 | WSNA Convention | wsna.org |
| May 6, 2021 | KCNA Annual Gala | 2 |

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

Community grants make a difference



Thank you to **Salal Credit Union** for collaborating with KCNA to fund these grants! KCNA members can apply year-round for two types of community grants that range from \$500–\$2,000. See kcnurses.org/members/community-grants for more information.

KCNA community grants approved

We are excited to announce the approval of the following Elizabeth Thomas Memorial Grants now in progress. These grants were brought to KCNA by member nurses who saw an unmet need in the community. In this case, both grantees are collaborating with Public Health Seattle-King County Nurse Family Partnership (NFP). NFP is an evidenced-based, home visiting program serving low-income, diverse and vulnerable first-time mothers in King County. Nurses work one-on-one with new moms providing advice, education and resources.

■ **Face Mask Project:** KCNA Member Emerin Hatfield—\$2,000. Project facilitates the creation and distribution of face masks to provide safe options during the COVID-19 pandemic.

■ **Multi-Use Safety Straps**
Project: KCNA Member Donna Maier—\$1,000. Ensures families understand and implement childproofing including the use of multi-use safety straps to secure cabinets, drawers and appliances in order to prevent injuries and accidental poisoning.

■ **Safe Sleep Solutions for NFP Babies:** KCNA Member Amanda Norgaard—\$2,000. Support and safe-sleep education given to new moms including the distribution of Graco Pack n’ Play Playards as an important component of keeping babies safe during sleep and play.

Grant projects meet community needs

KCNA grantees are making great strides with their community projects! Each grant serves to fill a gap in service that has been identified and championed by a KCNA nurse member. In these cases, grantees are partnering with the Nurse Family Partnership to facilitate completion of the following projects:

■ **Seasonal Influenza Vouchers:** KCNA member Erika Fardig collaborating with NFP was approved for a grant to provide seasonal influenza vouchers to uninsured parents and family members in the Columbia City

neighborhood. So far, over 80 shots have been administered to public health clients and their household members. This project will continue in 2021, until all grant funds have been utilized.

■ **Safe Sleep Solutions—Halo Sleep Sacks:** KCNA member Donna Maier collaborating with NFP was approved for a grant to help vulnerable new moms increase their use of safe sleep practices with newborns. Nurses in the Kent NFP program provided education and support to new moms including the use of sleep sacks (wearable blankets) for newborns. So far, nurses have distributed 40 sleep sacks and they will distribute the remaining sleep sacks to new moms in the coming months. One client stated, “I feel less worried putting my baby to sleep in the sleep sack.” Another client reported that the sleep sack “keeps my baby warm and safe.”



**KING COUNTY
NURSES
ASSOCIATION**

4649 Sunnyside Avenue North
Room 352
Seattle, WA 98103

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**KING COUNTY
NURSES
ASSOCIATION**

King County Nurses Association is a professional organization of registered nurses, committed to supporting members in education, advocacy and community service.

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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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**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: kcnurses@kcnurses.org • Website: kcnurses.org • Instagram: [@kcnurses](https://www.instagram.com/kcnurses) • facebook.com/kingcountynurses**

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