

The FAPHN Voice

The FAPHN Official Quarterly Newsletter



President's Voice

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Naomi Benton-Brown



Dear Colleagues,

This is the 4th quarter issue of **THE FAPHN VOICE** for the year 2010. I thought this to be an appropriate time for me to bring you up to date with goals hoped to be reached by the FAPHN Board of Directors 2010-2011. These goals are as follows:

- Increase FAPHN visibility in our communities which will impact statewide and nationally, as we currently have three national members.
- FAPHN is using social networking such as FACEBOOK and the FAPHN WEB site.
- Continue providing members with tools enhancing professional development and knowledge using the Regional Meeting, Annual Education Conference and free CEUs on the FAPHN WEB site.
- Encouraging members to reach out to nursing students by mentoring the student(s) with a focus on public health nursing and public health administration.
- Encourage FAPHN members to be published by sharing their experiences in living, in focusing on a career in public health or community health nursing, or just having a nursing job without the passion of public or community health and then...perhaps IT HAPPENED!
- FAPHN Board focusing on an Annual Educational Conference in 2011; feasibility, economics, and members interest.

Special points of interest:

- President's Voice
- Legacy Project
- Membership Application
- Information bulletins

President's Corner (continued from page 1)

I want you to know you are greatly appreciated by me and by the dedicated passionate Board of Directors and, may I say, each Board preceding this one for the past 8 years. I am painfully aware of the current economic challenges which impact each of us with housing, education, employment, and what is called a nursing shortage. Still, keep in mind that while there are elements in society not interested in you or your level of professionalism, FAPHN exists for you and for each nurse who is NOT yet a member. You, me and all of us must share the importance and passion of keeping FAPHN alive and well; not to be destroyed by the elements who do not care about us and what we do. Oprah Winfrey stated; *“My philosophy is that not only are YOU responsible for YOUR life but doing the BEST at this moment puts YOU in the BEST place for the next moment.”*



There are several holiday celebrations now in the month of December. To those not celebrating Christmas, I wish you a wonderful **CELEBRATION**. To those celebrating Christmas, **MERRY CHRISTMAS** and to all, a VERY HAPPY NEW YEAR 2011.

Sincerely, Naomi Benton-Brown

Membership

FAPHN membership is as follows:

Annual dues are \$50.00 [one year from date of joining or renewal].

Membership is available to any Registered Nurse working in or supportive of public health nursing, issues and challenges.

This status includes voting privileges and may participate on the Board of Directors.

Additional categories are Retired RN, Student RN, and Associate Member.

Each of these categories are half-price. The Retired RN status is privileged to all the benefits as the regular Active RN membership status.

Networking and educational opportunities include: Annual Conferences with

Educational Opportunities Networking with other Public Health Nurses to promote the goals of Nursing

Member Type	Dues
Active Registered Nurse	\$50.00
Retired Registered Nurse	\$25.00
Student Registered Nurse	\$25.00
Associate *	\$25.00

***Individual or business entity that supports the mission of FAPHN and public health nursing**



Why FAPHN ?

Our Goals:

- **Advance Public Health Nursing in Florida**
- **Encourage Reciprocal Cooperation of Healthcare Providers Toward Improvement Of Public Health**
- **Recognize Nurses Who Have Made Outstanding Contributions to the Practice Of Public Health Nursing**
- **Enhance Professional Knowledge Through Continuing Education Programs**

Catch the excitement! Please take the opportunity to join us in promoting public health nursing in Florida. We look forward to growing into our new role as the premier nursing organization for the public health field.

New and Renewing Faithful 4th Quarter Members

Ardalan, Christine
 Bateman, Barbara
 Crawford, Susan
 Cruce, Joanie
 Dockery-Osbourne, Penny M.
 Elder, June Cheryl
 Ewen, Margaret

LaComb-Williams, Linda
 Kirby, Deborah
 MacKellar, Mary
 Mason, Katherine
 Melton, Marie
 Mitchell, Nancy
 Murray, Ellen

Pellar, Joyce
 Symecko, Anne
 Thackeray, Bobbie
 Tigar, Nancy
 Yeater, Kathleen
 York, Joan

Treasurer's Voice



Amalia Kane-Crawford

As you may recall, FAPHN's annual Educational Conference and Business Meeting went extremely well. The CEUs included attendance during the Business Meeting scheduled time. One attendee wrote a note on her Program Evaluation that she *did not understand* why she had to remain through the Business Meeting before receiving her certificate and CEUs. My initial thought was **PANIC!** Does the FAPHN membership really not understand the operations behind the scene? Do they not understand *the fiduciary and legal actions and responsibilities* that each FAPHN Board is entrusted with? I plan to write brief articles for each issue of THE FAPHN VOICE in an attempt to share the knowledge and skills required by FAPHN leadership. I do hope you will find it informative. I do hope you will ask questions. I do hope you will share more financial and organization suggestions with me in areas where I might not have sufficient knowledge.

At the moment of this writing, the financial information is based on the October 2010 bank statement.

Cash on Hand as of October 2010	\$12,895.18
Executive Checking Account [used if Treasurer incapacitated]	1,500.00
SCHOLARSHIP FUND [2 Scholarships of \$1,000 each per year]	<u>5,633.17</u>
Grand Total:	\$20,028.35

Since the October Bank Report above, FAPHN has received several donations. The **DONATE NOW** button located on each page of the FAPHN WEB site is the method chosen by these donors. It seems to work efficiently and the minimum donation is \$10.00. All donations received are deposited into the Scholarship Fund. The balance of the Scholarship Fund as of this writing now totals **\$5,730.77**. **I personally thank each donor and appreciate your loyalty and support to FAPHN and its goals.** As you see, this leaves FAPHN the ability to award only 5 more scholarships. You are the lifeline to FAPHN. Maybe you have ideas and suggestions to share with the FAPHN Board of Directors. In this issue is a listing of the Membership Committee. I encourage your participation and hope you feel comfortable to contact any of the Board and committee members. Thanks for your continued support and participation with FAPHN.

FAPHN MEMBERS MAKE THE DIFFERENCE and, FAPHN BOARD EXISTS TO SERVE YOU

Membership is the key to our success !

In the Community

Kids and K-9s for Healthy Choices submitted by Sharon Surrency

Kids and K-9s for Healthy Choices provides a fun and educational program to heighten awareness of healthy food choices, promote regular exercise, increase self esteem, and foster responsibilities through human-dog interactions. The program currently serves elementary students at a school in Ocala, Florida.

Participants attend weekly sessions which include lessons on nutrition, exercise, and dog care, a planned physical activity, guest speakers, and a healthy snack. The program coordinates guest speakers such as veterinarians, pediatricians, psychologists, and dogs and their handlers that help encourage healthy choices and behaviors in a positive and fun environment. Activity books full of health education and activities are given to all of the participants and their families. These students, their families, and their dogs are encouraged to exercise regularly outside of the classroom.

Kids and K-9s, started in 2008 by Kathy Wright, ARNP, has had a positive impact on the health and well being of participants and their families. The original pilot project included five overweight adolescents who substantially increased their activity levels and decreased their BMIs. Results of other after school Kids and K-9s programs indicate an increase in nutrition knowledge as well as substantial increases in the frequency and duration of dog walking (individually and with family members). The Fall 2010 Kids and K-9s program is implementing a health education curriculum expansion, with the support of a grant from the Florida Association of Public Health Nurses. The program is teaching and evaluating the increases in knowledge regarding the food pyramid, the importance of physical activity, expressing emotions, and identifying safe situations in the kitchen, at school, and in the community.

Research literature shows that dogs provide a number of health benefits to humans. Encouraging children and their families to adopt dog walking as a source of fun and healthy physical activity, may have implications for our nation's physical, mental and social health. Kids and K-9s for Healthy Choices hopes to continue helping children establish long-lasting habits of making healthy food choices, increasing regular physical activity, strengthening family bonds, and most importantly, fostering the relationship of love and respect between dogs and humans. Have you walked your dog today?



Kids and K-9s Fall 2010 Group:

Students with Howard the Labradoodle (top), students with Gracie the Poodle (center), the students playing with Frisbees (bottom).

The FAPHN Board Needs Your Response

FAPHN Plans 2011 CONFERENCE

The Board and Conference Planning Committee want your input. Share your preferences as to dates.

The dates selected for consideration by the Committee are: Saturday, July 9, Sunday July 10, Saturday October 8, or Sunday, October 9. Please send by e-mail to Kim Curry, 1st V.P. kcurry@ut.edu before 01/31/2011.

Thank you !

The Legacy Project



Legacy Project News

Kim Curry

The holiday season is a great time to remember all we have to be thankful for, and that includes those who have blazed trails and paved the way in Public Health Nursing leadership. Did you know that the following public health leaders are already featured on the FAPHN web site?

Dorothy Ebersbach

Joyce Ely

Ethel Myers

Bobbie Thackeray

Dolores Wennlund

If you haven't already read the profiles of these amazing leaders, take a moment during the holidays to do so. I believe you will find it inspiring and energizing. By the way, if you know one of our many important contributors, either recently retired or still working, and you'd like to nominate her or him, forms are available on the FAPHN web site to allow you to do this. Feel free to email me at kcurry@ut.edu if you need any assistance, and I'll guide you through the process. Or, you can just email me when the completed profile is ready to submit.

We on the FAPHN board are very proud of the fact that we are one of the first professional nursing organizations to create an on line, easily accessible way for anyone to read about those who have made a special contribution in our field. I hope that one day it will be part of our organization's "Legacy" that we were an early leader in publicizing the career accomplishments of outstanding nurses in our specialty area. Please help us include additional deserving nurses on our web site. You probably have someone in mind, so please encourage her or him to complete the career journey form.

More FAPHN Info

MISSION: The Florida Association of Public Health Nurses, Inc. provides leadership for the nursing profession and promotes quality health care for consumers through education, advocacy and influencing public health practices in the State of Florida.

VISION: The Florida Association of Public Health Nurses will start a nationwide movement to create a national Public Health Nursing Organization.

VALUES: Excellence in Public Health Nursing Practice

Leadership/ Mentorship/ Preceptorship

Advocacy positions on issues

Advance PH Nursing through evidence-based research

What FAPHN works to accomplish.
Together we can make it happen.

The Florida Association of Public Health Nurses, Inc.

P.O. Box 22994
Ft. Lauderdale, Florida 33335

Phone: 561-634-0776
E-mail: flintstonecranford@comcast.net

Look for us on the web!

<http://www.faphn.org/>



Meet the Board of Directors

Officers

Naomi Benton-Brown, BSN, RN

President

Hanna Hunter, MN, RN

President Elect

Kim Curry, PhD, ARNP

1st Vice President

Lynne Vickery, RN, BSN

2nd Vice President

Deanna Summer, ARNP

Secretary

Amalia Kane-Crawford MHM, RN

Treasurer

Cynthia Whetsell, ADN, RN

Past President

Linda Bilyeu, BSN, RN

Historian

At-Large

Paula Dorhuout, BSN, RN

Linda Lacombe-Williams, MPH,
BSN, RN

Laura Levine, MSN, RN

Sharon Surrency, MPH, BSN,
RN

Sara Wilson, MSN, RN/CNS,
APHN-BC

