



PADONA /LTCN

Pennsylvania Association of
Directors of Nursing Administration

DEDICATED TO SERVICE
COMMITTED TO CARING

JULY 2015



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PADONA E-News

Dear PADONA Members:

I hope all of you are enjoying your summer and have a chance to get away for a few days to re-energize whether it is to the mountains, the shore or your own backyard. All too soon summer will have passed.

At the last meeting of the board, several appointments were made that I want to share. In Area II, Deb wright has officially assumed the President's position and Candace McMullen was appointed as Vice President. Area III's recently named Vice President is Christopher Evans. The new representative to the board from Area II is Sara Good and Wendy Hildebrandt filled the Secretary position. I sincerely thank each of these individuals for their willingness to serve PADONA and look forward to working with them. All of the Officers and Directors contact information is available on our website, padona.com.

All the 2016 convention speakers have been selected and confirmed thanks to the work of Linda Chamberlain and the Convention and Education Committees. We were able to utilize your suggestions and input from the recently completed needs assessment. Early in the fall registration information for the 2016 convention will be emailed to all members.

Additionally we are in the early stages of updating our website to what is known as a responsive website which will enhance your usage and viewing on mobile devices. I will keep you updated on this project as we progress.

I cannot stress enough how important it is for each of you to keep us apprised of any email address change you may have. Equally important is for you to provide us with an email address that accepts attachments. We do not want you to miss any mail coming from us so please help us by making sure we have your current information on file.

In closing, please feel free to contact me with your thoughts and questions. Enjoy the summer and the July 4th celebrations.

Chair, Board of Directors / Executive Director PADONA

Nursing Values: Three Lessons I've Learned from Patient Care

Written by Best Nursing Degree and Nacole Riccaboni®

In nursing, you see people pass away and new life enter this great world. This transition often changes you as a person and you learn nursing lessons along the way. Even in situations that are not "life or death" you can learn many things from patient care. I could probably give you at least one lesson from each patient I've had, but here are my top three lessons.

Value Every Moment

As a nurse, I've seen countless people at their worst- from patients in the final stages of cancer to a fatal snake bite. Regardless of the patient's origin or their injury, I've learned that certain situations lead them to assess their own lives. When a person is at death's door, I often hear them say, "I wish I had spent more time living instead of just surviving." So, I've learned, from my patients, to value every moment.

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Sit down for once and watch the sunset, take time to play with your daughter or son on the playground for once in your life... just have fun, see the world and notice the amazing moments. Often as adults, we focus on paying bills and pleasing bosses only, ignoring the periphery of our lives. Instead of truly enjoying our lives by taking that vacation and spending time with our loved ones, we focus on the work of life only. Once you're immobile or bed-bound, or even on death's door, you won't get these opportunities. Trust me, your physical condition isn't always within your control. Young or old, life changes, and physical limitations occur. So live while you can, love while you can...and value each and every moment.



Stay In Touch

Always stay in contact with family and friends if the relationship is a healthy one. Nothing is worse than seeing someone pass who has no loved ones by their side due a fight from years past. Regardless of your disagreements with loved ones, always look to resolve problems sooner rather than later, because you might not get a second chance to communicate with that person. Nothing is sadder than someone's sibling passing and them not getting to say their goodbye and things ending on negative terms. Don't assume you will always have time to resolve things, because you might not. Cherish family, stay in touch and never blindly ignore a member of your family. They are the ones that will be there in the end. You only have one mother, one father, one sister... value that bond. Set your feelings aside and allow that line of communication to stay open...stay in touch with your loved ones and friends. It will be worth it in the end.

Take Your Health Seriously

Last but not least, take your health seriously. From smoking to ignoring signs and symptoms of obvious medical issues, people ignore their health as if they have other bodies to use when their own is used up. See your primary care physician regularly, get your blood work done yearly, or when applicable. Lastly, manage your current condition as recommended by your physician. I hate seeing people go blind or start hemodialysis due to uncontrolled diabetes mellitus. Some conditions are permanent and irreversible, yet largely preventable.

Don't roll the dice with your health... take your medications, get those screenings, make that appointment. I know taking time out of your day is annoying but that appointment could save your life or limb, and you're going to need both.

Be serious about your health. Stay in touch with your family and friends. And value each and every moment of this amazing life! You don't have to be a nurse to learn from others, but since I am, I take my lessons where I find them. Thank you to my patients...you have taught me well.

Nacole Riccaboni is a board certified registered nurse currently in school to become a Family Nurse Practitioner. On her self-entitled blog, [Nurse Nacole](#) posts daily nursing tips, along with advice on nursing academics, licensing exams, professionalism and nursing school success. BestNursingDegree.com is honored to share her thoughts on what she has learned from her patients over the years, and we welcome you to share your own comments as well.



DON Certification Program

Location: Courtyard Marriott, Plymouth Meeting, OA

Dates: September 29 & 30 and October 1 & 2, 2015 (Tuesday through Friday)

Registration: Registration fee of \$790.00 (for the 4 day comprehensive program, not including the sleeping room) includes:

- 4 days of programming (covering legal aspects, human resource management, federal and state regulations, survey process, MDS 3.0, financial management, reimbursement, quality measures/ quality assurance and operations management)
- Extensive downloadable conference material
- Continental breakfast, breaks and lunch on all dates
- Online certification exam for qualified candidates
- 22 contact hours

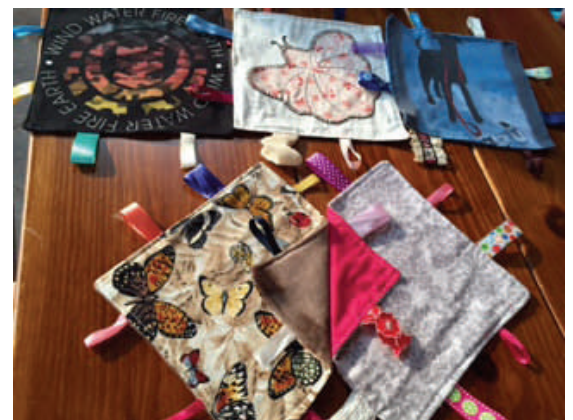
PADONA is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation

Tag Blankets for Patients with Dementia or Alzheimer's

Country Crafters ~ Owner, Sue Keogh

Country Crafters is a family owned business in Ottsville, PA, creating handmade sewn, crocheted, loomed, and wrought iron products.

We specialize in sewing tag blankets for patients with dementia or Alzheimer's. Often, patients with Dementia or Alzheimer's like to rub a blanket together for a soothing sensation. Our tag blankets are created with two different fabrics and numerous tags to create different tactile senses of touch to sooth a patient. We will also re-purpose t-shirts to make tag blankets to allow the tag blanket to be personalized to the patient's needs and wishes.



If you or your company is interested in placing an order for tag blankets for your facility, contact Sue Keogh at jim49sue@epix.net or 610-476-6731.



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Welcome New Members!

- Briyoni Bester - Nurse Rosie Products
- Michael Krasevic - Medline Industries - Area II
- Barbara McGuigan - Brevillier Village - Area I
- Venancia Williard Clavell - Countryside Christian Community - Area II

2016 Exhibitors: Sign Up Early for the PADONA 28th Annual

- Over 70 of the exhibitor locations are already booked for 2016!
- Convention in Hershey, PA from March 30 to April 1, 2016

2016 Exhibitor Space Contract

Additional Information available online

For Members of PADONA - Free Posting of Job Opportunities

Post your company's job openings at PADONA for free for 60 days per job posting. Send the following in a Word document to info@padona.com

1. Job Title
2. Company name and address
3. Brief summary position
4. Compensation/Benefits (if known)
5. Contact information (mailing address, email address, company email)



Job Posting