



# Reflex

**MWAOHN**  
**40<sup>TH</sup> ANNIVERSARY**  
**DECEMBER 2007**  
**JANUARY 2008**

**2007 AAOHN Communications**  
**Award Winning Newsletter of the**  
**Nation's Capitol's OHN Association**



Virginia Rauer, President

*Metropolitan Washington Association of Occupational Health Nurses*



Linda Scotti, Vice President

## INVITATION FROM PRESIDENT VIRGINIA RAUER

2007 is almost finished. It's been a very full year with lots of activities, meetings and seminars. We sent lots of notices about various health and safety meetings that happened in the greater metro DC area. Our sister chapters in northern Virginia and Maryland shared their event notices too. I strongly encourage everyone to come out to a least one more meeting in 2008 than in 2007. You may be surprised at how much fun it is to be with your fellow nurses.

The MWAOHN board members acted this summer to purchase equipment for the chapter to solve two longstanding problems and bring us into the 21<sup>st</sup> century. We have the history of our chapter, minutes, meeting records and treasurers reports in crates and boxes. These are passed around every 2 or 4

years to the new officers. Our goal is to organize, scan and save all the records in an organized digital record.

Another perpetual problem was audio-visual support for our dinner meetings. We were beggars and borrowers. To solve these problems we purchased a scanner to digitize the records, a laptop computer, LCD projector and screen to use for the presentations given at the dinner meetings. We used the laptop, projector and screen at the November meeting and happily report that it worked very well for Dr. Joseph Romeo's presentation. His presentation was great by the way.

We applied again for the chapter communication award given by AAOHN and we have forwarded one nominee for the Nurse In Washington internship.

We are always looking for your ideas and help. One suggestion is to list our nurse experts in the Reflex. We have many nurses who have a particular area of expertise and would be willing to share by speaking at various events. We could market our nurses as speakers for business and government organizations. That's one suggestion. What's yours?

Our next meeting is January 9<sup>th</sup>. "What to do in a hostage situation." Come out and join your friends and fellow nurses.

As 2007 becomes a memory, start the New Year off by making new memories with MWAOHN in 2008.

Happy New Year Everyone!

Join [aaohn.org](http://aaohn.org)

## **JANUARY 9<sup>TH</sup> DINNER MEETING – EARN 1.0 CEU** **"WHAT TO DO IN A HOSTAGE SITUATION"**

"How to handle a Hostage Situation" is the topic for our January 9, 2008 dinner lecture. In these troublesome times, hostage situations are always a possibility in the workplace, and Richard Mayfield, RN, Psych Nurse Clinician and former hostage negotiator with the Virginia Department of

Corrections, has information that can help us. What kinds of reactions are helpful, and which can be fatal? Don't let Hollywood movies be your guide: find out what it's really like in these situations and what you can do to lessen the danger. Come on out and join us - it will be an exciting evening!

**RSVP by completing the registration form on page 22 in this Newsletter, and fax to Joe Ann Conrades at 301.763.4170 or send your RSVP by e-mail to [Joe.ann.conrades@cens.us.gov](mailto:Joe.ann.conrades@cens.us.gov)**

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## DINNER MEETINGS WITH CONTINUING EDUCATION CREDIT

Seated Dinner: 6:00-6:45 p.m.

Association Business: 6:45-7:00 p.m.

Speaker: 7:00 p.m.

Members: \$16.00

Non-members: \$18.00

### Make check payable to MWAOHN

#### Mail check to:

**Joe Ann Conrades**  
**15806 Paramount Lane,**  
**Bowie, MD 20716**

### 2008 Dinner Meetings

January 9, 2008 "What to Do In a Hostage Situation." Richard Mayfield, RNC, MS

March 12, 2008 "MRSA in Occupational Health Nursing" Charlotte Carneiro

May 14, 2008 "Wellness and/or Health Promotions." Jennifer Seven, President, 7Company, LLC

### RESERVATIONS are REQUIRED

*MWAOHN is obligated to prepay for each dinner.* We must submit our check and reservations by 3:00 P.M. the Thursday before a meeting.

**Make reservations by completing the registration form on page 22 in this Newsletter, and fax to**

**Joe Ann Conrades at 301.763.4170**

**or send your RSVP by e-mail to**  
**[joe.ann.conrades@census.gov](mailto:joe.ann.conrades@census.gov)**



Margaret Owens

### Location

Ford House Office Building Cafeteria 3rd street, S.W.

**Directions:** By Metro. Get off at the Federal Center SW stop. From the Metro exit, cross the street and enter the Ford building at the 3rd street door. The Capitol police x-ray bags and you go through a metal detector.

**Bring a picture I.D.** Ask the officer to direct you to the "Cafe." Parking is available on "D" street, S.W. (3rd & D) adjacent to the building.

**Parking Available Courtesy of the Capitol Nurses.  
 Pre-Registration Required!!! See Page 21.**



Joe Ann Conrades

### LOCAL OHN'S SON IN IRAQ

NVAOHN and AAOHN member Eleanor (Ellie) Florance's son Jonathon is in Iraq. She asked for folks to write to him. Ellie says that Jonathon was in Boy Scouts and he did dress up as a soldier for Halloween one year. His Boy Scout troop went caving, camping etc. He's a pretty sensitive guy. He enjoys music and nature. Ellie thinks he would like to hear about your jobs since when he visited her at FAA he got a tour with one of the Air Traffic Controllers there and loved it. Jonathon likes to read; loves humor and slap stick etc. Ellie says her three children are pretty close. Jonathon and his brother Charles were in the same National Guard Unit for a while. His sister wants to go to Medical School in Richmond. He talked about traveling to Europe on his R&R instead of coming home. Jonathon's address is:

2LT Florance, Jonathon M.  
 ATRP 1-32CAV 1BCT 101<sup>st</sup> Div.  
 LSA Anaconda  
 APO AE 09391

## MWAOHN MEMBERS

1. Karen Barry
2. Claudia Beach
3. Miriam Birmiel
4. Ann Cagigas
5. Lucille A. Camarota
6. Charlotte R. Carneiro
7. Mary L. Cina
8. Jackie Cohran
9. Joe Ann B. Conrades
10. Mary Doyle
11. Elaine W. Eubanks
12. Kathleen T. Fern
13. M. Tula Fitzgerald
14. Phyllis Gaskins
15. Ludie B. Gibson
16. Leslie Goldberg
17. Lydia K. Goldstein
18. Yvette J. Griffin
19. Millie L. Guerrieri
20. Barbara S. Hayden
21. Marilou M. Herman
22. Christine E. Hess
23. Young E. Hobbie
24. Jean E. Holland
25. Marge Isley
26. Carol Johnson
27. Mary N. King
28. Beverly Kozak
29. Mary Jane Kramer
30. Mary Lein
31. Jane A. Lipscomb
32. Florence L. Lloyd
33. Kathleen Luton
34. Mary Joan Machovina
35. Magdalena Marquez
36. Florence R. Mautz
37. Donna R. McCarthy
38. Sharon D. McKinney
39. Dorothy A. Miller
40. Judy M. Milner
41. Lillie P. Mitchell
42. Nancy J. Nichols
43. Elsie R. Page
44. Nancy L. Prescott
45. Virginia M. Rauer
46. Susan M. Regan
47. Liz Santulli (Secondary)
48. Linda J. Scotti
49. Tobin Seven (Associate)
50. Sharon A. Singleton
51. Dorothy L. Storm
52. Sharon A. Striker
53. Rita E. Teitelbaum
54. Pamela A. Terril
55. Stephanie Thomas-Murphy
56. Ava V. Tucker
57. Violet Turpin
58. Juanita L. Tutt
59. Karen M. Vesterby
60. Rochelle Vinson
61. Angela D. Ward
62. Phyllis A. Waslo
63. Barbara A. Weaver
64. Kemlee K. White
65. Marie R. Wright



Karen Hirakawa

### National Chamber Foundation Meeting

November 25, 2007

Participants: Karen Vesterby, Tula Fitzgerald, and Stephanie Thomas-Murphy. Stephanie Thomas-Murphy said: "I think this is a good forum for increasing the awareness of OHNs and their role and value in health care and business arena, as well as, in health promotion, advocacy, and other areas. The conference was very good and the participants and presenters were corporate and government executives, politicians and individuals who are making innovative changes and actions and designing programs to promote the health and well being of employee populations. In my opinion, we definitely should to be a major featured part of this."

AAOHN would like members to consider attending future meetings. Join the National Chamber Foundation for *Outlook 2008: The State of American Business* on **January 8, 2008**. This event will bring together business leaders, senior government officials, and Washington thought-leaders to discuss the business issues that will play a key role in the upcoming legislative agenda. The program will begin with U.S. Chamber President and Chief Executive Officer **Tom Donohue's** annual *State of American Business* address, laying out the Chamber's agenda for the year ahead.

Registration will be from **10:00 a.m. to 10:30 a.m.** The program and buffet lunch will follow from **10:30 a.m. to 2:00 p.m.**

For more information, please contact Andrew Bird at (202) 463-5500 or email [ncfevents@uschamber.com](mailto:ncfevents@uschamber.com).

2007 November 07

## MWAOHN Board Meeting Minutes - Highlights

Respectfully submitted by Barbara Hayden, RN, Secretary MWAOHN, Nov 14, 2007

### Attending: *Quorum Present*

Virginia Rauer (President), Karen Vesterby (Treasurer), Barbara Hayden (Secretary), Claudia Beach (Director and Public Affairs Chair/editor of *Reflex*), Joe Ann Conrades (Director and Chair of Planning Committee), Phyllis Waslo (Director), Charlotte Carneiro (director), Ludie Gibson (Chair of the Membership Committee)

### Treasurer's Report:

Karen distributed the Treasurer's journal from 8/20/07 until 10/14/07. Major expenses of this period were our computer, projector, screen, scanner/copier/printer (\$ 2742.40) and sending Charlotte Carneiro to the AAOHN Leadership Conference (\$ 1004.65.) We still have a healthy balance: \$ 11,132.52. Wachovia has levied a strange charge called a "Community Service Fee." Karen is going to investigate it and report back to us at next meeting.

### Decisions re budget and money allocation

Shall we participate in the October 2008 Regional Occupational Health Conference, sponsored jointly by four regional associations: Severn, Maryland, Northern Virginia, and Metro DC (if we agree)? The implications are 1) we need to put up seed money before October 1<sup>st</sup> of \$ 1000. This money will be returned to us if, 2) we get a minimum of 20 attendees from our own organization AND the conference makes money. Unanimously approved to participate with \$ 1000 seed money

Shall we send a member to the March 2008 NIWI (Nurse in Washington Internship)? We can promote the conference to our members; encourage them to apply to the AAOHN, which will award two scholarships to this conference. If we sent one of our members, our cost would be around \$ 1500. Discussion led to sentiment that we should confine our candidates to board/committee members as a reward for their service and an incentive for members to become involved. Suggestions were for Mary Lein, Claudia Beach, or other board/committee members, to apply for the MWAOHN NIWI scholarship. Unanimously approved to provide a scholarship to the NIWI conference, total cost around \$ 1500, candidate to be announced.

Shall we send a member to the AAOHN annual convention in Salt Lake City in May 2008? Discussion led to sentiment that this offering should be confined to persons working hard on the board/committees as a reward for their service and an incentive for members to become involved. Unanimously approved to provide a scholarship to the AAOHN 2008 Convention, total cost around \$ 2000, candidate to be announced. If we don't find a candidate for May '08, we will carry over the \$ to 2009 convention.

### Update on Dell Computer Equipment:

Shall the board approve an additional expense of \$ 225, incurred by our Secretary and Professional Affairs Chairman who has custody of the equipment, for a computer specialist to come and install all software and get equipment registered with Dell ? Unanimously Approved

Shall the board approve an additional expense of \$ 52.86 to authorize a "WI-FI Router" antenna at the Secretary's home to enable internet access via her Verizon DSL hook-up? Unanimously Approved

Shall the board approve an additional expense for the purchase of an extension cord and power strip to be used with computer equipment? Unanimously Approved

How shall we put our \$70 Dell coupon to use? We discussed needing a back-up system for our laptop. It was Unanimously Approved that our coupon be used towards a moderately priced back-up system (\$ 150 or less minus the \$70 coupon = about \$ 80.)

### Scanning for the 21<sup>st</sup> Century:

How to go about the important and time consuming task of scanning the archives of this association, now that we have a scanner and a computer? Some discussion; since this is not time sensitive, further discussion and decision are tabled at this time.

### Planning Committee Report:

Joe Ann confirmed that after December 2007, the cafeteria contractor at the Ford Office building will no longer be Artemis. Whether the new contractor will permit evening dining, and will cater our meetings 5 x a year, remains in doubt. We may have to "go back to the drawing board" on where we meet. [Update by Editor: Cafeteria contractor has been renewed for one more year at this time, according to Joe Ann Conrades.]



Barbara Hayden  
Secretary

### Communications Committee Project Goals for 2008:

1. Look into the possibility of hosting a website for MW members thereby providing a more current venue within which current local issues and topics of interest are available 24/7 for MWAOHN members and friends. Value of a website would be measured on the annual survey and by taking advantage of statistical data on number of hits on the site, number and types of downloads, time spent reading from the site by individuals, etc. Statistics package would need to be part of the website cost and upkeep. **Vote 5 in favor, 2 against: Motion carries.** 2 Evaluate the potential benefits of creating and managing a speaker's bureau of MW nurses who are interested in speaking on issues important to OHNs. This effort would be to help demonstrate that MW speakers are perceived as being expert communicators and on the cutting edge of issues impacting OHNs. Availability of these speakers would be communicated through the newsletter and other communications efforts such as e-mails. Value of a speaker's bureau would be measured by the number of times a request for information is made about a speaker, and the number of speaking engagements members of MW conclude. **7 in favor: Motion carries**

## 2007 COMMUNICATIONS SURVEY RESULTS

Thanks to everyone who responded to the survey. Below are representative comments from the survey.

**Format, Readability:** Great; I thoroughly enjoy and look forward to each issue of the Reflex.

**Clarity of Information:** Yes; Yes, definite.

**Meets Member Needs:** Yes, great information

**Interesting:** Yes, I enjoy both the personal and medical/scientific articles

**Valuable for OHNs:** Yes; More WMD basics. Love the Pandemic Flu stuff.

**President's Column:** Motivational, describes benefits. Got involved by voting in the election.

**Article caused a change:** Wrote a column. Has encouraged me to become board certified.

**Professional Education:** I recently took a COHN review course that was mention in the Reflex

**Employee Education:** I used the Brown recluse for in-service with my staff;

**Additional Topics of Interest:** Gastric conditions; New lab tests. Sleep disorders.

**Member Lessons Learned:** I have enjoyed these articles.

**Coach's Corner:** Your writer provides excellent tips and ideas about job interviews

**Current Medical Information:** Would like more websites references  
(medical/nursing)

**Standing Committee's Info:** Great information.

**Professionalism of the Assn:** Yes, MWAOHN is a growing organization.

**Creativity:** Very much so

**More Active Member:** Yes

**Hyperlinks:** I wish we could really expedite the RSVP to MWAOHN dinner meetings

**Am Encouraged to Submit items:** Yes, Just don't know yet what I want to write about!!

**Interested in doing a bio or autobio:** That would be OK

**Would like to Submit Article on:** I would like to in the future. I'm not sure not the topic.

**General Comments:** Thank you to all MWAOHN Directors. The Reflex is the best newsletter I have ever seen.

Keep up the good work. Love the pictures being added too. Gives it a very personal touch. Keep the cartoons!

Keep the editor! I'm very, very proud of this publication. It's the "face" of MWAOHN and AAOHN, bringing

AAOHN closer to home. See a spreadsheet with the numeric results of the survey on next page.



Ann Sarkes

MWAOHN ANNUAL COMMUNICATIONS SURVEY RESULTS

MWAOHN Annual Communications Survey Results 2007																								
ID	Format, Design, and Readability	Information is Clear	Meets Needs of Members	Information is Interesting	Information is Valuable for OHNs	President's Column	Something in the Reflex Resulted in a Change	Professional Education Information	Federal Page Info Valuable	Employee Education	Member Lessons Learned	Coach's Corner	Wellness Column	Current Medical Information	Standing Committee Info is Sufficient	Member Info is Sufficient	Reflex Reflects Professionalism	Job Opportunities	Creativity	Hyperlinks in Electronic Versions are Helpful	Members Suggestions are Used	More Active Member because of Reflex	Overall Satisfaction with Reflex	
11	5	5	5	5	5	5	5	3	5	0	5	0	5	5	5	5	5	5	5	5	0	5	5	
2	4	4	5	4	4	5	5	4	4	0	0	0	5	0	5	5	4	5	0	4	5	5	5	
3	5	5	5	5	5	5	5	5	0	5	0	5	5	5	5	5	5	0	4	5	5	4	5	
4	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
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19	5	5	5	5	5	5	5	4	5	5	4	4	4	5	4	5	5	5	5	5	4	5	5	
22	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	5	5	5	5	4	5	5	5	
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12	5	5	0	5	0	0	0	5	0	5	5	0	0	0	0	5	5	5	5	0	0	5	0	5
10	5	5	5	5	5	5	5	5	5	5	0	5	5	5	4	5	5	5	5	5	0	0	5	5
21	5	5	5	5	5	4	5	5	4	5	5	5	5	5	4	5	5	5	5	4	4	4	5	
1	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	0	
Avg	4.9	5.0	4.5	4.9	4.7	4.2	4.1	4.7	3.9	4.8	3.0	3.9	3.4	4.0	3.7	3.4	4.5	4.3	4.2	4.1	3.0	3.8	3.6	4.0
0= no response																								

Redistribute Reflex  
 With 1-5 15  
 With 6-10 2  
 With 11-15 1  
 With 16+ 3



Dawn Keeler



Stephanie Thomas-Murphy

**MARY LEIN RN,  
CLINIC COORDINATOR  
U. S. Department of Energy**

My journey to get to an occupational health career has been, to say the least, interesting. I had been down several career avenues. I was once a file clerk, trained lab tech, an oil analyst for locomotives, a florist, and a sales clerk. After an unfortunate family incident, it was apparent that I needed to have an actual career, not just a job, so I gathered all my college credits and did a quick personal list of pros and cons, to see what I would even want to do as a career. Since I like people and I like science, nursing seemed to be the obvious choice.

In 1996 I started attending Oglala Lakota College of Nursing, located on the Pine Ridge Reservation in South Dakota. I have met many persons wondering why I choose OLC Nursing. For the simple reason, I like the caliber of nurse that the college was turning out. I have always looked at things holistically, not pieces and parts, which is a big part of the OLC training for nurses. That is an attribute that I feel helps as an Occupational Health Nurse. When I got my license I of course ran the mill of nursing disciplines: geriatric, long-term, floor nurse, home health, and even jail nurse. I could not find that really great "fit".

In June of 2006, I was hired as a staff nurse in the clinic in DOE. I was not sure what the future would hold for me. I was really getting the "hang" of OHN when in October of 2006; I had the unofficial title of "Clinical Coordinator" suddenly dropped on me. This brought a whole new set of things to know, people to see, well you-all know

the story. December of 2006 was when that was made official.

So far, I must say, I really do like being an Occupational Health Nurse. At first glance someone once told me that an Occupational Health Nurse was a "glorified school nurse." It may seem so at first glance, but there are so many more challenges in this field, teaching, interpretation of what the doctor had just told your patient, figuring out how to keep your patients healthy and safe. And of course, my personal favorite, PAPERWORK!

Ms. Claudia wanted me to include an interesting side story; I chose the one that I actually told her. It was how Richard (my significant other) and I met. One day in January, 1999, my oldest son, Wade, was be-bopping through the living room. I was sitting in there just kinda letting the TV watch me; he looked up at me and stopped. Wade went over to the computer room door and said "Come over here Mom!" I followed him into the computer room. Wade said to me that he thought I looked a bit down. As he was talking to me he was typing on the computer. I had no idea what he was up to, until he moved from the computer desk, and motioned for me to take the chair. He had "set up" an ICQ account for me. ICQ is an instant messaging system where you can meet and "talk" to other people, some from around the world! I was looking at the computer screen, dumb-founded; he asked if I knew how to "talk" to people on this service. I told him, "never seen such a thing." He then showed me

how to "check out" some of the bio's of the persons that are free to talk to you.

After I'd gone through about 10 of the bios, Wade, who was looking over my shoulder, said, "Hey this guy looks like someone you could talk to!" "It says that he's a scuba diver, weren't you one too?" I corrected him with "I still am."

"Okay", and with that Wade reached for the key board and typed "Hi". Will wonders never cease! The guy wrote back, "Hi, how are you?" To which I sat staring unbelievably at the computer screen. I asked Wade, "Now what do I do?" He says, "Well, Mom, it may be nice if you wrote back to him."

After that fateful day, Richard and I wrote to each other over 3 months before we even saw each other for the first time. We had decided to move in together in Aug of 1999, but the problem was that he lived in St. Lenard, Maryland and I lived in Gordon, Nebraska, so we chose Colorado to start out on our life adventure. We now live in North Beach, Maryland, and his favorite joke to everyone is: "She got me to move over 3000 miles to move just 20 miles up the road" [mary.lein@hq.doe.gov](mailto:mary.lein@hq.doe.gov)



Mary Lein

**Children's Science Exam Answers.**

Q: How can you delay milk turning sour?

A: Keep it in the cow.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

Q: What happens to a boy when he reaches puberty?

A: He says good-bye to his boyhood and looks forward to his adultery.

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: What is artificial insemination?

A: When the farmer does it to the bull instead of the cow.

Q: How are the main parts of the body categorized? (e.g., abdomen.)

A: The body is consisted into three parts--- the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels, A, E, I, O, and U.

Q: What is the fibula?

A: A small lie.

Q: What does 'varicose' mean?

A: Nearby.

Q: Give the meaning of the term 'Caesarean Section'

A: The Caesarean Section is a district in Rome.

Q: What does the word 'benign' mean?'

A: Benign is what you will be after you be eight.



Leslie Goldberg

**Liz Santulli's Football Favorite:****Chicken and Corn Chowder**

1 package ready bacon, chopped finely

1 cup diced celery

2 cups of diced onion

1 cup diced carrot

3 tablespoons flour and 3 teaspoons water, mixed (thickening agent)

2 quarts of chicken stock

3 cups diced cooked chicken

2 cans cream style corn

1 cup frozen corn kernels

1 pint heavy cream

1/2 teaspoon black pepper to taste

1/2 teaspoon poultry or Old Bay seasoning

Serves 8

In a large soup pot, saute bacon until crisp.

Stirring frequently, add celery, onions, and carrot.

Cook until tender. Stir in flour mixture slowly, whisking constantly and cook for 4 to 5 minutes.

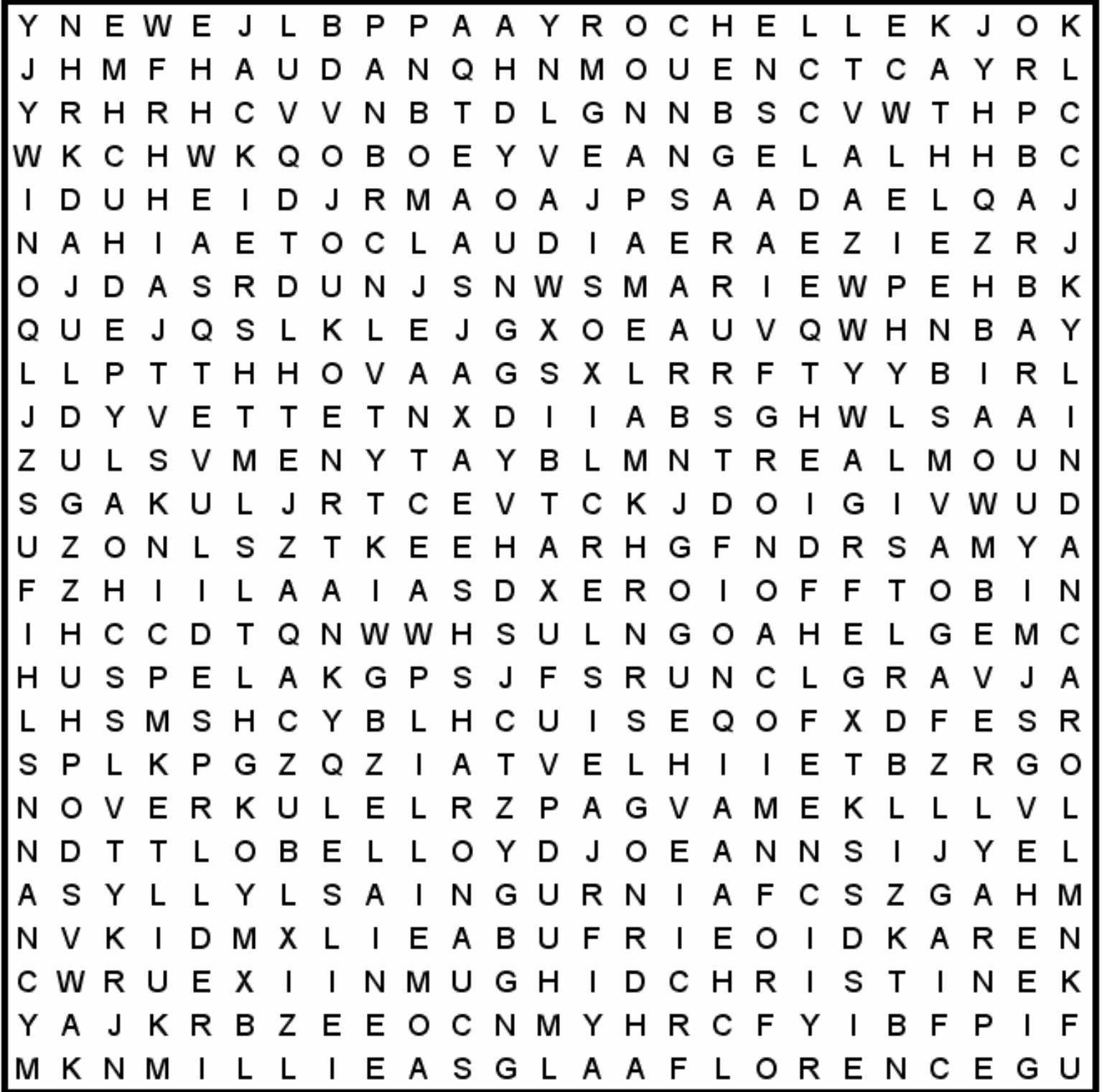
Pour chicken stock slowly into vegetable mixture while stirring with a whisk and scraping mixture from sides of the pot. Add chicken, canned and fresh corn and poultry seasoning. Stir in cream, simmer 10 minutes and serve with cornbread.

**Educational Game – Designed by an OHN!**

Deb Garrison, Waldorf, Maryland OHN used an article, *Nutrition Jeopardy*. (By: Burns, Melanie Tracy, Benoit, Michelle, Bulvan, Denise, Journal of Nutrition Education & Behavior, 14994046, Mar/Apr2002, Vol. 34, Issue 2) very creatively in her OHN health promotion activities. The article gives directions for how to create a Jeopardy-like game to teach teenagers about nutrition. Deb modified the game to create an activity on Weight Control for adults. To create a nutrition game for your adult clients, create categories of information such "Snacks" and "Weight Management." Each category would have 4 questions with values from 100-400 points. Questions such as: T/F very low calorie diets lead to weight loss" or "Name a snack high in Vitamin C." If you make it into a quiz, each person can tally their points after taking the quiz. Educational and fun! To learn more contact Deb Garrison at:

[blest1@aispc.net](mailto:blest1@aispc.net) .

How Many of the MWAOHN Members First Names Can You Find? (Print page)



**Save the Date**  
**Washington DC Area Regional OH Conference**  
**October 25, 2008**

Supported by MWAOHN, SVAOHN, MAAOHN, and NVAOHN with Johns Hopkins Education Research Center co-sponsoring

MWAOHN Planning members are Virginia Rauer, Barbara Hayden, Joe Ann Conrades, Mary Doyle and Karen Vesterby.



Karen Vesterby  
Treasurer

**NORTH CAROLINA  
 OCCUPATIONAL SAFETY  
 AND HEALTH EDUCATION  
 & RESEARCH CENTER**

**28th Annual Occupational Safety  
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For more information please visit:  
[http://www.chepinc.org/conf/Occ\\_Health\\_092607.html](http://www.chepinc.org/conf/Occ_Health_092607.html)

## Low Back Problems Don't Necessarily Disappear When the Pain Goes Away

--Tim McCullough, PT, ATC,  
Sports + Spinal Physical Therapy  
([www.sportsandspinalpt.com](http://www.sportsandspinalpt.com))

Low back pain is associated with a number of conditions, including muscle strain, ligament sprain, degenerative or herniated discs, stenosis, and spondylolisthesis. Patients who seek treatment for these conditions often think that once their pain is resolved, their low back problem has gone away.

The truth is, merely relieving symptoms does not necessarily resolve the underlying low back problem. Research has shown that without strengthening the core muscles there is an 80% chance that low back pain will recur.<sup>1</sup>

Following are tips for successfully treating low back pain.

### Core Muscle Strength

After an episode of acute low back pain, muscles may atrophy, resulting in a lack of muscle strength that significantly



Tim McCullough

## PHYSICAL THERAPY EDUCATIONAL INFORMATION

contributes to most low back pain relapse.

**Tip:** A good rehabilitation program should involve exercises that lightly engage all the core muscles—lower abdominals, pelvic floor, and multifidus—to ensure that they are all able to stabilize the back with minimal effort.

### Body Awareness

A low back injury negatively affects a person's proprioception and a person's awareness of his or her back position. Patients need to be able to recognize bad (and good) postures to be able to correct their posture.

**Tip:** Rehabilitation programs must include training to restore muscle function, improve proprioception, and correct posture. Of all the core muscles, the multifidus is the most important muscle in protecting the back and maintaining good posture.

### Muscle Control

Research shows that healthy core muscles fire before a person moves, in preparation for forces on the back. In persons with low back pain, the firing of stabilizing back muscles is often delayed, creating further stress.

**Tip:** A rehabilitation program should include activities to help patients learn to control the timing of the engagement of their core muscles.

It is important for persons suffering from acute back pain to continue with light cardiovascular activities (unless these activities directly increase the pain). When a person stops light activities, an acute back problem is more likely to become disabling.

Although we can't control all of the factors that increase our patients' risk of having back pain—such as increasing age, poor physical fitness, excess weight, or disease—we can help prevent recurrence of their pain by providing a complete rehabilitation picture that increases strength of stabilizing muscles, improves posture and balance, and corrects improper body mechanics.

<sup>1</sup> O'Sullivan P, Twomey L, Allison G. Evaluation of specific stabilising exercise in the treatment of chronic low back pain with radiological diagnosis of spondylolysis and spondylolisthesis. *Spine* 15(24):2959, 1997.



## American Board for Occupational Health Nurses, Inc.

The American Board for Occupational Health Nursing, Inc. (ABOHN) is excited to offer computer based testing (CBT) examination services!

Are you aware that ABOHN has an additional certification available to you to demonstrate your expertise in safety management?

Computer based test exams are offered for this sub-specialty certification at many national testing sites throughout the United States. Visit [www.peasonvue.com/ABOHN](http://www.peasonvue.com/ABOHN) to locate a testing center near you. Centers are open during the normal weekday business hours, and some have weekend and holiday hours.

The Safety Management handbooks can be found at <http://www.abohn.org/safety.htm>. Remember if you are math phobic only about 10% of the examination is requires the candidate to add, subtract, multiply, divide and perform a few other rudimentary high-school-level mathematical operations.

For additional information, visit the ABOHN website at ([www.abohn.org](http://www.abohn.org)) or call the office at 888-842-2646.

If you have any questions about this message, or any other matter that is pertinent to ABOHN, please contact the ABOHN office ([info@abohn.org](mailto:info@abohn.org) or 630-789-5799).

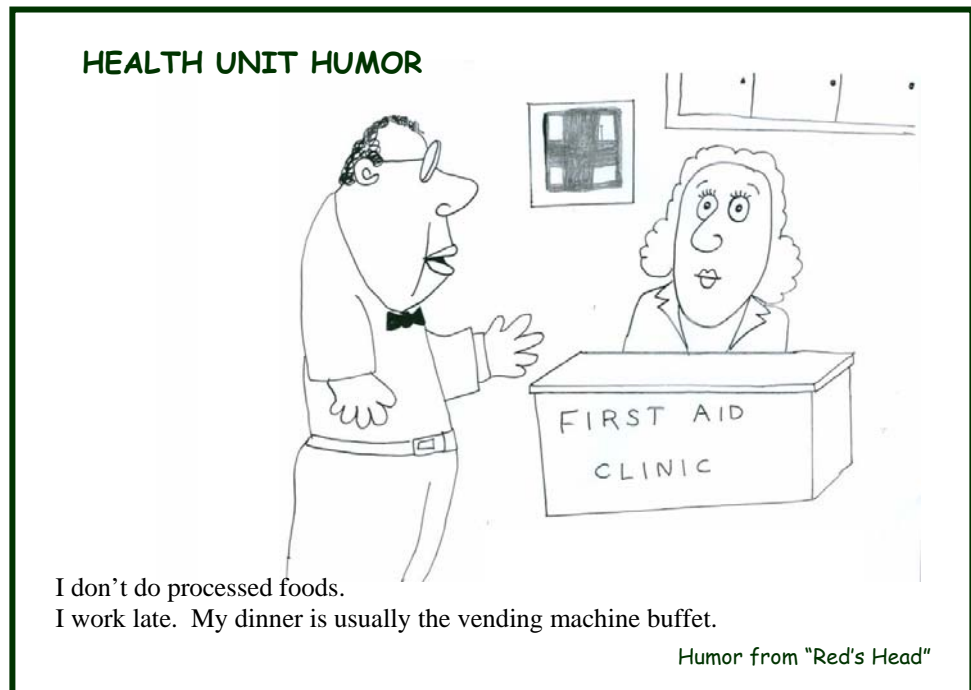
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Tula Fitzgerald

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# EDUCATION RESOURCES

## Holiday Safety Links

Southern California Edison Safe Holiday Lighting:

<http://www.sce.com/Safety/SafetyTips/HolidayLighting/>

National Crime Prevention Council:

<http://www.ncpc.org/cms/cms-upload/ncpc/files/holiday04.pdf>

SafeUSA:

<http://www.safeusa.edc.org/home/safehome.htm>

Colorado State University Extension Safe Turkey-Day Shortcuts:

<http://www.ext.colostate.edu/news/021125.html>

Consumer Product Safety Commission:

<http://www.cpsc.gov>

CPSC Sign up for safety e-mails in Spanish:

<http://www.cpsc.gov/cpsclist.aspx>

NCSU and A&T U Food Safety website:

<http://www.ces.ncsu.edu/depts/foodsci/agentinfo/>

## Federal Government Web Sites

- [FDA Reminds Consumers to Practice Egg Safety this Holiday Season](#) (FDA) **NEW**
- [FDA Tips to Prevent Foodborne Illness This Holiday Season](#) (FDA)
- [Food Safety for Moms-to-Be: Holiday Goodies](#) (FDA)
- [Hard Boiled Tips for Easter and Passover Food Safety](#) (FSIS)
- [Holiday Cooking: Keeping it Safe!](#) (CDC)
- [Home for the Holidays: Preventing Foodborne Illness at Family Gatherings](#) (FDA)
- [Keep Children Safe From Foodborne Illness During The Holidays](#) (FSIS)
- [Safety Tips for Halloween](#) (FDA)
- [USDA Provides Food Safety Recommendations for Holiday Gatherings](#) (FSIS) **NEW**

- [Seasonal Food Safety](#) (FSIS) (including holiday buffets, safe food gifts, turkey preparation, "other" holiday meats, and more)
- See also:
  - [Cook It Safely](#)
  - [Food Safety in the Kitchen](#)

## Federal Government/Private Sector Partnership Web Sites

- [Fight BAC! Seasonal Campaigns](#) (Partnership for Food Safety Education)

## State and Local Government Web Sites

- [Holiday Food Safety](#) (Division of Environmental Health, Alaska)
- [Holiday Cooking](#) (Department of Public Health, Illinois)
- [When Baking Holiday Cookies, Please Don't Eat the Dough!](#) (Michigan, Department of Agriculture)

## 2008 AAOHN Webcast Schedule

The 2008 AAOHN Webcast Schedule has been announced and posted on the AAOHN Web site.

- January 9: Liver Wellness: An Effective Approach to Hepatitis Prevention and Management
- March 5: Update on FMLA
- May 21: MRSA
- July 23: Herbal Remedies and Cardiovascular Drug Interactions
- September 24: Spirometry
- November 19: Genetics

Dates and topics subject to change.

For details as they become available, as well as webcasts available in the AAOHN archives, visit

<http://www.aaohn.org/education/online-learning/Webcasts/index.cfm>

See a complete listing of AAOHN educational programs and events at [http://www.aaohn.org/education/events\\_calendar.cfm](http://www.aaohn.org/education/events_calendar.cfm).



Tammy Kimes

**REPORTS OF THE SURGEON GENERAL**

This site offers access to all of the official reports, conference proceedings, and workshop reports of the United States Surgeon General. Users may browse chronologically, alphabetically by subject or document type, or with the search engine. This is a valuable resource for those doing research on the major public health issues affecting the United States.

URL: <http://profiles.nlm.nih.gov/NN/>

**Federal Legislation to Watch**

<http://www.c-span.org/capitolspotlight/cqwatch.asp>

**HEALTHIERUS.GOV**

The intention of this site is to be a "source of credible, accurate information to help Americans choose to live healthier lives." It features links to government reports and statistics on physical fitness, nutrition, prevention, and the avoidance of risky behaviors. From the U.S.

Department of Health and Human Services.

URL: <http://www.healthierus.gov/>

**REGULATORY AND FEDERAL INFORMATION PAGE****Glinda S. Cooper, Ph.D.**

EPA Expert on Immunity and Environmental Exposures

This expert gave an enlightening seminar at GWU EOH Seminars on toxic effects of chemicals and relationships to risk of developing, accelerating, contributing-to autoimmune diseases and rheumatoid conditions. She had very helpful information. Glinda wants to work more with OHNs. She might be available to give seminars to your workers. Her contact info:

Glinda S. Cooper, PhD

phone: 202-564-3291

fax: 202-565-0075

email: [cooper.glinda@epa.gov](mailto:cooper.glinda@epa.gov)

**From AAOHN Newsletter:****OSHA Publishes Employer-Paid PPE Final Rule**

The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) recently published a final rule on employer-paid personal protective equipment (PPE).

Under the rule, all PPE, with a few exceptions, will be provided at no cost to the employee. OSHA anticipates that this rule will have substantial safety benefits that will result in more than 21,000 fewer occupational injuries per year. The rule was published in the Federal Register on November 15, 2007.

For more on the rule, go to

[http://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=NEWS\\_RELEASES&p\\_id=14739](http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=NEWS_RELEASES&p_id=14739).

Charlotte Carneiro

[Back to TOC](#)

## 'Hunger Switch' Neuron Could Cure Obesity

By Reuters

SYDNEY (Reuters) - Australian scientists have found how to switch hunger on and off using a molecule that targets the brain—a discovery which could stop weight loss in terminally ill patients or produce weight loss in the morbidly obese. The molecule, known as MIC-1, is produced by common cancers and targets receptors in the brain that switch off appetite. But Australian researchers found that by using antibodies against MIC-1 they were able to switch appetite back on. When normal and obese mice were treated with MIC-1 they ate less and lost a lot of weight, suggesting that MIC-1 may also be used to treat severe obesity, said the Sydney researchers in a statement received on Tuesday. "This work has given us a better understanding of the part of the brain that regulates appetite," said Herbert Herzog, director of neuroscience research at the Garvan Institute in Sydney. "Our bodies send complex chemical signals to our brains, which interpret them and send back responses, in this case eat or don't eat. Our research indicated that MIC-1 is a previously unrecognized molecule sending a don't eat signal to the brain," Herzog said. The researchers said it was hoped that in the near future, the MIC-1 findings will prevent a sizeable proportion of advanced cancer patients from "literally wasting away." Sam Breit at St Vincent's Centre for Immunology, who originally cloned the MIC-1 gene, said he believed the findings could have a significant impact on a range of appetite-related disorders. "Injecting mice with MIC-1 protein also made them stop eating, suggesting that it may be possible to use this to advantage for treating patients with severe obesity," he said. The MIC-1 findings were published in the latest Nature Medicine magazine and the team of researchers led by St. Vincent's Hospital in Sydney hope to develop a human antibody and run clinical trials in the next few years.



Phyllis Waslo

## From AAOHN PROHEALTH ALERT Steelcase Survey Finds Exercise and Productivity Go Hand-in-Hand

A recently released study by the office environments manufacturer Steelcase reports that 78 percent of workers say that exercise has or would have a positive impact on their overall productivity at work. Conducted by Opinion Research Corporation (ORC), the study examines the importance of fitness in the workplace, the role companies play in encouraging employee fitness, and the impact that fitness has on productivity levels overall. The survey of nearly 700 office workers in the United States reveals that only one-third (31 percent) of respondents exercise during work hours. In addition, just one-third of respondents have access to fitness equipment provided by their company or work in an environment that promotes fitness. More often, employers do not provide workers with this access; 62 percent of respondents cite not having an appropriate place to exercise at work as the primary reason for not doing so. For more on the survey, go to <http://money.cnn.com/news/newsfeeds/articles/prnews/wire/NYTH04325102007-1.htm>.

## NIOSH Booklet Addresses Workplace Stress

*Stress...At Work*, a booklet from the National Institute of Occupational Safety and Health (NIOSH) highlights knowledge about the causes of stress at work and outlines steps that can be taken to prevent job stress. Challenges at work energize us psychologically and physically, and motivate us to learn new skills and master our jobs. When a challenge is met, we feel relaxed and satisfied. When challenges turn into job demands that cannot be met, relaxation turns into exhaustion, and a sense of satisfaction turns into feelings of stress. The stage is then set for illness, injury, and job failure.

The topics covered in *Stress...At Work* include:

- What Is Job Stress?
- What are the Causes of Job Stress?
- Job Stress and Health
- What Can Be Done About Job Stress?

The booklet can be viewed online at <http://www.cdc.gov/niosh/stresswk.html>.

It is also available in PDF format at <http://www.cdc.gov/niosh/pdfs/stress.pdf>.

## Patient Advocacy Web Resources

AMA's Hot Topic webpage to search for current medical-legal information: <http://www.ama-assn.org/ama/pub/category/11940.html>

Patient advocacy resources: a guide for patients and their families. Healthnet: Connecticut Consumer Health Information Network: <http://library.uchc.edu/departm/hnet/advocacy.html>

Patient Advocate Foundation: <http://www.patientadvocate.org>

**Patient Advocate Foundation's Mission Statement.** Patient Advocate Foundation is a national non-profit organization that seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability.

### South Carolina Hospital Association's Medication Safety Toolkit

The Medication Safety Toolkit contains tools to improve communication between the patient and all healthcare providers/practitioners about an individual's prescribed medications, over-the-counter medications, and herbal supplements. These tools enhance patient and family-centered care because the individual "owns" his medication profile. The tools help keep the providers and practitioners on the same sheet of music as the individual.

- [Medication Safety Toolkit \(Explanation\)](#)
- [Universal Medication Form](#) Consumers: Use this form to track your medications.
- [Patient Medication Brochure](#) This brochure tells you how to use the Universal Medication form.
- [Medication Reconciliation Form](#) This form is for hospitals to use.
- [Universal Medication Form - chart version \(hospital copy\)](#)
- [Universal Medication Form - chart version \(patient copy\)](#)

CDC Public Health Image Library (PHIL)

<http://phil.cdc.gov/Phil/home.asp> Photographs, Illustrations, Multimedia Files FREE and print quality.

Army's Health Promo and Wellness Center <http://chppm-www.apgea.army.mil/>

Cough Safe Video: <http://www.coughsafe.com/media.html>

## THANKS TO DR. JOSEPH ROMEO FOR THE CARDIOLOGY UPDATE

Dr. Joseph Romeo



Joseph A. Romeo MD, FACP, FACC, cardiology specialist and Department of State physician, provided MWAOHN members and friends with an update on the state of cardiology and approaches OHNs can use for common problems in the health unit. He discussed types of heart disease, reviewed the symptoms, pathology, risk factors and current studies on coronary artery disease. He further elucidated the difference between coronary artery disease in men and women. Dr. Romeo reiterated the risk factors for CAD: Elevated Cholesterol (LDL); Cigarette Smoking; Hypertension; Diabetes; Family History of CAD (Especially premature); Obesity; Sedentary Lifestyle; Low HDL; Elevated high sensitivity CRP; and potentially, depression. He described the advanced diagnostic studies currently used in cardiology: Conventional stress testing; Stress echocardiogram; Nuclear stress testing-exercise or pharmacologic; Cardiac MRI; EBCT Calcium Score; CTA (CT angiogram-non invasive); Invasive coronary angiography. Optimal medical treatment includes: exercise, weight reduction, normalize BP, ASA or clopidogrel, statins, beta or calcium blockers, ACEI or ARBs; Thrombolytics (STEMI only); PCI (balloon angioplasty, BMS, DES); Coronary artery bypass grafting; Less common treatments include: Laser revascularization (TMR), EECF, and cardiac transplantation. Dr. Romeo also graciously donated the honorarium back to MWAOHN! You rock Doc!

# PROFESSIONAL EDUCATION AND RESOURCES

## COACH'S CORNER

### PREPARATION!

In the October/November Reflex we skimmed the surface of onsite interviewing techniques. Preparation is key to the interview process and knowledge of the employer is equally as important. Your preparation will translate to confidence during your interview.



- Research the company profile on the internet and learn their culture and environment.
- Are they national or international?
- Where is their corporate facility?
- How are they achieving their goals in health and safety?
- Is there a parent company?
- Who are their competitors?

The more you know about the company, the better formulated your questions can be.

Sample questions that are acceptable:

- Why is the position available?
- What do they foresee as the toughest part of the job?
- What would they like you to accomplish in this job?
- Is conference attendance encouraged?

- How would you describe the management characteristics?
- May I have a tour of the facility?

A company's website will reveal pertinent information you'll need to be prepared and confident during your interview. Another obvious source of information is current/past employees. Just remember to qualify your source as objective and someone that doesn't have an agenda.

If you are interviewing for a position that requires relocation, be sure to do your geography homework on that area. Climate, culture, taxes, real estate, cost of living comparisons, school districts ... these all play a major part in your job search. Keep in mind that a company is more likely to consider a candidate with ties to their area and/or exceptional knowledge of their area.

**Coach's Corner** is a regular feature in the Reflex. It is written by a friend of MWAOHN, **Lisa McLaughlin**, and Recruiter of Taylor & Associates. Over the next several issues, Lisa will cover researching the employer, telephone interviews, face-to-face interviews, salary negotiation, the whole gamut! If you want more personalized advice, contact Lisa McLaughlin at: [lisa@taylorsearch.com](mailto:lisa@taylorsearch.com) or toll-free: (877) 439-0966.

## Raffle-mania!

### Raffle will be held at the January 9<sup>th</sup> meeting

No cost to enter, but you must be present to win.

### November 14th Winners

Ann Sarkes	Tammy Kimes
Margaret Owen	Liz Santulli
Charlotte Carneiro	Donna Diehl
Magdalena Marquez	Virginia Rauer
Karen Hirakawa	Sheila Pastor



Sally Hoffman

## PROFESSIONAL EDUCATION AND RESOURCES

### EXERCISE: 7 BENEFITS OF REGULAR PHYSICAL ACTIVITY

*By Jennifer Seven*



**Need motivation to exercise? Here are seven ways exercise can improve your life — starting today!**

#### 1. Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down. Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly. Exercise even reduces feelings of depression and anxiety.

#### 2. Exercise combats chronic diseases.

Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket. Regular exercise can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular exercise boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries. Regular exercise can help you prevent type-2 diabetes, osteoporosis and certain types of cancer.

#### 3. Exercise helps you manage your weight.

Want to drop those excess pounds? This one's a no-brainer. When you exercise, you burn calories. The more intensely you exercise, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but activity you accumulate throughout the day helps you burn calories, too.

#### 4. Exercise strengthens your heart and lungs.

Winded by grocery shopping or household chores? Don't throw in the towel. Regular exercise can leave you breathing easier. Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

#### 5. Exercise promotes better sleep.

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day. A good night's sleep can improve your concentration, productivity and mood. And, you guessed it, exercise is sometimes the key to better sleep. Regular exercise can help you fall asleep faster and deepen your sleep. The timing is up to you — but if you're having trouble sleeping, you might want to try late afternoon workouts. The natural dip in body temperature five to six hours after you exercise might help you fall asleep.

#### 6. Exercise can put the spark back into your sex life.

Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Exercise to the rescue. Regular exercise can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Exercise improves your circulation, which can lead to more satisfying sex. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise, especially as they get older.

#### 7. Exercise can be — gasp — fun!

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical! Exercise doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Source: Mayo Clinic, July 26, 2007

Contact **Jennifer Seven** of 7Company LLC if you would like for her to arrange a **free** customized health fair. A workforce that is aware of their health is less likely to develop diabetes. In upcoming issues, Jennifer will share more tips on how to keep your employees healthy. [Jennifer@7Company.com](mailto:Jennifer@7Company.com) 703-327-3737, 1-888-AT-Seven (Toll-free). Website: [www.7Company.com](http://www.7Company.com)

# OCCUPATIONAL HEALTH NURSE RECRUITING & SERVICES



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[jodi13638@aol.com](mailto:jodi13638@aol.com)

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## MILITARY CONNECTION

This web site is a comprehensive directory of military resources and information specializing in connecting outstanding candidates with top job opportunities in all areas especially healthcare. There are over 10,000 pages and in excess of 100 databases with something for everyone. All of these resources are free to users. We also work with many excellent military non-profits too.

<http://www.militaryconnection.com/>

Debbie Gregory, President

(800)-817-3777 or (805) 306-0580 x124

Fax: (805) 306-0539 or (805) 306-0583

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## Nancy Clover RN, COHN-S

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# OCCUPATIONAL HEALTH NURSE JOBS

## Pentagon OHN Position

Federal Staffing Resources (FSR) has an open Occupational Health Nurse position for the DiLorenzo Health Clinic, Pentagon. FSR is looking for a RN that has experience in Occ Health and does not need to be certified. The specifics of the position are as follows:

- \* Long term government contract
- \* M-F 0700-1600 1 hour lunches
- \* 10 federal holidays off with pay
- \* 2 weeks paid PTO annually
- \* Excellent hourly wage
- \* Pleasant working conditions- there are 2 other RNs in the clinic (both are GS nurses)
- \* Great employer support

If you are aware of any nurses who may be interested in this type of position, would you kindly forward this email to them or direct them to:

Tracy Balazs or Ramona Pierre Saunders:

419 990-0795 or 1866 886-2300  
[tbalazs@fsrhealth.com](mailto:tbalazs@fsrhealth.com)  
[rpsaunders@fsrhealth.com](mailto:rpsaunders@fsrhealth.com)

## Federal OHN Positions Department of the Navy National Capital Region

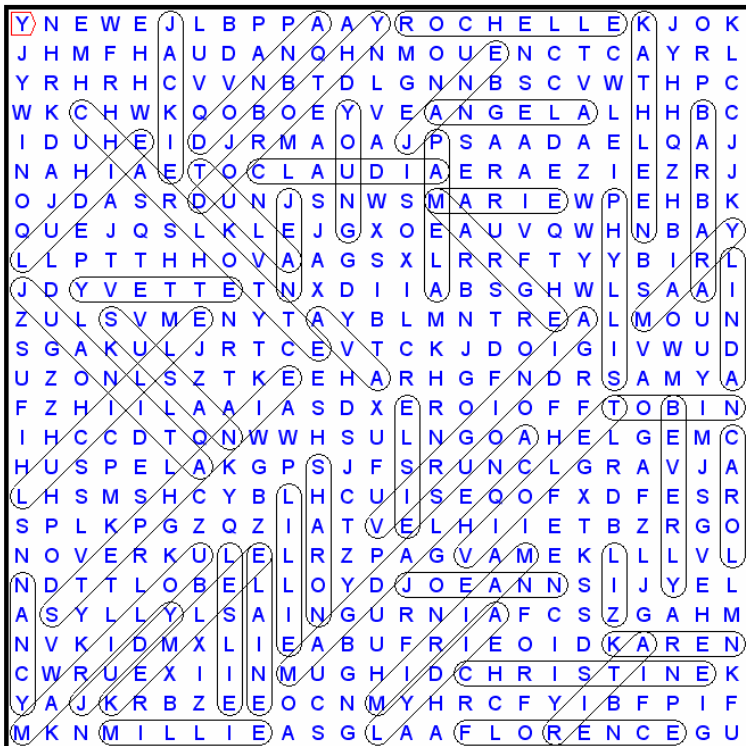
Currently I have a GS-11 OHN position located in Colts Neck NJ at Earle Branch Medical Clinic; this is a full-time permanent position and receives physician support from the co-located Primary Care Clinic – the OHN is solely responsible for OH Program Management.

I am expecting soon an opening for a full time Nurse Practitioner at the Philadelphia Navy Yard, GS-12 position.

Also, soon expecting a vacancy for a GS-12 program manager supervisory OHN at Quantico, VA. This position will be a full time 3 year temp/term position as the OHN leaving has return rights.

Please contact me if you need further information.

Ruth A. Callaghan  
Occupational Health Nurse Consultant  
NAVMEDNCA  
301-319-8967, DSN 285-8967  
FAX 301-319-8531



Ann Cagigas

## A SEASON FOR SHARING IN FIRE SAFETY

According to the United States Fire Administration (USFA), you can take simple life-saving steps to ensure a safe and happy holiday. By following some of the outlined precautionary tips, individuals can greatly reduce their chances of becoming a holiday fire casualty.



### Preventing Christmas Tree Fires

- **[Christmas Tree Fire Hazards](#)** - Movie segments demonstrating how fast a live Christmas tree can become fully engulfed in flames. Special fire safety precautions need to be taken when keeping a live tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.
- **Selecting a Tree for the Holiday**

Needles on fresh trees should be green and hard to pull back from the branches, and the needle should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and is a fire hazard.

- **Caring for Your Tree**

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

- **Disposing of Your Tree**

Never put tree branches or needles in a fireplace or wood-burning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.

### Holiday Lights



- **Maintain Your Holiday Lights**

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

- **Do Not Overload Electrical Outlets**

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should not be warm to the touch.

- **Do Not Leave Holiday Lights on Unattended**

### Holiday Decorations

- **Use Only Nonflammable Decorations**

All decorations should be nonflammable or flame-retardant and placed away from heat vents.

- **Never Put Wrapping Paper in a Fireplace**

It can throw off dangerous sparks and produce a chemical buildup in the home that could cause an explosion.

- **Artificial Christmas Trees**

If you are using a metallic or artificial tree, make sure it is flame retardant.

- 



### Candle Care

**Avoid Using Lit Candles:** If you do use candles, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.



- **Never Put Lit Candles on a Tree**

Do not go near a Christmas tree with an open-flame candles, lighters or matches.



Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan.

[http://www.usfa.dhs.gov/citizens/all\\_citizens/home\\_fire\\_prev/holiday-seasonal/holiday.shtm](http://www.usfa.dhs.gov/citizens/all_citizens/home_fire_prev/holiday-seasonal/holiday.shtm)

MWAOHN Dinner Meeting & Speaker  
 Wednesday, January 9, 2008  
 Topic: "What to do in a Hostage Situation"  
 Guest speaker: Richard Mayfield, RNC, MS  
 6:00 PM Dinner                      7:00 PM Presentation

.....  
**LOCATION & DIRECTIONS**

Location: Architect of the Capitol  
 Ford House Office Building, Cafeteria  
 3<sup>rd</sup> & D St SW  
 Washington, DC 20024

Enter the building at the 2<sup>nd</sup> or 3<sup>rd</sup> St entrance.  
 Picture ID required. Bags will be X-rayed.  
 Metro rail: Blue or orange metro line to Federal Center SW

**"RESERVATIONS"**

Please email to Joe Ann Conrades @ [joe.ann.conrades@census.gov](mailto:joe.ann.conrades@census.gov)  
 by COB, Thursday, January 3, 2008

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_

MWAOHN Member: \*\$16  Nonmember: \*\$18  (CEUs only: \$5\_\_)  
 Make Check payable to MWAOHN (\* includes dinner & CEUs)

Menu (please select)  Regular: Beef Stew or  Veg: Spinach Pie  
 Dinner includes Salad, Dessert, & Beverage (caffeine & decaf)

*If parking @ Ford Office Building Parking lot, list car information:*  
 Make \_\_\_\_\_, License # \_\_\_\_\_, State \_\_\_\_\_

Reservations due: Thursday, January 3, 2008 by 4 p.m.  
 MAIL CHECKS TO: JOE ANN CONRADES

15806 Paramount Lane  
 Bowie, MD 20716

Please Confirm reservations by FAX to Joe Ann @ 301.763.4170  
 If you have any questions, call JoeAnn @ 301.763.9605

**Please list any topics that you would like discussed at dinner meeting:**

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

Do you need AAOHN membership information Yes \_\_\_ NO \_\_\_

Would you like to serve on a committee? Please list: \_\_\_\_\_

## STANDING COMMITTEES

- Membership:** **Ludi Gibson** [ludi.gibson@psc.hhs.gov](mailto:ludi.gibson@psc.hhs.gov)  
 Current membership is Active 58 Retired 5 Secondary 2. MWAOHN is in a time of growth and regeneration. Serve on this committee and know that your efforts will contribute to the improved health of MWAOHN by bringing members onboard who are energetic and appreciated. Members who want to be part of the Nation's Capitol's premier occupational health nursing organization! Membership goal for 2008 is to bring on 6 additional members.
- Nominating:** **Phyllis Waslo** [waslopa@washpost.com](mailto:waslopa@washpost.com)  
 Exercise one of your greatest rights; to nominate members who can serve as officers and board members of the most important occupational health nursing organization in the nation's capitol. We may not hold glamorous, star-studded nominating conventions, but the people we think should lead our organization are worthy of being nominated by the members who hold them in highest esteem. Join Phyllis in this worthy endeavor.
- Public Affairs/Reflex:** **Claudia Beach** [claudiabeach@gmail.com](mailto:claudiabeach@gmail.com)  
 Reflex is published the month of August, October, December, February, and April. We conducted the member survey and the results are in this newsletter. See the Board Meeting Minutes in the newsletter for Communications Goals for 2008.
- Professional Affairs:** **Barbara Hayden** [barbh2004@verizon.net](mailto:barbh2004@verizon.net)  
 Make this committee your next step in education and knowledge advancement. Help Barbara, Karen, and Beverly come up with outstanding speakers who can provide members and their guests with timely information on important environmental and occupational health and safety topics.
- Governmental Affairs:** **Mary Lein** [mary.lein@hq.doe.gov](mailto:mary.lein@hq.doe.gov)  
 Want to influence and understand the overarching legislation that affects our professional practice and occupational and environmental health and safety programs? Join this committee and help track legislation, and respond to or generate correspondence to legislators. You might even end up lending support by participation in legislative hearings. Don't let this opportunity bypass you.
- Bylaws:** **Open Temporarily**  
 Currently, bylaws have been re-written and have been approved. We need a chair for this committee.
- Community Action:** **Linda Scotti** [lindascotti@yahoo.com](mailto:lindascotti@yahoo.com)  
 Members interested in working on this important committee will have the opportunity to plan and participate in activities that support good health and welfare of community members. Linda leads the telephone tree. Be sure Linda has your current daytime phone number.
- Finance:** **Karen Vesterby** [vesterbykm@state.gov](mailto:vesterbykm@state.gov)  
 MWAOHN BOD made the decision to purchase some A/V equipment for MWAOHN. We recently purchased an LCD projector, screen, laptop and scanner. We are aware that participants to our member meetings, have difficulty hearing our speakers. MWAOHN will research sound systems in the future. The LCD projector, and screen will be stored at the Ford House of Representatives Health Unit, with the assistance of the U.S. Capitol nurses. The laptop will be used and stored with the Chairman, Professional Affairs. It is our long-term goal to eventually scan into a computer system the old files from MWAOHN. Currently, when a new President takes office, she is given 6 boxes of old printed materials to store. Other officers and chairmen also receive boxes of printed materials that have been accumulated by MWAOHN during the time MWAOHN has been in existence. If you would like to volunteer to assist with scanning materials for MWAOHN, please let Ginny Rauer know.
- Planning:** **Joe Ann Conrades** [joe.ann.conrades@census.gov](mailto:joe.ann.conrades@census.gov)  
 Join this stimulating committee – a group that organizes and manages logistics of our educational events and meetings. Joe Ann can use your support to ensure our meetings and events remain classy and satisfying to attendees.



**OFFICERS AND DIRECTORS—CONTACT INFORMATION**

	<b>Dates of Office</b>	<b>Phone</b>	<b>Fax</b>	<b>e-mail address</b>	
<b>Officers</b>					
President	Virginia Rauer	'06-'08	(202) 512-4496	(202) 512-8750	<a href="mailto:virginiarauer@cox.net">virginiarauer@cox.net</a>
Vice President	Linda Scotti	'06-'08	(202) 406-5887	(202) 406-5972	<a href="mailto:linda.scotti@yahoo.com">linda.scotti@yahoo.com</a>
Secretary	Barbara Hayden	'06-'08	(202) 208-7057	(202) 208-7175	<a href="mailto:barbh2004@verizon.net">barbh2004@verizon.net</a>
Treasurer	Karen Vesterby	'06-'08	(703) 875-5120	(703) 875-5414	<a href="mailto:vesterbykm@state.gov">vesterbykm@state.gov</a>
<b>Board Members</b>					
	Charlotte Carniero	'07-'09	(301) 564-1329	(202) 782-9250	<a href="mailto:charlotte925@comcast.net">charlotte925@comcast.net</a>
	M. Tula Fitzgerald	'07-'09	(202) 692-1581	(202) 692-1561	<a href="mailto:tulafitz@yahoo.com">tulafitz@yahoo.com</a>
	Joe Ann Conrades	'06-'08	(301) 763-9605	(301) 763.4170	<a href="mailto:joe.ann.conrades@census.gov">joe.ann.conrades@census.gov</a>
	Claudia Beach	'06-'08	(301) 903-9826	(301) 903-6584	<a href="mailto:claudiabeach@gmail.com">claudiabeach@gmail.com</a>
<b>Committee Chairs</b>					
Membership	Ludi Gibson	'06-'08	(301) 778-1524	(301) 457-7119	<a href="mailto:ludi.gibson@psc.hhs.gov">ludi.gibson@psc.hhs.gov</a>
Nominating	Phyllis Waslo	'07-'09	(202) 334-7192	(202) 334-7169	<a href="mailto:waslopa@washpost.com">waslopa@washpost.com</a>
Public Affairs/Reflex	Claudia Beach	'06-'08	(301) 903-9826	(301) 903-6584	<a href="mailto:claudiabeach@gmail.com">claudiabeach@gmail.com</a>
Professional Affairs	Barbara Hayden	'07-'09	(202) 208-7057	(202) 208-7175	<a href="mailto:barbh2004@verizon.net">barbh2004@verizon.net</a>
Governmental Affairs	Mary Lein	'07-'09	(202) 586-2601	(202) 586-1862	<a href="mailto:mary.lein@hq.doe.gov">mary.lein@hq.doe.gov</a>
Bylaws	Open Temporarily				
Community Action	Linda Scotti	'06-'08	(202) 406-5887	(202) 406-5972	<a href="mailto:linda.scotti@yahoo.com">linda.scotti@yahoo.com</a>
Finance	Karen Vesterby	'06-'08	(703) 875-5120	(703) 875-4853	<a href="mailto:vesterbykm@state.gov">vesterbykm@state.gov</a>
Planning	Joe Ann Conrades	'06-'08	(301) 763-9605	(301) 763.4170	<a href="mailto:joe.ann.conrades@census.gov">joe.ann.conrades@census.gov</a>
Telephone Tree	Linda Scotti	'06-'08	(202) 406-5887	(202) 406-5972	<a href="mailto:linda.scotti@yahoo.com">linda.scotti@yahoo.com</a>

Members should e-mail Claudia Beach [claudiabeach@gmail.com](mailto:claudiabeach@gmail.com) and Ludi Gibson [ludi.gibson@psc.hhs.gov](mailto:ludi.gibson@psc.hhs.gov) your current e-mail address.

Be sure to update your e-mail address at AAOHN. If you cannot do it yourself, email [memberservices@aaohn.org](mailto:memberservices@aaohn.org) for assistance.

Reflex Newsletter Editor: Claudia Beach [claudiabeach@gmail.com](mailto:claudiabeach@gmail.com)  
Comments and Suggestions Welcome!



Deborah Smith-Krause