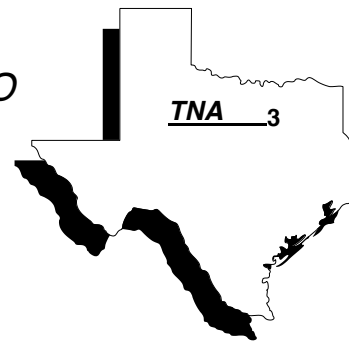


ERATH * HOOD * JOHNSON * PALO PINTO

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>

May 2008

President's Message

Act as if what you do makes a difference. It does. -William James

Greetings! National Nurses Week 2008 is celebrated May 6-12 (which is also Florence Nightingale's birthday). Texas Nurses Association (TNA) District 3 salutes all nurses with the ANA theme **Nurses: Making a Difference Every Day**. I am certain that we all agree that nursing is truly both an art and a science. According to Florence Nightingale, "it is the finest of the fine arts." This year's theme reflects the commitment that nurses make for their patients every day and the quality of care and the compassion that they provide for their community. In addition, May 7th is National School Nurses Day and May 8th is National Student Nurses Day and I want to recognize these two groups as well.

District 3 participated in the FUN-D North Region Golf Tournament on April 4th. Several members participated in the golf tournament and District 3 was a hole sponsor. Please make plans to attend this event next year so that we can have more teams representing District 3. Even though the weather was chilly, there were over 50 participants and approximately \$7,000.00 was raised. On April 19th six members from TNA District 3 attended the annual House of Delegates (HOD). Please read the article within the newsletter for more details on this event. Staffing, fatigue, and hours worked were some of the topics that the delegates voted on.

On May 12th District 3 and District 4 will honor the winners of this year's Great 100 Nurse Celebration at the Morton Meyerson Symphony Center in Dallas. I hope you will join me in congratulating the winners and will support them at the celebration. The winners from District 3 will also be honored at the District 3 Annual Dinner which is held on May 15th at 6:00 pm at the Kelly Alumni Center (2820 Stadium Drive, Ft. Worth). Each of the winners will be honored along with their hospitals. In addition, the newly elected District 3 officers will be honored and the program will highlight volunteerism and achievement throughout the past year.

Save the dates of September 11—12, 2008 for the TNA Leadership Conference in Austin, Texas. Each of the Magnet hospital winners and the Nurse Friendly winners will be honored. You will also hear outstanding speakers and be able to participate in networking with peers. Be advised that the conference has become popular and sells out quickly!

It is important to take time out during National Nurses Week to reflect on some of the challenges that we face in nursing today and the advocacy efforts of TNA. As nurses we are in the business of caring and improving human lives. Please take a moment to congratulate yourself for choosing such a rewarding profession. Thank you to the nurses, nursing students, and faculty of District 3 for everything you do each and every day for our patients and their families.

Every action in our lives touches on some chord that will vibrate in eternity. -Edwin Hubbel Chapin

Humbly yours,
Sandi McDermott, RN, MSN, NEA-BC

District Three Board Members 2007-2008

President

Sandi McDermott

tna3@usapathway.com

sandi.mcdermott@hcahealthcare.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

In the Spotlight....



Meet Dana Roper-Effinger, Vice President / Chief Nursing Officer at Baylor All Saints Medical Center. As a child, Dana remembers her grandmother working in a nursing home. She says that she loved the patients and wanted to stay and help her grandmother. "I really feel like that was the beginning of my direction into healthcare," said Dana. After graduating from high school, she attended a vocational college for Respiratory Therapy. Dana worked in that field for 10 years side by side with nursing. She soon realized that her true calling was to

take care of all aspects of her patients and their families. Dana set a new career goal, and went back to school full time to get her RN.

As a nursing professional, Dana is a member of Texas Nurses Association for many reasons. Her membership allows her to stay in touch with the changes in legislation, Board of Nursing, education, research, patient safety, and peer review changes to name a few. She cites Texas Nursing Magazine as being very informative, and she explains that there are endless networking opportunities at TNA seminars and meetings. "As nurses, it is our responsibility to our patients to always be in tune with changes, best practices, and continuing our education through seminars and articles. TNA is one of the opportunities that we have to stay in touch with our evolving profession," said Dana.

In her current role, as Vice-President / Chief Nursing Officer, Dana feels that it is important for her to provide a vision and strategy on how to have the best patient outcomes. Dana supports nursing and works to ensure that the nursing division at Baylor All Saints has what they need to provide safe quality compassionate care. Dana explains, "At Baylor All Saints and Southwest we have a very unique opportunity for our nurses. We are privileged to have the Fixel foundation for nursing, which provides education, seminars (every nurse can spend up to 1,500 dollars a year at a seminar of their choice), and certification to include preparatory classes, tuition reimbursement and gifts. As the leaders, we must encourage and provide these opportunities to our staff, so they can grow professionally and stay current with their practice."

While working in the healthcare profession, Dana has seen a shift in nursing practice, which has had a positive impact on patient care. "Nursing has evolved in a way that as bedside nurses, we can drive practice through shared governance using evidence based practice. This improves our quality and patient outcomes. These are the people that are out there giving the care and know what needs to change and can make it happen," said Dana. She says that she feels fortunate to work in Healthcare, and blessed to work for the Baylor System and be surrounded with great employees who are caring and compassionate.

In her time away from the hospital, Dana, has volunteered as a house parent for the Warm Place; and she is currently serving on a committee to assist in the development of a not-for-profit clinic for the homeless, as part of the Union Gospel Mission of Tarrant County. On a personal note, Dana is married and enjoys outdoor activities, such as swimming, boating, and walking. She and her husband love to travel and spend time in Missouri at the lake.

Dana has received numerous nursing achievements and awards during her career; but says, "There is no feeling in the world that can replace the feeling that you have, when you know you have made a difference in someone's life."

Serving Our Community...

In addition to serving nurses and the nursing profession, District 3 recognizes the need to serve our community. Our Community Service Committee has already begun preparations for the 2008 Community Service event, which will take place in December at Westchester Plaza Assisted Living. We are asking all TNA-3 members and nursing student volunteers to get involved in this project. Please collect gender neutral toiletry items, which will be used to make gift bags for the Westchester residents. Toiletry items can be brought to membership meetings, or you may call the district 3 office to arrange for pick-up of the items. If you are interested in serving on the Community Service Committee, please contact Amanda Robbins through the district three office at tna3@usapathway.com

.... a note from

HOUSE OF DELEGATES

This was my first HOD meeting, as is this is my first year to be a member of TNA. Although I have been a nurse for almost 20 years, and I was very active in the Student Nurses Association when I was in school, I guess I just have never found time to be part of what I know now to be my largest voice. I learned so much, and left with a deep level of pride for my profession. At a time when there are so many specialities in nursing it is great to be able to come together as one group and share our passion for caring for others. Several resolutions were passed, all issues that are vital to nursing. We discussed the number of hours nurses are working and some of the regulations that are being placed on those shifts. Everyone had great feedback that went along with these issues. I was surprised to see some environmental issues brought up and a resolution that included those issues. I really enjoyed my time in Austin, both the new friends I met and the old ones I was glad to see made me feel right at home. I look forward to being a voice in the future as I think I have not served my profession as well as could.

Thanks for giving me this opportunity.

Lara Smith, RN, BSN

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

TNA North Region Golf Tournament

District 3 was represented at the Annual North Region Golf Tournament in Canton Texas on April 4th, 2008 by District 3 members, the **Birdie Babes**; Sue Oschner, Josie O'Quinn, Lygia Dunsworth, and Baylor All Saints "Ringer" Paula Chaloupka. The Birdie Babes didn't win the tournament but they also didn't lose and great fun was had by all!

The weather was cool and the water and sand traps were many! The Birdie Babes might have taken it as a sign when they noticed a flock of buzzards following their foursome throughout the day, but Paula drove like Tiger, Sue putted like a pro and Josie had a great short game.

There were 15 teams of four who participated in the tournament, raising lots of scholarship money. The golfers enjoyed much socializing, catered barbeque and prizes at the end of the day. TNA Executive Director, Clair Jordan was at the club house to welcome the golfers back from their day on the course. Twin Lakes Golf Course in Canton was a nature lover's delight. There were many species of birds to observe and the azaleas were spectacular.

Please join in this Fun(d) event next April and keep on putting!

Lygia Dunsworth, RN
VP District 3



50/50 Split Raffle

The 2008 Annual Awards Dinner will be held on Thursday, May 15th, at the TCU Kelly Alumni Center. TNA, District 3 is planning to have the **50/50 Split Raffle** again this year. The prize for **50/50 Split Raffle** is equal to 50% of the total earnings from the sale of the raffle tickets. That's right; the winner takes home a CASH prize. The more tickets sold, the bigger the prize! The 50 /50 Split Raffle tickets sell for \$10.00 each. *New this year..... You may now purchase raffle tickets via the TNA-3 website store at www.tna3.org.* Your friends, family, and co-workers will want to be included in this drawing. All proceeds, from the raffle ticket sales, benefit the TNA-3 Scholarship and Community Project Funds. TNA-3's success begins with you!

You do not need to be present at the Annual Awards Dinner to win.

Past Winners

2004	Sharon Ransom	\$1,000.00
2005	Marinda Allender	\$ 600.00
2006	Mary Alice Stam	\$ 620.00
2007	Martha Antre	\$ 905.00

Raffle tickets may be submitted for the drawing at the Annual Awards Dinner, or to the TNA-3 office at the following address:

Texas Nurses Association, District 3
PO Box 16958
Fort Worth, TX 76162



District 3 Welcomes our New Members

Cindy Adams
Kathy A. Baker
Annette L. Beham
Patricia Gleason-Wynn
Mary Grigg

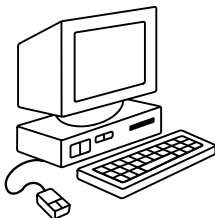
Teresa L. Hill
Mary K. Schnell
Sophia R. Thomas
Diana M. Wagner

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.

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

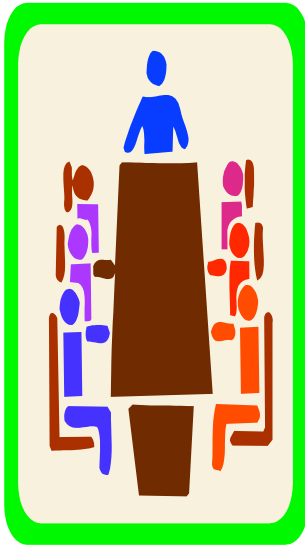
www.tna3.org

The following items can now be found on the website:



- * Calendar of Events
- * Order Texas RN Pin's online
- * TNA Membership Application
- * Make your Annual Dinner Reservation online
- * Purchase 50 /50 Raffle Tickets online

2008—2009 Board of Directors



* = Newly elected

President—Sandi McDermott

President Elect—*Lygia Dunsworth

Vice President—*Julie Withaeger

Treasurer— Stephanie Eckstein

District Secretary—*Sharon Ransom

Directors thru May 2009

Dennis Cheek
Sharon Ikeler

Directors thru May 2010

*David Eubanks
*Suzy Lockwood Rayermann
*Mary Alice Stam

Nominating Committee

*Carolyn Cagle, Chair
*Ann Little

*Mary Schnell
*Lara Smith

*J.D. Romero



Texas Nurses Association District Three 2008 Annual Awards Dinner

Honoring:
Scholarship Recipients
TNA-3 Award Recipients
Board of Directors
Great 100 Nurses from District Three

Please join us at the Kelly Alumni Center on the campus of Texas Christian University as we celebrate the nurses of District Three.

Date: Thursday, May 15, 2008
Time: 6:00 PM
Place: TCU Kelly Alumni Center
2820 Stadium Drive
Fort Worth, TX

Reservations are required by May 7, 2008. Reservations can now be made online at www.tna3.org in the web store. Please call the TNA-3 office at 817-249-5071 for more information.

Vegetarian meals are available upon request by May 12, 2008.

Cancellation policy: Cancellations received in writing at least 14 days prior to the event date will be refunded in full minus the cost of any fees incurred by TNA-3. Cancellations or transfers received after this time will be refunded minus a \$25 processing fee and the cost of any fees incurred by TNA-3. No refunds will be made after the program begins.

2008 Great 100 Nurses

Lu Adair, Presbyterian Hospital of Plano
Shirley Armitage, Harris Methodist Northwest
Brenda Bailey, Baylor Medical Center-Dallas
Annette Barone, Medical Center of Plano
Sherree Bennett, Baylor All Saints Medical Center
Patricia "Patti" Bentley, Arlington Memorial Hospital
Sally Bond, Aledo ISD - Vandagriff Elementary
Grace Bosworth, HEB Harris Methodist Hospital
Becky Bramlett, Harris Methodist Fort Worth
Elizabeth Brantley, Children's Medical Center
Juanita Bravo, Samaritan Care Hospice
Tracy Brawley, Harris Methodist Northwest
Randall Brinson, Presbyterian Hospital of Dalals
Janis Brown, JPS Health Network
Vernell Brown, Parkland Health & Hospital System
Minnie Capello, Tarrant County College
Barbara Christmas, Green Oaks Hospital
Susan Cobb, Medical Center of Lewisville
Teresa Cockerill, Baylor Medical Center at Irving
Katherine Connor, Huguley Memorial Medical Center
Karen Corlett, Children's Medical Center
Glenda Cox, Lake Pointe Medical Center
Coleen Crone, Arlington Independent School District
Kelly Curlee, Harris Methodist Walls Regional Hospital
Kathy Czekaj, Medical Center of Plano
Christy Daae, Harris Methodist Fort Worth
Mary Dancer, VA North Texas Health Care Facility
Carolyn Davidson, Harris Methodist Northwest
Julia Dohm, Presbyterian Hospital of Dallas
Dave Doucette, Presbyterian Hospital of Allen
Judith Dunklee, Children's Medical Center
Diana Duty, Medical Center of Plano
Galen "Joe" Elmore, JPS Health Network
Kelly Elston, Harris Methodist Walls Regional Hospital
Jonah Enriquez, Presbyterian Hospital of Plano
David Eubanks, Texas Health Resources
Marion Kilpatrick Faherty, Baylor All Saints Medical Center
Martin Flores, Parkland Health & Hospital System
Niki Fogg, Texas Scottish Rite Hospital for Children
Kim Forcum, Medical Center of Plano
Valerie Foster, Baylor University Medical Center
Stephanie Gaworski, JPS Health Network
Rita Gipson, Texas Hematology/Oncology
Wanda Gipson, JPS Health Network
Mercedes Glidewell, Tarleton State University
Patricia Green, Baylor Southwest Medical Center
Toni Haddox, Denton Regional Medical Center
Delbretta Hairston, UT Southwestern Medical Center
Tara Hall, Presbyterian Hospital of Dallas
Joanne Hardaway, Highland Park School District
Kathleen Harlow, Harris Methodist Walls Regional Hospital
Marilyn Hernandez, Medical City Dallas Hospital,
Shadin Hilton, Baylor University Medical Center
Colleen Hines, Region 10 Education Service Center
Martha Holt, Baylor All Saints Medical Center
Cynthia Hotopp, Plaza Medical Center of Fort Worth
Sandy Jesse, Medical City Dallas Hospital
Renee' Jones, Presbyterian Hospital of Dallas
Kathy Lockheart, Baylor Specialty Hospital
Marilyn Long, Harris Methodist Fort Worth
Shirley Mack, Medical Center of McKinney
Patti Marks, Presbyterian Hospital of Dallas
Michelle Marty, Baylor All Saints Medical Center
Linda McKinney, JPS Health Network
Nancy McNeil, Children's Medical Center
Cindy Melis, Charlton Methodist Hospital
Cindy Murray, Baylor Medical Center at Waxahachie
Sheri Murray, Garland Independent School District
Pleasure Nwachukwu, Baylor Regional Medical Center at Plano
Gustavo Ortiz, Baylor Regional Medical Center at Plano
Sonya Owens, Plaza Medical Center of Fort Worth
Alvina Peterson, Presbyterian Hospital of Dallas
Sharon Phillips, Parkland Health & Hospital System
Bambi Pish, Presbyterian Hospital of Greenville
Janet Rambo, Richardson Independent School District
Julie Ramsey, UT Southwestern Medical Center
Florence Raquipo, Harris Methodist Hospital Fort Worth
Glenn Raup, JPS Health Network
Racine Reid, Doctors Hospital at White Rock Lake
Donna Richardson, UT Southwestern Medical Center
Monika Ringo, Baylor All Saints Medical Center
Karen Robertson, HEB Harris Methodist Hospital
Glenda Allen- Rosales, Baylor All Saints Medical Center
Deborah Ann Rubinson, Cook Children's Medical Center
Broc Sanchez, VA North Texas Health Care Facility
Paul St. Laurent, The Heart Hospital Baylor Plano
Christi Stephens, Baylor All Saints Medical Center
Karen Stubbs, Baylor Medical Center at Garland
Barbara Suber, Baylor Southwest Medical Center
Janet Sumner, Parkland Health & Hospital System
Katherine Suttice, Baylor All Saints Medical Center
Sue Swanson, Harris Methodist Hospital Fort Worth
Meghan Trahan, Plaza Medical Center of Fort Worth
Susan Trumps, HEB Wound Care Clinic & Senior Clinic
Jane Le Vieux, Children's Medical Center
Kathleen White, TCU Harris College of Nursing & Health Sciences
Mary Alice Williams, North Hills Hospital
Theresa Williams, Harris Methodist Hospital Fort Worth
Pat Willie, Medical Center of McKinney
Karen Wright, Harris Methodist HEB Hospital,
Jennie Yoo, Children's Medical Center

Making A Difference



If you found yourself in need of nursing care, who would you want at your bedside? For Lygia Dunsworth, Vice-President of TNA, District 3, that nurse would be Antwoin Smith. "He is compassionate, and an expert clinician. He is passionate about the profession," stated Lygia.

Who is Antwoin Smith? He describes himself as a man of faith and a family man, as well as a nurse. He describes his family as his foundation, his sanity, and his life. Antwoin's wife, Renee, is a practicing LVN who is actively seeking to transition to an RN. His son is attending college with a goal of earning a degree in nursing, and his thirteen year old daughter is living the life of a teenager. She is interested in art and skateboarding. On a personal note, Antwoin enjoys the theory and science of politics, as well as weight lifting and martial arts. Professionally, he strives to promote wellness, by providing quality care to his patients and participating in community health fairs to promote the ministry of healing to the public.

Antwoin Smith makes an impact on nursing, simply by caring for his patients. He began his career in healthcare as a Certified Nurses Assistant, and quickly realized that nurses had a direct affect on patient outcomes. He is now a Clinical Nurse Supervisor at Baylor All Saints Medical Center in Fort Worth. You will find him working the night shift, along the patient's bedside, providing direct patient care. Antwoin says that he uses customer service in combination with his clinical background to provide, caring competent nursing care. He is genuinely interested in the patient's optimal outcome.

Antwoin serves his nursing profession in variety of ways. He is a member of TNA, District 3, a nurse preceptor, and an advocate for the nursing profession. Antwoin joined TNA as a way to have a viable impact on the profession as a whole. As a Charge Nurse at Baylor All Saints, he serves as a mentor to new graduates and experienced nurses, who are new to his unit. Antwoin has recently served the profession by participating in a career fair at a local high school. He had the opportunity to meet with junior and senior students and discuss career options in healthcare.

When asked how being a nurse has influenced him, Antwoin explained, "Nursing has opened my eyes to the ability of the individual to make change. It has shown me a marriage of theory and practice as well as compassion and objectivity." Antwoin plans to attain his BSN Degree from the University of Texas at Arlington in August of this year. He will then continue his ministry of healing, by continuing to provide quality care to the patients that he serves.

Texas R.N. Pins

On Sale Now –Now Available on the TNA-3 Website

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, available for purchase on our website, 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

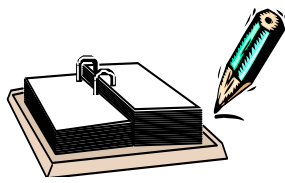
**Please return this order form with your payment to:
TNA-3, PO Box 16958, Fort Worth, TX 76162**

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

Name: _____ Daytime Phone: _____

Address: _____

City: _____ State: _____ Zip: _____



Mark Your Calendar!

May 3, 2008--Board of Directors Meeting
9:00 – 11:00am
Harris Methodist Fort Worth
Education Center Meeting Room

May 15, 2008--Annual Dinner
6:00PM
Kelly Alumni Center
2820 Stadium Drive
Fort Worth, TX

May 12, 2008--Great 100 Nurse Celebration
Dallas, TX

June 7, 2008-- Board of Directors “Wrap-up” Meeting
9:00 – 11:00am
Harris Methodist Fort Worth
Education Center Meeting Room

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>

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 latest information about TNA-3.

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

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