



Nurse of the Year



A former **DAISY Award** winner, Amanda participates in Shared Governance and is involved in the Development and Engagement Committee for St. Clare. She also leads the Physician and Provider Experience Team for Franciscan Experience—working to assist physicians in their job satisfaction and performance and recognizing excellent providers with the Gold Star Award.

Nominations for Amanda described her passion for teaching, mentoring and supporting coworkers and her leadership abilities. *“Amanda personifies excellence every day.”* *“An exemplary professional who is a team player with a positive attitude with an interest in teaching.”*

At St. Clare, Amanda teaches the pre-operative Joint Replacement Class to patients about to undergo hip and knee replacement surgeries. Nominations included quotes from patients *“I went to class before my surgery, and when I came in and she was my nurse, I knew I had an expert caring for me. It makes me feel safe.”* *“She is so bubbly and nice; she keeps me up to date on my care.”*

In her free time, Amanda shares her love and passion for nursing with young people throughout Pierce County by visiting area high schools on career days. Amanda also sings with the Tacoma Symphony Chorus and is an avid gardener.

Amanda Mackey
2015 PCNA Nurse of the Year!

Amanda is a native of Pierce County, graduating from PLU in 2004 with her BSN. She has worked for **St. Clare Hospital** for 10 years in the Ortho Med Surg Unit as a floor and charge nurse. She is very active with her charge nurse team, mentoring new nurses, and assisting with process improvement projects for the hospital.



Rescue Mission
 HELP • HOPE • HEALING

PPCNA is collecting donations of **diapers and travel-size toiletries for the Tacoma Rescue Mission.** Please bring them to the October 24th Continuing Education event, or call the PCNA office to arrange a time to drop them off.

The Tacoma Rescue Mission provides emergency services such as shelter and food to the homeless or hurting and offers self-sufficiency programs to help lift a person from poverty and break the chains of addictions.

The Mission has served Tacoma and Pierce County for over 100 years. Since 1912, they have emphasized the dignity of each person who enters their doors, continually adapting to the changing needs of those who come for help.

For more information about the Tacoma Rescue Mission, visit trm.org

Friends and Colleagues gather around Amanda, (L to R), Kathy Bressler, Krista LaComb, Lily Rozul, Joanne Price, Betty King, Vida Celestra, Amanda Mackey, Connie Luu, Tonya Bloomstine, Patty Spencer, and Sue Jacobson., at the 2015 Nurses Week Banquet.



Jeremy Rivera, basking in glory as the lucky winner of our Seahawks Raffle Basket at the 2015 Nurses Week Banquet.

2015 PCNA SCHOLARSHIPS

Florence Golda Scholarships

Pena is proud to be able to award the Florence Golda Scholarship to two recipients this year!

Jonathan Lapham FLORENCE GOLDA SCHOLARSHIP



Jonathan comes from a family of nurses. He is a third generation nurse. His grandmother and mother were both nurses for over 50 years. In addition, his grandfather, sister and his wife are all nurses!

Jonathan's nursing career began when the Air Force gave him the opportunity to become an LPN. Soon after, he completed his RN and over the past 14 years he has worked in various adult critical care areas leading up to his current position as a Radiology nurse. Jon believes strongly in the value of working as a team and strives to make sure that the contribution of every member of the care team is valued.

While working, Jonathan has volunteered with the *Pierce County Medical Reserve Corps* as well as on becoming involved with *Unit Based Councils and Professional Excellence* programs.

Jonathan is currently enrolled in a program that will allow him to complete his BSN and then continue on to an Advanced Nursing degree. His ultimate goal is to become a Nurse Practitioner in Family Practice where he can provide patients with holistic care and education.

Kimberley Smith FLORENCE GOLDA SCHOLARSHIP



Kimberley shared in her application that at 11 years old she announced to her parents she was going to be a nurse. She never wavered from that.

Kimberley has now been a registered nurse for the last 30 years, dedicating

a majority of her career to obstetrics with the last five years working exclusively in antepartum and high-risk inpatient obstetrics at St. Joseph Medical Center.

Kimberley believes in giving back. She is active in her community as a *Safe Environment* Instructor for the Seattle Archdiocese. This program teaches parent volunteers and teachers who work with youth the signs of sexual abuse. At work, Kimberley has been active on committees, working hard to create a better workplace for the patients and staff.

Kimberley is currently working toward her BSN, after which she plans to continue her education pursuing a Masters degree in Bioethics.

Michelle Clawson COLLEGE LEVEL



Michelle has a "strong resolve to not only become a nurse but an exceptional nurse." This was clearly evident in her application.

Michelle realized that she wanted to be a nurse two years ago while sitting in the Mary Bridge Pediatric ICU watching her son recover from his second open-heart surgery. She had worked as a medical assistant and phlebotomist for two years prior to her son's birth but, as she said in her application, "It was through my son's experiences that I discovered what I was meant to do; I was meant to be a nurse."

While earning her pre-nursing degree at Pierce College, Michelle not only excelled academically but has worked as a tutor and volunteered with Pierce County Medical Reserve Corp, the Pre-Health club at Pierce College and Franke Tobey Jones Retirement Home.

Michelle begins the nursing program at PLU this fall. She will also be working toward a minor in Spanish, because she does not want a language barrier to prevent her from helping those in need.

Michelle's ultimate goal is to earn a doctorate in nursing and to become a nurse practitioner. She has already discovered a strong interest in neurology.

Megan Hagwood COLLEGE LEVEL



Megan has the rare distinction of being a two-time PCNA scholarship winner. She will be graduating from PLU in December 2015.

While in high school, Megan participated in *Running Start*, taking college classes at Pierce College while working and volunteering. Since starting the nursing program, she has continued to excel academically and give back to the community.

In addition to several community service projects, she has become a certified volunteer with *Franciscan Hospice* and helped start a "Tuck-in" program that calls hospice patients weekly to insure that they received their medications and other supplies. She is also working as a Nurse Tech at St. Clare Hospital on the Med Tele floors.

Megan's current goal is to become a cardiac nurse. She sees the "heart as complex and the center of nursing care." In the future, she hopes to return to school to become a Nurse Practitioner who has wisdom as well as compassion, looking at patients holistically.

Megan has volunteered to join us at board meetings throughout the year to share her perspective as a current student.

Amanda Myton HIGH SCHOOL LEVEL



Amanda is an exemplary student who has been recognized by her school and community with several awards and honors including the 2015 *Student of Distinction for Community Service*.

Amanda has spent time over the last several years exploring a career in nursing. She's joined health related clubs, job-shadowed a pediatric nurse and volunteered at St. Anthony's hospital, accumulating more than 850 hours over the last four years. In addition, she has volunteered to tutor at-risk youth on a weekly basis, as well as numerous community service projects including leading a fundraiser to support Charity Water, a non-profit organization bringing clean and safe drinking water to people in developing nations.

Amanda will be attending Seattle University this fall to pursue her BSN degree. She is interested in becoming a pediatric nurse working with infectious disease prevention.

Alexandra Richards HIGH SCHOOL LEVEL



Alex is a very active, passionate young woman whose first experience with nursing was a trip to the ER in fifth grade for a broken arm. Even though she was young, she was still aware of the professional and compassionate care she received from the nursing staff.

Alex's decision to pursue a nursing career was finalized through her experience with Nurse Camp last summer. In her application, she shared with us that this experience allowed her to "spend five days in the shoes of a nurse".

Throughout her high school career, Alex has been very involved in sports, school clubs, and part-time work, but has also found time to volunteer in the ER at Mary Bridge. She has done this while taking a challenging course load and maintaining an impressive GPA.

In the Fall, she will be attending Northwest University in Kirkland. Long-term, she would like to become a nurse practitioner, and perhaps pursue a Doctorate degree.

Bianca Vieyra HIGH SCHOOL LEVEL



Bianca graduated from Harrison Prep in Lakewood and is starting at Pierce College this Fall. She became interested in a nursing career when she enrolled in a Health Adventures program hosted at St. Clare Hospital.

Through this experience and further exploration, Bianca discovered the following about being a nurse. In her words, "A career in nursing requires many different characteristics. A nurse is someone that is well-rounded, selfless, a critical thinker, hardworking and seeks to grow as an individual. Becoming a nurse is something that I have grown to love and strive to be part of."

During high school, Bianca has been very busy with a variety of activities in her school and community, including serving on the Lakewood City Youth Council for the past four years, which afforded numerous opportunities for her to help her community. Bianca's huge passion for giving back to the community was very evident in her application.

FUNDRAISING SUCCESS!

During the last fiscal year, PCNA raised over \$2,000 for additional nursing scholarships! Thank you to these amazing local businesses and individuals for their donations!

In-Kind donations:

- America's Car Museum
- Amanda Mackey
- Anthony's at Point Defiance
- Cathy Peterson
- Children's Museum of Tacoma
- Evelyn Street
- Harbor Lights Restaurant
- Hotel Murano
- Joaquin Lim
- Katie Downs Tavern & Eatery
- Mary Shaw
- Matthew Donovan
- Mindy Shaw
- New Leaf Hyperbarics
- Pacific Grill Restaurant and Lounge

- Ram Restaurant & Brewery
- Scrubs & Beyond
- Seattle Seahawks
- Seattle Sounders FC
- Smoke + Cedar Restaurant
- Susan Jacobson
- Tacoma Art Museum
- Tacoma Comedy Club
- Tacoma Rainiers
- Today's Uniforms
- Washington State History Museum
- Wild Waves Theme Park

Monetary Donations:

- Tacoma Anesthesia Associates

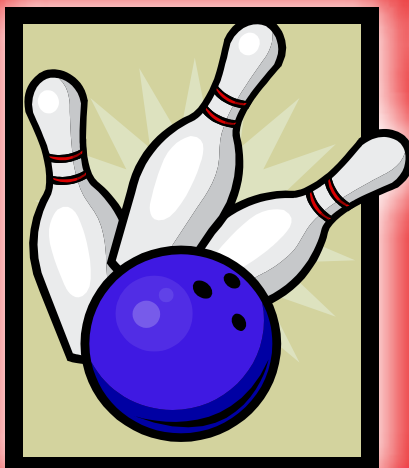
Thank you all for supporting Pierce County Nurses!

Ways You Can Help!

Donate directly to the PCNA Scholarship Fund—donations are 100% tax-deductible! You can donate online at www.piercecountynurses.com or by mail to 223 Tacoma Avenue South Tacoma, WA 98402.

Ask a local business for an in-kind donation or consider donating an item yourself for baskets that are raffled off at our Annual Nurses Banquet. Contact Julie Long, PCNA Executive Director, to arrange a donation.

Go bowling with us! Our largest fundraising event is the annual bowling tournament. Start getting your team together now!



SAVE THE DATE!

3rd Annual PCNA Bowling Tournament

Saturday, February 20
11:30am to 2pm

Pacific Lanes Bowling Center
7015 S. "D" Street • Tacoma, WA 98408

Register your team online at
piercecountynurses.com

PCNA Board 2015 | 2016

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 Treasurer Agnes Balangue Herron
 Directors M. Josie Hansen
 Sue Jacobson
 Sonya Miller
 Judy Scott
 Evelyn Street
 Karen Tranholt
 Astra Tenborg
 Student Rep Megan Hagwood, PLU
 Executive Director Julie Long
 And **Thank You** to Betty Blondin for her years of service on the PCNA Board!

PCNA Board Members (L to R), Agnes Balangue Herron, President Mike Krashin, Sue Jacobson, Amanda Mackey, Evelyn Street, Executive Director Julie Long, Judy Scott, Sonya Miller & Karen Tranholt are all laughs at the 2015 Nurses Week Banquet.



“To do what nobody else will do, in a way that nobody else can, in spite of all you go through; that is to be a nurse.”

~ Rawsii Williams

President's Message



This has been a very exciting year for PCNA. We were able to offer more scholarships, have a great banquet, and learn and bond as a professional board of directors.

We've overcome many challenges including a change of officers, obtaining our 501c designation so we can serve our nurses better. Please remember we are your officers and would appreciate any recommendations to improve PCNA. I am looking forward to seeing you at our educational offerings and other events!!

Mike Krashin
PCNA President



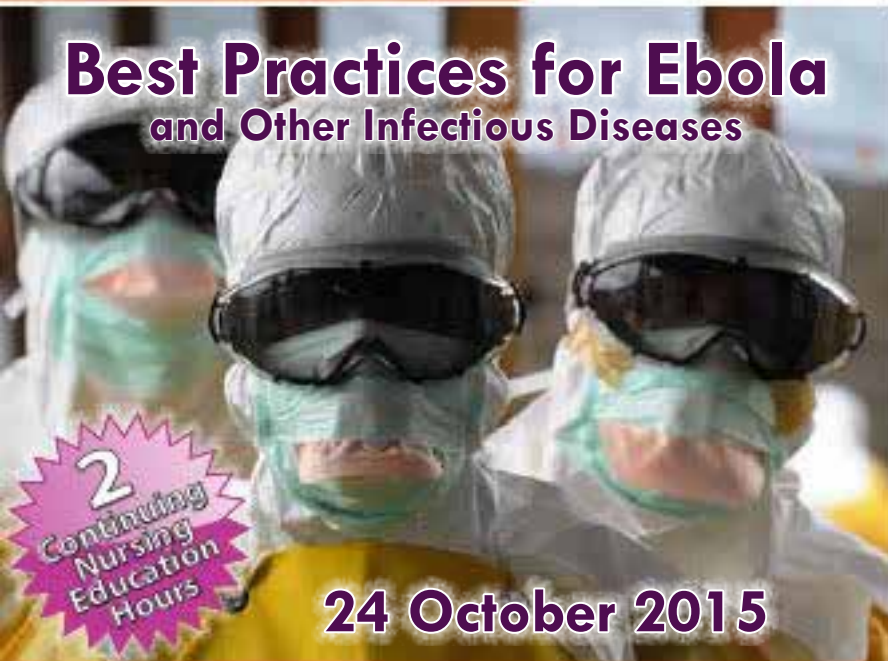
**PIERCE COUNTY
NURSES ASSOCIATION**

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Best Practices for Ebola and Other Infectious Diseases



24 October 2015

**2
Continuing
Nursing
Education
Hours**

Continuing Education Event

Best Practices for Ebola and Other Infectious Diseases

PRESENTER: Heather M. Stephen-Selby BSN, MSN, ARNP, RN
WSNA Assistant Executive Director of Nursing Practice, Education and Research

WHEN: Saturday, October 24, 2015
8:30 - 11:30 am (please be on time...doors close at 9:10 am)

WHERE: Franciscan Education and Support Center (FESC)
2420 S. State Street, Tacoma, WA 98405

BUILDING ACCESS: Pre-registration is required to enter the gate and access the building. Enter the building on the south side and push the call button. Please sign in at the desk in the lobby. If you have any problems on the day of the event, call 253-273-6551.

PRE-REGISTRATION REQUIRED: Please register at piercecounzynurses.com

Note: PCNA members are guaranteed spots until room capacity is reached; other RNs and LPNs will have seats confirmed on a space-available basis.

Washington State Nurses Association CNEPP (OH-231, 9/1/2015) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.