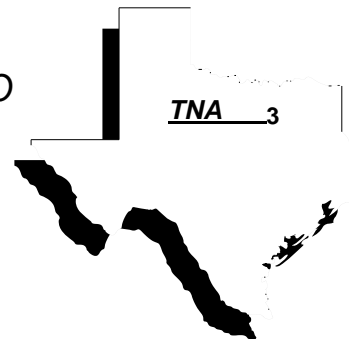


DISTRICT 3 NEWS

PARKER * SOMERVELL * TARRANT



PUBLISHED BY DISTRICT 3 TEXAS NURSES ASSOCIATION * P.O. BOX 16958
Fort Worth, TX 76162 * 817-249-5071 * tna3@usapathway.com
District Website: <http://www.tna3.org> * State Website: <http://www.texasnurses.org>

January / February 2008

President's Message

Life is short, so keep the agenda short. Concentrate on things that are truly important and don't get distracted by the rest." ~Robert R. Kiley

As the New Year begins I hope that each of you will resolve to become more involved in Texas Nurses Association (TNA) District 3 in 2008. The TNA Board and I would like to welcome you to our next Membership Meeting at 6:00 pm on February 21, 2008 held at Harris Methodist Fort Worth Hospital. Our speaker will be Billy Yarbrough, and he will be presenting information relating to financial planning. I know you will enjoy this presentation! In addition, we have open positions on the TNA Board for President-Elect, Vice President, Secretary, Directors (3), and Nominating Committee (5). Will you please consider having your name placed on the ballot for one of these positions? The board usually meets monthly on a Saturday morning, nine months out of the year. We would love to serve with you next year! If you are interested, please contact Marinda Allender at: m.allender@tcu.edu. Becoming involved in TNA District 3 is truly important (and never distracting!).

Please consider nominating a nurse colleague for the Great 100 Nurses of 2008 honor. Many nurses are deserving of this honor but only 100 nurses can be chosen each year. Please resolve to nominate nurses from TNA District 3 so that we can be adequately represented. These nurses have made notable differences in the lives of their patients and should be honored for their outstanding nursing care and service to the community. Please submit your applications by January 18, 2008.

TNA District 3 continues to make a difference for Texas nurses. Several of our board members are involved at the State level on the State-wide Competency committee, the State-wide Practice Committee, as Nurse Friendly Examiners, and as State Officers for TNA. We believe that we are making an impact but we need you to lend your voice to our efforts. Please email/write/call me with any ideas or issues that you feel should be addressed by District 3. We can represent you better if we know how you would like to be represented. Then together we can make an impact!

Remember this..."What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." ~Albert Pike

Fondly,

Sandi McDermott, RN, MSN, CNAA-BC

District Three Board Members 2007-2008

President

Sandi McDermott

tna3@usapathway.com

Past President

Sharon Ransom

Vice President thru 2008

Lygia Dunsworth

Secretary thru 2008

Suzy Lockwood-Rayermann

Treasurer thru 2009

Stephanie Eckstein

Directors thru May 2008

Kerry Baucom

Shelly Olive

Kiran Sharma

Directors thru May 2009

Dennis Cheek

Sharon Ikeler

Executive Secretary

Renee James

Office: 817-249-5071

tna3@usapathway.com

A Tribute To The Profession



Doris Noyes loved nursing. She loved it as a child, thinking about what she wanted to be when she grew up: she loved it as a teenager, helping her mother at the Red Cross station during the beginning of WWII; and she loved it after she graduated from nursing school and worked in surgery. She believed nursing to be "the noblest profession."

Doris was born in March of 1926 in Pueblo Colorado. She was one of four daughters born to Robert and Elva Coffey of Denver, Colorado. She graduated from St Anthony's School of Nursing in Lakewood Colorado in 1947, and moved to New Mexico where she assisted veterans returning from the Pacific, and European war theaters. She met and married Lt. Stephen D. Noyes, US Army, in January of 1950. She was a proud officer's wife for 25 years, stationed throughout the United States and Panama. In addition, she raised four children while moving around the country. When her husband retired from the Army in 1970, she returned to nursing to work as a surgical nurse at Cottonwood Hospital in Salt Lake City, Utah. Stephen died in April of 1970, and she continued to work in nursing until her retirement in 1985.

Doris was an advocate for nursing, and a great role model for registered nurses. "There was not a day that she went to work without her white hose, polished white shoes, starched lab coat,

and the ever-present nursing cap." states her daughter, Stephanie Eckstein, RN, MSN, CNS. "She believed that she made a difference to those whom she touched as a nurse; and she did. She was proud to be a member of the profession of nursing and pleased that I also chose nursing."

Doris Noyes died in Salt Lake City, Utah in November of 2003 after a long illness. She is still greatly missed by her family, her friends and her nursing colleagues

Stephanie donated \$500.00 in her mother's memory this year to TNA to foster membership in District #3, state TNA, and national ANA.

A SEARCH FOR THE 2007 GREAT 100 NURSES

"DO YOU KNOW A REGISTERED NURSE WHO HAS MADE A DIFFERENCE?"

On May 12, 2008, the "Great 100 Nurses Celebration" will be held to honor one hundred **Registered Nurses** who have made a significant difference to the profession of nursing and in the lives of patients, peers, and the community-at-large.

Any individual, client/patient, or group may nominate a Registered Nurse whose place of employment is within the Texas Nurses Association, Districts 3 and 4 Regions. To nominate a Registered Nurse, please contact the TNA-3 office at 817-249-5071 or tna3@usapathway.com.

The Deadline For Nominations Postmarked Receipt is: January 18, 2008. There will be no exceptions. Fax Transmittals WILL NOT be accepted. Over-night mail, i.e., FedEx, UPS, WILL NOT be accepted.



Texas Nurses Association, District 3

is very grateful to each of the organizations who sponsor our monthly meetings. We would like to extend our gratitude to:

**Harris Methodist Fort Worth
Harris Methodist Walls Regional Hospital
Harris Methodist HEB**
for hosting our membership meetings.

Harris Methodist Fort Worth
for providing the Continuing Education Credits.

And each of our
Continuing Education Program Sponsors

**Baylor All Saints Medical Centers
Cook Children's Medical Center
Harris Methodist Southwest
Harris Methodist Walls Regional Hospital
Huguley Memorial Medical Center
Medical Center of Arlington**

A Note
from
the...

Scholarship Committee

TNA District 3 appreciates the need to support all levels of professional nursing students. It is our belief that a scholarship can make a positive impact in the life of a student nurse, whether they are an ADN, BSN, or a graduate student. This year we will award three scholarships, an Academic Scholarship (\$500), the Monika Dewar Memorial Scholarship (\$875), and a Membership Scholarship. Scholarship applications are available on the TNA-3 website (www.tna3.org), or by contacting the TNA-3 office by phone or via email. The deadline for mailing a completed application is **March 7, 2008**.

Texas Peer Assistance Program for Nurses

TPAPN volunteers act as an advocate providing peer support for their nurse colleagues. If you would like to volunteer or refer someone call 1/800-288-5528 (24-hour helpline) or 1/512-467-7027, fax 512/467-2620, or email www.tpapn.org. Additional information and forms can be downloaded at the following website:
<http://www.texasnurses.org/tpapn/index.htm>.

Official Call for Nominations for Board of Directors and Officers

TNA-3 is seeking nominations for:

President Elect
Vice President
Secretary
Director -3 positions
Nominating Committee - 5 members

If you are a member of TNA-3, and would like to have the opportunity to meet other nurses within our district, stay up to date on nursing issues and be involved in a forum to advance nursing practice; please consider serving on the Board of Directors. Each position requires a two year commitment. The board usually meets one Saturday morning per month *with the exception of* December and two summer months.

If you are interested in serving or would like to make a nomination, please contact the district three office at tna3@usapathway.com or 817/249-5071. Nomination forms can also be found on the website www.tna3.org at the bottom of the page under "What's New". All forms must be submitted to the district three office prior to **February 10, 2008**. The slate of nominees will be presented at the following District meeting. Elections will be made by a mail-in ballot. Further description of the duties of each office is covered in our bylaws, which can be downloaded from the membership section of our website.

Texas R.N. Pins

On Sale Now

TNA-3 is now selling a Texas Registered Nurse pin designed by the Ways & Means Committee. **Every RN** can wear this pin with pride. These pins will be available at all TNA-3 events and they may be purchased by mail, using the order form below.

Size: 7/8" Texas Shaped Pin
Color: Two tone gold.



Description: RN & outside edge raised & polished with sandblasted background.
Cost: \$8.00 each

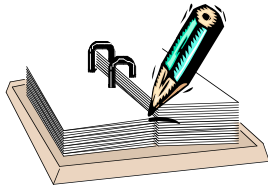
Please return this order form with your payment to:
TNA-3, PO Box 16958, Fort Worth, TX 76162

Enclosed is \$ _____ for _____ Texas RN Pin(s).

Name: _____ Daytime Phone: _____

Address: _____

City: _____ State: _____ Zip: _____



Mark Your Calendar!

January 5, 2008--Board of Directors Meeting

9:00 – 11:00am
Harris Methodist Fort Worth
Education Center Meeting Room

January 18, 2008— Deadline for Great 100 Nurse Nomination

February 2, 2008--Board of Directors Meeting

9:00 – 11:00am
Harris Methodist Fort Worth
Education Center Meeting Room

February 21, 2008-- Membership Meeting

Financial Planning
6:00PM—Sign-in
6:30-8:00PM—Meeting
Harris Methodist Fort Worth
Education Center Auditorium

Video-conference Meeting at Harris Methodist
Walls Regional Hospital & Harris Methodist HEB

March 1, 2008--Board of Directors Meeting

9:00 – 11:00am
Harris Methodist Fort Worth
Education Center Meeting Room

April 4, 2008—

TNA North Region Golf Tournament for Fun(D)
Time: TBA
Location: Canton, Texas

April 17, 2008--Membership Meeting

Topic: TBA
6:00PM—Sign-in
6:30-8:00PM—Meeting
Harris Methodist Fort Worth
Education Center Auditorium

TNA Members.....No Fee for CE's
Non-members.....\$5.00 for CE's

Video-conference Meeting at Harris Methodist
Walls Regional Hospital & Harris Methodist HEB

April 19, 2008--House of Delegates

Omni Southpark Hotel, Austin, TX

May 3, 2008--Board of Directors Meeting

9:00 – 11:00am
Harris Methodist Fort Worth
Education Center Meeting Room

May 12, 2008--Great 100 Nurse Celebration

Dallas, TX

May 15, 2008--Annual Dinner

Location: TBA

June 7, 2008-- Board of Directors “Wrap-up” Meeting

9:00 – 11:00am
Harris Methodist Fort Worth
Education Center Meeting Room

District Three Welcomes our New Members



Yvette Albarez
Dawn Allison
Katherine Boswell
Peggy Boyd
Bette Brieger
Martha Culver
Monaliza Gaw

Pennye Gent
Wilhelmina Henry
Gwen Hughes
Margaret Mahool
Despina Markaki
Stacie Mynar
Christina Norris
Samantha Pace

Nicole Pelletrino
Martha Petty
Mary Reed
Virginia Snyder
Robert Sturgill
Marcie Williams
Suzanne Williamson

We're glad you're here. Please let us know if we can do anything to help you meet your fellow members and get involved.

The Magic of the Holidays

On December 1st, Kiran Sharma hosted the fifteenth annual Holiday Magic Open House in her home. Those who missed this event missed a true holiday treat. Guests were treated to a host of finger foods, home-made specialty dishes, multiple desserts and a punch that everyone raved about. Mrs. Sharma also had her home decorated in the spirit of the holiday with mementoes from her world travels and floral arrangements made with Kiran's special, personal touch.

The fun didn't stop with the food and decorations. Door prizes and raffle prizes were drawn and everyone left with a nice holiday gift!

When asked how she has the energy to host such a lovely event during the holiday season, Kiran simply answered, "This event is my contribution to our professional organization." Each year, TNA District 3 members collect items and sale raffle tickets to raise funds for scholarships awarded to students of local schools of nursing. Mrs. Sharma was the leading ticket sales person, raising over \$400.00 for the 2008 scholarship fund. A total of \$820.00 was raised through raffle ticket sales this year and over \$9,000.00 has been raised for the scholarship fund during the years that Mrs. Sharma has graciously hosted Holiday Magic.

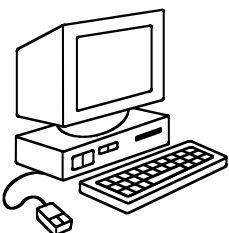
TNA District 3 salutes Kiran Sharma for generously opening her home each holiday!



Raffle Winners

Pinwheel Candy Gift Set
Christmas Tree Photo Holder
Ghiradelli Chocolate gift basket
Starbucks Gift Basket
Lambertz European Cookie Collection / \$20 Blockbuster Card
\$25 Starbucks Gift Card
\$25 AMC Movie Gift Card
\$25 Regal Entertainment Group
Wine Basket
Thomas Kinkade Gift Basket
Popcorn Gift Basket
Poinsettia Floral Centerpiece
\$25 Macy's Gift Card w/ Chocolates
Amaryllis Gift Tote
Christmas Tea Set
Bath & Body Gift Set
Electric Fondue Set

Marcus, JPS-ICU
Stephanie Eckstein
Josie O'Quinn
KS
Harriett Hoote
Karen Heusinkveld
Kathy Walls
Garcia, JPS Endo
Sandi McDermott
Petya Taskov, JPS Endo
K. Ann Griffin
Bob Ray Sanders
Sony, JPS
Jim Mc, JPS OR
Stephanie Macy, JPS
KS
Charlean Lewis, JPS PACU



Don't forget to check the website for the latest TNA-3 information.

www.tna3.org

The following items can now be found on the website:

- * Calendar of Events
- * Texas RN Pin Order Form
- * TNA-3 Nomination Forms
- * TNA Membership Application
- * TNA-3 Photo Gallery
- * 2008 Great 100 Nurse Nomination Form
- * Scholarship Applications
- * Meeting Flyers

Tis the Season....

As the current board of directors met in August to discuss and make plans for the upcoming year, Sandi McDermott suggested participation in a Community Service Project that would allow the district to reach out to people in our community. Westchester Plaza Assisted Living facility was selected as the site of our project. Westchester Plaza is a large 11 story building located on Summit Ave near Harris Methodist Fort Worth Hospital. It is the home for approximately 300 residents, who are in need of day to day assisted living care. In the beginning this may have seemed like an enormous undertaking as the board began collecting the various toiletry items needed to assemble enough gift bags to ensure that each resident would receive a small gift from our district. Each bag contained three small toiletry items, a small bag of Sugar free candy, and a Holiday Greeting from District 3.



Tis the season to be jolly.... The day had finally arrived..... On Saturday, December 1st, the District 3 leadership gathered in the lobby of Westchester Plaza Assisted Living facility to spread a bit of holiday magic to the residents who live there. Each board member teamed up with an employee of the facility and we began delivering the gift bags to each apartment. The gift bags were well received by the residents, who welcomed us into their homes. This became evident as each of the volunteers began to share his or her experiences as the project came to a close. "The residents were very happy to see me and to receive a gift. They were so very thankful", said Sharon Ransom. Sandi McDermott massaged the shoulders of one resident. Dennis Cheek met up with a

Horn Frog Nurse from years ago. Sharon Ikeler and her daughter encountered a deaf / blind woman who was so excited to have visitors, that she invited them into her home. She just wanted to visit. As I listened to these stories, it became clear to me, District Three not only gave these people a holiday gift bag, but perhaps even more importantly, the residents received the gift of having a visitor this holiday season. On that note, I wonder who received the biggest gift that morning. In the words of Lygia Dunsworth, "It is I who is grateful to Westchester Plaza for making my holiday start in the real spirit of the reason for the season. I was so moved by the opportunity to visit the residents of Westchester. Each one I encountered was lovely, welcoming and warm. They were each so grateful for our small tokens and especially our visit. This is truly the highlight of my holiday season!"

As a board, we can count this project as a success, and hope to continue this endeavor in the coming years. I believe every board member would encourage you to set aside a few hours of your time next year and join us in delivering a bit of holiday cheer.

Renee James

House of Delegate Election Results

The HOD Election Teller Committee met on December 11th to count the ballots received from membership. The Nominating Committee received a total of 63 ballots, and results are as follows:



Delegates:

1. Margie Dorman O'Donnell
2. Mary Alice Stam
3. Sharon Ikeler
4. Bonnie Higgins

Alternates:

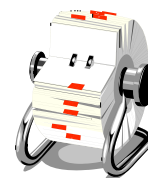
1. Julie Withaeger
2. Lara Smith

Information Update

Have you moved? Changed your name?

Changed your e-mail address?

Please contact the District 3 office, and let us know about your changes. We would like to update your information to ensure that you receive your newsletter and the



Texas Nurses Association, District 3
P.O. Box 16958
Fort Worth, TX 76162

Phone: 817-249-5071

Fax: 817-249-5071

Email: tna3@usapathway.com



Financial Planning

Presented by:

Billy Yarbrough, CRPC(r)

Financial Advisor

Chartered Retirement Planning CounselorSM

Ameriprise Financial

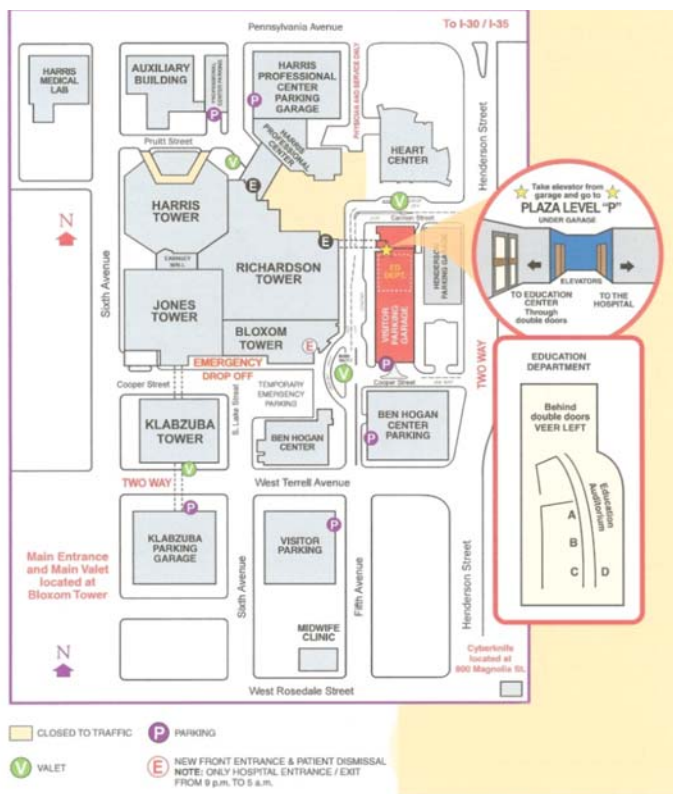
All Nurses & Nursing Students are welcome to attend.

Date: Thursday, February 21, 2008

Time: 6:00 PM – Sign In & Networking
6:30 PM – Meeting begins

Place: Harris Methodist Fort Worth
Education Center Auditorium
1301 Pennsylvania Ave.
Fort Worth, TX 76104

The Education Center Auditorium is located on the Plaza level below the Visitor Parking Garage off of 5th & Cooper, on the east side of the Harris Campus. Enter the garage elevator and go straight down to the “P” level. **Parking will be validated.** Please contact TNA-3 office (817-249-5071) or tna3@usapathway.com for more information or directions.



This event will also be available via Video-Conference at
Harris Methodist Walls Regional Hospital & Harris Methodist HEB

This presentation is intended for informational purposes only. No CE's will be awarded for this presentation.

Disclaimer of Endorsement: Reference herein to any specific company, organization, commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by Texas Nurses Association, District Three. The views and opinions of authors / presenters expressed herein do not necessarily state or reflect those of the Texas Nurses Association, District Three, and shall not be used for advertising or product endorsement purposes. Texas Nurses Association, District Three, and its Board of Directors reserve the right to refuse any article submission or advertisement for any reason.