

APRIL PROGRESS NOTES

Central Ohio AORN
Chapter 3603

President's Message

- Cecilia Garrabrant, RN, CNOR

Dear AORN Colleagues,

As President of the AORN of Central Ohio from May, 2006 up to this time, I have learned so much as an individual and as a professional nurse. I thank you for the wonderful experiences and the opportunity to serve you in such a prestigious and challenging role.

AORN of Central Ohio's Extreme Make-Over is slowly taking its course and I am hopeful for a better and more progressive growth in the coming year.

The educational programs that were prepared and presented were very innovative and thought provoking.

We all learned a lot from our expert speakers. I thank the members of the Program Committee who worked very hard to achieve our goal of chapter members' education into fruition.

My goal of integrating the different nursing specialties was achieved during the first few months. I am hoping that we will continue to encourage our colleagues in nursing to join and work with us in the future.

Mentorship is one of the goals I set during this term. Did you mentor anyone? A co-worker? A student nurse? The nurse I personally mentored is now a CNOR. I am so proud of her. Successes like hers make me more appreciate the mentors I had during my neophyte years, especially when I first came to the United States. I sure

had many, too many to mention. My only hope is that I lived up to my mentors' expectations. I sure would like to honor at least one of them one of these days.

My only request to each member of the AORN of Central Ohio is to look at yourself as a NURSE. Are the improvements you made for yourself something your mentor will be proud of? Maybe a step forward and a good way to start is to meet with your AORN colleagues locally, here in Central Ohio.

In our May 8th meeting, the educational offering is about Back Pain, one of the leading problems most nurses have. You will also meet the former members of your Board of Directors and join in the installation of your New Officers. Your attendance will surely encourage them to work even harder for our association. I always believe that there is power in number.

Lastly, I would like to thank all of those who in one way or another helped and supported me in serving you as Chapter President. I am humbled by the challenges it brought me and I am proud to serve in that capacity. The lessons I learned and the memorable experiences I had are very important to me. These I will never forget.

Sincerely with gratitude,
Cecilia Garrabrant, RN, CNOR
President, AORN of Central Ohio



"...thank you for the wonderful experiences and the opportunity to serve you..."
- President Cecilia Garrabrant

Volume 2006/07

Issue 8

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AORN of Central Ohio Presents

Oh My Achin' Back: Alternative Therapies for Back Pain

Speaker:

Dr. Ardie Singh, BS, BC



OBJECTIVES:

1. Describe the decompression treatment for back pain that helps many patients to avoid surgical intervention.
2. Discuss the success rate for decompression treatments and other alternative therapies for back problems.

Tuesday, May 8, 2007

Rusty Bucket Tavern

7800 Olentangy River Road
Columbus, Ohio 43235



PROGRAM

6:00-6:45PM	Refreshments
6:45-7:30PM	Dinner
7:30-8:30PM	Educational Offering
8:30-9:00PM	Induction of new officers

Ease your “PAIN” at the Rusty Bucket!!!

**The cost to attend the dinner is \$30 per person,
which includes salad, entrée, dessert, and soft drink (and tax and tip).**

**Please contact Michael Burnett at malenursecmh@aol.com
or 614-203-6890 with any questions. RSVP with payment by 5/1/07.**

1.0 contact hour for this continuing nursing education activity have been applied for through the Association of periOperative Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Activities that are approved by AORN are recognized as continuing education for registered nurses. This recognition does not imply that AORN or the ANCC Commission on Accreditation approves or endorses any product included in the presentation.

Kay's Legislative Corner

- Kay Ball, RN, MSA, CNOR, FAAN

ANA President Becky Patton Testifies

ANA President, Rebecca M. Patton, MSN, RN, CNOR (one of our AORN members!!) provided public witness testimony before the House Labor, Health and Human Services, and Education



Appropriations Subcommittee on March 29. Patton used this opportunity to express strong support for a \$50 million increase in funding for the Title VIII nursing workforce development programs. Patton pointed out that the growing nursing shortage is costing lives and harming national security efforts. She stated that "Our country expects more from us in addressing this growing crisis." (Taken from Capitol Update, Vol 5, Issue 3)



ANA President Rebecca M. Patton Testifies Before House Appropriations Subcommittee

Representative Joyce Beatty (D) introduces legislation designating May Nurses Month in Ohio



Rep. Joyce Beatty made good on the promise she made during her Nurses Day at the Statehouse remarks to have legislation introduced designating May Nurses Month in Ohio. Rep. Beatty intro-

duced House Bill 144 as she remarked,

"The month of May is designated as 'Nurses Month' in recognition of the hard work and dedication of nurses and their significant contributions in improving the health care of the citizens of this state."

Please send a personal e-mail to Rep. Beatty at District27@ohr.state.oh.us to thank her for her dedication and loyalty to nurses.

Sponsor Thank You

Here is where we thank the product sponsor for last month's meeting. We were back at St. Ann's hospital and we were treated to a delicious meal from City Barbeque. Todd Federovich from W. L. Gore & Associates, Co, went all out and

provided us with barbeque chicken and smoked brisket to make sandwiches from as well as several delicious side dishes. The bacon Italian beans were the best.

To top the dinner off there were two desserts to

choose from as well. Chocolate lovers had their cake and Banana pudding with Nilla wafers was there for everyone else. Thank you Todd and W.L.Gore for your contribution to our event.



Caption describing picture or graphic.

Last Years Officers: Newly Elected Officers:



**Leadership-
Welcome the
Newly elected
Officers for
2007-08**

President Cecilia wants to acknowledge the Officers who served last year as well as the ones who are newly elected for their hard work and dedication. She also welcomes everyone who is stepping into their new roles.

Many thanks to our officers from the 2006-2007 term:

President: Cecilia Garrabrant
President Elect: Juanakee Ceol
Vice President: Michael Burnett
Treasurer: Ann Kline
Ohio Council: Amy Evans

Legislative Chair: Kay Ball
Nominating Chairs: Joyce Cox & Mary Rogers
Recording Secretary: Annette Svagerko
Board of Directors: Kay Ball, Paula Blue, Michael Burnett, Rebecca Burton, Linda Carifa, Juanakee Ceol, Ann Kline, Bonnie Young & Cecilia Garrabrant
THANK YOU!

Congratulations to our new officers for AORN of Central Ohio for the 2007-2008 term:
President: Juanakee Ceol
President Elect: Michael Burnett

Vice President: Linda Carifa
Treasurer: Bonnie Young
Recording Secretary: Heather Nihiser
Legislative Chair: Kay Ball
Nominating Chairs: Joyce Cox & Mary Rogers
Ohio Council: Kim DeCarlo
State Council: Amy Evans
Board of Directors: Kay Ball, Michael Burnett, Rebecca Burton, Linda Carifa, Juanakee Ceol, Bonnie Young, Cecilia Garrabrant & Pat Dobbie

CONGRATULATIONS!



Rusty Bucket Reservation Form

Dinner at the Rusty Bucket will include: A salad of your choice, an entrée of your choice, Chocolate Chip Cookie Dessert (with pecans and scoop of vanilla), plus soft drinks, tax and tip are included. \$30 a person. Invite others!

Salads include House: Mixed greens, tomato, mushroom, onion and cheddar cheese; Double Nickel (55): Mixed greens, bacon, blue cheese, tomato, onion and 55 dressing; and Caesar: Romaine with classic dressing and shaved Parmesan cheese.

<input type="checkbox"/> House Salad	_____
<input type="checkbox"/> Double Nickel Salad	Names _____
<input type="checkbox"/> Caesar Salad	_____
<input type="checkbox"/> Meatloaf and mashers	_____
<input type="checkbox"/> Lemon Chicken over florets	_____
<input type="checkbox"/> Fish-n-Chips	Phone _____
	Amount _____

Entrée choices are: Meatloaf— the house specialty with mashed potatoes, skillet beans, and a yummy BBQ gravy; Lemon Chicken— boneless chicken with artichokes, mushrooms, tomatoes, fresh lemon and white wine garlic sauce, over broccoli florets; and Fish-n-Chips—plenty of beer-battered Cod, French fries, and Cole slaw.



Ease Your Pain at the Rusty Bucket!

The Central Ohio AORN May event will be held in the banquet room (upstairs) at the Rusty Bucket in Worthington, OH. We have arranged for Dr. Ardie Singh BS, BC, to lecture on the treatment of back pain. Cocktail and Social will be from 6-6:45 pm, and dinner will be served 6:45 until 7:30 when the lecture will begin.



Since tax tip and dessert are included with dinner the only thing you need to worry about are beverages from the bar (optional) and your ride! Come join us for some fun!

Time is up! If you would like to join the celebration, please call Michael Burnett and see if it is possible to make a reservation. Call ASAP.

**Call with issues or questions:
614-203-6890 Michael's Cell Phone**

MAY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 <i>Cinco De Mayo</i>
6 <i>Diet Out Day</i>	7	8 <i>AORN Meeting at the Rusty Bucket. 6PM.</i>	9	10	11	12 <i>National Nutty Fudge Day</i>
13 <i>Mother's Day</i>	14	15 <i>National Chocolate Chip Day</i>	16 <i>National Employee Health</i>	17 <i>Great American Eat Right Challenge</i>	18	19
20	21	22	23 <i>National Taffy Day</i>	24	25 <i>Missing Children's Day</i>	26
27	28 <i>Memorial Day</i>	29	30	31 <i>World No Tobacco Day</i>		

Upcoming Events

The May event will be the last month Central Ohio AORN meets until after the summer break when the chapter reconvenes in September. The May meeting is at the Rusty Bucket in Worthington off SR 315 north of I-270 in the Hills Market Plaza. We encourage you to join us on May 8th for the dinner celebration.

It will be a great time for everyone. It will also be the last event we will have Cecilia as President of the Chapter, so come thank her for her year's worth of work and effort, and welcome in the newly elected President

for the year to come. KeKe and the rest of the newly elected will be present at the event. Learn how to "ease your pain" with us!



May is Beef Month, BBQ Month, Egg Month, Salad Month, Salsa Month and Strawberry Month. It's also Digestive Diseases Awareness Month.

Speaking of Keke, she has called a meeting for all board members and has opened up the forum to all AORN members as well.

The meeting is **Tuesday, June 12, 2007 from 6:00 till 8:30** at Mount Carmel/ St. Ann's Hospital 500 S. Cleveland Ave, Westerville, OH 43081.

She asks you to please come having read the by-laws and prepared to discuss revisions.



Schedule of Events

- **Arthritis Month**
- **Asthma and Allergy Awareness Month—Breathe Easy Month**
- **Bike Month**
- **8th**—AORN meeting @ Rusty Bucket
- **Correct Posture Month**
- **Healthy Vision Month**
- **Skin Cancer Detection & Prevention Month**
- **Stroke Awareness Month**
- **Women's Health Care Month**
- **June 12th**—By-laws meeting mandatory for all board members and optional for all others.

CENTRAL OHIO AORN
CHAPTER 3603

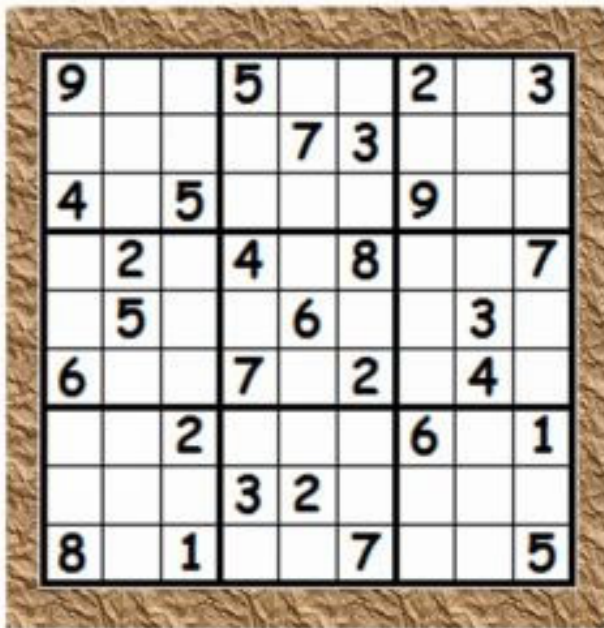
Caregivers Coming Together



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WE'RE ON THE WEB
CENTRALOHIOAORN.COM

Puzzle Corner



Sudoku anyone? Try this medium level puzzle.

Find your way thru the Strawberry Maze.

