



November 2019



Volume 2, Issue 4

Special points of interest:

- ArONE scholarship for nurse leaders
- ArONE becomes DAISY foundation partner
- Celebrate DAISY honorees from across the State
- Welcome new board member, Katie Lea



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Letter from the President

Glad to have met several of you this October at the AHA Annual Meeting. It was an excellent conference with lots of information. Please take the time to read the article about the Yellow Car by Angie Smith, VP of Nursing at St Bernard’s Regional Medical Center in Jonesboro, Arkansas. We had several people to visit the ArONE booth at the Trade Show and Charlotte Hackney, Administrator of Dewitt Nursing Home was the winner of the \$50 Amazon gift card.

Friday, November 1st was the first time that ArONE hosted the ANA’s Nurse Executive Course. It was just the second time the course was held in Arkansas. There were 15 in attendance, including two nurses from Wisconsin and Texas. We would like to thank each nurse that was in attendance (Emily Bendinelli, Kristie Brockette, Angela Clay, Thomas Decker, Tabitha Foster, Donna Givens, Rebecca Graves, Louise Hickman, Letetia Jenkins, Cresta Ledbetter, Michelle Powell, Rae Rhodes, Angela Shreve, Julie Vandre, Stephanie Whitaker and Alesha Collins). The course was worth 24 continuing education credits. Good luck to all of you as you prepare for the Nurse Executive-Board Certification exam. Let us know when you pass! We would love to highlight that on Facebook and in the newsletter. Special thanks to Baptist Health for allowing ArONE to use the Barrow Road Education Center for this course.

I was so engulfed in all of the information I was learning from the course that I forgot to take pictures! My apologies! Virginia “Ginny” Wilson was the instructor and she brought over 45 years of experience in nursing to the course and she made the course enjoyable.

I announced in the last newsletter that ArONE is proud to be a DAISY Supportive Association and we would to spotlight the DAISY nurses at your facilities. You will see pictures of a few of the nurses that have achieved this great honor in this edition of the newsletter and on the ArONE Facebook page. We would love to spotlight yours. Please send a picture with information on your organization recipient to Katie Lea at Saline Memorial to Katie.lea@salinememorial.com.

The Board has been working really hard to develop and implement a scholarship opportunity for you. We would like to give back to our organization and help you meet a financial need in the area of professional growth and development. Take a peek inside this newsletter for more information on application criteria and how to apply.

Sincerely,

Alesha Collins, MSN, MHA, RN
 President, ArONE
 Chief Nursing Officer, Howard Memorial Hospital



YELLOW CARS

Finding time and ways to show gratitude in a busy healthcare environment can be a challenge. We constantly “pour out” ourselves to other people and sometimes sacrifice our own wellbeing in the process. It’s important we take time to reflect on ourselves and the difference we make in others’ lives.

Last year, St. Bernards Medical Center was fortunate to host National Speaker and Author, Rich Bluni, who has worked in healthcare for the past 22 years. He helped reconnect our team to what really matters in healthcare. As Rich shared, few other professions afford the opportunity to impact lives on such a profound level, not only physically but emotionally and spiritually as well. Yet the same qualities that make healthcare so deeply rewarding can also make it a challenge, over time, to sustain our energy and passion. Rich’s talk regarding *Inspired Care* helped us maintain and recapture those qualities.

In his thought-provoking presentation, Rich Bluni, RN, reminded all of us as healthcare employees why we chose this profession. He helped us all focus more on fully integrating the gifts of healthcare— joy, gratitude, perspective and grief — into our daily lives. Rich Bluni’s personal stories illuminated those heart felt moments we all experience. *Inspired Care* was a welcomed validation that when we stay engaged and committed, we’re more likely to provide extraordinary patient care in terms of both clinical outcomes and human compassion.

Rich challenged our team at St. Bernards to take time to share our stories. As Maya Angelou once said, “There is no greater agony than bearing an untold story inside you.” Therefore, we asked all of our staff to share their story or as Rich called it... your “bricks” that built the foundation of who they are and what inspired them to be in healthcare. We shared those stories periodically throughout the year in our Employee Newsletter, *Plugged In*, to help remind everyone why we chose this profession and how we truly make a difference in lives every day.

Rich also spoke on how important gratitude is in one’s life. One of the ways to ensure that our passions for our work stay strong is to embed gratitude into our daily work life. One question he asked was “How often do you see yellow cars on the road?” Our guess is not very often. It’s a fairly rare color for a car. He then asked everyone to picture a yellow car in their mind. What proceeds to happen when you focus on this, is that you then begin to see yellow cars everywhere! It’s not because they magically appear. It’s because when the image of yellow cars is suggested to you, your brain begins to pay attention to them and you can’t help but notice them.

The same idea applies to gratitude. The more frequently you put gratitude front of mind and share your gratitude with others, the more it becomes a part of your daily life. When gratitude touches a part of your life at work, it changes all it touches. He challenged everyone to think of something they are grateful for every time they see a “yellow car.”

Tiffany Horton, our Employee Engagement Manager wanted to ensure we continued this focus and started a “You’re a Blessing” program. When an employee has gone above and beyond their role, we provide them a small “yellow car” along with a card explaining the meaning of the “yellow car” to serve as a visual reminder of how thankful we are for their dedication to our patients.



At St. Bernards, we are blessed to have an amazing team that is evidenced by their strong dedication to living out our mission each day “to provide Christ like healing to our community through education, treatment and health services.”

Tiffany Horton

Employee Engagement Manager | St. Bernards Medical Center

Angie Smith

VP of Nursing | St. Bernards Medical Center



Jonesboro, AR



Please help us in celebrating these

extraordinary

nurses from across the State who have been honored with DAISY awards for their exemplary skills and compassionate care.

KAREN RAWLS, RN—BRADLEY COUNTY MEDICAL CENTER - WARREN

Karen Rawls, RN, Surgery Unit Manager, was nominated by a witness after performing CPR on a drowning child at an RV park in Hot Springs, AR. “Thanks to Karen and her life-saving skills, she reacted to a life-threatening situation and took complete control. Karen’s actions were of a servant; how is one supposed to say thank you to that? Please know that she showed courage and responsibility in the face of a horrific challenge.”

Source: <https://daisyfoundation.org/daisy-award/honorees/karen-rawls>



BRADLEY COUNTY MEDICAL CENTER



LAURIN POOREE, RN—JEFFERSON REGIONAL MEDICAL CENTER - PINE BLUFF



Laurin was nominated by Judy Taylor. “I want to recognize Laurin Pooree, RN, of the Emergency Department for the amazing care she gave me,” the nomination explains. “Laurin has a servant’s heart and is an asset to Jefferson Regional and our community”.

Source: Jefferson Regional Medical Center facebook



Jefferson Regional

KARSON HENRY, RN—SALINE MEMORIAL HOSPITAL—BENTON



Saline Memorial HOSPITAL

Karson, RN, was nominated by a patient for her “caring spirit and heart for patients”. Karson’s nomination read: “I am a 68-year-old woman who has not been to see a doctor in 26 years because of fear. I recently spent five days at Saline Memorial. It is a great hospital with very caring staff. However, one of the highlights of my stay was my nurse Karson. Her mood never changed. She had the most caring smile – and that smile never wavered even when she left the room. When you felt her hands, you felt her heart – they were one in the same. She is one of the best and one I won’t forget. I would follow her wherever she goes.”

Source: http://www.salinememorial.org/Articles/extraordinary_nurses_recognized_at_saline_health_system.aspx

If you have ideas for educational topics, programs, or review courses you'd like to see ArONE offer, please contact Alesha Collins.

We'd love to hear your feedback on topics that are relevant to your practice and workforce.

ArONE PARTNERS WITH DAISY FOUNDATION

ArONE is proud to announce its support of the DAISY foundation!

Active in healthcare facilities around the work, The DAISY Foundation is a public foundation serving the nursing professions through recognition programs as well as grants for nursing research and evidenced-based practice. The DAISY Foundation was created in 1999 in memory of the extraordinary nursing care provided to J. Patrick Barnes during his eight-week hospitalization for idiopathic thrombocytopenic purpura, an autoimmune disease. His family's drive to say "thank you" to nurses for the compassionate and skillful care that they provide every day has evolved over the years to play a strategic role in healthcare organizations. DAISY's programs are highly respected by the nursing profession as providing unique, meaningful, and impactful recognition that benefits nurses and the organizations that they work in.



Today, over 3,800 healthcare organizations and schools of nursing in 23 countries are committed to honoring their nurses with *The DAISY Award*® for Extraordinary Nurses.

As a DAISY Supportive Association, ArONE appreciates and shares DAISY's commitment to the recognition of compassion in the delivery of care. DAISY Supportive Associations are a key source of the DAISY Foundation's outreach and underscore the deep relationships that evolve in supporting each other over time. For a complete list of the DAISY supportive Associations, or to learn more about *The DAISY Award*®, visit <http://daisyfoundation.org>

ArONE WELCOMES NEWEST BOARD MEMBER



Katie Lea joined Saline Memorial Health System as their Chief Nursing Officer in 2018. Katie has over twenty-five years of nursing leadership experience in various healthcare settings that extend through the continuum of care.

Her clinical background includes adult and pediatric critical care, emergency services, and home health. Katie is a servant leader and has a passion for empowering nurses and engaging patients and families in care delivery.

In her community of Benton, she serves on the board for Camp Aldersgate and the Christian Community Care Clinic. She is active in the American Heart Association and as a heart survivor uses her voice to help educate others.

Welcome

Arkansas Organization of Nurse Executives

419 Natural Resources Drive
Little Rock, AR 72205
T: (501) 224-7878



The Arkansas Organization of Nurses Executives (ArONE) was established before becoming affiliated with the Arkansas Hospital Association in 1987. Its goal was to provide members with networking and educational opportunities designed to increase the advancement of nursing leadership in Arkansas. The goal remains the same today. ArONE promotes excellence in nursing leadership by providing opportunities for networking, educational activities and exposure to topics that are relevant to nurse leaders in today's workplace.

Members have an opportunity to participate in activities offered by ArONE two times yearly at the Summer and Fall conferences held across the state. The conferences cover a wide range of topics selected by the members. Utilizing dynamic speakers currently working in the healthcare environment, the topics are timely and offer the nurse leader practical applications to the current marketplace.

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



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2019-2020 ArONE BOARD of DIRECTORS



Alesha Collins, MSN, MHA, RN
**President | Professional
Development/Programs Chairperson**
CNO
Howard Memorial Hospital
130 Medical Cir
Nashville, AR 71852-8606



Louise Hickman, RN, BSN MHA, CLNC
Former President
Vice President, Patient Care Services
Jefferson Regional Medical Center
1600 W 40th Ave
Pine Bluff, AR 71603-6301



Wendy Lincoln, MBA, MSN, RN, CMSRN, NEA-BC
Director | Nominations Chairperson
Assistant Vice President Patient Care—Med/Surg
Baptist Health Medical Center—Little Rock
9601 Baptist Health Dr
Little Rock, AR 72205-6321



Tiffany Holland, MBA, BSN, RN, CNML
**Director | Communication/Website/
Newsletter Chairperson**
QI Coordinator | Compliance Officer
Ashley County Medical Center
1015 Unity Road
Crossett, AR 71635



Barbara Dyson, MSN, RN
Secretary
Director, Ambulatory Clinical Nursing
Baxter Regional Medical Center
624 Hospital Dr
Mountain Home, AR 72653-2955



Stephanie Schmittou, MSN, BSN, RN
Director
Chief Nursing Officer
Magnolia Regional Medical Center
101 Hospital Drive
Magnolia, AR 71753.



Katie Lea, MSN, MHA, NE-BC
Director
Chief Nursing Officer
Saline Health System
1 Medical Park Drive
Benton, AR 72015



Susan Musgrove, MSN, BSN, RN
Director
Director, CSICU
Baxter Regional Medical Center
624 Hospital Dr
Mountain Home, AR 72653-2955



Pamela Brown, RN, BSN, CPQH, CPPS
AHA representative
CNE Nurse Planner
Vice President for Quality and Patient Safety
Arkansas Hospital Association
419 Natural Resources Dr
Little Rock, AR 72205-1576