



**Northeast New York Professional Nurses Organization, Inc.
& Albany Medical Center
Invite you to:**

**Empowering Underserved Populations through Culturally Sensitive
Hypertension Education**

Presented by:
Tina Omorogbe, DNP, FNP-BC, RN
Thursday December 1, 2022

Online via Zoom

Program 6:30 – 7:30 PM

As a health care provider, do you have patients with uncontrolled hypertension who do not modify their lifestyle despite your best efforts to educate them about the risk for cardiovascular disease & stroke?

As an educator, are you looking for strategies to teach your students so that they can provide culturally appropriate hypertension education?

As an administrator, are you looking for ways to better serve the underserved in your organization's patient population?

Join us as we learn about the positive effect that education, screening, quality care, along with healthcare provider referrals can have on addressing health disparities for people in underserved communities.

Target audience: Registered Nurses and nursing students.

The agenda for the evening is as follows:

6:00 PM – 6:15 PM Zoom Demonstration, Tips and Networking

6:15 PM – 6:30 PM General Membership Meeting & Updates

6:30 PM – 7:30 PM Program

7:30 PM – 7:45 PM Wrap Up

Albany Medical Center is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This learning activity will be awarded a maximum of 1.0 Continuing Nursing Education contact hour.



This educational offering is \$10 for members (use discount code—Member), \$10 for students (use discount code—Student), and \$15 for non-members. [Registration is not complete until full payment is received.](#)

Register by clicking on this [LINK](#) or by accessing <https://nnypno.nursingnetwork.com/nursing-events>

The link to Zoom will be sent within 24 hours of the presentation.

Reservations will be accepted up to the 5 PM on December 1, 2022.

Cancellations/Refunds: Cancellations within 24 hours of the start of the webinar will be accepted; the refund will be less the fees for nursing network and PayPal.

**Northeast New
York Professional
Nurses
Organization, Inc.**

Reminders

- > Join us for the December 1, 2022 virtual meeting
- > Encourage your nursing colleagues to join NNYPNO
- > Donate food for the food drive

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Report From the Board

The role of the board for NNYPNO is to stay abreast of trends in nursing and inform its members about important issues that affect nursing practice.

In May 2021 the report “The Future of Nursing 2020-2030: Charting a path to achieve health equity” was released. The full report can be found at www.nap.edu/nursing_2030

The report is the result of the work of a panel comprised of several healthcare professionals who were charged to develop information on how best to address health equity and how nurses play an essential role in this effort being the largest population of trusted and respected healthcare workers.

The aims of the study include creating a culture of health and decreasing health disparities while improving the health and well-being of the nation. The report also addresses the role of nurses in improving the health of individuals, families, and communities; systematically removing barriers to improve health; achieving a diverse workforce, and training for the comprehensive skill development needed to prepare nurses.

It was noted that the US has the highest poverty rate, the greatest income inequality, and some of the poorest health outcomes. Much of what affects our health is driven by multiple factors outside of medical care.

The vision of the study is to achieve health equity in the US built on strengthening nursing capacity and expertise. Nurses have a long history of advocacy across many situations and settings. They also coordinate care and work with individuals with adverse life experiences.

Essential roles for strengthening nursing include workforce development, leadership, education, well-being and emergency preparedness. Nursing also has a role in identifying determinants of health (medical, social, structural and individual) and impacting health equity for individuals and populations.

Key messages:

Policymakers need to lift artificial regulation and practice barriers that keep nurses from practicing to the top of their education and training and that restrict patients’ access to high quality care. Twenty-seven states do not allow full practice authority to APRNs (NYS is one of those).

Public and private payers need to establish sustainable and flexible payment models to support nurses in healthcare and public health, including school nurses so they can effectively address medical and social needs of people, families and communities.

Nursing schools need to strengthen education curricula and expand the environment where nurses are educated to better prepare nurses to work in and within communities, and to diversify nursing school classes and faculty so nurses at all levels reflect the communities they care for.

Employers must support nurses’ well-being so they in turn can support the well-being of others.

Nurses need to leverage their own power. Nurses have a powerful voice – let’s be heard now and into the future.

If you would like to be involved in advocacy and leadership in nursing, an important first step is to join your professional organization. Please become a member of NNYPNO, or if you are already a member, join a committee or join the board. We welcome you wholeheartedly!

2022-2023 Board

Executive Committee:

President: Kim Hedley

1st Vice President: Kathleen Capone

2nd Vice President: Marie Kaye

Treasurer: Deborah Smithers

Secretary: Bridget Nettleton

President Elect: Vacant

Directors At Large:

Ann Bentzen

Trudy Hutchinson

Diana O’Brien

Jennifer Pettis

Amy Speanburg

Sarah Tacy





Renew Your Membership

- Enjoy continuing education programs from your home or office (even in your pjs or with a glass or wine!)
- Become involved in efforts to improve the health and safety of our community.

To renew your membership, go to:

<https://nnypno.nursingnetwork.com/>

Update from the Bylaws Committee

The committee has begun work updating the Standard Operating Procedures (SOP) to align with the Bylaws that were adopted by vote of the membership at the annual meeting on June 2, 2022. The last date of revision of the SOP was October, 2014. There have been changes in some of our organization procedures since then, and the committee is working to update the SOP to make it a current guide for all organization members.

We welcome anyone who would like to join our committee, the "Bylaws Geeks"!

Ann Bentzen, Chair



Mariia Mukhina, Russell Sage College nursing student



Donations for the Regional Foodbank of Northeastern New York

Please consider making a donation to the Regional Foodbank. There is still a high demand for items, especially as we approach the holidays. Check out their website at: <https://regionalfoodbank.net/>

The Food Bank welcomes food donations from individuals and groups. If you would like to make a donation of food as an individual, you may drop it off weekdays between 8:00am and 4:00pm or [make a cash donation online](#).

You can also volunteer to help sort and re-box donations. You can sign up for 1.5 to 2-hour shifts. Volunteers of all ages and ability levels are welcome to help sort and box donations to be distributed to member agencies.

So sign up for a shift today: <https://regionalfoodbank.net/volunteer/>



Food Pantry
Donations Needed



Historical Moments



MARSHALL INFIRMARY AND RENSSELAER COUNTY LUNATIC ASYLUM, 1937, EAST SIDE OF LINDEN AVENUE NEAR PAWLING AVENUE. Built in 1850 by Benjamin Marshall, who originally wanted it for indigent workmen, it was used for sick people who could not afford medical care. In 1859 the county built a three-story insane asylum, followed in 1861 by another. The original buildings were torn down. The site is now a housing development.



c1920
<https://www.flickr.com/photos/albanygroup/>

A.N. Brady Hospital and Infant Home, 40 N. Main St, Albany.
1915-1961. Currently St. Catherine's Center for Children



Old Troy Hospital, 8th St., Troy, NY.
Built 1868. Photo is before 1923.



Today this building is West Hall, 8th St., Troy on the RPI campus



Leonard Hospital, Turnpike Rd, Lansingburgh, Circa 1905



Leonard Hospital



Historical Moments

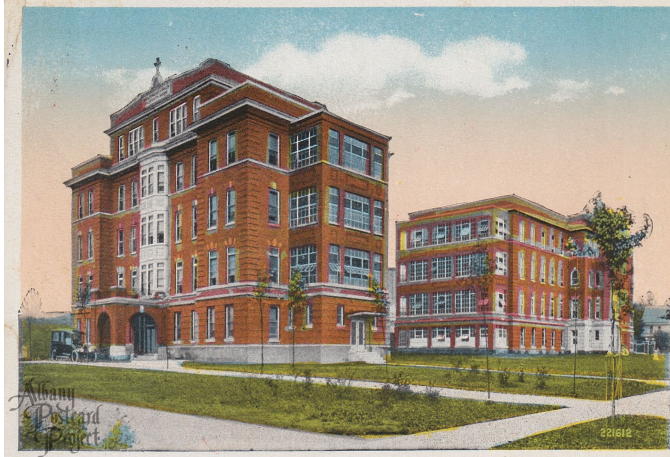
Parks Hospital



Glens Falls Hospital



Child's Hospital and Maternity Home, Albany, N. Y.



ALBANY CITY HOSPITAL, ALBANY, N. Y. 164



St. Peter's Hospital, Albany, N.Y.



Ellis Hospital, Jay St, Schenectady.
Opened 1893





Historical Moments



Saratoga Hospital, circa 1895

The Saratoga County Homestead, County Highway 16, East Galway, NY. Opened in 1914 and treated tuberculosis patients until 1960. In 1961 it became the Saratoga County Infirmity. Now offers "haunted hospital" tours.



Ellis Hospital School of Nursing



Maria College School of Nursing



RUSSELL SAGE COLLEGE, TROY, N. Y. 90



Historical Moments



The Albany City Dispensary Association, organized in 1867, was the forerunner to Memorial Hospital. In 1871 it was incorporated into a hospital, named the Albany City Homeopathic Hospital and Dispensary. A site was purchased at 161 North Pearl Street, and the Homeopathic Hospital of Albany opened there in April of 1909. In 1923 the name was changed to Memorial Hospital of Albany. Moved to its present Northern Boulevard location in 1956.



In this little building at 408 Union Street the Schenectady Free Dispensary opened on Christmas Day, 1885



Ellis Hospital—circa 1906

Treasurer's Report

July 1 - July 31, 2022



<u>Checking Account Balance – 7.1.2022</u>	\$5,205.97
Revenue	
Membership Dues	
Full (PayPal): 5 @ \$45/year	\$225.00
Full (Check): 2 @ \$45/year	\$90.00
Retiree (PayPal): 2 @ \$22.50/year	<u>\$45.00</u>
Total Revenue:	\$360.00
Expenses	
PayPal Fees	\$12.86
Stripe Fees	\$0.00
Nursing Network Assn Fees (July)	<u>\$49.00</u>
Total Expenses	\$61.86
Net Income (Revenue – Expenses)	<u>\$298.14</u>
Checking Account Balance – 7.31.2022	\$5,504.11
Money Market	
Opening Balance (7.1.2022)	\$25,603.10
Interest	<u>\$0.71</u>
Closing Balance (7.31.22)	\$25,603.81
Total Assets as of 7.31.2022	
Checking Account	\$5,504.11
Money Market	<u>\$25,603.81</u>
Total Assets	\$31,107.92

Treasurer's Report

August 1 — August 31, 2022



<u>Checking Account Balance – 8.1.2022</u>	\$5,670.07
Revenue	
Full Membership (PayPal): 1 @ \$45/year	\$45.00
Retiree Membership (check): 1 @ \$22.50/year	\$22.50
PayPal Transfer	<u>\$300.08</u>
Total Revenue:	\$367.58
Expenses	
PayPal Fees	\$2.06
Stripe Fees	\$0.00
Nursing Network Assn Fees	\$49.00
UPS Store (Mailbox)	<u>\$282.48</u>
Total Expenses	\$333.54
Net Income (Revenue – Expenses)	\$34.04
Checking Account Balance – 8.31.2022	\$5,661.17
Money Market	
Opening Balance (8.1.2022)	\$25,603.10
Interest	<u>\$1.09</u>
Closing Balance (8.31.22)	\$25,604.90
Total Assets as of 8.31.2022	
Checking Account	\$5,661.17
Money Market	<u>\$25,604.90</u>
Total Assets	\$31,266.07

Treasurer's Report

September 1 — September 30, 2022



<u>Checking Account Balance – 9.1.2022</u>	\$5661.17
Revenue	
Membership Dues	
Full Membership (PayPal) 4 @ \$45/year	\$180.00
Retiree Membership: 0	\$0.00
Student Membership: 0	\$0.00
Conference Registration (PayPal): 12 @ \$10.00	\$120.00
Total Revenue:	\$300.00
Expenses	
PayPal Fees	\$20.17
Stripe Fees	\$0.00
Nursing Network Assn Fees (9/6/22)	<u>\$49.00</u>
Total Expenses	\$69.17
Net Income (Revenue – Expenses)	<u>\$230.83</u>
Checking Account Balance – 9.30.2022	\$5893.85 +\$1.00
Money Market	
Opening Balance (9.1.2022)	\$25,604.90
Interest	<u>\$1.05</u>
Closing Balance (9.30.22)	\$25,605.95
Total Assets as of 9.30.2022	
Checking Account	\$5,893.85
Money Market	<u>\$25,605.90</u>
Total Assets	\$31,499.75

CARING & SHARING IN MEMORIAM



by Debra Wolff

Subhadra "Sue" Balan

7/5/22

Immigrated from India in the
1970s to pursue a career in
nursing

Stratton VA Medical Ctr



Nancy Lynn Marie-Katherine (Sickler)

Bellen

8/27/22

SUNY Albany

Amsterdam Memorial

Nathan Littauer Hospital



Mildred A. Black

10/4/22

AMC School of Nursing

AMC, Albany Cty Nsg

Home, Catholic Charities



Anne B. Bronson

9/4/22

St. Joseph's Hospital School
of Nsg in Carbondale, Pa
Worked in childcare

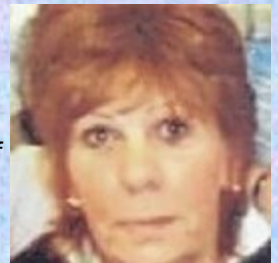


Karen Flynn Caola

7/13/22

LPN - Albany Medical School of
Licensed Nursing

Camp nurse for Troy Housing



Janet Christensen

9/15/22

Albany Cty Health Dept



Anne Comiskey

8/11/22

AMC – labor & delivery



Joan Connelly

10/11/22

St. Joseph's Hospital,
School of Nursing
Worked 40 years in
obstetrics, family
practice, and oncology



~~We Remember~~

CARING & SHARING IN MEMORIAM



by Debra Wolff

Barbara Ann Common Coon

8/9/21

Russell Sage College,
Syracuse University

AMC – orthopedics, HVCC
– clinical instructor

Nicknamed “Taber” after the medical encyclopedia



Sister Barbara Cooper

8/12/22

Maria College

Children's Hospital,
Washington, D.C;

St. Joseph's Hospital, Tampa, Fla

Founded the nursing program at Indian River
Community College, Okeechobee, Fla



Jane Anderson Costello

9/23/22

Glens Falls Hospital LPN
program, Nassau

Community College – RN

Saratoga Hospital,

Four Winds Hospital



Susan J. Dame

8/12/22

HVCC, Samaritan Hosp.

School of Nsg

Registered nurse investigator for the N.Y.S. D.O.H.



Antoinette "Toni" Delduce

7/30/22

Maria College - ADN

N.Y.S. Dept. of Motor Vehicles,
Office of General Services



Sister Rita Jean DuBrey

8/24/22

St Peter's Hospital School of
Nsg; University of

Pennsylvania – MSN

Instructor at St. Mary's Hosp

School of Nursing in Amsterdam; director of St.

Mary's Patient and Community Health Education;

director of the Center for Complementary Therapies



Edith "Edie" A. Dudek

8/4/22

Mary McCullen School for
Nursing – LPN

Leonard Hospital; Highgate
Nursing Home; NYSDOH



Andrew Durand

8/31/22

Nursing student at Maria
College

Served in Marine Corp as a
firefighter in Kuwait & Iraq

HVCC – paramedic degree – Mohawk ambulance



CARING & SHARING IN MEMORIAM



by Debra Wolff

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Susan Esther van Keuren Easton

7/2/22

Berkshire Community
College - ADN; SUNY
Institute of Technology Utica
Rome – BSN

University Heights, Good Samaritan, and Villa Mary
Immaculate Nursing Homes



Audrey A. Edwards

10/13/22

LPN - Carmelite Sisters in
New York
Teresian House, Julie Blair
Nursing and Rehabilitation Center in Albany



Anne Louise Fetter

10/15/22

Massachusetts General
Hospital School of Nursing
Med-surg, private duty,
Asst Director of Nursing at
Baptist Retirement Center



Margaret Ann (Lithgow) Fiset

9/4/22

St. Clare's Hospital, St.
Peter's Hospital, Memorial
Hospital School of Nursing,
HVCC



Maureen A. Flynn

1/22

St. Peter's School of Nursing;
Empire State College



Jennie Furbeck

7/2/22

Stratton VA Medical Ctr



Curtisteen "Curt" Gates

8/5/22

SUNY Albany – BS;
Russell Sage – MS
School nurse teacher – Albany



Sheila C. Gorman

7/26/22

The College of Saint Rose –
BSN
Brady Maternity Hospital;
St. Peter's Hospital



Eva Lucy Graziano

7/17/22

Maria College
Immunization coordinator with
the Albany County Department
of Health



CARING & SHARING IN MEMORIAM



by Debra Wolff

Diane Houck

7/23/22

Junior College of Albany;
Siena College
Albany Memorial Hospital



Elizabeth "Jane" James

10/7/22

Memorial School of Nsg



Marie A. (Curley) Job

8/8/22

Heritage House



Elizabeth N. Koval

9/29/22

Ellis Hospital School of
Nursing, Syracuse University
Taught practical nursing at
BOCES, public health nurse,
Administrator for Saratoga
County's first Long Term
Home Health Care Program



G. Ellen Kresge

7/7/22

College of Saint Rose
AMC



Janice "Jan" Krogh

7/6/22

Samaritan Hospital School
of Nursing



Mary Josephine "Mary Jo" Lenney

8/23/22

Roosevelt Hospital – RN
Albany County Department of
Health, Siena College, and
St. Brigid's School



Andrea Carole (Clement) Levy

9/4/22

HVCC



Ethel Maloney

8/30/22

Russell Sage College's
Ellis Hospital School of
Nursing program



Judith Ann Maloney

8/5/22

LPN; HVCC – RN
Leonard Hospital



CARING & SHARING IN MEMORIAM



by Debra Wolff

Marcella "Marcie" Marie McCarthy

8/5/22

Bennington Nursing Hospital
– LPN; College of Saint
Rose – RN
Leonard Hospital ER; Albany
Cty Nsg Home – Asst Director



Nancy L. McCormick

10/19/22
HVCC



Madeline "Maddie" McKeon McCune

8/8/22

St. Mary's Hospital School of
Nursing in Amsterdam
St. Mary's Hospital in Troy
and St. Mary's Hosp in
Amsterdam



Member of the United States Cadet Nurse Corps,
volunteered and spent time working in Chicago
during the polio epidemic

Clara Fiorina (Serpe) McNaughton

3/29/22

D'Youville College – BSN
Saratoga Hospital –
emergency room



Joan (Sibley) Gemmill McReavy

8/31/22

Samaritan Hospital School
of Nursing
Samaritan Hospital



Annmarie Morgan

8/1/22

Maria College School
of Nursing



Patricia A. Morris

7/29/22

Cleveland Metropolitan Hosp –
RN; Russell Sage College –
BS, MS



Cleveland Metropolitan Hospital in Cleveland, Ohio,
San Francisco City and County Hospital in San
Francisco, CA., St. Joseph's Hospital in Lorain, Ohio,
Doctor's Hospital in Fairfax, Va. and St. Peter's Hospital
in Albany, N.Y (nurse manager on the Med Onc Unit).
Served as president and newsletter editor of the
Capital District Oncology Nursing Society

Sister Genevieve Therese Murphy

7/3/22

Child nurse at St. Joseph's
Infant Home in Troy



CARING & SHARING IN MEMORIAM



by Debra Wolff

Wendy Cheryl Near

9/28/22

SUNY Brockport, Ellis
Worked in the ER, as an
elementary school nurse,
and rehabilitation.



Renee M. Panarese

9/13/22

St Francis University in Chicago
Ellis Hospital – case manager



Arnold "Arnie" Lee Nussbaum

9/21/22

Misericordia Hosp School
of Nsg
Combat medic instructor
Lincoln Hospital in the
South Bronx



Janice A. (Ravena) Pastizzo

7/15/22

Albany Medical Center
School of Nursing
AMC ICU; Health and fitness
director at the Southern
Saratoga YMCA; owner of Fit for
Life Wellness Center



Teresa May Nusser

9/10/22



Kathleen M. Phelps

8/20/22

Benedictine Hospital School of
Nursing in Kingston
Worked in long-term care



Dorothy Rose "Dot" (Maciol) Osika

9/16/22

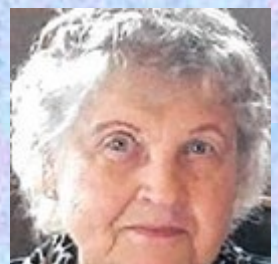
University of Rochester
Worked with Dr. Pomato in
dentistry, Schenectady, NY.



Emily Cecilia (nee Mattas) Powell

8/6/22

Marymount College in
Salina, Kansas
Ellsworth County Veterans
Memorial Hospital; Neonatal
Intensive Care Unit at Albany
Medical Center



Dorothy Ann Schultz Osvold

10/3/22

School nurse at Linton High



CARING & SHARING IN MEMORIAM



by Debra Wolff

Kathleen J. Powell

10/11/22

Returned to school, at age 50, Ellis Hospital School of Nursing
Saratoga Hospital, Braelock Manor, Rochester Psychiatric Center, Monroe Correctional Facility



Nancy Reilly

8/15/22

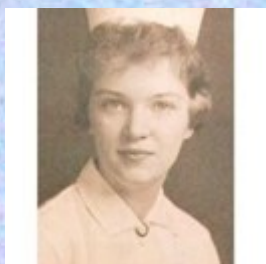
Hannah Harrison LPN
School in Washington, D.C.;
Maria College – RN;
St. Mary's University in Maryland – BSN
Washington Children's Hospital



Judith Ann "Judy" Riester

10/3/22

St Peter's Hospital
School of Nursing
St Peter's Hospital, worked for William J. Hickey, M.D. in Saratoga Springs, occupational health nurse for General Foods Corporation



Mary (Zucconi) Remancus

7/31/22

The Child Hospital of Nursing in Albany
St. Peter's Hospital and the Mary McClellan Hospital in Cambridge, N.Y.



Michelle Linda Roth

9/10/22

Plattsburgh State University
School nurse teacher – East Greenbush, Leonard Hospital, Kimberly Quality Care – nsg coordinator, Schenectady County Senior and Long Term Services as the RN Assessor



Joyce Minor Schork

7/20/22

Waterbury Hospital – RN
Danbury hospital – pediatrics; visiting nurse; school nurse



Nadia K. (Makarowsky) Sembrat

7/24/22

U.S. Army Nurse Corps - first lieutenant



Richard H. Signor

8/4/22

St. Peter's Hospital



Marilyn McCarthy Doring Simmons

7/25/22

Union College – RN
McCarthy Nursing Home; school nursing



CARING & SHARING IN MEMORIAM



by Debra Wolff

Joan Louise (Genthner) Smith

8/24/22



Katharyn L. Waggener

9/12/22

Indiana University

Worked at several hospitals in
the Capital District



Aleksandra Musial Suchocki

8/1/22

Krakow, Poland – nsg
degree; Sage Colleges;
SUNY IT Utica/Rome - BSN
St. Mary's Hospital (Seton
Health) in Troy – pediatrics,
ambulatory surgery



Mary Williamson Wassung

10/1/22

University of Connecticut,
Columbia University



Phyllis A. Testo

9/4/22

LPN

Leonard Hospital, St.
Mary's Hospital – Troy



Laurie Marie (Sauter) Williams

8/10/22

Graduated nsg school 1998



Judith Anne Vatalaro

9/6/22

St. Elizabeth's School of
Nursing, in Utica
Labor & Delivery nurse



Margaret "Peggy" Zimmerman

6/25/22

Born in Ireland. Worcester State
Hospital, MA



In Memoriam



The slate of offices for the 2023 Ballot needs to be ready by April 2023. Below are the vacancies that need to be filled. Please consider running for one of these positions. We need your assistance to keep our organization strong. You may indicate your interest to any member of the nominating committee – names and email addresses provided below.

- **President** - For this upcoming year, 3 years - 2 as President and 1 as Past President
Serves as chief spokesperson, submits annual report, updates board contact and planning calendar, contact with meeting venues
- **1st Vice President** 2-year term
Serves in absence of President preside, serves as liaison to committees as assigned by the president, Chairs the Membership Committee
- **Secretary** 2-year term
The Secretary shall be responsible for all minutes, records, correspondence, and notifications
- **Board** 3 openings. 2-year terms
The Board meets quarterly to transact business of the organization, establish policies, adopt an annual budget, appoints chairs of all committees, and more
- **Nominating** 2 openings. 2-year terms
Members of the nominating committee develop ballots for elections and administer voting processes

Chair, Mary Therriault (2023), mtherria@nycap.rr.com, Diane Bartos (2024, chairs 2023-2024) dianebartos@gmail.com, Elizabeth Weaver (2024) elbirkhead@gmail.com Brittany Barton (2024) Brittany.condon@yahoo.com, David Theobald (2023) dtheobald@davinhealthcare.com



Hello busy Nurses, Nursing Faculty, Students pursuing advanced degrees, Moms, Grandmas, pet Moms, and all the above! Yes, the holidays are upon us-yikes! How did the year fly by so fast? Did I mention all the roles you play?

You prioritize the demands of your job, your schoolwork (tests, presentations, and papers, oh my!), your kids' school projects, their sports, music concerts, and everything in between. Now add in holiday decorating, shopping, and all the goodies heading our way this time of year. Where are YOU amidst all this hustle and bustle? Remember, back in nursing school, you learned to prioritize. Yes, it IS all about airway, breathing, and circulation for the patient, on the job, BUT, in life, you must prioritize for your health and the health of your family, first.

A few “Nuggets” and “Takeaways”

**** Keep Moving!***



Anything-what do you enjoy doing? Grab your coat, hat, and gloves, and get outside for a walk-a healthy habit that we can begin anytime without taxing an already stretched holiday budget. If you have a dog, a regular walk offers a built-in routine.

Now that the cold and snow are imminent, you might consider cross-country skiing or snowshoeing with family or friends. Both are inexpensive ways to enjoy our snowy weather.

Some indoor activities to consider might be active stretch, yoga, Pilates, cycling, swimming, even opting to take the stairs instead of the elevator at work-it all counts as mobility, strength building, and calorie burning.

Some mobility workouts online can be done at home in only 20-30 minutes. Some gyms and other organizations offer pool hours, workout rooms, and group classes that can fit many schedules.

As we age, our joints, bones, and muscles don't want to move as easily as they did when we were younger.

*Remember-**Motion is Lotion!***

Consider speaking with your healthcare provider if you have concerns about which activities may or may not be advisable for you specifically.

** Nutrition!*



This time of the year, cocktails, “apps”, and desserts abound! Oh, those cookies made with Grandma’s favorite recipes that call for lots of butter and sugar. So delicious, but in moderation! We are all less vigilant this time of the year, but we must not lose sight of eating smart. According to the Center for Disease Control and Prevention (CDC), dietary guidelines for Americans include incorporating more fruits and vegetables into our diets as part of a healthy dietary pattern.

Adults should consume 1.5-2 cup-equivalents of fruits and 2-3 cup-equivalents of vegetables daily.

A healthy diet (that includes recommended amounts of fruits, vegetables, lean protein, and grains) helps support immune function, helps to prevent obesity, type 2 diabetes, and cardiovascular diseases (Lee, et al. Morbidity and Mortality Weekly Report. January 2022). For more information, visit the:

[CDC Fruit and Vegetable Intake Recommendations](#)

Consider checking out Farmers’ Markets (indoors in cold months) to find good quality produce in season. This time of the year, root vegetables, varieties of squashes, and cruciferous vegetables are easily available. If Farmers’ Markets aren’t “your thing”, the produce section of your local grocery store offers many healthy options.

***** Spiritual and Emotional Well-Being***



In all the hustle and bustle of the holiday season, we must find a few minutes every day for quiet spiritual and emotional connection and reflection. I am writing this article on what some refer to as “Gratitude Day”- the day after Thanksgiving. Let’s take a moment to reflect on our blessings, and practice thankfulness. NNYPNO and the Education and Practice committee is grateful for you, our members.

Whether our individual practice includes meditation, yoga, prayer, fellowship, journaling, or quiet inspirational reading, it is very important to our well-being.

Remember-we must support our inner selves to remain strong for our families and our patients.

If we don’t care for our own well-being, we cannot be strong enough to care for others.

Happy Holidays, everyone!

Ann Bentzen, Education and Practice committee member



General Membership Meeting Dates for 2022–2023

December 1, 2022

February 2, 2023

April 6, 2023

June 1, 2023

October 5, 2023

December 7, 2023



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Our mission is to promote collegial support and enhance the practice of the professional nurse in Northeast New York.



Our purpose is to uphold nursing standards of practice, excellence in leadership, education and research, legislation, and community health. We strive to promote an awareness of the benefit and influence of the professional nurse on the wellness of our community.