

SIERRA NEVADA CHAPTER ONCOLOGY NURSING SOCIETY

THE SIERRA NEVADA CHAPTER OF THE ONCOLOGY NURSING SOCIETY SERVES THE WASHOE, CARSON, CHURCHILL, HUMBOLT, LYON AND DOUGLAS COUNTIES OF NEVADA.

Hello Sierra Nevada! Spring has arrived!

Hello Sierra Nevada! Spring was here and gone and now we are in the heat of summer! There were many exciting things that happened in our chapter in the Spring.

We are adding more items to our Virtual Community (VC) and it is getting easier to use the more we practice! Remember, if you have paid your ONS membership you are automatically included in our VC! To

find our VC visit: sierranevada.vc.ons.org. This is where you will find events, dinners and other fun items that our chapter is going to be doing. You can also access news letters and more!

We hope you enjoy the great news that is inside this letter! If you have some important news that you would like to share with our chapter about yourself or someone and their great accomplish-

ments or something fun your place of work is doing, please email us.

Some of our plans:

-Put our logo on items to make us known! Thank you for taking the recent survey to decide what to put it on and how to use the money earned.

-We would love to show support in our community at local events!

-We need your ideas. They are very important

Congratulations:

- To all the fabulous nurses nominated for the Northern Nevada Nurses of Achievement!
- Jennifer Stevens was awarded the graduate student scholarship from the UNR Orvis School of Nursing through the Northern Nevada Nurses of Achievement!
- Katja Lektorich and Ashley Sabini passed her OCN exam in March! I know there are more people so Congrats to all who passed!
- To Stacy Demitropoulos and Brandi Griggs, for receiving the Nevada Nurses Foundation's 40 Under 40 Award for excellence in practice and leadership.
- Would you like to give a shout out to a fellow ONS member? Send an email!

A note from our Chapter President

Thanks to everyone for your participation and feedback! We love to see everyone voting and to hear your comments. Whether it is voting for officers, logos, or other things, we want your opinion because this is YOUR chapter, so thanks for taking time to help us help you!

We want to thank Susan Drossulis for all the time and effort she puts in every month to coordi-

nate our chapter dinner meetings. We will continue to do our best to get this information out to everyone in a way that is fair and as convenient as possible because we want to see you and get you great information to help us all become better oncology nurses.

Also, a BIG thank you to Stacy Demitropoulos for the time she puts in to our surveys and media!

We also wish to congratulate Brandi Griggs on being nominated and winning Leader of the Year at Renown! Also, our Vice President, Jenn Stevens, was nominated for and won Nurse Educator of the year. Great work, Ladies! Leading by example is one of your many strengths, and I, for one, appreciate the privilege of being able to work with both of you.

Inside this issue:

New Chapter Logo	2
Educational Meetings	2
Spring is here!	2
ONS Chapter Emails	3
Chapter Challenge	3
Annual Congress Update	3
Cancer Golf Tournament	4

Check out our new chapter logo!

The winner of the logo contest was revealed on March 3rd at our monthly educational dinner! Congratulations to Jennifer Stevens who created this beautiful logo for our chapter.

We will use this to promote and represent our chapter in our community!

Look for some great items to buy with our logo on it to support our chapter and community.



Monthly Educational Meetings

Each month information for the educational dinners is sent out in a few different ways. First Susan Drossulis has to set them up with our fabulous sponsors. Thank you Susan for all your hard work! Second, you can find out all the details in three different ways: via email, on our Virtual Community or on our Facebook Page. It is your choice, but FYI the email part will probably be going away in the future so I would make sure you can get into the Virtual Community or like our facebook page.

RSVP's vary depending on who the sponsor is, sometimes it is Susan and sometimes it is the sponsor. There is always an RSVP deadline so please make sure to RSVP on time. The last few dinners we have had people RSVP and not show up and that costs our sponsors money and takes away from someone who wanted to come. Please be courteous to your peers. Thank you!

Mark your calendars for these next dinner dates:

- July 7th (info already posted)
- August 4th
- September 8th
- October 6th
- November 3rd
- December 1st

Spring is here and a great time to refresh, renew, to celebrate us as nurses! Submitted by Leslie A. Girsch, RN, BSN, OCN

What a beautiful spring we had and there were great activities to honor nurses that popped up like spring flowers all over our community. National Nurses week was May 6-12, International Nurses' Day was on May 12 to mark the contributions nurses make to our society. May 12 was also the anniversary of the birth of Florence Nightengale, who is the founder of modern nursing. Our area hospitals offered internal support and gratitude by offering free breakfasts, special gifts, rewards, hand massages, fun activities etc. for nurses. There was the Northern Nevada Nurses Achievement Award Ceremony held on May 6. This is a great time to give yourself a hug and celebrate that nurse in you.

If you really think about it, I bet nursing found you, you didn't find it. I think nursing is something bigger than a profession that is learned, it's a gift or an art you have inside yourself

and you choose to go to school to cultivate it. It's a profession for people who have the gift of caring for others. It is a part of our nature and it is who we are. It is not an easy profession, but it is ever growing and expanding to give us a place to grow and expand ourselves as well. I think it's the best profession to let ourselves shine and just be who we are.

Throughout the rest of this year I hope you take time to refresh and renew your spirits every chance you get. You don't always need a large span of time to celebrate and take care of you. Here are a few ideas and they only take a few minutes when a few minutes is all you have:

- Count to 10 before you speak.
- Take three to five deep breaths. Taking a deep breath releases stress and is a good way to physically and mentally to just let go and help your body to release some tension.

- Walk away from the stressful situation, and say you'll handle it later.
- Go for a walk, especially outside with nature, which is very healing
- Don't be afraid to say "I'm sorry" if you make a mistake.
- Set your watch five to 10 minutes ahead to avoid the stress of being late.
- Break down big problems into smaller parts. For example, answer one letter or phone call per day, instead of dealing with everything at once.
- Drive in the slow lane or avoid busy roads to help you stay calm while driving.
- Smell a rose, hug a loved one or smile at your neighbor. Consider meditation or prayer to break a negative cycle.

Reference: American Heart Association <http://www.heart.org/HEARTORG/healthyLiving/StressManagement/>

Are you receiving ONS Chapter Emails?

As a reminder ONS made changes to their email software so that chapter emails are no longer blocked by security measures from vendors like Gmail, Hotmail, Yahoo, or Comcast. However, if your employer is blocking these emails or marking them as spam or junk mail, you should contact your network administrator.

You manage your Chapter Email preferences.

ONS has updated our virtual communities so that you can independently unsubscribe or re-subscribe to your chapter emails. To edit your email preferences:

Step 1: Find our Sierra Nevada Chapter's virtual community on the chapter page.

Step 2: Login to your virtual community with your ONS username and password.

Step 3: Once you're logged in, select the Announcement tab on the left-hand side of the virtual community homepage.

Step 4: You'll see one of two options above the announcement list.

If you still need help please contact help.ons.org or email help@ons.org or the national office and they are happy to help you!



Communication is Key to making our chapter successful !

Results of our Chapter Challenge!

We had a chapter challenge running through December to recruit 25 new members. We didn't meet our goal, but we did recruit 21 new members! Good job everyone who has recruited nurses and students to grow our chapter.

Keep on recruiting! Did you know that if you recruit a NEW member you can earn rewards for each member

you recruit? Make sure your colleagues mention your name on the "referred by" line of the online membership application. Rewards can be earned only for recruiting new members, not renewing members, and run through a calendar year. In addition, rewards cannot be earned for recruiting student members. You can earn rewards such as: Recruit three mem-

bers and receive an ONS tote bag. Five members you can earn a \$50 Amazon or Starbucks gift card. Seven members you can earn a free one-year ONS membership. Ten members you can earn a \$200 Visa gift card and Fifteen members you can earn an ONS conference registrations and VIP perks!

Did you know that as an ONS member you can join Special Interest Groups? Please check out this link on ONS: <https://www.ons.org/member-center/sigs>

Contact Thelma our Nurse Leaders & Program Development SIG (2014-2016) at: thelbaker@msn.com

ONS 41st Annual Congress in San Antonio Update

I hope you had the opportunity to join the 3500 Oncology nurses who attended Congress. It was four days "of learning, networking, and celebrating." "Big Change Starts Here" was the new theme throughout Congress and the four tracks including leadership, clinical, advanced practice, and research allowed everyone to be able to focus on individual interests or sessions of interest in all tracks. Either way you were certain to find something to keep you busy.

If you attended I hope you had the chance to attend the two leadership

sessions presented by the Nurse Leaders & Program Development Special Interest Group/Community, "Past, Present, and Future ONS Leadership" and "Mentoring Oncology Clinical Nurses to Become Nurse Leaders." I have to thank Lily/ONS foundation for the generous grant to provide thumb drives with information on both sessions. If you were unable to attend please visit our virtual community to see information from those sessions: management.vc.ons.org.

If you were unable to attend this year, it is not too early to start making plans for future Congress ses-

sions: **ONS 42nd Annual Congress**, May 4-7, 2017 in Denver, CO and **ONS 43rd Annual Congress**, May 17-20, 2018 in Washington, DC. You can apply to receive an educational grant for up to \$1,200 to apply toward ONS Congress registration, travel to and from Congress and per diem Congress expenses. The Congress registration fee will be automatically deducted from the grant prior to payment. An individual cannot receive this scholarship more than one time. **Application Deadline:** December 1, 2016. The online applications are available approx. 3 months prior to the

Submitted by Thelma Baker

Do you need to get a hold of us, have something news worthy or want to ask a question? Email us!

E-mail: sierranevadaons@gmail.com



WE ARE ON FACEBOOK! VISIT US AT [HTTP://WWW.FACEBOOK.COM/SIERRANEVADAONS](http://www.facebook.com/sierranevadaons)



Want to become certified in Oncology? Visit www.oncc.org and click on certifications and then Oncology Certified Nurse to learn more!

2014-2015 Sierra Nevada Chapter Board:

President — Denise Wiley, BSN, RN, OCN
dwiley@renown.org

Vice President — Jennifer Stevens BSN, RN, OCN,
JStevens@renown.org

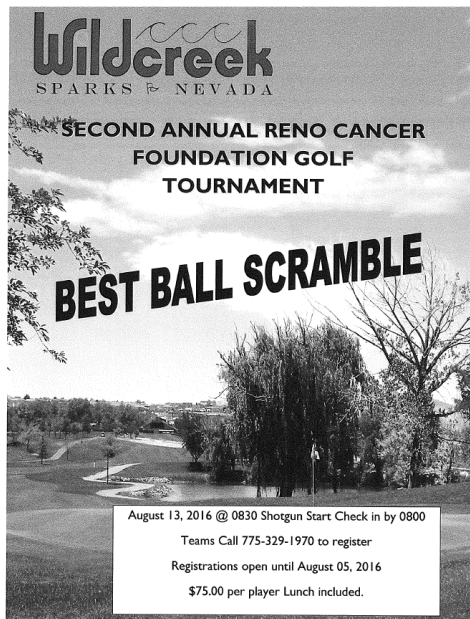
Secretary — Stacy Demitropoulos, MSN, RN, OCN
stargirlrn10@yahoo.com

Treasurer — Linda Baird, MSN, RN
lbaird@unr.edu

Membership — Leslie Girsch BSN, RN, OCN
gtigger@nvcbell.net

Programs — Susan Drossulis, MSN, RN, OCN-BC
sdrossulis@gmail.com

Golf Tournament to benefit Reno Cancer Foundation



RAFFLE TO BENEFIT RENO CANCER FOUNDATION



1965 Chevy Nova/Chevy II original California Car =Black Plate

Custom interior-silver and black

Cragar Rims

AM/FM 10-Disc CD player with Old School face

This donation comes from a cancer survivor, someone that has been there, done that, and is giving back to benefit survivors! The money raised will go directly to the RENO CANCER FOUNDATION and benefit patients immediately. This car will be raffled at our annual Golf tournament on 08/13/16 at Wildcreek Golf Course; you need not be present to win. Must provide arrangements to pick up within 1 week of winning at your expense.

Come join the fun at the 2nd Annual Reno Cancer Foundation Golf Tournament on August 13, 2016. \$75.00 to play and includes lunch! You could win a car! See flyer for details.

Tickets are \$10.00 each or 6 for \$50.00

Call the Reno Cancer Foundation at 775-982-5639 to purchase your tickets!