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# President's Pen



**Donna Meador**

Greetings, Kentucky nurses:  
Wow – what a year! It is hard to believe that this time last year, we had no idea what 2020 would look like. About this time in 2019, I had just learned that I had been voted in as KNA President-Elect (thank you for this honor and privilege, and I will do my best to serve you and our organization well). We had just wrapped up the KNA Annual Summit and the annual leadership conference of one of our affiliate organizations, the Kentucky Organization of Nurse Leaders (KONL).

I remember hearing long-time friend and colleague Patricia Howard talk about choosing Workplace Violence as a focus for her "platform" as the national president of the Emergency Nurses Association. I began to think about what my platform might be as president of KNA, and I honed in on "resiliency." The term "resilient," as defined by Sigma Theta Tau, is "able to adapt well in the face of adversity, trauma, or significant sources of stress; able to tolerate disturbance without collapsing, rebuild when necessary, and to improve when possible." I've always had an interest in this topic, having done a major project in my MSN program on "Stress and Coping among Emergency Department Nurses." What makes some people, some nurses specifically, so "hardy" when compared to others? What are those characteristics that result in some folks' ability to keep moving forward when life hands them significant challenges and others seem to crumble? I thought a platform focused on resiliency in nurses would be novel – the term was just beginning to circulate widely.

Then, along came the SARS Cov-2, what we now know as COVID-19. As our world began to change daily, resiliency quickly became a buzzword, with this topic being the focus of journal articles, podcasts, and other media outlets with the intent of helping nurses and other healthcare workers (and even the general public), learn to take steps to prepare themselves to hold up well for a long and difficult battle.

ANA's "Healthy Nurse, Healthy Nation" program, which began several years prior to this pandemic, may have given some of us a head start in prioritizing taking care of ourselves so that we are in the best possible shape to care for others. So, well ahead of my term as president, KNA began to create activities to help promote resilience among our Kentucky nurses. With our very engaged leadership and membership, KNA provided tools for protection such as face shields and hand sanitizer, peer mental health support geared toward those serving on the dangerous front lines, emotional support and communication for our senior nurses who were at highest risk, and more. Sometimes stress produces innovation and nurses have demonstrated this greatly during the pandemic. We've seen nurses create ways to show fearful patients and family members what they look like behind their masks, how to access IV lines and give medications in ways that conserve PPE, and use relatively new patient positioning techniques such as proning.

*I now ask you to dig deeper into that resolve we share as nurses and help us spread the word about COVID-19 prevention practices such as social distancing, hand hygiene and wearing facial coverings. Tell your loved ones about it – tell 10 people and have them do the same. Use your social media channels to reach out. Read more about this massive outreach effort on page 10.*

So, in this first letter as KNA President, I want to say Thank You. Thank you for giving it everything you've got and more to help us get through this difficult situation. Even if you are not on the front lines, I'm sure you have served as a consultant to

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# KNA Chapter Leadership 2020-2021

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"The purpose of the *Kentucky Nurse* shall be to convey information relevant to KNA members and the profession of nursing and practice of nursing in Kentucky."

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# Chapter Updates

## KNA Bluegrass Chapter

The Bluegrass Chapter facilitated two CE offerings, one at each of the September and November membership meetings. On September 15, Candace Harrington, PhD, DNP, MSN, RN, presented, "Family Dementia Caregivers' Perceptions of the Virtual Dementia Tour: A Changed Reality." On November 17, Lynn Roser, PhD, RN, CIC, FAPIC, presented, "COVID-19 Cardiac Implications: Research by the CERID COVID-19 Cardiovascular Study Group."

At the November membership meeting, the chapter gave the Karen Tufts Award to Michael Figlewicz, a non-traditional Med-Vet student in the second-degree BSN program at UK.

## KNA Green River Chapter

To recruit and retain members, chapter representatives continue to reach out to hospitals in the Green River geographic area to offer to facilitate presentations during nurse residency classes. The chapter is also meeting virtually and in person when it is safe to do so.

## KNA Heartland Chapter

No report submitted.

## KNA Nightingale Chapter

In October, Dolores White, DNP, RN, CNE, chapter liaison to the KNA Board of Directors and president of the River City Chapter, introduced Nightingale Chapter members to her role as chapter liaison in a fun and interactive format. The chapter appointed Lisa Lockhart as vice chair for the Nightingale Chapter. The Chapter is accepting nominations for Vice Chair and Secretary for elections to be held in early 2021. Members distributed hand sanitizer to local EMTs and farmers who have thanked the chapter for being a "good neighbor." The next chapter meeting will take place on Thursday, March 11.

To recruit and retain members, Denise Alvey, chapter secretary, maintains contact with all members and personally invites them to participate in chapter activities and those nearing renewal are invited to continue membership. In 2021, the chapter will place more emphasis on attracting student subscribers and recognizing new graduates.

Congratulations to Jeanette Rogers for completing her doctor of nursing practice from Capella University.



**Crab Orchard, KY EMT and Stanford farmer Floyd Renner, Jr were grateful to receive hand sanitizer.**

## KNA Northern Chapter

The Northern Chapter will meet on Wednesdays, 5-7 p.m. at the St. Elizabeth Training Center in Erlanger, February 3, May 5, August 4 and November 3. The chapter will offer CEs for each program.

Dr. Dora Savani, infectious disease specialist, presented an update on COVID-19 at the chapter's December 9 meeting.

## KNA Northeastern Chapter

The Northeastern Chapter has all officer positions (president, vice president, secretary and treasurer) open for election. Please contact Christa Thompson at [cj.thompson@moreheadstate.edu](mailto:cj.thompson@moreheadstate.edu) if you would like to nominate a member or are interested in a position.



## KNA Pennyriple Chapter

To attract and recruit members and slow the spread of COVID, the Pennyriple Chapter has led and participated in these activities:

- Distribution of 2,000 masks with mental health points, put in Ziplock bags for college students and their family members. This outreach will continue through spring 2021.
- Distribution of hand sanitizer to KANS members, promoting the KNA365 app and encouraging them to join KNA.

Chapter members continue to encourage nurse colleagues to join KNA so they will have a voice regarding nursing practice and so they will have the opportunity to serve in leadership roles and make a difference that impacts lives of those in the community.

The Pennyriple Chapter recently won the first ever KNA Voter's Challenge with the highest percentage of members (26%) casting their votes in the recent KNA Election. The Chapter also won the KNA365 app challenge with 10% of members downloading our app.

## KNA REACH Chapter

The REACH Chapter offers free continuing education for each meeting and invites nursing students to attend meetings as well.

## KNA River City Chapter

The River City Chapter continues to work to increase and retain membership by hosting events such as CE offerings, the virtual painting party and the Town Hall organized by the KNA Governmental Affairs Cabinet. Members also work together to discuss current and plans for future events. Chapter members recently helped the local health department with COVID testing in West Louisville. Plans are underway for a CE event/fundraiser for January with proceeds being donated to Blessings in a Backpack.



## KNA School Nurse SNIP

Gannon Tagher, Ed.D., MSN, RN, APRN, KNA School Nurse Task Force member, recently testified before Kentucky legislators about the importance of nurses in every Kentucky school, every day. Check out her testimony on the KNA YouTube Channel. [KNA YouTube Channel.](#)

## KNA Western Chapter

No report submitted.

## Chapter 6

Plans are underway to formalize Chapter 6; we will keep you posted as plans unfold. Allison Boggs is the chapter president.

**The Kentucky Nurses Association welcomes new leaders**

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# 2020

YEAR OF THE NURSE & THE MIDWIFE

FOSTERING A CULTURE OF CARING



## Highlights Activities and Accomplishments

The results are in, the first ever online Kentucky Nurses Foundation (KNF) Raffle garnered more than \$21,000 to go toward nursing research, education and scholarships. We are thrilled with these results and extend our heartfelt thanks to all donors and those who purchased chances to win. You can read more about this on page 11.

We are also happy to report that, thanks to your donations, we recently granted three nursing education scholarships to these Kentucky students: Oo Meh, Western Kentucky University and Renee Oehler, Thomas More University, who both received Nursing Excellence scholarships and Daisy Iztol, Bellarmine University, who received the Mildred Metz Scholarship. Helping students further their education speaks to the core of KNF's mission to fund education and research for students and nurses statewide.

Since its inception in 2017, our "Honor a Nurse – Remember a Nurse" campaign has brought in more than \$6,000. This campaign affords us all a great way to highlight those special nurses in our lives. Last fiscal year, KNF generated more than \$57,000 in charitable donations.

From July 1, 2019 – June 30, 2020, we honored 36 Kentucky nurses with Nightingale Tributes. We have temporarily discontinued in-person Nightingale Tributes; however, we continue to reach out to the 188 families of legacy nurses to offer our condolences and let them know that we will conduct in-person Tributes when it is safe to do so.

On behalf of all Kentucky nurses, I encourage you to make a tax-deductible donation to the Kentucky Nurses Foundation at [kentucky-nurses.org](http://kentucky-nurses.org) or send your check to:

The Kentucky Nurses Foundation  
305 Townepark Circle, Suite 100  
Louisville, KY 40243

As we look toward a new year, I thank you for your generous donations and am humbled by your willingness to give.

Jo Singleton, DNP RN-BC  
Kentucky Nurses Foundation Board of Trustees

### President's Pen continued from page 1

family and friends, provided support in various ways to those who are fighting on the front lines, and as KNA board member Jody Rogers stated recently, you've "suited up and shown up." Yes, Immediate Past President Ruth Carrico, this is NOT what we expected or planned for in the "Year of the Nurse," but our profession has risen to the occasion and given the public even more reason to count us as the most trusted profession.

I also want to say "Thank You" to Ruth, Delanor Manson, and the KNA, KNF, and KNAC Boards and KNA staff members. I've spent the past 12 months attending as many cabinet and committee meetings as possible, to meet those of you who are working so hard for our organization, and to learn and prepare for this term.

## Information for Authors

- *Kentucky Nurse* Editorial Board welcomes submission articles to be reviewed and considered for publication in *Kentucky Nurse*.
- Articles may be submitted in one of the following categories:
  - A. Personal opinion/experience, anecdotal (Editorial Review)
  - B. Research/scholarship/clinical/professional issue (Classic Peer Review)
  - C. Accent on Research (Editorial Review)
  - D. Cultural Diversity (Editorial Review)
  - E. Health Matters (Editorial Review)
  - F. Student Spotlight (Editorial Review)
- Information about IRB or Ethical Board approval is a requirement for Quality Improvement projects, evidence practice based projects, and research studies.
- All articles, except research abstracts, must be accompanied by a signed *Kentucky Nurse* transfer of copyright form (available from KNA office or on website [www.Kentucky-Nurses.org](http://www.Kentucky-Nurses.org)) when submitted for review.
- Articles will be reviewed only if accompanied by the signed transfer of copyright form and will be considered for publication on condition that they are submitted solely to the *Kentucky Nurse*.
- Articles should be typewritten with double spacing on one side of 8 1/2 x 11. Maximum length is five (5) typewritten pages.
- Articles should also be submitted electronically
- Articles should include a cover page with the author's name(s), title(s), affiliation(s), and complete address.
- Style must conform to the Publication Manual of the APA, 7th edition.
- Monetary payment is not provided for articles.
- Receipt of articles will be acknowledged by email to the author(s). Following review, the author(s) will be notified of acceptance or rejection.
- The *Kentucky Nurse* editors reserve the right to make final editorial changes to meet publication deadlines.
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- Articles should be emailed to: Editor, *Kentucky Nurse*, Kentucky Nurses Association, at [admin@kentucky-nurses.org](mailto:admin@kentucky-nurses.org)



Despite many obstacles, we have achieved great things.

Finally, I want to go back to this topic of resiliency. I encourage you to take the steps you need to make yourselves stronger than ever. This means taking care of yourselves physically, mentally, and spiritually.

Pay attention to what you eat, what you drink, where your thoughts dwell, get more rest, and take time for yourselves. We know that nurses tend to take care of everyone else in their lives first, and themselves last, so remember to put your oxygen mask on yourself first, so you can help those closest to you. We may be fatigued – we are tired of this pandemic, tired of Zoom, tired of not going out and being with our loved ones but we can recharge. While it may not seem so now, this too shall pass.

None of us know if our world will look exactly like it did before, but we will win this battle. So, stay strong and resilient, and be of good courage, because 2021 and better times are ahead.

# Calendar of Events

**December 2020, January – February 2021**  
 All meetings are (EST) unless otherwise indicated.

**KNA Board of Directors Meeting:**  
 First Friday of the Month, 10 AM – Noon

**KNA Governmental Affairs Cabinet Meetings:**  
 Second Friday of every Month, 3:30 – 4:30 PM, conference call

**KNA Chapter Leadership Video Conference Meetings:**  
 Third Monday of every month, 1 – 2 PM

**Kentucky Nurses Foundation Board of Trustee Meetings:**  
 Fourth Tuesday of every other month at the KNA office, Noon – 4 PM, KNA Office

**KNA Membership Recruitment & Retention Committee Meetings:**  
 Second Monday of every Month, Noon – 1 PM, video conference

**KNA Professional Nursing Practice & Advocacy Cabinet Meetings:**  
 First Wednesday of every month, 5 PM, video conference

**KNA Event Planning Committee Meetings:**  
 Second Thursday 3-4pm, video

**KNA Nurse in Every School**  
 First and third Monday of every month, Noon – 1 PM  
 \*\*\*All nurses are welcome to attend any nursing event.  
 These are open to KNA members\*\*\*

## December 2020

KNA Office Closed, Thursday, December 24 – Friday, January 1

## January 2021

22 KBN Practice Meeting, 9 AM  
 27 Kentucky Nurse Editorial Board Meeting, 2 PM  
 Materials due to KNA Office for March 2021 issue of *Kentucky Nurse*  
 31 Call for Presenters – 2021 KNA Summit

## February 2021

9 KNA Nurses Day at the Capitol (Virtual)

## March 2021

19 KBN Practice Meeting, 9 AM

## April 2021

28 KNA Bluegrass Chapter Spring Conference, TBD  
 Materials due to KNA Office for June 2021 issue of *Kentucky Nurse*  
 30 Deadline KNA Nightingale Chapter Scholarship Application. For information, contact Denise Alvey at [alveyelx2@aol.com](mailto:alveyelx2@aol.com)  
 KNA Call for Nominations, applications due

## May 2021

21 KBN Practice Meeting, 9 AM  
 26 Materials due to KNA Office for August 2021 issue of *Kentucky Nurse*

## June 2021

ANA Membership Assembly

## July 2021

KNA Yearbook for 2020 Conference Materials due

## August 2021

KNA Election

## September 2021

Governmental Affairs Retreat

## October 2021

KNF Raffle  
 17 Annual KONL Conference  
 27 Materials due to KNA Office for December 2021 issue of *Kentucky Nurse*

## November 2021

4-5 KNA Summit  
 11 KBN Practice Meeting, 9 AM

## December 2021

ANA Leadership Summit  
 2-3 KNA Leadership Retreat

**For more information and to register for KNA events, visit [Kentucky-nurses.org](http://Kentucky-nurses.org).**



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# KNA hosts first ever virtual conference and offers thanks to all



With many nurses and nursing students attending, we're still totaling our count, 17 speakers, five bonus sessions and 31 sponsors, the Kentucky Nurses Association's first ever virtual conference, "Age Well. Live Well. Be Well.," is receiving praise from across the state for its innovative learning platform and ability to connect participants safely during the COVID-19 pandemic. Thanks to all who helped make this event a huge success:

### 365 and Awards Sponsors

#### ANCHOR

- U of L School of Nursing, Nurse of the Year Award Sponsor
- UK College of Nursing, UK Healthcare; Citizen of the Year Award Sponsor

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- Indiana Wesleyan University, Volunteer of the Year Award Sponsor
- Norton Healthcare, Student Nurse of the Year Award Sponsor
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- Galen College of Nursing
- Owensboro Health
- Passport Health Plan

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- Baptist Health Louisville & Baptist Health Lexington
- Bellarmine University Lansing School of Nursing and Clinical Sciences
- Campbellsville University
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- Teresa Huber
- Leslie Jefferies
- Delanor Manson
- Donna Meador
- Angela Shinaberry
- Jennifer Shoemake
- Jo Singleton

#### KNA Award Winners

Annually, the Kentucky Nurses Association recognizes the "best of the best" in nursing with its awards program. We sincerely congratulate our 2020 recipients and invite you to read about their accomplishments on behalf of Kentucky nurses:

#### **Nurse of the Year, sponsored by the University of Louisville School of Nursing:**

**Dolores White, DNP, RN, CNE**, became the River City President and just kept up the momentum of those before her.



Then she offered to pilot the chapter leaders' liaison position. Dolores knows how to contact those missing in action and rally them to stay the course. She keeps the big picture of where KNA is going in mind and is an essential part of that movement as evidenced by

her tireless work to help Pennyriple become a chapter and her ongoing work to help Chapter 6 become official. She serves as a critical link between chapter leaders and the KNA Board of Directors.



#### **Nurse Researcher of the Year, sponsored by Grand Canyon University:**

**Zim Okoli, PhD, MPH, MSN, RN, NCTTP**, a mental health care practitioner, has built a program of funded research to advance health and wellness among tobacco dependent mentally ill

populations and every step of the way students and/or junior faculty have been at his side and on his team. He has built his program of research to help prevent physical and/or mental health exacerbations and increase accessibility to services in moments of crisis/need.



#### **Nursing Student of the Year, sponsored by Norton Healthcare:**

**Tiffany Mills** is the president of the University of Louisville School of Nursing's Chapter of KANS. She is a member of NSNA, the Black Student Nurses Association, KYANNA, the Black Student Union, KNA, ANA and

serves on the Student Government Association at the University of Louisville School of Nursing. She is a leader and helps students in their goal of transitioning into professional practice.



#### **Volunteer of the Year, sponsored by Indiana Wesleyan University:**

**Mia Mercer**, a senior in high school at Sacred Heart Academy, designed a project called *Guardian on the Go* to make cloth face coverings from recycled medical scrubs at the onset of the COVID pandemic. Through the sale of masks, she raised and donated more than \$4,000 to the Kentucky Nurses Foundation.



#### **Citizen of the Year, sponsored by the University of Kentucky College of Nursing and UK Healthcare:**

**Paula Vasan**, is an investigative reporter with WHAS TV11. Her extensive coverage, more than 100 hours of interviews, research, and production, about violence against nurses and creating a healthy work environment gave voice to nurses who have been victimized by patients, families and even their own co-workers.

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# Check Out KNA Online Learning Platform - see instructions for KNA conference attendees and others



**For conference attendees:**

Visit our NEW [KNA Online Learning Portal](#) and access sessions from the KNA Annual Conference. To access this exclusive content, please use the credentials you used to access the conference. Please note, if you attended all three days of the conference, you would receive access to all courses. If you only attended one or two days but want to purchase content from the days you missed, please visit the [SPECIAL OFFERS](#) page. Remember, you have until **February 6, 2021** to complete your sessions to receive CEs.

**For those who did not attend the conference:**

We are happy to announce that daily conference packages are now available for purchase through our new KNA Online Learning Portal. You may purchase sessions from Wednesday, November 4; Thursday, November 5; Friday, November 6 or all three days. *KNA members and students will receive special discount pricing. You will receive access to the exclusive conference sessions and earn contact hours where applicable.*

**For all Kentucky nurses and students:**

Connect to the latest industry trends and learn directly from the experts. All sessions can be viewed from any Apple, Android or PC device and is available year-round. We hope you enjoy the learning resources in our [KNA Online Learning Portal](#) and look forward to receiving your feedback.

**Housekeeping note:**

Please white list our KNA Conference email address, [knaconference@kna.org](mailto:knaconference@kna.org). We want to make sure you don't miss our post-conference communication!



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# What COVID has Taught Me

**Angela Wilson, BSN, RN**  
**Charge Nurse**  
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We have all had to change the way we live and how we go about many activities that we have often taken for granted. As nurses, we have had to adapt to ever-changing policies and protocols to protect ourselves from the Coronavirus while avoiding any cross-contamination to other patients. We are still expected to give the highest quality of care to our patients. We have become scared, burnt out, and many times sad and angry at the situation.

I have felt the same feelings that all healthcare workers have been dealing with through this pandemic. I have been quarantined, lived away from my husband, have family tell me that they are scared to be around me because I am now a COVID nurse, and felt the frustration and anxiety of taking care of some of the sickest people I have seen since I became a nurse. I have cried countless times and even considered whether I wanted to continue nursing. Was this something that I wanted to do as my career choice? This is a choice but is it worth it?

After another two-week quarantine, I had a lot of time to reflect. I tried looking at COVID from a different perspective, through the patients' eyes, after all, that is why we become nurses is to help and care for others. I felt like I was being selfish. Although things are so very different for us, the patients are going through so much more than I think we may realize.

Many of these patients are critical. They are being asked to try new medications and to give consent to enter trials for new treatments that have had emergency approval for use by the FDA. They are getting multiple breathing treatments, being put on oxygen, sometimes needing more interventions than a nasal cannula will allow. Heart problems are developing, so we put them on monitors, order echocardiograms and EKGs, and consult cardiology. At this point, the patient, who may have been previously healthy with no comorbidities, has a primary physician, a pulmonologist, and a cardiologist involved in their care, at the least. All information is given to the patient by the person behind the mask and shield.

The physical toll on the patient can be overwhelming but the mental and emotional toll can be just as devastating. The patients are alone and isolated at a time when they would want their family and loved ones to be close. There are no visiting hours for these patients. The only physical contact they receive is from healthcare workers that they cannot even see due to the amount of personal protection equipment that is worn and for short amounts of time. How utterly lonely this would be, spirit-breaking even.

So, as a nurse, I hope that this unprecedented pandemic is teaching me a different type of patience and empathy that I may have needed. We can be frustrated and upset. This is something new for everyone, not just healthcare workers. The effects will probably have a lasting imprint on many, but we cannot let our own emotions drown out our passion for nursing and our love of our patients.



**Angela Wilson**

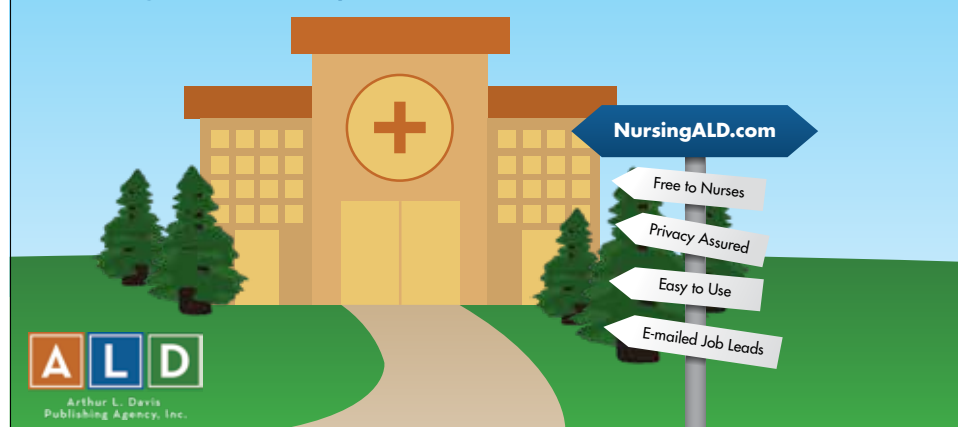
## Kentucky Nurses Helping Nurses offers myriad of resources for nurses who need help during the COVID-19 pandemic



As COVID-19 cases continue to climb at an alarming rate, we remind all Kentucky nurses of the [Kentucky Nurses Helping Nurses program](#). KNHN is here to support nurses working on the frontlines during the COVID-19 pandemic. It is a volunteer network of nurses, working and retired, who have a passion for and expertise in mental health nursing who want to support and be there for you while you are caring for others. Requests for information/support/assistance are confidential. For help, call 1-877-358-0420, email [admin@kentucky-nurses.org](mailto:admin@kentucky-nurses.org) or use our Contact Us form.

*KNHN is a partnership between the Kentucky Nurses Association and the International Society of Psychiatric Nurses.*

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# Letter to the Editor

## Trust Kentucky nurses - wear face coverings, wash your hands and practice social distancing; *you could save someone's life*

It is well documented that for the 18th consecutive year, people trust nurses more than any other professional group (Gallup Poll, 2020). In Kentucky, nearly 90,000 of these dedicated professionals bring babies into the world, care for people before, during and after major surgeries and

illnesses and provide comfort and clinical expertise as the end of life draws near. They also serve in myriad of academic, business and industry, and leadership roles. From licensed practical nurses to doctoral level nurse practitioners and beyond, these are the people residents of the Commonwealth depend upon to help them live healthy lives.

As cases continue to increase at an alarming rate, we have hit another crisis point in the COVID-19 pandemic. The message from the Kentucky Nurses Association, the voice for Kentucky nurses since 1906, is clear and simple. Trust Kentucky nurses - wear face coverings, wash your hands and practice social distancing; you could save a life. We are aware of "COVID-19 fatigue;" nurses on the frontlines know about it all too well. Still though, we must remain vigilant in our prevention efforts. The life you save might be your own or that of a loved one.

So, you say you are doing all you can and are following the rules? Perhaps you have even cancelled those plans to gather with family this holiday season. That's great, all Kentucky nurses applaud your efforts. We ask you to help us educate others about the vital importance of these preventative measures.

- If you have a fever or shortness of breath, get tested for COVID-19.
- Strongly share the danger of not focusing on the preventive measures with friends and family. Remind them that this is not a political call to action; rather it is a focus on life-saving measures. It is as important as wearing a seat belt. Your life could depend on it.
- Contact us if your church or civic group would like a Kentucky nurse to present the facts about this most important topic at your next virtual meeting. You can reach us at [admin@kentucky-nurses.org](mailto:admin@kentucky-nurses.org) or call 502-245-2843. Let us help. Every life lost is one too many.

Here is why it matters, from the Centers for Disease Control (CDC):

- COVID-19 spreads easily from person to person, mainly by the following routes:
  - o Between people who are in close contact with one another (within 6 feet).
  - o Through respiratory droplets produced when an infected person coughs, sneezes, breathes, sings or talks.
    - Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth.
- People who are infected but do not have symptoms can also spread the virus to others.

If this is just "more of the same" of what you see and hear daily on television, at work and everywhere else and is not close enough to home for you, we challenge you to think differently. What if you, your child, parent, spouse or sibling gets COVID because someone didn't follow COVID prevention guidelines? *That changes things doesn't it?*



Donna Meador, MSN, RN, CENP, CPHQ  
President, Board of Directors  
Kentucky Nurses Association



Delanor Manson, MA, BSN, RN  
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# KNF Raffle garners more than \$21,000 to benefit nursing research, education and scholarships throughout the Commonwealth

**Kentucky Nurses Foundation 2020 Virtual Raffle**  
September 15 - November 17

Staycation \$10 ticket

Bourbon Bonanza \$30 ticket

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Spa Experience \$25 ticket

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50/50 Split-the-Pot \$20 ticket

Congratulations to all winners of the 2020 Kentucky Nurses Foundation (KNF) Online Raffle. Thanks to everyone who bought a ticket. Thanks to all the individuals and companies that donated an item for the raffle prize packages:

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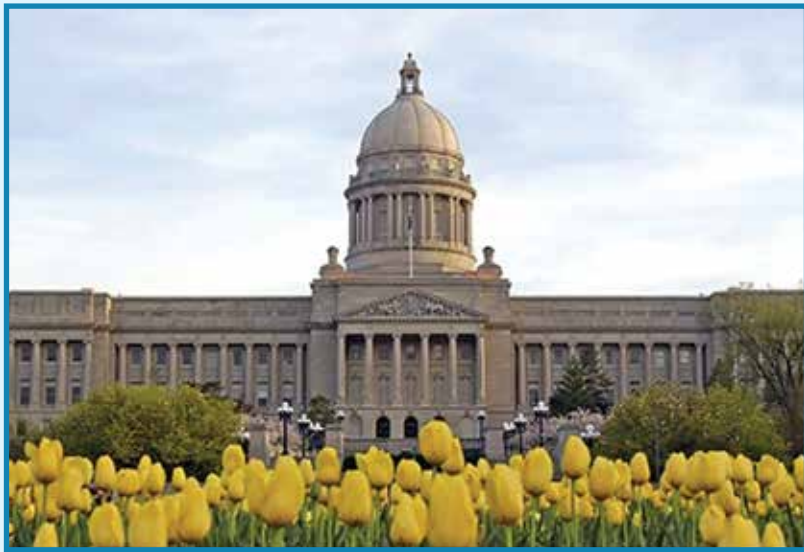
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## Plan to attend the virtual KNA Nurses Day at the Capitol on February 9, 2021



As you begin planning for 2021 activities, be sure to include the virtual **2021 KNA Nurses Day at the Capitol, Tuesday, February 9**. Look for more information as the date draws closer. This event offers nurses and nursing students an excellent opportunity to make their voice known about issues that affect our profession and the health of all Kentuckians.

# Briefly Speaking

## KNA/KNF News & Notes

As we wind up the holiday season, we face a different world than any of us could have imagined a year ago. Social distancing, facial coverings and temperature checks are part of our “new normal” that also includes contact tracing, testing and shuttering of various businesses to keep us safe.

First and always, we are the voice for all Kentucky nurses and we invite you to join **your** professional nursing organization today. As part of our commitment to you, we have enlisted members, and we also ask you to make COVID-19 prevention methods known to those you love. Tell 10 people and have them tell 10 more. You can read about this grassroots statewide effort on page 10. Together, we can save lives.

If you couldn't join us for our recent, “Age Well. Live Well. Be Well.” Conference or if you did attend and want to access sessions, visit our [KNA Online Portal](#). We are thrilled to bring this on demand learning platform to you. Stay tuned for more exciting educational opportunities that you can access from a place that is the safest and most comfortable for you.

If you want to help nurses and have a voice in legislation that affects us all, we encourage you to join us for our virtual 2021 Nurses Day at the Capitol on Tuesday, February 9. Look for more information about this coming soon.

Along with funding nursing education, scholarships and research, the Kentucky Nurses Foundation (KNF) supports the Nightingale Tribute Program. We have temporarily discontinued in-person Tributes; however, we continue to reach out to the families of legacy nurses to offer our condolences and let them know that we will conduct in-person Tributes when it is safe to do so.

The team at the KNA office is available as a resource to you if you have questions about your membership, need help addressing clinical or educational issues or want to make your voice known within Kentucky's nursing community. Visit us on social media or complete a “Contact Us” form on our website. You can reach us at 502-245-2843 or [admin@kentucky-nurses.org](mailto:admin@kentucky-nurses.org). *We want to hear from you.*

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# Kentucky Nurses Foundation Donor List



July 1, 2017 – November 19, 2020

Thanks to these generous donors for their contributions to the Kentucky Nurses Foundation through our "Honor a Nurse – Remember a Nurse" and our "Love a Nurse Campaigns." Funds go toward nursing research, education and scholarships throughout the Commonwealth:

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Lisa Evans  
Bridgette Irvin  
Lisa Lockhart  
Elizabeth Marciel  
Marge Perrin  
Kristen Sherrad  
Robin Szczapinski  
Norma Mason-Stikes  
Christie Therkel  
Susan Thornton  
April Walker  
Melissa Mershon  
Kathy Mershon

**Tracey Melburn**  
Teri Goodlett

**Sherlee Miller**  
Dawn Balcom

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All Kentucky nurses

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Pat Calico  
Brenda Sherwood

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Carol Komara

**Betty Olinger**  
In honor of a special nurse

**Curtis Owens**  
Delanor Manson

**Betty Porter**  
In honor of a special nurse  
Christy Ralston  
In honor of a special nurse

**REACH CHAPTER**  
In memory of  
William Aaron Doughty

**Mary Romelfanger**  
Wass Brady  
KNF Student Essay Competition  
Delanor Manson  
Martha Ann Marrillia, SCN

**Bev Rowland**  
In honor of a special nurse

**Kathryn Salee**  
Evelyn Gellar

**Linda Schaaf**  
Delanor Manson

**Jo Singleton**  
In honor of a special nurse

**Ida Slusher**  
Rachael Epstein  
Esther Field  
Cora Newell-Fletcher  
Kathy Hager  
KNF Student Essay Competition  
Delanor Manson  
Jo Singleton  
Dorcas Townsley

**Stephanie Smith**  
All Hosparus nurses  
Delanor Manson  
Ida Slusher – in memory of her mother

**Sheila Spence**  
Jo Singleton

**Patricia Spurr**  
Donna Gough Faquir

**Ruth Staten**  
Mary “Kay” Robinson (sister- in-law)  
Kasey Scheper (daughter)

**Eva Stone**  
Carol Komara

**Liz Sturgeon**  
Karen Hautigan  
Susan Jones  
Dawn Garrett-Wright

**Tukea Talbert**  
In honor of a special nurse

**Linda Thomas**  
Wilma Brown  
In honor of a special nurse

**Thought Leader Select**  
Ruth Carrico

**Blake Townsend**  
Charlotte Gross

**Kathy Tussey**  
Kay Ross

**Sharon Utterback**  
In honor of a special nurse

**Rhonda Vale**  
Mary Jennette Martin

**Teresa Villaran**  
In memory of  
Mary Lou Baumgardner

**Judy Ambrose Vittitow**  
Barbara Nell  
Garden Hardy Daves

**JoAnn Wever**  
Agnes Black  
Kathy Hager  
In honor of a special nurse  
Dottie C. Luther  
Marion McKenna  
Louise Zegeer

**Gracie Wishnia**  
Nathan Goldman (retirement)  
Ann Lyons  
Ruth Carrico

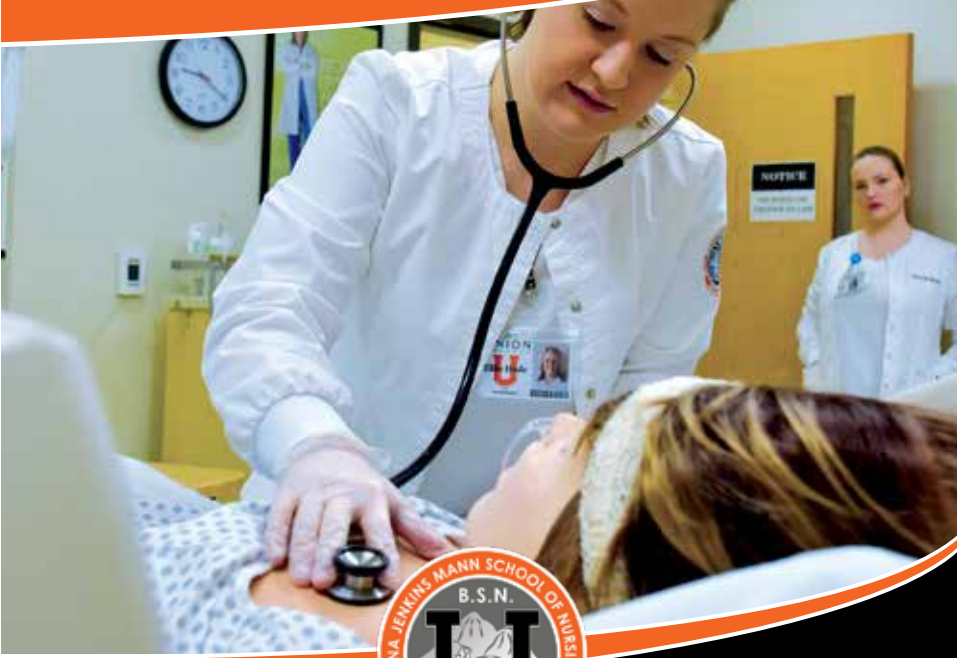
**Jane Younger**  
Pat Burge  
Shirley Powers


**Mildred Metz Scholarship Fund**  
Kristine Finberg  
Patricia Hastings  
Sharon Kleinart  
Estate of Miriam Frenke  
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Monica Adair	Lexington, KY	Charles Cook	Louisville, KY	Vivian Hunt	Ashland, KY
Alysia Adams	Owensboro, KY	Sara Cornelison	Richmond, KY	Eyvette Hunter	Lexington, KY
Tiffany Adkins	Philpot, KY	Sherri Couch	Versailles, KY	Linda Hunter	Lebanon, KY
Carly Adkins	Lexington, KY	Porsha Courtney	Florence, KY	Janet Hurley	Owensboro, KY
Ruth Anderson	Clarksville, TN	Tara Dearing	Owensboro, KY	Natasha Hurley	Hazard, KY
Christina Arredondo	Lawrenceburg, KY	Tina DeBord	Olive Hill, KY	Kandice Izor	Lexington, KY
Stephanie Baker	Thornton, KY	Lauren Dennis	Lexington, KY	Markquetta Jackson	Louisville, KY
Hannah Ball	Richmond, KY	Shane Densler	Elsmere, KY	Tammy Jennings	Glasgow, KY
Carrie Barnett	Lexington, KY	Janet Dickinson	Nicholasville, KY	Laura Kanis Linville	Lexington, KY
Allycia Beasley	Lawrenceburg, KY	India Dow	Louisville, KY	Christy Kayabasi	Goshen, KY
Douglas Becker	Covington, KY	Jennifer Durling	Springfield, KY	Shannon Key	Glasgow, KY
Kimberly Bellew	Grayson, KY	Tamra Duvall	Louisville, KY	Dustin Khoshreza	Lexington, KY
Rebecca Beverly	Gray, KY	Sara Ecton	Lexington, KY	Tasha King	Winchester, KY
Diana Blair	Vine Grove, KY	Jean Edward	Lexington, KY	Amber Kirk	Russell, KY
Michelle Bockoven	Louisville, KY	Stephanie Fares	Louisville, KY	Kirsten Knaebel	Louisville, KY
Alexis Bode	Louisville, KY	Morgan Farmer	Lexington, KY	Sydney Kuiper	West Paducah, KY
Jennifer Boyd	Langley, KY	Courtney Fernholz	Fort Knox, KY	Lauren Lambdin	Corbin, KY
Robin Brannen	Covington, KY	Joseph Fields	Lexington, KY	Hannah Lancaster	Gracey, KY
Alyssa Brenner	Lexington, KY	Jennifer Fincham	Alvaton, KY	Lynne Lanham	Louisville, KY
Barry Brown	Georgetown, KY	Holly Foote	Louisville, KY	Kayla Leshar	Crestwood, KY
Melissa Burdine	Nicholasville, KY	Deena Fowler	Lexington, KY	Andrea Lewis	Lexington, KY
Bridgett Byrd	Hebron, KY	Nicole Fries	Goshen, KY	Hershey Lindon	Florence, KY
Jenna Canon	Lexington, KY	Marsha Fyffe	Lexington, KY	Stacy Lish	Coxs Creek, KY
Donita Cantrell	Lexington, KY	Lisa Gaines	Louisville, KY	Tabbetha Loan	Greenup, KY
Richelle Cassell	Milton, KY	Roxanne Gall	Melbourne, KY	Roy Long	Scottsville, KY
Madeline Caulk	Louisville, KY	Lynette Galloway	Louisville, KY	Stacy Lovins	Hazard, KY
Lydia Cheng	Lexington, KY	Virgie Gamble	Morehead, KY	Theresa Luckett	Lexington, KY
Kristina Cheresnieva	Lexington, KY	Dawn Glowatz	Covington, KY	Lauren Lyons	Louisville, KY
Holly Chitwood	Lexington, KY	Stephanie Goins	Barbourville, KY	Jodi Mabry	Louisville, KY
Annette Patterson Choo	Crestwood, KY	Shan Gordon	Keval, KY	Yasmin Majumder	Mount Sterling, KY
Amber Christopher	Jeffersonville, KY	Eve Greenland	Nicholasville, KY	Kaitlyn Martin	Dawson Springs, KY
Deborah Cinque	Union, KY	Donna Gullett	Fort Thomas, KY	Felicia McAllister	Lexington, KY
Tia Clark	Wingo, KY	Judy Hall	Mount Sterling, KY	David McClain	Elkton, KY
Angelia Coleman	Albany, KY	Mitsy Harned	Louisville, KY	Emily McDaniel	Versailles, KY
Stacy Colligan	Louisville, KY	Chrissy Hazelip	Louisville, KY	Lindsay Meadows	Princeton, KY
Ashlie Collins	Alexandria, KY	Peggy Henney	Paducah, KY	Denise Meeks	Ashland, KY
Ruth Combs	Corbin, KY	Theresa Hibbs	Upton, KY	Jill Miles	Loretto, KY
Joanne Combs	Jackson, KY	Freda Hubbard	Scottsville, KY	Karen Miller	Frankfort, KY
Aprile Cook	Topmost, KY	Timothy Humphries	Lexington, KY	Sydney Mimms	Bowling Green, KY

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 City/State/Zip \_\_\_\_\_ Email Address \_\_\_\_\_  
 Country \_\_\_\_\_

### Professional Information

Employer \_\_\_\_\_ Current Employer Status: (ie: full-time nurse) \_\_\_\_\_  
 Type of Work Setting: (ie: hospital) \_\_\_\_\_ Current Position Title: (ie: full-time nurse) \_\_\_\_\_

Practice Area: (ie: pediatrics) \_\_\_\_\_

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- Mary Moore Lancaster, KY
- Katelyn Mullins Lexington, KY
- Lauren Newberry Lexington, KY
- Brittany Nichols Frankfort, KY
- Kerry Nippert Georgetown, KY
- Diana Njuguna Hazard, KY
- Tara Oldham Elizabethtown, KY
- Susan Parrish Cadiz, KY
- Amanda Pascal Richmond, KY
- Penny Payton Georgetown, KY
- Taylor Pence Lexington, KY
- Kristina Petrey Mount Vernon, KY
- Heather Pfleuger-Brown Wingo, KY
- Allison Phillips Campbellsville, KY
- Nicole Pies Milton, KY
- Hillary Poe Paris, KY
- Cassandra Raabe Maysville, KY
- Breanna Ramsey Richmond, KY
- Emily Reis Alexandria, KY
- Rita Reynolds Campbellsville, KY
- Morgan Richie Versailles, KY
- Leah Riggs Lexington, KY
- Sandra Roberts Louisville, KY
- Stacy Rogers Owingsville, KY
- Felicia Rohman Union, KY
- Shelby Rosenberg Lexington, KY
- Lisa Schanding Lexington, KY
- Danielle Schmidt Lexington, KY
- Makayla Setters Independence, KY
- Alicia Shewman Irvine, KY
- Jessica Shields Lexington, KY
- Beverly Shook Stearns, KY
- Hollie Shortridge Winchester, KY
- Autumn Shutt Louisville, KY
- Pauline Siders Lexington, KY
- Heather Slater Lewisport, KY
- Hope Smith Versailles, KY
- Elizabeth Smith Lawrenceburg, KY
- Dana Smith Louisville, KY
- Stacie Spear Bowling Green, KY
- Bridgett Stegeman Erlanger, KY
- Stefanie Stephens Lexington, KY
- Vicki Stewart Bowling Green, KY
- Beth Stucker Shelbyville, KY
- Sarah Taylor Lexington, KY
- Connie Tedesco Louisville, KY
- Shannon Tew Angola, IN
- Beena Thomas Louisville, KY
- Pamela Thompson Union, KY
- Carolyn Tinsley Murray, KY
- Jessica Turner Bledsoe, KY
- Anaivis Uria Zamora Elizabethtown, KY
- Feather Wafford Mount Sterling, KY
- Brooklyn Ward Richmond, KY
- Elizabeth Warren Georgetown, KY
- Kristyn Warren Georgetown, KY
- Jennifer Wease Jeffersonville, KY
- Tammy Whitehead East Bernstadt, KY
- Tina Williams Louisville, KY
- Sherri Williams Elizabethtown, KY
- Madeline Wilson Lawrenceburg, KY
- Brooklyn Winston Louisville, KY
- Patricia Woods Lexington, KY
- Karen Wooldridge Louisville, KY
- Ruth Woolley Lexington, KY
- Lauren Works California, KY
- Shawn Wright Nicholasville, KY
- Bessie Wright Neon, KY
- Kristin Wyatt Louisville, KY
- Stephanie Yoder Lexington, KY

# Meet the Kentucky Nurses Association Board of Directors

We hope you enjoy this continuing series, "Meet the Kentucky Nurses Association Board" that now regularly appears in *Kentucky Nurse*. The leaders of KNA tirelessly volunteer their time to advocate for fellow nurses and those in their care. Get to know these nurses, ask them questions and reach out. This is your professional nursing association:

**DeeDee McCallie, DNP, RN, NEA-BC** is secretary of the Kentucky Nurses Action Coalition (KNAC).  
**Current Professional Role:** administrator for capacity management, UK Healthcare  
**Year joined KNA:** 2015



DeeDee McCallie

**(KN): What made you decide to serve in a leadership position within our organization?**

**(DM):** When I saw other people making decisions that directly impacted me and my work environment, I knew I wanted my experience and expertise to be included.

**(KN): What would you say to others who are considering leadership positions within KNA?**

**(DM):** It starts right now! Nursing is more fluid

than ever before. Now is the time to get involved and ignite nursing in Kentucky.

**(KN): What would you like fellow nurses to know about your KNA membership?**

**(DM):** It means I am seen and heard. I am involved in decision making that directly impacts nursing.

**Julie Ossege, PhD, FNP-BC, FNAP, FAANP**, is a member-at-large on the Kentucky Nurses Association Board of Directors.



Julie Ossege

**Current Professional Role:** associate professor, University of Kentucky College of Nursing

**Past KNA Leadership Positions:** board of directors 2018-present – starting second term; vice president, (2018-2019); chair of Bylaws Committee (2018-2020) and Bylaws Committee member, (2017-2018).

**Year joined KNA:** 1999

**(KN): What made you decide to serve in a leadership position within our organization?**

**(JO):** I am passionate about nursing and love staying connected with professional organizations. I

wanted to learn more about KNA and serving on the Board of Directors is a great way to do that.

**(KN): What would you say to others who are considering leadership positions within KNA?**

**(JO):** Go for it! You will learn so much, you will meet new people from across the state who you may never had met otherwise. It is energizing to work with these motivated, involved nurses.

**(KN): What would you like fellow nurses to know about your KNA membership? What does it mean to you?**

**(JO):** I am so proud of the work KNA has done. I am proud to be a member of such a great, hard-working, honest organization that has the very best interests of Kentucky nursing and nurses always in mind. Being a KNA member allows me to add my voice to those who speak so well for nursing in Kentucky.

**(KN): What is your message to nurses on the frontline of the COVID-19 pandemic?**

**(JO):** Oh gosh, thank you for representing all of us so well! The world needs strong, smart nurses now more than ever. However, I know from talking with my students that the struggle is real. You all are human beings, mere mortals like the rest of us. We know this. Your fellow nurses know this, and we support your humanness. Please take care of yourselves

**Ida Slusher, PhD, RN, CNE**, is a member-at-large on the Kentucky Nurses Foundation (KNF) Board of Trustees. She is also editor of the *Kentucky Nurse*.

**Current Professional Role:** professor, Eastern Kentucky University Department of Nursing

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**Past KNA Leadership Positions:** *Kentucky Nurse* Editorial Board (1993-present), *Kentucky Nurse* Editor, 1993 – 1995; 1997 – present; Education & Research Cabinet (2004-2006 and 1996-1998, Committee Chair and KNA Board of Directors 1997-1998), Ethics & Human Rights Committee (1998-1999 and 1993-1995), KNA Board of Directors (1993-1995, Director) KNA-KNF Board Liaison (1998-2000); KNF Research Committee (1999-2001) and KNA Bluegrass Chapter: President (2016-2017 and 1995-1996), Second-Vice President (2015) and Nominating Committee (2018-2020, 2004-2006, 2002-2003).



**Ida Slusher**

**Year joined KNA:** 1987

**Kentucky Nurse (KN): What made you decide to serve in a leadership position within our organization? What would you like fellow nurses to know about your KNA membership?**

**Ida Slusher (IS):** ANA and KNA are the professional voices for nursing and for each of us as nurses. They are the organizations supporting us, our needs, interests, practice, and beyond. As such, I want to be a part of the organization which represents myself and each of you through my membership and leadership, using the gifts and talents which I have been given to promote nursing, you my nurse colleagues, and our profession.

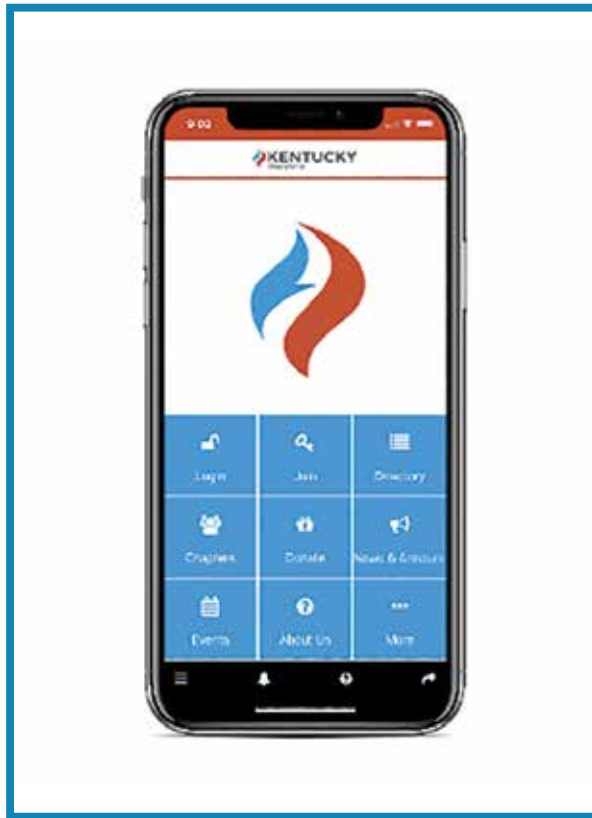
**(KN): What would you say to others who are considering leadership positions within KNA?**

**(IS):** Be involved as a leader in KNA, your professional organization. Use your gifts and talents to promote nursing and nurses. Each of us have been blessed with different gifts and talents, all of which are valuable to KNA, nursing and nurses. You have a lot to give, so please become involved as both a member and a leader. We need you!

**(KN): What is your message to nurses on the frontline of the COVID-19 pandemic?**

**(IS):** The words “thank you” cannot begin to express my appreciation to each of you who are serving as nurses on the frontline during this COVID-19 pandemic. You make us proud as you fulfill a vital role that only nurses can fill. Each of you are heroes. I truly say, “Thank You!” with all my heart.

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With one touch you’ll be able to read articles, join our organization – the *voice for all Kentucky nurses*, register for events, take classes, receive CEs and check our statewide activity calendar. If you’re already a KNA member, you’ll be able to access cabinets and committees within our organization as well. You can even donate to the Kentucky Nurses Foundation, connect with our social media channels and contact us with questions. If that isn’t enough to get you to “touch that dial,” we recently added a link to our YouTube channel. From videos featuring our Nightingale Tribute to legislative action, you’ll want to get in on this one!

## Recruit Student Subscribers – fuel the future of the KNA

Join us as we recruit student subscribers to join KNA. Lisa Lockhart, MSN, MHA, RN, NE-BC, KANS liaison, is expanding her role to reach out to more Kentucky nursing students. So, you say you want to get involved? Great, how about starting off with inviting students to your next virtual event? Check with your chapter president to get contact names of new student subscribers in your area. Welcome them to KNA. They are the future of our organization – let’s work together to get them to join and stay engaged.

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