Greetings Fellow OHNs,

Change - it's what's new for the year. Change - the theme of my last message, has occurred, nationally and locally. The NCAOHN chapter voted to change our bylaws (see attached copy to this email), allowing OHNs to join our state chapter for $25 a year. Whether you join AAOHN or not, you can join NCAOHN for $25 a year. Remember the benefits of state chapter membership: this great newsletter, great state conferences with continuing education, and great networking with your local fellow OHNs. Think about how you'd like to contribute to this great chapter of OHNs. Come join us in Asheville this Spring. Details are in this newsletter. You won't want to miss the camaraderie, the continuing education, the Spring mountain air!

Hope to see you in Asheville!

Karen Smith, President
MARK YOUR CALENDAR

March 12-13, 2020: IARP of the Carolinas Conference, Greensboro, NC
March 18-20, 2020: NCAOHN Spring Conference, Crowne Plaza, Asheville, NC
April 6-8, 2020: AAOHN Conference, San Antonio, Texas
April 15, 2020: Deadline for nominating your colleague for Great 100 Nurse!
April 13-17, 2020: OCCUPATIONAL HEALTH NURSES WEEK!
May 6-12, 2020: NATIONAL NURSE’S WEEK
October 11-17, 2020: NATIONAL CASE MANAGEMENT WEEK

Treasurer’s Report as of 12/27/19

General Checking $17,632.34
Investment Savings $7,527.78
Memorial Scholarship $2,440.73
CD Time Account $37,718.59
CD Time Account $37,847.55
Total Assets $103,166.99

Submitted by: Deborah Fuldner, NCAOHN Treasurer

NCAOHN Membership
As of 1/1/2020

201 members:
173 Regular Members
  4 Lifetime
  9 Retired
  9 Student
  1 Affiliate
  5 At Large

Jump To It!

Click or scroll to the following sections:
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NCAOHN History ..........p. 27
In The Spotlight! .........p. 29
The OH Heart .................p. 30
Welcome, New NCAOHN Members!

- Pamela Anderson, Wayne UNC Healthcare, Tarheel member
- Denise Clapp, Alamance Regional, Triad member
- Nicole Collins, Central Regional Hospital, State member
- Pam Dowless, Cerner, State member
- Kimberly Gardner, Foothills
- Teresa Griffin, Wright Rehabilitation Agency, Foothills
- Aracely Loaisiga, Tyson Foods, Foothills
- Amanda McGary, Student member
- Chasa Park, State member
- Marisol Rodriguez, UNC Physicians Network, Tarheel
- Olivia Rogers, State member
- Heather Rorke, Premise Health, Foothills
- Meghan Rousseau, Tyson Foods, Foothills
- Reneta Small-Baker, Student member
- Janan Sutton, Cerner, State Member
- Beth Thompson, Tarheel member
- Karen Tucker, GE Current, State member

Get to know more about a few of our new members in the “Spotlight” section of this Connection newsletter.

**What has your chapter done to welcome these new members?**

Are you an NCAOHN Member? It’s quick and easy to become one! Go to [NCAOHN.org](http://NCAOHN.org) and join up for excellent benefits: Nationally award-winning educational offerings, nationally award-winning newsletters, plus more!
2020 Spring Conference

NCAOHN

March 18—20, 2020
Crown Plaza Resort
1 Resort Drive
Asheville, NC 28806
844-330-0296

Scholarship Deadline
January 31, 2020

Room Reservation Deadline
February 16, 2020

Conference Registration Deadline
March 4, 2020

CE Contact Hours
11.25 (applied for)

Spring Conference Agenda

Wednesday March 18 (2 contact hours)
12:00 - 2:00 NCAOHN Board Meeting and Luncheon
1:00 - 5:00 Registration
2:00 – 4:00 Return to Work: What Do We Do Now? Putting the Pieces Together, Dianne Masiclat RN, COHN-S, UNC Rex Healthcare
2:00 - 4:00 Vendor Set Up
4:30 - 5:30 President’s Reception

Thursday March 19 (6 contact hours)
Monty Edge President, Amy Edge CEO, Active Threat Solutions, LLC
6:45 – 7:45 Registration and Breakfast
7:45 – 8:45 Preparing for Traumatic Events: Where to Start Topics to be covered, How to Prepare, Triage, Scene Safety, Cover and Concealment, Active Threat Tactics
8:45– 9:15 Break and Visit Vendors
9:15 – 11:15 Caring for the Casualties I
11:15 – 1:15 Business Meeting, Vendor Recognition and Lunch
1:15 – 2:15 Caring for the Casualties II
2:15 – 2:45 Break and Visit Vendors
2:45 – 4:45 Caring for the Casualties III

Friday March 20 (3.25 contact hours)
7:00 – 8:00 Breakfast
8:00 – 8:30 Recounting the 1982 NC IBM Shooting, Kathleen Buckheit MPH, BSN, RN, COHN-S/CM, CCM, FAAOHN
8:30 – 11:30 After the Trauma: Traveling the Path to Healing and Resilience, Amy DuPre Rogers, LCSW, Resources for Resilience

TOTAL CE: 11.25 contact hours

Bridge the Gap: From Incident to EMS to Aftermath

How would you handle a mass casualty event or a traumatic situation in your workplace or community? How would you triage and care for those around you? Are you prepared? When it is all over, how would you take care of yourself and others?

Please join your OCN colleagues as we return to the mountains and participate in an interactive, hands-on conference focused on emergency response and care.

Be Prepared
Know How to Respond
Have a Plan

Dress for the Mess

For the Thursday Spring Conference sessions, please wear clothing suitable for patient care movement on the floor that will likely get soiled with training blood. The training blood does not stain skin or clothing, but clothing appropriate for active-bleed training is still recommended.

Please be aware that NCAOHN will only be holding one conference for 2020: the Spring conference in Asheville. We hope to see you there! For 2021, there will be a Spring Conference focusing on Regulatory Issues, with a planned Myrtle Beach location. More to come.
2019 NCAOHN FALL CONFERENCE MEMORIES
Myrtle Beach, SC

Photos courtesy of Jim Masiclat and Pat Clapp
2019 AAOHN Conference Memories

Cheryl Allison, far right, at the Foundation event in children's museum. Cheryl is being a "bug" with other conference-goers!

Judy Ostendorf, Kathleen Buckheit, Karen Smith, Donna Fudale, Candy Wright, Ruth Barlow.

Kay Campbell, far right, spoke at Leaders Lunch on engaging members.


Karen Smith and Candy Wright are at the AAOHN Foundation dinner with "John Glenn".

Jodie Armstrong, Karen Smith, and Candy Wright getting their Conference On!

IABP of the Carolinas' Educational Conference 2020
"ELEVATING YOUR GAME"

MARCH 12-13, 2020
Embassy Suites, Greensboro, NC

Nurse in Washington Internship (NIWI)
Monday, March 23 - Wednesday, March 25, 2020
Location: The Alexander
400 King St
Alexandria, VA 22314
703.540.6080
TRIAD BOARD OF DIRECTORS

President: Candy Wright
Pres.-elect: Denise Clapp
Secretary: Mary Godwin
Treasurer: Debra Ross
Gov. Affairs: Denise Clapp
Membership: Jill Simons
Nominations: Meg Spencer

Membership: 52

WELCOME new Triad member:
- Denise Clapp, Alamance Regional

Congratulations to our Triad members for achieving the following 2019 State/National recognitions:
- Great 100 Nurse!
- COHN-S certifications
- Liberty Leadership Scholarship

Read about these winners in the Awards section

Chapter Updates

COASTAL PLAINS BOARD OF DIRECTORS

President: Michelle Edwards
Secretary: Sonia Joyner
Treasurer: Norma Dunn

Membership: 17

Meetings: Bi-monthly networking calls

Congratulations to our Coastal Plains members for achieving the following State/National recognitions:
- 2019 Cleo Everhart Award
- COHN-S certifications
- AAOHN Foundation, Professional Development Scholarship

Read about these winners in the Awards section

The Triad chapter is selling polos and t-shirts
...to raise funds so we can support sending a representative to the national AAOHN conference or provide dinner for our annual business/awards meeting.
- Polos with the NCAOHN logo are selling for $25
- OHN t-shirts are selling for $18

They will be available for purchase at the 2020 Spring Conference. Cash or checks made out to NCTAOHN accepted!
FOOTHILLS BOARD OF DIRECTORS

President: Dawn Scheessele
Pres. Elect: Open
Second VP: Emily Kirkland, interim
Secretary: Kelly Robinson
Treasurer: Debbie Leger
Gov. Affairs: Open
Membership: Judy Parker
Nominating: Dawn Scheessele
Corr. Secy: Stephanie Drum
Directors: Judy Parker, Dawn Scheessele

Membership: 23

WELCOME new Foothills members:
- Kimberly Gardner
- Teresa Griffin, Wright Rehabilitation Agency
- Aracely Loaisiga, Tyson Foods
- Heather Rorke, Premise Health
- Meghan Rousseau, Tyson Foods

Community Project:
We make a quarterly donation to a county non-profit organization in one of the Foothills members’ counties

Kelly Robinson
2019 NC Foothills Nurse of the Year

Kelly started her career in Occupational Health as a nurse with Cannon Mills. She also worked with the Occupational Health Center at NorthEast Medical before being hired at Duke Energy in 2014. As a part of NCFAOHN, she has served on the Board of Directors as a director, teller, and the current recording secretary. She has provided a great deal of support and assistance to the education chair with program planning and preparation. Kelly is always there and willing to lend a hand when needed. It was our great pleasure to present the 2019 Foothills Nurse of the Year Award to Kelly Robinson.

SANDHILLS BOARD OF DIRECTORS

President: Andrea Fields
Pres.-Elect: Tammy Holloway
Secretary: Hattie McCallum
Treasurer: Carolyn Williams
Gov. Affairs: Andrea Fields

Membership: 17

Left to right: Carolyn Williams, Hattie McCallum, Jennifer Coughenour, Sara Shaughnessy (NCDPH), Ashley Ward PhD (speaker), Karen Smith, Phyllis Morgan, Lynette King, Melba McNeil, Megan Gilchrist

NCAOHN 2016 Conference Memories

NCAOHN 2017 Conference Memories
Welcome, new Tarheel members!

- Pamela Anderson, Wayne UNC Healthcare
- Marisol Rodriguez, UNC Physicians Network
- Beth Thompson

Meetings:
- November 14, 2019: Fall Celebration, Caffe Luna, Raleigh

Congratulations to our Tarheel members for achieving the following 2019 & 2020 State/National recognitions:

- AAOHN State Education Award: 2008-2020!
- AAOHN State Communications Award
- Golden Pen Award
- New AAOHN Fellowship
- Great 100 Nurse!
- UPS Foundation Academic Scholarship

Read about these winners in the Awards section
List the top occupational health issue impacting your practice that is of most interest to you.
- Musculoskeletal Issues (20%)
- Regulatory Issues/Workers Comp (16%)
- Substance Abuse/Mental health/CBD (15%)
- Clinical Practice/Direct Care (7%)
- Wellness (7%)

Would you prefer 1 multi-day conference annually?
- Yes (55%)
- No (45%)

If you prefer 1 multi-day conference, check the time of year of most interest to you.
- Spring (58%)
- Fall (42%)

What is preventing you from attending conferences?
- Schedule Conflict (28%)
- Cost (23%)
- Management Support (13%)
- Location (9%)

Does your employer cover the cost of conference registration fees?
- Yes (58%)
- No (42%)

Did your employer cover the cost of conference hotel accommodations?
- Yes (57%)
- No (43%)

Select your first choice for conference locations.
- NC Beaches (28%)
- Asheville (22%)
- Central (21%)
- Myrtle Beach (17%)

Would you like to continue meeting every other year in Myrtle Beach?
- Yes (75%)
- No (25%)

How are your membership dues paid?
- Self (32%)
- Employer (61%)
- Jointly (8%)

Do you like the format of the NCAOHN newsletter?
- Yes (99%)
- No (1%)

Would your company be interested in placing an ad in the NCAOHN newsletter?
- 14 Responded: ‘Yes!’ Thank you!
News from the

AAOHN Foundation

The AAOHN Foundation is dedicated to advancing the health, safety and wellbeing of workers, worker populations and communities through the development of innovative research, education and training solutions. The AAOHN Foundation is a 501(c)(3) non-profit organization under the Internal Revenue Code, and contributions are deductible as charitable contributions under the law.

As you make plans to attend the AAOHN National Conference in San Antonio, join the AAOHN Foundation in Remembering The Alamo, an evening of fellowship, learning and fun. After taking the shuttle to The Alamo, we will take a self-guided tour of the Alamo sponsored by Premise Health. After leaving The Alamo building, you will relax with a cocktail and a wonderful Texas BBQ buffet dinner on the grounds. The buffet of smoked beef brisket, BBQ chicken, potato salad, coleslaw, charro beans, Caesar salad, corn bread and desserts sounds wonderful. We will be entertained during dinner by a Mariachi band courtesy of CHR and Karen Cohen. The shuttle will return back to the hotel around 9 pm or it is only a 15 minute stroll back along the River Walk. It will be a grand evening and you will be helping the Foundation meet its mission of providing scholarships and grants to AAOHN members. Be sure to register and join us.

Remembering The Alamo Tour and BBQ
When: Tuesday evening, April 7, 2020.
Time: 6:15/6:30
Cost: $85 per ticket.

Watch for other AAOHN Foundation conference activities such as the Wellness Walk, Wine Wall, Raffle, Foundation Conference Pins and Sashes. Visit us at the booth. See you in San Antonio.

Kay Campbell, EdD, RN, COHN-S
AAOHN Foundation Executive Director

Webmaster
Wanda Smith

NC OH Career Opportunities
Job Openings
- OH Nurse Manager, City of Burlington
- OH Nurse Consultant, NC Division of Public Health
Click HERE for more

Do you need a job posted? Send PDF to: wanda.smith@conehealth.com

Looking for Award Application Packets?
Look no further than your own NCAOHN website: https://ncaohn.org/awards/
Awards and Recognitions Schedule

<table>
<thead>
<tr>
<th>AWARD</th>
<th>SUBMISSION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>AAOHN Chapter Awards</td>
<td>January 1, 2021</td>
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<tr>
<td>AAOHN Business Recognition Award</td>
<td>January 1, 2021</td>
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<tr>
<td>AAOHN Fellowship</td>
<td>January 1, 2021</td>
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<tr>
<td>UL–AAOHN Workplace Health and Safety Stewardship Award</td>
<td>January 1, 2021</td>
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<tr>
<td>AAOHN Lillian G. Carter Humanitarian Award</td>
<td>January 1, 2021</td>
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<tr>
<td>Cleo H. Everhart NCAOHN Spring</td>
<td>2/5/20 (Six Weeks prior to Spring Conference)</td>
</tr>
<tr>
<td>Medique Leadership NCAOHN of the Year</td>
<td>2/5/20 (Six Weeks prior to Spring Conference)</td>
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<tr>
<td>Great 100 Nurses in NC</td>
<td>April 15, 2020</td>
</tr>
</tbody>
</table>

Congratulations to NCAOHN:

Cara Winstead
and the Education Committee!

We received the
2020 AAOHN Chapter Education Award
for Best Multi-Day Activity!

Cara Winstead, Education Director accepted the award last year for NCAOHN!

2020 makes the 12th year in a row that NCAOHN has received an education award!

THANK YOU,
Cara & Team,
for your tireless efforts!

2020 AAOHN Communications Award
is awarded to
NCAOHN Chapter
and
Rhonda McGuire,
Communications Chair,
for the newsletter and other communication efforts and for the awesome state chapter that made the NCAOHN Connection such a good read!

This is the second year in a row that NCAOHN has received this award.
Awards and Accolades

Cleo Award Recipients

1973  Gladys Starnes  
1974  Jane Reynold  
1975  Eloise Odell  
1976  Marjorie Kirkpatrick  
1977  Patricia “Pat” Clapp  
1978  Ann Murphy  
1979  Loretta Church  
1980  Jean Greer  
1981  Frances Drenna  
1982  Kathy Brownfiel  
1983  Margie Borders  
1984  Nancy Foltz  
1985  Betty Winslow  
1986  Alyce Bright  
1987  Susan Randolph  
1988  Vera Smith  
1990  Patricia Connor  
1991  Lita Barr  
1992  Carolyn Carroll  
1993  Rosemarie Sher  
1994  (No Recipient)  
1995  Genny Reed  
1996  Belinda Worsham  
1997  Emily Wallace  
1998  Susan Walker  
1999  Ginger Lusk  
2000  Carolyn Summey  
2001  Deborah Donau  
2002  Betty Pruitt  
2003  Nadine Jones  
2004  Reba Roseman  
2005  Cara Winstead  
2006  Janie Griffin  
2007  Carol Harris  
2008  Ann Dobbins  
2009  Billie Cunningham  
2010  Cathy Swords  
2011  Regina Ford  
2012  Billie Harris  
2013  (No Recipient)  
2014  Phyllis Morgan  
2015  Rhonda McGuire  
2016  Judith Bundy  
2017  Carolyn Williams  
2018  Janelle Bostic  
2019  Joni Barrie

Medique Award Recipients

1990  Robin Lee  
1991  Esther Haithcock  
1992  Patricia “Pat” Clapp  
1993  Judy Ostendorf  
1995  Wanda Smith  
1996  Cheri Yates  
1997  Cathy Straight  
1998  Karen Mastroianni  
1999  Kathleen Buckheit  
2000  Diane Mackie  
2001  Ginger Lusk  
2002  Lavonda Shires  
2003  Lynn Hollifield  
2004  Carolyn Summey  
2005  Judy Fryar  
2006  Rusty Gentry  
2007  Tammy Holloway  
2008  Rita Oaks  
2009  Reba Roseman  
2010  Carol Harris  
2011  Susan Randolph  
2012  Deborah Fuldner  
2013  Karen Smith  
2014  Donna Fudale  
2015  Brenda Brawn  
2016  Julia Dixon  
2017  Dianne Masiclat  
2019  Candy Wright

Candy Wright, RN, BSN, COHN-S/CM is the winner of the 2019 NCAOHN Occupational Health Nurse of the Year award. Candy has 32 years of nursing experience with 16 years in Occupational Health. She has worked in a variety of manufacturing settings throughout her career. She currently works for Procter and Gamble at the Greensboro/Brown Summit location. She is an active member of both the state and Triad associations. She is the current NCAOHN Secretary and the Triad President. She has served in a variety of roles in the Triad including Awards and Scholarship Committee Chair and President Elect.

Candy is a strong employee advocate, enjoys creating wellness events for her employees, and volunteers frequently for United Way and community events. She has been a mentor to several OHNs, offering advice and support for nurses and safety personnel new to Occupational Health.

Please join us in congratulating Candy for her award-winning service!
**Awards and Accolades**

**Great 100 Nurses in North Carolina**

Congratulations to our 2019 NCAOHN Great 100 Nurses!

**JULIA DIXON**

Julia Dixon, RN, BSN, COHN-S/CM, President of the Tarheel Chapter

Julia is valued by her employer and clients as caring, knowledgeable and competent in all aspects of Occupational Health Nursing. She is well-deserving of this coveted nursing award.

**SUSAN KIRKS**

Susan Kirks, RN, BSN, COHN, from the Triad Chapter

The selection of Susan as a NC Great 100 Nurse shows a nurse who exhibits honesty, integrity, and high ethical principles to the occupational health patients that she serves each day.

**NCAOHN Recipients**

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Year</th>
<th>Name</th>
<th>Year</th>
<th>Name</th>
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<tbody>
<tr>
<td>1989</td>
<td>Kay Campbell</td>
<td>1999</td>
<td>Beverly David</td>
<td>2003</td>
<td>Robin Lee</td>
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<td></td>
<td>Bonnie Rogers</td>
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<td>Virginia Lusk</td>
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<td>Robin McLaughlin</td>
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<td>1991</td>
<td>Rachel Allred</td>
<td>1999</td>
<td>Deborah Morgan</td>
<td>2004</td>
<td>Carol Harris</td>
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<td></td>
<td>Sharon Muckenfuss</td>
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<td>Floydie Scott</td>
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<td>Lisa Pompeii</td>
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<td>Susan Randolph</td>
<td>2000</td>
<td>Ruth Barlow</td>
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<td>Betty Pruitt</td>
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<td>1992</td>
<td>Genny Reed</td>
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<td>Regina Ford</td>
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<td>Connie Bandy</td>
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<td></td>
<td>Ruth Ann Smith</td>
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<td>Gloria Hilton</td>
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<td>Tammy Holloway</td>
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<tr>
<td>1993</td>
<td>Angie Zabel</td>
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<td>Nadine Jones</td>
<td>2005</td>
<td>Rusty Gentry</td>
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<td>Judy Fryar</td>
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<td>David Machles</td>
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<td>Vee Bracken</td>
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<td>1994</td>
<td>Judy Ostendorf</td>
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<td>Judy Rafson</td>
<td>2006</td>
<td>Donna Edmundson</td>
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<td></td>
<td>Betty Winslow</td>
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<td>Ellen Scott</td>
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<td>Collen Kakretz</td>
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<td>1995</td>
<td>Cheri Yates</td>
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<td>Carolyn Summey</td>
<td>2007</td>
<td>Cara Winstead</td>
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<td>1996</td>
<td>Kathleen Buckheit</td>
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<td>Susan Walker</td>
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<td>Sonia Joyner</td>
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<td></td>
<td>Patricia “Pat” Clapp</td>
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<td>Mary Dea Wells</td>
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<td>Jill Simons</td>
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<td></td>
<td>Patricia Connor</td>
<td>2001</td>
<td>Deborah Donau</td>
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<td>Diane Mackie</td>
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<td></td>
<td>Vera Smith</td>
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<td>Sheila Higgins</td>
<td>2008</td>
<td>Karen Smith</td>
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<td>1997</td>
<td>Carolyn Carol</td>
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<td>Helen Hill</td>
<td>2010</td>
<td>Rita Oakes</td>
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<td>June Hoyle</td>
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<td>Lynn Hollifield</td>
<td>2012</td>
<td>Twyla Hutchins</td>
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<td>Euzelia Hunter</td>
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<td>Reba Roseman</td>
<td>2013</td>
<td>Lori Tillman</td>
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<td></td>
<td>Cheryl Kennedy</td>
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<td>Lavonda Shires</td>
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<td>Lila Allmond</td>
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<td></td>
<td>Karen Mastroianni</td>
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<td>Cathy Straight</td>
<td>2019</td>
<td>Julia Allmonde</td>
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<td>1998</td>
<td>Rebecca Blue</td>
<td>2002</td>
<td>Libby Marion</td>
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<td>Susan Dixon</td>
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<td>Jamie Boseman</td>
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<td>Kay Starrett</td>
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<td>Stephen Nix</td>
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<td>Wanda Smith</td>
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**Nominations Deadline:**

April 15th!
Awards and Accolades

The Golden Pen Award
Recognizing Workplace Health & Safety Journal contributors for excellence in writing

2019 Golden Pen Experienced Author Award
Karen Mastroianni, EdD, MPH, COHN-S, FAAOHN, of the Tarheel chapter, is the cofounder of Dimensions, Inc., a consulting firm in Raleigh that works with organizations on a variety of issues to create a great place to work. In her role, Karen focuses on human potential by enhancing individual well-being, creating physically and psychologically safe work environments, and cultivating leadership qualities to lead effective teams.
Karen’s winning article is here: AAOHN Member Opinions on Demonstrating Value: A Closer Look at the Findings

2020 Golden Pen Novice Author Award
Jill Simons, BSN, MPH, RN, COHN-S, member of the Triad chapter, is the Occupational Health Nurse Manager at the Procter and Gamble Personal Health Care plant in Greensboro. Sheila Higgins recently retired as the Occupational Health Nurse Consultant for the North Carolina Department of Health and Human Services. Sheila and Jill collaborated to write the award-winning article when they realized more information needed to be shared with OHNs regarding the profession’s role in the opioid crisis.
Jill’s winning article is here: The Opioid Epidemic and the Role of the Occupational Health Nurse

Congratulations to Newly Certified OHNs!

Wendy Tippette, new Triangle member, received her COHN-S and recounts her experience:
In 2008, I began my NP career at Rex Occupational Health Clinic in Cary, providing business health services to various companies. This was an exciting opportunity to practice in a clinic that not only provided injury management but had a strong focus on health promotion and illness/injury prevention through education. For the past 8.5 years, I have been working as the Employee Health Nurse Practitioner at UNC Rex Health Care in the hospital setting. In this role, I oversee the onboarding and screening of new hires. In addition, I evaluate and treat employees presenting with acute and chronic complaints of work related illness and/or injury. I work closely with nursing management and other departments to identify and correct risks to prevent future injuries as well as facilitate an early return to work program.
Obtaining this certification is a validation of my commitment to excellence and clinical competency in this specialty field.

- Wendy Tippette, MSN, ANP-BC, COHN-S

Patricia Coleman, new Triangle member, shares:
I am from Charleston, South Carolina. I enjoy being in nature, traveling, and pottery.
I am board certified as a Family Nurse Practitioner. I completed my Bachelors and Masters of Science in Nursing at the Medical University of South Carolina in 2009 with a graduate program focus in Family Practice and Gerontology. I have enjoyed many nursing roles in Family Practice, Urgent Care, Pain Management, and began working as a Nurse Practitioner in 2010 at an occupational health clinic. I opened the first on-site occupational health clinic for the Medical University at the Volvo plant in Charleston, South Carolina. I’ve relocated to Holly Springs to take a role as the Occupational Health and Wellness Site Lead at Pfizer in 2019 and manage three sites. My passion is developing and implementing health and safety programs and disease prevention programs. The Tarheel Chapter of AAHON has welcomed me with open arms and has been very supportive of my learning and networking in the area, for which I am very grateful. I’m so happy to be a part of an association full of experts and pioneers in occupational health nursing, who encouraged me to obtain my COHN-S.

- Patricia Coleman, FNP-C, COHN-S
Awards and Accolades

Congratulations, New AAOHN Fellow:
Sheila Ann Higgins, RN, BSN, MPH, FAAOHN

Sheila Higgins is the Occupational Health Nurse Consultant with the Occupational and Environmental Epidemiology Branch, NC Division of Public Health. Her career began as a Navy nurse and she retired as a Commander-Nurse Corps in 2002 in the Naval Reserve. She spent 12 years as the first occupational health nurse in NC for United Parcel Service. In 2004 she transitioned to the NC Division of Public Health and has been responsible for occupational health consultation services on the local and state level; managing NIOSH-funded, case-based, public health surveillance programs; and participating on the Branch public health preparedness team. She has given numerous presentations and published many articles in the area of occupational injury and surveillance. She also served on several agency boards related to migrant health, farmer health and structural pesticide use and developed state policy with Public Health partners in the areas of pregnancy and lead exposure screening and acute pesticide illness reporting to the state. She has been a member of AAOHN for over 25 years and has served in various organizational positions and committees at the state and local levels. Once hearing about the award Sheila shared “it is gratifying to know I have made a contribution. I am honored and humbled to be included with the other OHN Fellows!”

Congratulations to Sheila for her award and for her upcoming retirement!

NCAOHN Fellows of NC

Our state ties with California as having the largest number of Fellows in the nation!

<table>
<thead>
<tr>
<th>NCAOHN FELLOW</th>
<th>CLASS OF</th>
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<tbody>
<tr>
<td>Ruth Barlow</td>
<td>2018</td>
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<tr>
<td>Ralph Brown</td>
<td>2014</td>
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<tr>
<td>Kathleen P. Buckheit</td>
<td>2003</td>
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<tr>
<td>Annette Byrd</td>
<td>2017</td>
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<tr>
<td>Kay N. Campbell</td>
<td>2003</td>
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<tr>
<td>Patricia W. Clapp</td>
<td>2009</td>
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<td>Sheila Higgins</td>
<td>2019</td>
</tr>
<tr>
<td>Euzelia Hunter</td>
<td>2011</td>
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<tr>
<td>Karen Mastroianni</td>
<td>2004</td>
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<td>Sharon L. Muckenfuss</td>
<td>1999</td>
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<tr>
<td>Judith S. Ostendorf</td>
<td>2003</td>
</tr>
<tr>
<td>Susan A. Randolph</td>
<td>1999</td>
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<tr>
<td>Genevieve Reed</td>
<td>2002</td>
</tr>
<tr>
<td>Bonnie Rogers</td>
<td>1999</td>
</tr>
<tr>
<td>Wanda Smith</td>
<td>2010</td>
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NCAOHN Fellows Published in 2019

Please do not miss the following articles in the Journal written by our own, talented members, click on link for a good read:


February 2019 Article: Development of Competencies for Respiratory Protection for Health Care Workers by Bonnie Rogers, DrPH, COHN-S, FAAN, FAAOHN, FNCC, Kathleen Buckheit, MPH, BSN, RN, CEN, COHN-S/CM, CCM, FAAOHN, Judith Ostendorf, MPH, BSN, COHN-S, CCM, FAAOHN

August 2019 Current Topics: Gig Workers by Susan A. Randolph, MSN, RN, COHN-S, FAAOHN
Awards and Accolades

AAOHN 2020 Foundation
Annette Haag Scholarship

Michelle Edwards

2020 AAOHN Foundation Scholarship sponsored by Annette Haag. Annette is past President of the Association and a long-time supporter of leadership continuing education for our AAOHN members. This $1,500 scholarship is to be used for attendance at the 2020 AAOHN National Conference to be held in San Antonio, TX and should help to fund registration, flight, meals and lodging expenses.

Michelle Edwards is a member of the Coastal Plains Chapter.

AAOHN 2019
Foundation Professional Development Scholarship

Cellie Dunn, RN, COHN/CM

"Knowledge is power, how do we proceed without knowing what to do? I am grateful for the opportunity of winning this award because it affords me the ability to attend a program that will assist in advancing the knowledge needed to serve employees on a day-to-day basis. It will assist in a personal goal for professional development and continuous improvement. This award means for my future the ability to lead in the workforce. It means the ability to assist workers in their safety, health, and environment on a day-to-day basis. To win this award required communicating and explaining how I’ve been committed to the field of Occupational Health Nursing, the impact in the workplace and community as a leader, and expressing my thoughts on future challenges for our field of Nursing."

Cellie Dunn (R) receives award from Grace Fortuna, AAOHN Foundations

"I was elated to learn that I had received one of the Liberty Leadership Scholarships offered by the AAOHN Foundation. I have been in occupational nursing for over 23 years and held my national certification for 18 years. I have always wanted to attend the AAOHN National Conference but was unable to do so due to finances. Although I live in south central Virginia, I am very close to the North Carolina/Virginia state line and recently accepted a position in an occupational clinic in Greensboro, North Carolina. I moved my AAOHN membership to the North Carolina state and local chapter. My fellow members here supported me and encouraged me to apply for a scholarship. After 23 years, I will now attend my first, but hopefully not my last, AAOHN National Conference. Thank you AAOHN for supporting and assisting nurses to network with other occupational health nurses and broaden our knowledge in keeping our workplaces safer and healthier."

Susan Kirks (R) receives award from Grace Fortuna, AAOHN Foundations

Susan Kirks, BSN, RN, COHN

2019 Liberty Leadership Scholarship

Employer Recognition Award

EMPLOYER AWARD APPLICATION

The ABOHN Employer Recognition Award is awarded each year to a company that demonstrates support and encouragement for the personal and professional development of the certified Occupational Health Nurses that they employ. This award recipient demonstrated that it recognizes the value that certification brings to its organization and acknowledges the OHN’s contributions in a variety of ways.

Deadline: November 15, 2020

American Board for Occupational Health Nurses, Inc.
Board Certification: Engage Excellence
The ABOHN Exam Development Committee (EDAC) have committed to volunteer their time to write questions for the new ABOHN exams that are to be launched in March 2020. This group of Board Certified OHNs from across the country came together in Olathe, Kansas in March 2019 and met with PSI Services, ABOHN’s testing vendor, where they learned how to write and vet test questions. The three-day intense training led to over 300 new exam questions written and ready for review!

Among the group is our very own Michelle Edwards, NCAOHN Education Committee Chair and Coastal Plains Chapter President. Michelle is pictured above on front row, second from right.

ABOHN adds:

“Our thanks to this great team who volunteer their time and talents which helps support ABOHN, strengthen our exams, and keep us focused on our vision.”

Please consider sharing your talents and expertise with ABOHN!
Is Medical Non-Compliance Due to Apathy?

Believe me, I know it can be frustrating to counsel employees regarding health risks only to have them not follow your advice. But could that very counseling be one of the issues preventing compliance?

Often health risk counseling has to do with, well, health and risks. It can be foreboding to the client and certainly lacks joy, pleasure and meaning for changing behavior, which according to research are necessary for sustainable change to reduce risk factors. Plus, some of this non-compliance is hard wired in our neurons. We fail to sustain new habits because our human brains crave routine and resist change. It’s very discouraging to try to do things differently, only to find ourselves falling back into old patterns. This might appear as apathy, but really is ‘a norm’ that is quite frustrating. It is disappointing when considering that,

– Despite documented benefits of cardiac rehabilitation, adherence to programs is suboptimal with an average dropout rate of between 24% and 50%.
– Recommended glycemic goals are achieved by less than 50% of patients, which may be associated with decreased adherence to therapies.

However, consider these statistics:

• 12% of individuals making New Year’s resolutions will keep them; and 80% have thrown their resolutions to the wind by February – 80% within 30 days!
• Estimates are as high as 67% of unused gym memberships – 67%! Yet these same 67% join again, and again. Gyms bank on this fact year after year.
• Fitness tracker use rapidly declines 6 months from purchase. And research indicates that those using fitness trackers have few health benefits or weight loss than those who stop use.
• 95% of those who lose weight by dieting gain it back – including WW and other ‘lifestyle’ change programs. Up to two-thirds of those gain back more than they lost.

It is our norm to want to change, but revert back into old habits, even when facing chronic health conditions. Michelle Segar calls this epidemic of starting-quitting-starting-quitting the Vicious Cycle of Failure and states it’s the only way most of us have learned to care for our bodies. This is despite our best intentions and motivation for change. After several years of failure, many – no matter how many chronic diseases they have – stop going to their healthcare provider (or you!) because they can’t bear the sense of failure and judgement.

Apathy? Lack of willpower? Lack of motivation? No, the power of habits works against us. Actually, so does willpower since it’s not a matter of powering through to comply or having an unlimited supply of willpower.

Michelle Segar’s research indicates that another reason for non-compliance is due to not knowing our ‘why’ for changing hardwired behaviors. Without a meaningful ‘why’, compliance becomes a chore – exercise, healthy eating, taking disliked medicines, etc., are a chore, not a pleasure. Dr. Segar’s findings are that health reasons aren’t enough to sustain behavior change or ‘comply.’
Enhancing quality of life, well-being, pleasure, joy and centeredness are. We are hardwired to choose immediate gratification over long-term benefits. Plus it has been known for several decades that using fear and health risk tactics often have the opposite effect, for example, showing a smoker a picture of diseased lungs actually has been found to increase smoking.

So instead of counseling on health risks, coach your clients regarding what they want and their true ‘whys’ for accomplishing this. Coaching without lecturing, judging, or educating on health risks and reasons to comply. Instead practice person-centered coaching.

- Consider the person’s ‘why’ and emphasize joy, well-being, pleasure and meaning.
- Respect the person’s values and preferences without judgment.
- Allow and acknowledge the normalcy of ‘failure’. Is it failure? No. Instead, consider it as normal and part of practicing and learning?
- Be there for the person and provide education when they are ready.
- Help them identify barriers and ways to overcome the obstacles. Honor and support them since they truly know what is needed.
- Take a holistic approach using a multidimensional model of wellness as well as whole person-centered care to address all the determining factors – not just dis-ease factors.

Doesn’t it make sense that we all want to be happy and experience joy, pleasure and well-being? This will hopefully motivate lasting behavior change!

References Used:

Adherence to Therapies in Patients with Type 2 Diabetes.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3889324/

Cardiac Rehabilitation Patient and Organizational Factors: What Keeps Patients in Programs?
https://www.ahajournals.org/doi/10.1161/JAHA.113.000418

Ennis-O’Connor, M. A Person Centered Approach To The Care Of Chronic Illness.
https://powerfulpatients.org/2016/07/21/a-person-centered-approach-to-the-care-of-chronic-illness/

Science Says Fitness Trackers Don’t Work. Wear One Anyway.


Karen Mastroianni is a principal and consultant with Dimensions, a consulting company in Raleigh, NC. Dimensions works with organizations on a variety of issues to help create a safe and healthy workplace. Her approach utilizes a multi-level, holistic, and ecological model to enhance well-being for both the individual and the organization. Karen is a recent recipient of The AAOHN Golden Pen Experienced Author Award for the article, AAOHN Member Opinions on Demonstrating Value: A Closer Look at the Findings.
NCAOHN State Meeting Minutes
November 7, 2019
Kingston Plantation, Myrtle Beach, SC

Meeting called to order at 11:38 am by President Karen Smith. Recognition of new members/first time attendees and out of state attendees. Roll Call Chapters—all represented.

Presidents Report (Karen Smith)
- Requests that anyone attending AAOHN conference in April 2020 San Antonio, Texas let her know for a possible join up of the state contingency
- Deadline to Nominate Fellows and Chapter Awards to AAOHN is November 29, 2019
- Karen has been invited by the NCBON to provide feedback to the BON about LPN scope of practice and Karen would like anyone’s input to assist
- The NCAOHN board of directors has voted to increase NCAOHN dues to $25 annually which is in response to the change at the AAOHN level whereas members no longer have to join the AAOHN to be a part of the NCAOHN

Vice President Report (Diane Masiclat)
Diane is currently also serving as membership chair as we do not currently have a chair. She advises that the NCAOHN website will be set up to accept a chair payment. She remarks that the NCAOHN website will be set up to accept payment of the state dues and local chapter dues.

Secretary (Candy Wright)
Minutes were submitted as corrected in the last newsletter, motion to accept by Michelle Edwards and seconded by Pat Clapp, motion carried.

Treasurers Report (Deb Fuldner)
Currently have $6592.69 in checking and 2 CD to total $109,895.18 which does not account for conference expenses.

Directors Reports

NCAOHN Education (Michelle Edwards) - 59 attendees (with 5 vendors); survey monkey was sent out and the results are that the state will go down to 1 conference annually and it will be held in the Spring. In Spring 2020 only at Asheville Crown Plaza March 18-20 with the theme of Disaster Preparedness /Management Of and it will interactive with other specialties invited in addition to nurses. Tentatively Spring 2021 back to Kingston Plantation, Myrtle Beach, SC.

Coastal Plains (Michelle Edwards) - small group that participates in QOM conference calls to keep in touch and provide member support.

Foothills (Dawn Scheessele)
Cynthia Sacona resigned; they held 4 meetings with CEU with average attendance of 6-10. They are considering combining with Metrolina.

(Continued)

Metrolina (Mamie Joseph)
Will hold a Mix and Mingle before the end of the year.

Sandhills (Andrea Fields) cannot attend this time - the chapter has not met in 2 years.

Tarheel (Julia Dixon)
64 members
New Treasurer Terri
2 well attended CEU educational offerings.

Triad (Candy Wright)
51 members as of November 1
2 CEU offerings this year.

OLD BUSINESS
- Nominations – Amy Pearson is seeking nominations for Secretary and Vice President by beginning of December

NEW BUSINESS
New Bylaws Vote
Email from President Karen Smith - small changes related to AAOHN bylaws changed and bylaws 2/3 vote of board needed and couldn’t get a quorum; therefore, the bylaws now read can vote with a simple majority vs 2/3.
Candy Wright moved to accept change in Bylaws, seconded by Diane Masiclat, no discussion, vote called for 47 in favor and no opposed.

Awards - Rita Oakes not here - Medique Leadership Award 2019 given by Diane Masiclat to Candy Wright
New COHN-S/COHN-S/CM acknowledged; two winners of Great 100 – Julia Dixon and Susan Kirks

Introduction of vendors

Announcements –
Kay Campbell advised that the AAOHN Foundation Dinner will be at the Alamo as a Texas BBQ
Scholarship from ABOHN deadline is January 1; there are 6 continuing ed. scholarships and 2 academic scholarships; 1 governmental affair for the Nurse in Washington and one from Meditrac for $2300 for the leadership institute - Kay encourages everyone to apply.

Meeting adjourned at 12:35 pm

Respectfully submitted,

Candy Wright, RN, BSN, COHN-S/CM
NCAOHN Secretary
You Deserve to Serve!

Our 2020 NCAOHN elections will have openings for the following roles:

- Vice-President
- Secretary

**Duties:** The duties shall be such as are implied by the respective titles except as otherwise stated in these bylaws and more specifically shall include the following:

**The Vice President shall:**
- a. in the absence of the President, assume the duties of the President;
- b. assume other duties assigned by the bylaws, standing rules or the Board of Directors;
- c. succeed to the office of President for the unexpired term in the event of a vacancy.

**The Secretary shall:**
- a. prepare the minutes of all meetings of NCAOHN and the Board of Directors;
- b. notify all officers of their election and all committee members of their appointments;
- c. conduct the general correspondence;
- d. notify members and the Board of Directors of the time and place of meetings.

We are so thankful for our current leaders – Diane Masiclat, Vice President and Candy Wright, Secretary.

The process will begin in December with a request for nominations. So now is the time to consider nominating someone to join the NCAOHN leadership team. And please note….. it is absolutely fine to put your own name in for nomination!

This is a great opportunity to take a more active role in our organization. Please contact me or Judy Fields, see below, if you have any questions. More communications about our next election will be forthcoming.

Hope to see you all at the upcoming conference,

Amy Pearson
Amy.Pearson@southernrehab.net

Judy Fields, jfields@ppg.com

NCAOHN Research Award: Easier than you imagine!

You already collect information on the health and safety of your employees and the workforce. Why not use it to add to the “body of knowledge” that we need to identify the needs of the workers? Do you conduct health screenings, BP, cholesterol, weight? What did you find in your worker population through screenings? Do you monitor results from health and safety interventions?

**If you would like to make sense of the “numbers”, let’s talk!**

Kathleen Buckheit, buckheitkp@gmail.com

An annual award of $250 is waiting that can be used to conduct or present your research!
# 2019 Conference Vendor List

<table>
<thead>
<tr>
<th>Vendor</th>
<th>Representative</th>
<th>Email Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benchmark Rehab Partners</td>
<td>Doug Hambright</td>
<td><a href="mailto:dhambright@urpt.com">dhambright@urpt.com</a></td>
<td>704-747-6539</td>
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<tr>
<td>Chattanooga, TN</td>
<td></td>
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<tr>
<td>CFA Medical</td>
<td>Derek Partin</td>
<td><a href="mailto:Derek@cfamedical.com">Derek@cfamedical.com</a></td>
<td>336-971-1459</td>
</tr>
<tr>
<td>Pfafftown, NC</td>
<td></td>
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<tr>
<td>Chesapeake Occupational Health Solutions</td>
<td>Stephanie Billing</td>
<td><a href="mailto:steph@cohs.biz">steph@cohs.biz</a></td>
<td>410-360-6120</td>
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<tr>
<td>Hanover MD</td>
<td></td>
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<tr>
<td>Clean Space Technology</td>
<td>Carl Modrick</td>
<td><a href="mailto:Carl.Modrick@cleanspacetechnology.com">Carl.Modrick@cleanspacetechnology.com</a></td>
<td>480-319-1995</td>
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<tr>
<td>Corporate Health Resources, Inc</td>
<td>Judy Fryar</td>
<td><a href="mailto:Jfryar@chr.com">Jfryar@chr.com</a></td>
<td>240-813-2801</td>
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<tr>
<td>Rockville, MD</td>
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<tr>
<td>Medique Products</td>
<td>Jim Lask</td>
<td><a href="mailto:jlask@mediqueproducts.com">jlask@mediqueproducts.com</a></td>
<td>239-337-7225 ext. 108</td>
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<tr>
<td>Fort Myers, FL</td>
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<tr>
<td>Occ Fit Solutions</td>
<td>Cathy Ross</td>
<td><a href="mailto:cross@wellness-sourceinc.com">cross@wellness-sourceinc.com</a></td>
<td>704-929-6347</td>
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<tr>
<td>Mooresville, NC</td>
<td></td>
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<tr>
<td>Publicom</td>
<td>Doug Wilson</td>
<td><a href="mailto:gwilsonjr1@carolina.rr.com">gwilsonjr1@carolina.rr.com</a></td>
<td>800-230-8819</td>
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<tr>
<td>Roanoke, VA</td>
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<tr>
<td>Saf-Gard Safety Shoe Company</td>
<td>Chad Rankin</td>
<td><a href="mailto:crankin@safgard.com">crankin@safgard.com</a></td>
<td>704-576-2920</td>
</tr>
<tr>
<td>Greensboro, NC</td>
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<tr>
<td>Select Physical Therapy</td>
<td>Amy McCartney</td>
<td><a href="mailto:AMcCartney@selectmedical.com">AMcCartney@selectmedical.com</a></td>
<td>336-765-5664</td>
</tr>
<tr>
<td>Tyson Foods</td>
<td>Bambi L. Bailey</td>
<td><a href="mailto:Bambi.Bailey@Tyson.com">Bambi.Bailey@Tyson.com</a></td>
<td>479-236-2329</td>
</tr>
<tr>
<td>Springdale, AR</td>
<td></td>
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<tr>
<td>Wilmington Treatment Center</td>
<td>Lauren Neely</td>
<td>lauren.goodson@wilmington treatment.com</td>
<td>980-438-9831</td>
</tr>
<tr>
<td>Wilmington, NC</td>
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<tr>
<td>Workplace INTEGRA, Inc</td>
<td>Jim Kurzec</td>
<td><a href="mailto:jkurzec@wpintegra.com">jkurzec@wpintegra.com</a></td>
<td>336-834-8775</td>
</tr>
<tr>
<td>Greensboro, NC</td>
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<tr>
<td>Juice Plus Partner</td>
<td>Jackie Nusbaum</td>
<td><a href="mailto:Behealthywithjackie@gmail.com">Behealthywithjackie@gmail.com</a></td>
<td>919-522-8299</td>
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<tr>
<td>McKesson Medical-Surgical</td>
<td>Derick Blakey</td>
<td><a href="mailto:Derick.Blakey@mckesson.com">Derick.Blakey@mckesson.com</a></td>
<td>888-200-6789</td>
</tr>
<tr>
<td>Henrico, VA</td>
<td></td>
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<tr>
<td>Rehabilitation Management, Inc.</td>
<td>Terri Cullen</td>
<td><a href="mailto:Terri.culen@rmi-us.com">Terri.culen@rmi-us.com</a></td>
<td>704-996-3020 (cell)</td>
</tr>
<tr>
<td>Monroe, NC</td>
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Scholarships (Currently Vacant)

NCAOHN SCHOLARSHIPS

- Program Scholarship - Ten are provided each year, five for the spring conference and five for the fall conference. The money for this will cover the full registration of the program. (This may change if we continue with only one conference per year)

- CEU Scholarship - two are provided each year. The amount of up to $100.00 is provided to cover the registration costs for approved CEU offerings in the Occupational Health field.

- COHN/COHN-S Scholarship - one is given per year. The amount of $350.00 will be awarded to a nurse who has been accepted to take the exam.

- Case Management Scholarship - one is also awarded each year. The amount of $ 150.00 will be awarded for the same reason that the COHN/COHN-S Scholarship is given.

- NCAOHN Memorial Scholarship is for continuing education in the amount of $300 to be awarded annually in February.

To request an application, contact:

Vee Bracken
brackve1@yahoo.com

Scholarship News:

Four scholarships were approved for the 2019 Fall Conference.

If you think Ed McMahon had fun delivering Publisher Clearing House checks...

then you should try giving out scholarships to our own, hard-working OHNs!

Please talk to Karen or Dianne about serving as Scholarship Chair!

NCAOHN Scholarship Committee
Chair: (Vacant)
Members:
Vee Bracken
Cathy Sawyer

THANK YOU for volunteering!

Scholarship Opportunities for Your Extraordinary Contributions to the OHN Profession

The AAOHN Foundation awards individuals with several scholarships for professional development, academic education and more. Click here to download the 2020 Foundation Scholarship Packet.

The deadline to apply is January 1, 2021.

Liberty Hardware in Winston-Salem participated in the F.A.S.T. campaign with the traveling letters across Forsyth County to bring awareness to the warning signs of a stroke. This was sponsored by First Horizon bank in conjunction with the American Heart Association. It was displayed in the Lobby from Jan-6th-Jan-21st 2020. Roslyn Lentz is a Triad member and is pictured with the FAST sign.
I attended the North Carolina Nurses Association (NCNA) Annual Conference September 19-20, 2019 in Winston Salem’s Benton Convention Center. Over 500 RNs, LPNs, and students were in attendance. The focus was on Nursing Leadership. “It’s Time for Nurses to Lead the Way” was the opening keynote delivered by the Hon. Linda Tarr-Whelan, BSN, MS, FAAN. She provided insight into the power nurses hold and the influences we can have in supporting our communities. Dr. Mandy Cohen, MD, MPH, the Secretary of NC’s Department of Health and Human Services (DHHS) also spoke about what DHHS projects are in the works to support healthier communities. I congratulated Dr. Cohen on the work being done at DHHS and thanked her for supporting Occupational Health Nursing through the Occupational Health Nurse Consultant role most recently held by Sheila Higgins MPH, RN.

Throughout the conference, I made contacts with nurses in a variety of fields including nursing education. One of the sessions for nursing educators focused on finding clinical experiences in community settings. I encouraged the educators to contact me in order to utilize occupational health clinics as a community health clinical setting.

The breakout sessions and poster presentations were dynamic, and the networking opportunities were prolific. Two of our nurse legislators, Gayle Adcock and Carla Cunningham, and the NCNA lobbyists presented at the legislative update. They asked us to support the SAVE act and the Nurse in Every School legislation. The main theme was to get involved in local and state organizations and vote. It is wonderful knowing that we are well represented in our state legislature by these RNS/FNPs.

Another theme of the convention was to encourage nurses to sit on business and community boards in order to have improved representation in the communities we serve. Think about the difference nurses could make in North Carolina if we got involved in a variety of PACs or boards. I hope you’ll consider serving on a board; or if you’re already serving on a board, let us know about it! I’ve been a member of the South University-High Point campus School of Nursing PAC for 3 years. While the remaining South University programs have gone, the School of Nursing is hoping to reopen in 2020. PAC members are supporting this and encouraging South University to remain a vibrant member of the nursing education community in the Triad.

I was able to attend the NCNA Conference thanks to the generous support of the NCAOHN Board of Directors who set up a scholarship fund for attendance at other nursing organizations conferences with the intent to promote Occupational Health Nursing. If you have an interest in attending another organization’s conference in order to promote OH nursing, I would encourage you to apply for the NCAOHN scholarship.

**Jill Simons** has been an active member of the Triad Chapter of NCAOHN since 2002. She has recently served as Chapter President and is currently serving as Membership Chair. Jill became an NCNA/ANA member in 2019.

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**PROCEDURE FOR REQUESTING NON-AAOHN CONFERENCE REGISTRATION**

**PURPOSE:** To provide financial sponsorship for NCAOHN members to attend educational conferences related to occupational health nursing outside the AAOHN forum in an effort to increase OHN exposure to the surrounding business communities and disciplines.

1) Any regular member may request through the Scholarship Committee a specific amount up to $500 to cover the registration cost to attend a non-AAOHN conference or educational opportunity.
2) The recipient member agrees to report to the membership a synopsis of the conference or educational opportunity via an article in the state newsletter.
3) The member will bring back suggestions for appropriate vendors and speakers for future NCAOHN conferences.
4) Requests are made by completing an application, attaching the conference/educational offering’s agenda, and forwarding to the Scholarship Committee Chair of NCAOHN.
5) The Scholarship Committee shall review the application and determine what amount can be given based on fund availability.
6) Requests are reviewed on a first-come-first-served basis.
7) A member may receive this benefit once per budget year.
Nurse in Washington Internship

March 23-25, 2020
Location: The Alexandrian
Alexandria, VA

(Dates coincide with the world-famous Cherry Blossom Festival!)

Click Here for more info

AAOHN Foundation Grant is now available for application! Click here for the Foundations Scholarship packet link. The Nurse in Washington Internship (NIWI) grant supports member participation and learning about the legislative process.

The program, which provides participants the opportunity to learn from health policy experts, members of Congress and other government officials and to network with nurses from around the country, is sponsored by the Nursing Organizations Alliance, an umbrella group of national nursing organizations, including AAOHN.

Power to the People!

Nurses Night at the Legislature
June 2, 2020

Save the Date and Make Your Plans to attend the fifth annual Nurses Night at the Legislature held in the North Carolina Museum of Natural Sciences

Don’t miss this memorable reception connecting North Carolina nurses with their elected officials

Watch the NCNA Events page for updates: https://ncnurses.org/events/nurses-night-at-the-legislature/

Note from Jeffrey: I encourage you to consider this rewarding experience! Let me know if you plan to attend so that we can prepare a way to find each other there and make OHN’s known!

G.A. Committee members:

Michelle Edwards
Andrea Fields
Sheila Higgins
Carol Summey
Denise Clapp

Volunteer!
Because you are awesome

If you have an interest in Governmental Affairs and a willingness to contribute, please contact Karen or Dianne and ask about this vacant position.

Opportunities to Stay Involved

The 2019 legislative session promises to be one of the most significant grassroots efforts in a long time! Efforts are being ramped up around school nurse funding, full practice authority for APRNs, and other important policy issues. Some of these issues already have a lot of momentum and have strong support from influential groups outside of nursing like the AARP.

Whether you’re volunteering on Jones Street every week or just cheering from afar, NCNA has a wide variety of ways you can help lead #NursingForward® in 2019 and beyond.

Grassroots Advocacy System
Can’t be in Raleigh to meet with legislators in person? This is a great way to make sure your voice is heard! When you sign up, we’ll let you know exactly when we need you to send an email, make a phone call, or post a message on social media – and we make it easy! This is an ideal way to make sure legislators from YOUR district know that nurses are involved and that we’re paying close attention to how they’re voting. Go here to sign up.

Nurse of the Day
This is one of the best chances to see the inner workings of the General Assembly and is always incredibly popular. Volunteers serve as the onsite RN for the day: they treat legislators, staff, constituents, and visitors as needed. They’re recognized by name on the floor of both the House and the Senate and get to observe big hearings and crucial votes. Go here to volunteer. Check back frequently for more opportunities.

NC Nurses PAC
It is nearly impossible to separate money from politics, and this Political Action Committee is the best way for nurses to make sure that we’re promoting candidates who prioritize issues that improve patient care. The PAC is bipartisan: it supports any candidate who supports nurses. In the last election cycle we gave to 27 candidates, including all three of the RNs who currently serve in the General Assembly. Go here to donate.
You have probably been reminded many times to renew your membership for 2020. We will remain a strong Association through your support and participation.

NCAOHN was organized in 1954. We are celebrating our 66th year. The impact this Association and its membership has made during those years is unmeasurable. We have provided 3 national presidents plus numerous board and committee members. NCAOHN members have been submitting articles to the Journal for more than 30 years. There have been numerous awards for our Single and Multiple Day Educational Offerings as well as our Newsletter. We have been recognized for our support of OHN Certification by the American Board for OHN’s. Our members have been speakers/presenters at national, state and local peer meetings as well as business and civic groups. Constituent Chapters and our members support local communities in multiple ways. NCAOHN is an Organizational Affiliate of the North Carolina Nurses Association.

The two organizations have a long history of cooperation in support of nursing in our State. NCAOHN had representatives on the task force that outlined the progressive NC Nurse Practice Act which is unparalleled in the nation.

The gauntlet has been passed; the challenge is before us to continue another 66 years of greatness!

As your historian, I would really like to know what you want to see displayed at our meeting(s). You have photos, scrap books, and scads of documents at my house to be shared.

Please take a few minutes to express your thoughts on the following:
1. What would you like to see displayed?
2. Where would you like the display to be placed – (vendor room, meeting room, registration, other)?
3. Other comments________

My email: clapp_pat@bellsouth.net. (Underscore between ‘clapp’ and ‘pat’). I look forward to hearing from each of you.

Pat Clapp, Historian
Thank you for contributing to YOUR award-winning newsletter! For suggestions or submissions for the 2020 Spring Connection, please contact Rhonda McGuire, Communications Chair:

rhonda.mcguire@unchealth.unc.edu

Did You Hear?

In February 2020, Workplace Health & Safety will transition to being online, and the distribution of the printed Journal will cease after the January 2020 issue.

Benefits of this move to digital:

- quickly access the Journal on your smartphone, tablet, or computer.
- print the articles directly from your computer or download them.
- NEW! SAGE Email Alerts where you are notified every time a new article is posted in the OnlineFirst feature. Sign up here: https://journals.sagepub.com/home/whs
- NEW! Article sharing feature, which allows you to easily share a read-only link to the article via email or social media. For more info on this, visit: https://journals.sagepub.com/page/article-sharing

ByLaws
(Vacant Position)

NCAOHN Bylaws have been updated
Did you get your emailed copy?

Make a Difference!

If you have an interest in serving as ByLaws Chair, please contact Karen or Dianne and ask about this vacant position.

We Need Your Picture Here!

When perusing your recent Workplace Health & Safety journals, did you note the articles by our own Susan Randolph?

- The Nursing Now Campaign
  https://doi.org/10.1177/2165079918805768
- Promoting Hearing Health
  https://doi.org/10.1177/2165079918782720

Susan is a regular contributor to the journal, having written 45 articles in the last 40 years. She also serves as one of the Associate Editors for Sage Publishing.

We greatly appreciate all that Susan contributes to our collective knowledge!

To Do:
1. Attend 2020 NCAOHN Spring Conference!
2. Call Mom!
Velvaline “Vel” Sanders

Vel Sanders has retired after dedicating 39 years to nursing. She received her BSN from NCCU and a Master of Science in Administration from the University of Michigan. She began her career as a surgical nurse at Johnston Memorial Hospital. She was a nursing instructor at Johnson Community College. She was employed as a Public Health Nurse II serving Wake and Johnston counties. She worked for Data General, Burlington Industries, Edward Weck. While at Edward Weck she developed her own computerized medical record in 1989 with support from the Weck IT department. She was employed as an Occupational Health Consultant at GlaxoSmithKline for over 23 years. She mentored several non-occupational contract nurses who were able to advance to find permanent jobs in occupational health nursing. Vel has deep expertise in OSHA, Workers compensation and FMLA.

She was awarded the Shaw University Spirit Award. She served on the Board of Directors for the American Lung Association. She is a member of AAOHN, NCTAOHN and served on the Governmental Affairs and Nominating Committees.

She was born in Selma and has lived in North Carolina for 65 years and resides in Clayton. She is married to her loving husband of 44 years and has 2 successful daughters. Natalie Sanders, age 37, graduated from Harvard Law School and lives in Washington DC. Crystal, age 35, married in March in Uyo, Nigeria is a Professor and Director of the Africana Research Center at Penn State University and is expecting Vel’s first granddaughter soon!

Pamela W. Anderson

What a pleasure to meet a new Tarheel member, Pam Anderson. Pam works at Wayne UNC Health Care as their Director, Corporate and Student health Services. She received her BSN from UNC Chapel Hill and has been awarded the Great 100 NC, the Nurse Excellent award, and is a Nationally Certified School Nurse.

Pam is a lifetime resident of Goldsboro, NC. She has been married to her dear husband, Allen, for 30 years. They have a son, Christian, a 20 y.o. college student; and a daughter, Burgandi, 27 y.o. and married to Jake, a member of the US Army.

Pam is active in her church, enjoys puzzle games and reading. And she says, “I love nursing!”

Welcome, Pamela!

BeeBee Thomas celebrates something new!

“My first grandchild, a boy, Chandler, born in January! Pictured are my oldest son, Brent, and wife, Mae My heart is full!”
**BeeBee Thomas**, of the Tarheel chapter, is retiring after 42 years of nursing practice, the last 21 years in Occupational Health at Blue Cross Blue Shield NC.

She looks forward to spending extra time with her first grandchild and her 89 year old mother, providing love and support to those experiencing difficult situations, continuing involvement in her church, especially Women’s Ministry, gardening and not having to be at work!

Congratulations, BeeBee!

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**Joni Barrie** retired from Nutrien (previously PCS) in the fall of 2019.

Joni is a Triad member and the most recent recipient of the NCAOHN Cleo Everhart Nurse of the Year Award.

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**Robin Honeycutt Lee** passed away at the age of 63, on Tuesday, October 8th 2019, surrounded by her loving family.

Robin was born November 14th, 1955 in Concord, NC to the late Dink and Jo Honeycutt. She is also preceded in death by her brother Steve Honeycutt.

Robin is survived by her husband, Randy Lee, son Brent Lee and wife Heather and grandchildren Keaton and Tatum Lee. Also her favorite dogs Millie, Levi, and Otto.

Robin was a graduate of Central Cabarrus High School and UNCC. She welcomed everyone into her life with her easy smile and hospitality. She always put others before herself and loved spending time with her dogs and grandchildren.

Robin was a former member of the Metrolina Chapter, an active COHN who worked for IBM and Clariant Corporation.

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**Mutual Admiration Society, Membership: Two!**

Congratulations, **Vel Sanders**, on the new Granddaughter!

Victoria Renee Umoumoh was born on 11/22/2019 at 27 weeks gestational age. She weighed 1 lb. 8 oz. and spent many days in the NICU at Hershey Medical Center, Hershey, Pa. She is doing well. The nurses said she was the best baby in the unit with regards to her health.

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**Dianne Did It Again!**

Dianne Masiclat meets Ezra Bennett Williamson on 1/10/20. Grandchild #14 came in at 10 lbs., 5 oz.! She says she is One Happy Grammie!