



Personal Vision and Mission

By M. Josie Hansen, RN, PCNA Board Member

I was recently tasked with writing about vision and mission statements. Naturally, I started with an internet search which turned up a mere 459,000,000 results...

Why would nurses want to invest the time to create personal vision and mission statements? Nurses are leaders, decision-makers and hold the most respected position in the medical field. Your leadership identity develops from your values, authentic purpose and vision. Many nurses hold positions of responsibility at home, at work and in organizations. Having personal vision/mission statements can guide you in your work—for instance, does the vision/mission of your workplace align with your own? Incongruity can make your employment more challenging than necessary, as it could cause job dissatisfaction, internal and external conflict and even lead to burnout.

There are several levels of vision/mission statements: individual, team and organization for example. On a personal level, your vision/mission statements can guide you and your family toward goals, dreams and a fulfilling life. The website liquidplanner.com provides a nice set of steps to use to develop both a vision and a mission statement. It asks questions like:

- Where do you want to be in five years or more?
- What do you want to accomplish?
- What legacy do you want to leave?
- Who do you want to become?

According to Mark Light, author of *The Strategic Board*,

A vision statement is "a realistic, credible, attractive future of your organization. It is your articulation of a destination towards which your organization should aim, a future that [is] more successful, or more desirable for your organization than the present.

Vision is a signpost pointing the way for all who need to understand what the organization is and where it intends to go."

Vision statements require the boldness and courage to dream and inspire you to do the necessary work your mission statement demands to bring your vision to fruition.

A mission statement is more present tense; it addresses action: What you need to do now in order to arrive at your future point of achievement. What are the values that guide your actions, decisions and choices?

PCNA's mission statement is, simply: Connecting nurses to each other and their community.

It guides the actions of philanthropy, fundraising for nursing... scholarships, volunteer opportunities with other organizations (such as Pierce County Medical Reserve Corps), free continuing education events,



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Make a date with democracy!

WSNA LEGISLATIVE ADVOCACY BOOT CAMP

January 14 in Olympia

Hear about the issues that will come before the State Legislature this year. Learn how to influence government policy. Put your knowledge and skills into practice at an evening reception attended by Washington State legislators and their staff. Find details at WSNA.org.



NURSE LEGISLATIVE DAY February 1st, 8:30-3:30

Center for the Performing Arts
 512 Washington Street SE
 Olympia, WA 98501

State Legislators know that nurses have one of the most trusted and respected public voices; they recognize that your round-the-clock care for injured and ailing citizens gives you unique insight into the political dynamics of health and human services.

It's Time to Exercise Your Voice.

You advocate for the needs and rights of your patients every day. On Nurse Legislative Day you'll learn about critical issues facing the nursing profession, and how you can make a personal difference for the greater good.

Register at WSNA.org



2016 PCNA SCHOLARSHIPS

We all know nursing school isn't easy! Contributing to the next generation of nurses and helping PCNA members continue their education is at the core of our mission. This fiscal year, **our goal is to raise an additional \$2,500** for the scholarship fund.

Fred Meyer Community Rewards Program

Raise funds for PCNA Nursing Scholarships just by shopping at Fred Meyer! And to sweeten the deal, you still get all your Rewards and Fuel points!



Simply log onto FredMeyer.com/CommunityRewards and link your rewards card to PCNA using our nonprofit number: **87727**

Last year, we received about \$100 from this program with just a handful of shoppers. As an association of over 2,700 members just think of the possibilities as more PCNA families who shop Fred Meyer sign up for this win/win program.

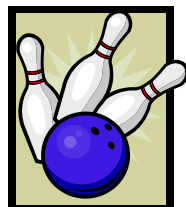
CONTINUING EDUCATION

PCNA holds two free education events each year. The topic at our October education event was **"Best Practices for Ebola and Other Infectious Diseases,"** facilitated by Heather Stephen-Selby (seen above, assisted by board member, Astra Tenborg, demonstrating double gloving). Attendees were also given the opportunity to practice donning and doffing personal protective equipment.

Guidance from the CDC and videos that demonstrate donning and doffing personal protective equipment (PPE) can be found at:

wsna.org/nursing-practice/ebola.

We want to give a huge thank you to Monica Scudder and the Franciscan Health System for their support in making the event possible, and to all the attendees who brought diapers and toiletries for the **Tacoma Rescue Mission!**



Bowling Tournament

Our biggest fundraiser, the **annual PCNA bowling tournament**, is coming up **February 20th** at Pacific Lanes in Tacoma, and we need your help...**to fill every lane at the bowling alley!** Form a team and join us for this fun event! You'll have a great time and help support future nurses!

Applying for Scholarships

It's time for nurses and students to think about applying for 2016 scholarships to further their nursing educations. **Applications are due March 31**, and Scholarship winners will be invited to celebrate with their families at our Nurses Banquet in May.



There are three scholarship categories:

- **High School Level Scholarship:** Given to graduating Senior High School students who plan to pursue a career path in nursing.
- **College Level Scholarship:** Given to a person who is not yet a Registered Nurse, but has been accepted into or is currently enrolled in a basic Registered Nursing Program, either pursuing their ADN or BSN.
- **Florence Golda Scholarship:** Awarded to a Registered Nurse who is enrolled in a program to advance his or her nursing education beyond an ADN degree. Any RN applying for this scholarship must be a PCNA member in good standing.

Applications are available at piercecounтынurses.com. Forms and other requirements must be received or postmarked by 03/31/16. Mail application materials to the PCNA office at 223 Tacoma Ave S., Tacoma WA 98402 (we do not accept submissions electronically at this time).

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.

SAVE THE DATE!

*Our next education event is
Saturday, March 5th
at Jackson Hall...
Watch for your postcard
in the mail with details.*

Nurses Make the Difference



**Nurses Week Banquet
Friday, May 6, 2016**

The PCNA Board of Directors is excited to announce the confirmation of our speaker:

Karen Daley is a past president of the American Nurses Association. She spent more than 26 years as staff nurse at Brigham and Women's Hospital in Boston.

Dr. Daley is also a past president of the Massachusetts Association of Registered Nurses and the Massachusetts Center for Nursing.



She has published widely and has served on the boards of the ANA, the American Nurses Credentialing Center, and the ANA-PAC. Her work toward legislation mandating the use of safer needle devices in healthcare practice settings led to the **Federal Needlestick Safety Prevention Act** in 2000.

Watch your mailboxes for a detailed postcard on the Spring banquet!

PCNA Philanthropy in Action

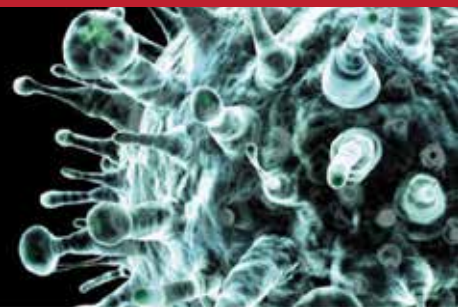


Bill Street, Mike Krashin, Rachel Miller, Ryan Miller, and Bobbie Wilkins-Bischoff volunteered with Doug Bischoff, Agnes Balangue-Herron, Angelina Herron Evelyn Street to prepare and serve lunch at the Tacoma Rescue Mission.

If you're interested in participating in future volunteer activities, email office@piercecountynurses.com.

Protect yourself, your patients and your family

Get your flu vaccine



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and our annual Nurses Week banquet in the Spring. If you are a member of PCNA, we thank you for being a part of this mission.

The January 2015 issue of *Success Magazine* has an interview with Darren Hardy and Jack Canfield, author of *Chicken Soup for the Soul* books. The question was asked, *"What kind of person do you need to become to fulfill your personal mission and vision—what qualities and characteristics do you need to develop and employ daily?"* These questions make an excellent starting point to begin developing vision and mission statements for yourself, your family or your organization.



**Who do you want to become? That is your vision.
How will you get there? That is your mission.**

Free Cervical & Colon Cancer Screenings

Washington's Breast, Cervical and Colon Health Program (BCCHP) offers free cancer screenings and diagnostic services for low-income, uninsured and under-insured citizens who don't qualify for Medicaid or Washington Apple Health. The program receives funding from Washington State, the Centers for Disease Control and Prevention (CDC) and the Susan G. Komen Foundation. Citrine Health is the primary regional contractor for Pierce, Snohomish, Skagit, Whatcom, Island and San Juan Counties.

For community members who are insured but have a high deductible, BCCHP may be able to help with follow-up diagnostic tests. Clients diagnosed with breast or cervical cancer through BCCHP will automatically qualify for the Medicaid Breast and Cervical Cancer Treatment Program.

Important reminders!

Ages 9–26

Both boys and girls can get an HPV vaccine to protect against cervical cancer.

Age 21

Cervical cancer screening is recommended for women.

Age 40 - 50

Breast cancer screening is recommended for women. Talk with your provider about when to start getting regular mammograms.

Age 50

Colon cancer screening is recommended for men and women.

Running in Families

If anyone in your family has had breast cancer or colon cancer, talk with your provider about starting screening earlier.



For more information or to find out if you are eligible for screening, call **Citrine Health** toll free at **888.651.8931**.

PCNA Board 2015 | 2016

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Conference Report

By Sonya Miller, RN, PCNA Board Member

I had the privilege of being one of five PNCA members to attend the American Nurses Association Conference in Washington D.C in July. The theme was "Code of Ethics."



The ANA Code of Ethics for Nurses was developed as a guide for carrying out nursing responsibilities in a manner consistent with quality in nursing care and the ethical obligations of the profession. Nurses do not have to do something against their ethics even if ordered to do so.

A military nurse shared his experience at Guantanamo Bay. He was ordered to give tube feeding to prisoners who were on a food strike. This nurse felt it was against his moral code and ethics to give nutrition when the patient, who was of sound mind and body, refused. He reached out to his professional organization, the ANA, who fought for and with him. **Learn more at nursingworld.org.**

It was inspiring to witness the passion that nurses from around the nation have for our profession, including delegates from Guam and the Virgin Islands. And it was a great experience to network and see our profession from beyond the bedside. If you are interested in attending the 2016 ANA Conference on your own or as a delegate from Washington State, contact the PCNA office for more information.

President's Message

The fall started with a very successful educational event. The topic was Ebola and Other Infectious Diseases, and multiple respiratory diseases were included.



We then had an opportunity to "**donn and doff**" an isolation setup using CDC guidelines. This is no easy task as we learned. It requires multiple steps with another nurse as a critical observer. While this could save your life, it is cumbersome and fraught with challenges. Check and see what your facility describes as isolation protocol.

We are looking forward to our next event, the Annual PCNA Bowling Tournament in February!! Hopefully we can increase our participants and need to use all the lanes! Come enjoy food, fun, prizes and have a great time getting together and NOT do nursing.

Mike Krashin, PCNA President

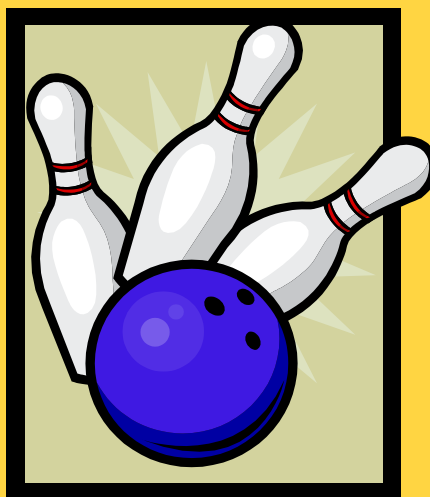


223 Tacoma Avenue South • Tacoma, WA 98402



START FORMING YOUR TEAMS!

For the 3rd Annual PCNA Bowling Tournament



Saturday, February 20
11:30am to 2pm

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

Register your team at
piercecounrynurses.com

Dates to Remember and Reserve

Spring Education Event
Saturday Morning, March 5, 2016

PCNA Nurses Week Banquet
Friday Evening, May 6, 2016