



# Reflex

**MWAOHN**

**APRIL MAY 2008**

**2007 & 2008 AAOHN Communications Award Winning Newsletter of the Nation's Capitol's OHN Association**



Virginia Rauer, President

*Metropolitan Washington Association of Occupational Health Nurses, Inc.*

## **PRESIDENT VIRGINIA RAUER - SPRING INTO ACTION!**



Linda Scotti  
Vice President

Springtime! I love it! Here in Washington, D.C. we have the Cherry Blossom festival; lots of tourists in town to visit our special pink blossoms, monuments, and museums. I'm always proud to share information and directions when I see them standing on the street corner turning maps up and down, looking around and trying to find the next museum. I think we are privileged to work in and around our nation's capital city. We look at all the bumps and problems we see everyday but to the rest of the country, this is a special place. I'm proud to be an American. As one of my nurses said, "We have a job and we have a very important job."

I don't know if we all believe that we are uniquely qualified to make a difference

in a profession that increasingly becomes more important as the tide in healthcare turns to prevention of the chronic illnesses that accounts for the exorbitant costs of health care. I hope you believe that you make a difference. You're the one who makes change happen.

Sadly we still need to protect our turf against the business side interlopers who would define the work we do as easy to outsource to lesser qualified entities. Tight budgets, and short-sighted planning for the workforce is still a real danger to the occupational health nurse in the government and private sector.

So where am I going with these flowery phrases and idealistic discourse?

Well, springtime is new life, things growing almost magically in the gardens, popping up everywhere. I want you to be encouraged to get yourself up out of the old ruts and ho-hum attitudes at work, get those brain cells clicking again, go to work every day to make a difference in at least one new patient's life. Get involved with other nurses, share your ideas, successes, failures, seek new resources, colleagues who can assist by sharing a similar problem patient or situation and how they solved it. MWAOHN offers the perfect venue to meet other nurses in occupational health nursing. Join us at the Ford House Office Building.

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

## **MAY 14<sup>TH</sup> DINNER MEETING – EARN 1.0 CEU "WELLNESS AND HEALTH PROMOTION"**

Jennifer Seven  
You won't want to miss our final dinner meeting of this season on May 14, 2008! Jennifer Seven, the founder of the 7Company, will teach us the ins and outs of Health Promotion in the Work Place. Jennifer is not a theoretician on this topic: her company organized more than 130 health fairs in DC and Baltimore and provided more than 100 wellness lectures for area businesses in 2007 alone.

In 2008, they were awarded a contract by FEMA to provide Health and Safety Fairs in DC and in California. The 7 Company also gives flu shots and provides onsite screenings for cholesterol/glucose, blood pressure/body fat, vision, hearing and other valuable tests.

**RSVP by completing the registration form on page 18 in this Newsletter, and fax to Joe Ann Conrades at 301.763.4170 or send you're RSVP by e-mail to [Joe.ann.conrades@census.gov](mailto:Joe.ann.conrades@census.gov)**



Jennifer Seven

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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.

MWAOHN Members: \$16.00

Non-members: \$18.00

### Make check payable to MWAOHN

#### Mail check to:

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

### 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 18 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)**



Phyllis Waslo  
Nominating Committee Chair

## 2008 Dinner Meetings

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



Joe Ann Conrades  
Planning Committee Chair



Karen Vesterby, Treasurer

### 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 18.**

# Embracing Change

Downsizing - budget cuts - the economy -  
new administration coming - baby boomers delaying retirement -

**What does this all mean for OHNs?**

**Let's figure this out together in the upcoming year!**

**Embracing Change**  
is the theme adopted by MWAOHN  
For our Fall 2008 – Spring 2009 session



**Deborah Garrison** applied for a scholarship grant through AAOHN this year. She is pursuing a Master's degree and received notification that she is the recipient of \$ 2,500.00 from the AAOHN Foundation.

Congratulations Deborah.

We all want to read your thesis!

Barbara Hayden  
Secretary Extraordinaire!  
Barbara created the "Embracing Change" graphic above

## MWAOHN MEMBERS

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Esmee Swan



Mary Doyle



Ludie Gibson  
Membership Committee Chair

## KAREN HIRAKAWA, RN, M.ED., COHC



“Our co-worker is passed out on the floor in the ladies room! Can you come right away—there is blood everywhere!”

Whenever the emergency phone rings, occupational health nurses must be ready for anything! A career in occupational health gives you the opportunity to use every skill you’ve acquired over your nursing years.

In the scenario above, the patient was a large patient, had head trauma from a fall in the stall, diminished LOC (level of consciousness), complaining of chest pain and SOB (shortness of breath), and was physically wedged under two stalls! She was later found to have had a PE (pulmonary embolism) and recovered well thanks to caring colleagues who discovered her after a prolonged absence and an acrobatic nurse who managed to bandage her wound, get a nasal cannula placed, and keep her talking and reassured until the EMS (emergency medical service) team arrived and broke down the stall walls.

I love being a nurse because of the adventure and mystery that comes every day. I started out in pediatrics, became a multi specialty Navy nurse at the premier facility in Bethesda, and went on to become a pediatric transport nurse and then a “Clin Spec” in neonatology.

Meeting my future musician husband at a concert of our beloved Julliard String Quartet led us overseas to

Singapore and Hong Kong where I created the role of orchestra nurse—another form of occupational health! Management positions, one in a multicultural setting in Hong Kong, rounded out my career until we had our two boys, now aged 16 and 17.

Contracting with FOH (Federal Occupational Health a division of the Department of Health and Human Services U.S. Public Health Service) part-time evenings and weekends was the perfect opportunity to use my nursing expertise and still be home with my babies. I learned spirometry and vision and hearing surveillance as an industrial health nurse at the Bureau of Engraving and Printing and loved the wonderful aesthetics and challenges with visitors as a nurse at the National Gallery of Art! The Holocaust Museum position brought tears to my eyes but I felt honored to be a resource for those visitors who needed to talk through their grief.

Through telehealth, as a Kaiser Advice nurse, I learned algorithms for every situation which have become the fundamental tenets of many nursing processes I have since encountered. QI (quality improvement) and mentor/training roles as well as Web nursing were a natural evolution for me as I was always the detail oriented one and loved being a resource.

September 11 brought me back to my community to be closer to my children should the worst happen again. School nursing kept me on my children’s schedules and allowed me the summers off to follow my dream of achieving my Master’s degree!

World travel and experiencing third-world countries was the perfect backdrop for my present role in the Department of State as a travel immunization nurse for 47 federal agencies and coordinator in building our audiology program.

I feel fortunate that MWAOHN, our D.C. AAOHN chapter is thriving! The networking and learning opportunities with our contemporaries brings even more vitality to our nursing roles.

# 2008 EDUCATIONAL OFFERINGS

## Washington, D.C. 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

Inova Alexandria Hospital  
4320 Seminary Road  
Alexandria, VA 22304

AAOHN Members \$129.00  
Non-members \$150.00  
Students/Retirees \$75.00

Karen Barry

## 2<sup>nd</sup> ANNUAL FEDERAL OCCUPATIONAL HEALTH CONFERENCE

JUNE 17<sup>th</sup> - 19<sup>th</sup>, 2008  
Westin - Harbour Island, Florida



For more information please visit:  
[http://www.chepinc.org/conf/Occ\\_Health\\_092607.html](http://www.chepinc.org/conf/Occ_Health_092607.html)



Register now to attend

[http://www.aaohn.org/education/symposium-  
expo/Advance\\_Program/Registration.cfm](http://www.aaohn.org/education/symposium-expo/Advance_Program/Registration.cfm)

# 2008 EDUCATIONAL OFFERINGS

## Washington Occupational Health Associates, Inc.

### OCCUPATIONAL HEARING CONSERVATION COURSE

May 28 – 30, 2008

Washington, DC

Sibley Memorial Hospital

For initial certification or re-certification under the Council for Accreditation in  
Occupational Hearing Conservation (CAOHC)

Sponsored by Washington Occupational Health Associates, Inc  
[www.woha.com](http://www.woha.com)

AAOHN Continuing Education Credits available.

#### Contact:

Anita Taylor, [ataylor@woha.com](mailto:ataylor@woha.com) or  
Andrew Mirelman, [amirelman@woha.com](mailto:amirelman@woha.com).

(202) 463-6698



Juanita Tutt



Celebrate National Occupational  
Health Nursing Week  
April 14-18, 2008



# American Board for Occupational Health Nurses, Inc.

The American Board for Occupational Health Nurses (ABOHN) is pleased to announce that at the January Board of Directors meeting, the eligibility for COHN, COHN-S examinations and recertification were approved. The following changes are effective immediately:

- Eligibility requirements for the COHN exam include active licensure as a registered nurse (RN) or international equivalent.
- In the past 5 years: 3,000 hours experience in occupational health nursing; or, the completion of a certificate program in occupational health nursing for academic credit.
- Eligibility requirements for the COHN-S examination include active licensure as a registered nurse (RN) or international equivalent; and, bachelor’s degree or higher (does not need to be in nursing); and, in the past 5 years - 3,000 hours of experience in occupational health nursing; or the completion of a certificate program in occupational health nursing for academic credit or, the completion of a Master’s degree level of education with a concentration in occupational health.
- Re-certification eligibility requirements for both COHN and COHN-S include active licensure as a registered nurse (RN) or international equivalent; 3,000 hours of occupational health nursing practice; and, 50 continuing nursing education (CNE) contact hours.

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).

Become board certified! [www.abohn.org](http://www.abohn.org)

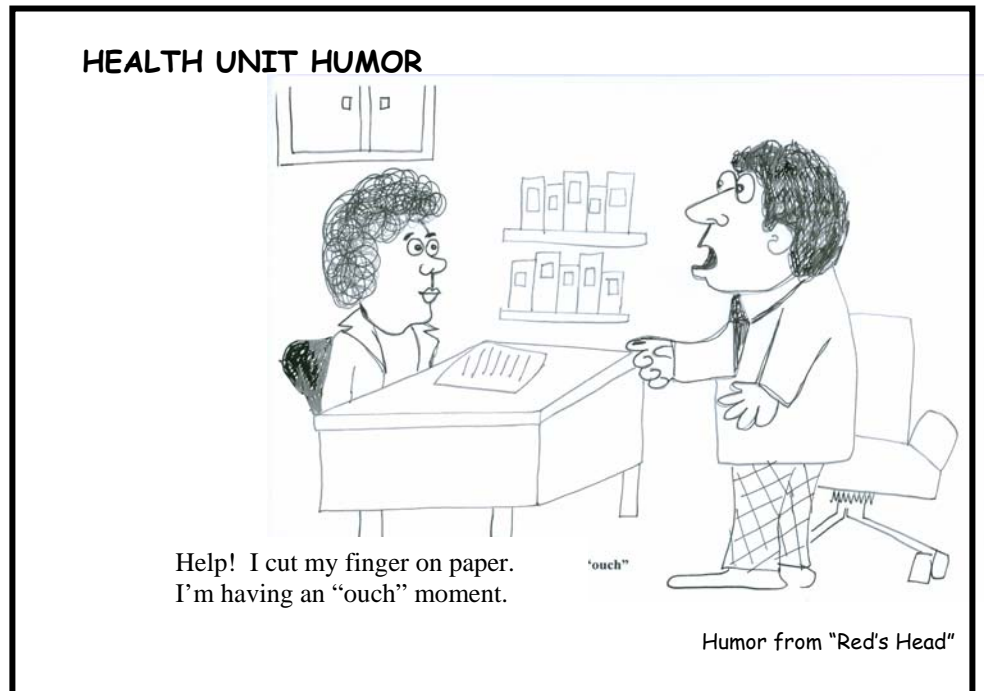


Lillie Mitchell

## JOIN AAOHN

Join [aaohn.org](http://aaohn.org) and make MWAOHN your OHN home.

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## MOLD IN THE WORKPLACE

Seminar March 24, 2008

The Northern Virginia Association of OHNs recently hosted a seminar on Mold Exposure in the Workplace conducted by Dean W. Myers, CIH, CSP, ARM a Risk Control Consultant for Marsh Company. Dean went through the basic morphology and biochemistry of molds and explained that the key risk factors leading to indoor amplification of molds are presence of mold spores, presence of moisture, a temperature range the same as most humans appreciate (15-30 degrees Celsius), a nutrient source such as wood, paper, cellulose ceiling tiles, wallpaper and wallpaper adhesive, and organic dusts found in fiberglass insulations, duct linings, carpeting, and upholstery. Of all these factors, the one most likely to be effective to control is moisture.

Key complaints which usually occur during work hours and are associated with mold exposure are:

- Headache
- Sinus infection
- Respiratory problems
- Fatigue
- Coughing and sneezing
- Dizziness
- Eye, nose, and throat irritation
- Nausea
- Skin rashes
- Central nervous system effects

Dean suggested that a good guide for OH professionals on mold is: *Guidance for Clinicians on the Recognition and Management of Health Effects Related to Mold Exposure and Moisture Indoors* put out by the University of Connecticut Health Center, Division of OEM, Center for Indoor Environments and Health (2004):

<http://oehc.uchc.edu/images/PDFs/MOLD%20GUIDE.pdf> .

For more information or to book Dean for a speaking engagement:

[dean.w.myers@marsh.com](mailto:dean.w.myers@marsh.com)



Tula Fitzgerald

## Men continually active at work may have a decreased risk of prostate cancer

### Occ-env-med-1 digest: February 16, 2008

#### Abstract

**Objective:** We conducted a nested case-control study of 362 cases diagnosed between 1 January 1988 and 31 December 1999, and 1,805 matched controls to examine the association between occupational physical activity and prostate-cancer incidence among workers at a nuclear and rocket engine-testing facility in Southern California.

**Methods:** We obtained cancer incidence data from the California Cancer Registry and seven other state cancer registries. Data from company records were used to construct a job exposure matrix (JEM) for occupational physical activity during employment. Conditional logistic regression was used to estimate associations.

**Results:** With adjustment for occupational confounders, including socioeconomic status and trichloroethylene (TCE) exposure, high activity levels at work were inversely associated with prostate-cancer incidence among aerospace workers (odds ratio [OR] = 0.55; 95% CI = 0.32-0.95), but not among radiation workers (OR = 0.95; 95% CI = 0.43-2.1).

**Conclusions:** Our results suggest that adult men who are more continually active at work may have a decreased risk of prostate cancer.

## GECKO GAUZE

MIT researchers created a waterproof adhesive bandage inspired by gecko lizards that may soon join sutures and staples as a basic operating room tool for patching up surgical wounds or internal injuries. The MIT researchers built the adhesive with a biorubber and, using micropatterning technology, shaped the biorubber into different hill and valley profiles at nanoscale dimensions.

The surface of the bandage has the same kind of nanoscale hills and valleys that allow the lizards to cling to walls and ceilings. Applied over this landscape is a thin coating of sugar-based glue that helps the biodegradable bandage stick in wet environments, such as to heart, bladder, or lung tissue.

Because it can be folded and unfolded, the bandage is potentially suitable for minimally invasive surgical procedures that are performed through a very small incision. The adhesive could also be infused with drugs designed to release as the biorubber degrades. The elasticity and degradation rate of the biorubber are tunable as is the pillared landscape - allowing for customizable elasticity, resilience, and grip for different medical applications.

Read more here: <http://link.abpi.net/l.php?20080221A2>

**Poison Control Center -800-222-1222**

# PROFESSIONAL EDUCATION AND RESOURCES

## OPM Wellness Website

[HTTP://WWW.OPM.GOV/EHS/HEALTH3.ASP](http://www.opm.gov/ehs/health3.asp)

What Services Do Other Agencies Offer?

Agencies are currently offering a wide variety of preventive health services. Agencies choose the services that best meet their needs, and the level of services varies from agency to agency. Below are some examples.

- Health Fairs
- Mobile Health Vans
- Health Talks
- Cafeteria Tours
- "Lunch and Learn" Sessions
- Health Newsletters
- Online Health Programs
- Health Program Web Page
- Video Lending Libraries
- Emails on Health Services
- Self-Care Materials
- Health Education Brochures
- Medical Health Exams
- Blood Pressure Readings
- Cholesterol Screenings
- Health Risk Appraisals
- Blood Screenings
- Body Fat Analysis
- Cancer Screenings
- Fitness Assessments
- Exercise Prescriptions
- Individual Counseling
- Self-Help Support Groups
- Awareness Classes
- Smoking Cessation
- Weight Control
- Healthy Food Selection
- Stress Management
- AIDS Awareness
- CPR Instruction
- Healthy Back
- Cancer Prevention
- Women's Health
- Ergonomics
- Fitness Classes
- Walking Clubs

THE WELLNESS COUNCILS OF AMERICA, a non-profit organization dedicated to worksite health promotion, publishes the *HEALTHY WORKPLACE: HEALTH FAIRS FOR YOUR WELFARE* can be contacted at <http://www.welcoa.org> or 402-827-3590

## THANKS TO CHARLOTTE CARNEIRO FOR THE EDUCATION ON "MRSA FOR OHNS"

Thanks to Charlotte's excellent seminar on MRSA, now we know that 1% of the population is colonized with MRSA and that domestic animals can also be colonized and pass MRSA on to humans. The most at-risk populations are the recently hospitalized or who have had a recent outpatient procedure, many who have not had recent hospitalization or outpatient procedures, and African-American men older than 65 years of age. Invasive MRSA disease causes (in order) bacteremia, pneumonia, cellulitis, osteomyelitis, endocarditis, and septic shock. Charlotte suggests that the OHN role in MRSA prevention and management is to educate workers and management on signs and symptoms, when to seek medical care and the importance of adhering to the treatment plan, return-to-work policies, the importance of personal hygiene, and possible surveillance activities in the workplace.

**AAOHN sponsored MRSA seminar May 21, 2008**

[Community and Healthcare-Associated MRSA: Populations at Risk](http://www.aohn.org/education/online-learning/Webcasts/mrsa.cfm)

<http://www.aohn.org/education/online-learning/Webcasts/mrsa.cfm>



Charlotte Carneiro

# PROFESSIONAL EDUCATION AND RESOURCES

## COACH'S CORNER STAYING MOTIVATED

Staying motivated while job hunting can be challenging. After all, just because you are searching for a position doesn't necessarily mean one is available at that particular moment. But there are steps you can take to improve your chances.



- Set realistic goals.
- Treat your job search as a job.
- Take the extra time to improve your resume.
- Brush up on your interview skills by holding mock interviews with a spouse or friend.
- Enlist the resources of a recruiter that specializes in your field.
- Network with those in your field.
- Polish rusty skills. Perhaps a computer course is in order.
- Don't become discouraged if you don't get a job you interviewed for.
- Stay positive mentally and physically. Exercise your brain and your body.

Reasons for job hunting can range from necessity (lay offs) to ambition (advancement) to relocation to just plain 'it's time'. Whatever the motivator, stay positive and keep an open mind. Naturally the best time to find a job is when you have a job, but that's not always the case, so be

prepared to accept part time or per diem positions while you continue your search. If you find yourself unemployed without the part time or per diem option available to you – try volunteering. Volunteering for a few hours each week can have phenomenal rewards. First of all, you're helping someone else. Secondly, it gets you out of the house and it's a great source of networking.

**Coach's Corner** is a regular feature in the Reflex. It is written by a friend of MWAOHN and Recruiter of Taylor & Associates, **Lisa McLaughlin**. Lisa covers researching the employer, telephone interviews, face-to-face interviews, salary negotiation, and 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 May 14<sup>th</sup> meeting**

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

### April 12th Winners

Becky Jahandari  
Sharon McKinney  
Phyllis Waslo  
Juanita Tutt

Karen Hirakawa  
Esmee Swann  
Ludie Gibson  
Nancy Twitchell

Maggie Marquez  
Mary Lein  
Melinda Hileman



Nancy Twitchell

# PROFESSIONAL EDUCATION AND RESOURCES

## EXERCISE: HEART HEALTHY QUIZ AND WORKPLACE WOES



*By Jennifer Seven*

**Take this quiz** to see how savvy you are about one of your body's most precious:

### True or False?

- 1) If I don't already have heart disease, I don't need to be concerned about my cholesterol level.
- 2) My last cholesterol level was within my goal, so I don't really need to be concerned about cholesterol anymore.
- 3) Eating less saturated fat is the best dietary change I can make to lower my blood cholesterol.
- 4) I should avoid all fat.
- 5) If I am overweight, losing weight will help me to lower my blood cholesterol.
- 6) Exercise can lower cholesterol level.

### Heart Healthy Quiz Answers:

- 1) **False** – Even in the absence of heart disease, lowering cholesterol levels can prevent a first heart attack.
- 2) **False** – High cholesterol and heart disease are only controlled, not cured, by diet and drug therapy.
- 3) **True** – Saturated fat raises your blood cholesterol more than anything else you eat. Stay away from fatty cuts of meat, whole-milk dairy products, and oils such as palm and coconut. Choose fruit, vegetables, and whole grain foods instead.
- 4) **False** – Your body still needs fat for a variety of functions; not all dietary fat is bad. Look for unsaturated fats in products you consume, but still limit your intake, as all fats are high in calories.
- 5) **True** – If you are overweight, losing even a little weight can help lower LDL cholesterol. Two keys to losing weight are eating fewer calories and becoming more physically active.
- 6) **True** – Regular exercise helps lower LDL levels and blood pressure, reduce excess weight, and improve the fitness of your heart and lungs.

*Source: National Heart, Lung & Blood Institute*

### Heart Health

With Spring here, now is the perfect time to focus on your heart. Here are some sensible tips for better overall health:

- Eat fewer processed foods – they are packed with sodium, which contributes to high blood pressure.
- Add whole grains, fish, poultry, fruits, veggies, and nuts as part of a balanced diet.
- Reduce salt intake by substituting herbs and spices such as garlic, lemon, vinegar, cumin, cinnamon, nutmeg, pepper, or oregano.
- Increase your physical activity by adding variety throughout your day; take the stairs at work, park a little further away from your destination, or walk/bike to an errand instead of driving.



7Company has an MOU (memorandum of understanding) with FOH to organize and/or assist with health fairs, at no cost. 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 health issues. 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)

Adrienne Johnson with 7Company

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# PROFESSIONAL RESOURCES

## THE EDWARDS' GAZETTE VOLUME II



### Ebb and Flow: Helpful Tips for Your Flu Vaccination Program

Every year the demand for vaccinations in the workplace fluctuates. Healthcare providers in the workplace face the annual issue of attempting to predict the right amount of vaccine to order. Traditionally, there seemed to be only two outcomes: order too much or order too little. Of course, the media and other outside influences play a part in demand, but there are several factors that we can control. Let's see if I can provide some lessons learned from my experiences with local nurses to help you order just the right amount of vaccine.

#### Tip #1: Creative Promotion Methods

The primary method I have learned from the OHN community to reduce fluctuation and improve participation in the immunization campaign is to advertise in creative ways. Think carefully about where in your facility people congregate in large numbers, high traffic areas, or areas where a poster might have their undivided attention. Cafeterias, primary bulletin boards, lobbies are all fantastic places to advertise. The trick is to take your advertising to the next level. Why not use a stapler and tape to securely fasten a brightly colored balloon to that bulletin board that everyone seems to ignore? Small helium tanks can be purchased at local stores. The tanks and balloons are less expensive than even one unused vial of flu vaccine. You can even write a message on the balloons with a marker and put them throughout the facility. After a couple seasons, they might even become known as "the flu balloons", reminding employees without even reading a poster that it is almost time to get their flu shot. You need DVD's, you need PDFs to mass e-mail, you need multi-lingual posters, and you need tri-fold brochures. Talk to your facilities manager about posting flu posters on the inside of elevator doors or near security screening points. Some locations have asked their facilities manager if they can use



Mary Lein, Government Affairs Chair



Sharon McKinney



Yvonne Arrington

scotch tape to mount posters on the mirror in bathrooms. An increasing number of organizations encourage the use of hand sanitizer during flu season. Why not tie a balloon or place a poster right next to the dispensers? The key is to take the ordinary ways to advertise your program and make them extraordinary. Be creative!

#### Tip #2: Questions to ask when ordering flu vaccine

- Does the best price you see include the Federal Excise tax of \$7.50 per vial/syringe?
- Are you able to work with your distributor to coordinate your vaccine delivery date with your flu clinic?
- Can you receive promotional and educational materials from your distributor to help promote flu clinic?
- Do you have a personal contact with your distributor to support your program and needs?

Influenza is a viral infection that sickens millions of people each year and has the potential to cause serious complications. The flu vaccine offers protection against the flu. Good luck in promoting the importance of this workplace health program. Please share your creative flu program ideas.

Please submit questions for future columns to:

[sbedell@edwardsmedical.com](mailto:sbedell@edwardsmedical.com)

1-800-837-7077x261

703-232-5693 (personal cell)

Stephen Bedell



**NTIS PUBLICATION NO. PB-94-195047**

NIOSH Chemical Listing and Documentation of Revised IDLH Values (as of 3/1/95) Documentation for Immediately Dangerous to Life or Health Concentrations (IDLH)

<http://www.cdc.gov/niosh/idlh/intridl4.html>

**Federal Legislation to Watch**

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

Sign up for e-mail notification about **CDC Clinician Conference Calls**: <http://www.bt.cdc.gov/clinregistry>

**REGULATORY AND FEDERAL INFORMATION PAGE****2008 NURSE IN WASHINGTON INTERNSHIP – OHNS RULE!**

Claudia Beach, Lorraine Pacha, Bonnie Corliss, Cheryl Strunk and Kathryn Emanski



Representative Lois Capps, RN



Representative Steven LaTourette

The 2008 Nurse in Washington Internship was a roaring success – that according to the approximately 100 attendees this year. Participants represented numerous nursing specialties including 5 participants in occupational health nursing. Participants were treated to 2 ½ stimulating days of tutorials on the Federal legislation, battle stories from the front lines told by a panel of high-level legislative aides, advice from a wise and gracious panel of expert nurse advocates, the inside scoop on nursing and health legislation from nurse Representative Lois Capps (CA) and Representative Steven C. LaTourette (OH), and the *pièce de résistance*, a visit to Capitol Hill to our respective Representatives to advocate for nursing workforce development and education legislation, increased funding to the National Institute of Nursing Research, and to ask that they shore-up nursing in the form of comments in the Congressional Record supporting the nursing profession.

AAOHN was admirably represented by 5 of the most beautiful nurses at the meeting, all of whom enthusiastically carried the message to the Hill of the importance of OHNs to this Nation's workforce and employers. AAOHN nurses were: Bonnie Corliss from Connecticut (USPS); Kathryn Emanski from Pennsylvania (Sanofi Pasteur); Cheryl Strunk from Pennsylvania (CHS Medical), Lorraine Pacha from Iowa (Genesis Health), and Claudia Beach from MWAOHN.

The best advice we received from the Representatives on this sojourn was that we are most effective if we go to meetings held by and have appointments with our Representatives in our home districts. They want to hear the stories behind what we are advocating for and that patients are counting on us to advocate for them. So we should use these natural skills to influence legislation by telling them the stories from the trenches. The legislators also want to hear good news stories. Nurses are natural politicians, always negotiating with and gaining acceptance of our recommendations by our patients. Sending e-mails instead of hardcopy letters is becoming the preferred communications method because, to quote Representative LaTourette, "The decontamination process causes mail to take 2 months to get to Congress and the letters resemble the Dead Sea Scrolls when opened."

Authors of the textbook, *Policy and Politics in Nursing and Health Care*, Mary W. Chaffee and Judith K Leavitt made themselves available to sign their book. Many nurses at the Conference recommended reading it. You may call 1-800-545-2522 for more information about the text.

Next year – sign up early and come to Washington for this fascinating exploration of and initiation into the mighty struggle to keep nursing legislation alive and help fulfill patients' hopes for improved healthcare legislation! Plus, it is just plain fun!

Thanks for sponsoring us, AAOHN! You Rock!

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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.

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# OCCUPATIONAL HEALTH NURSE JOBS

## LOCAL OCC-DOC LOOKING FOR AN OCCUPATIONAL HEALTH NURSE PRACTITIONER

Dr Carol Currier's office is looking for a part-time or fill-in Nurse Practitioner for her office in Sterling, Va.

Corporate Health/Dr. Carol Currier  
46440 Benedict Drive  
Suite 108  
Sterling, Va. 20164  
703-444-5656  
Fax- 703-444-5789

### Zucchini-Oat Bread

[karyn.miller@psc.hhs.gov](mailto:karyn.miller@psc.hhs.gov)

1 1/2 cups sugar  
2 1/4 tsp grd cinnamon  
2 1/2 cups all pur flour  
1 cup rolled oats  
1 tsp baking powder  
3/4 tsp salt  
1/2 tsp baking soda  
3 eggs  
1 cup applesauce  
1/4 butter, melted  
1 tsp vanilla  
2 cups shredded, unpeeled zucchini  
1 cup chopped walnuts or pecans  
3/4 cup raisins

Preheat oven to 350, Lightly coat 9x5.3 inc loaf pan with cooking spray, set aside. Combine 1 TBS of sugar/1/4 tsp cinnamon, set aside. Combine flour, oats, baking powder, salt, soda, and remaining cinnamon and set aside. In large bowl, beat eggs w/elec mixer on med speed for 2 min or until foamy. Add remaining sugar, applesauce, butter and vanilla. Gradually add in the flour mixture, beating on low speed, just until combined. STIR in zucc, nuts/raisins. Spoon into loaf pan. Sprinkle with sug/cinn mixture. Bake 1 hr 20 min OR until wooden toothpick in center comes out clean. Cool in pan on wire rack for 10 min, then remove from pan. Cool completely on rack. Wrap and store for several hr before slicing...

Karyn Miller



## Regional Clinical Executive for a leading provider of Healthcare Information Technology (HIT) solutions

Strong candidates will be nurses with experience in clinical informatics that are looking for **outstanding income potential** in the rapidly expanding HIT industry. Please let me know if you are interested in learning more about this opportunity or can recommend someone who is qualified. Also, please feel free to forward this email throughout your professional network.

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- Strategize with Regional VP and Sales Executives to insure success in the sales process by determining correct product resources to support the process
- Ensure that resources are appropriately assigned for walkthroughs and product demonstrations
- Evaluate product demonstrations for clinical accuracy, ease of use and workflow.
- Assist with large regional and national specialty sales events
- Assist and/or write articles for publication in trade journals
- Submit abstracts for presentation at local, state and national conventions

### Requirements

- Able to work independently with strong project management skills
- RN required, with a Bachelor's (or higher) degree
- Experience in clinical informatics and HIT applications
- Outgoing personality with outstanding presentation and communication skills
- May require travel up to 5 days a week

Best Regards,

Franke M. Albrecht, President  
Albrecht & Associates Executive Search  
818.914.5194 Direct (PT)  
800.882.1132 x701  
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## RETIREMENT COMMUNITY OHN NEEDED

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[http://vna.associationcareernetwork.com/JobSeeker/JobDetail.aspx?abbr=VNA&jobid=f15dd56d-e154-48bf-b96d-b2a97c89c451&stats=y&stats=y&utm\\_source=NURSES.VA%2BJob%2BFlash%2B1%2B2008-04-1&utm\\_medium=Email](http://vna.associationcareernetwork.com/JobSeeker/JobDetail.aspx?abbr=VNA&jobid=f15dd56d-e154-48bf-b96d-b2a97c89c451&stats=y&stats=y&utm_source=NURSES.VA%2BJob%2BFlash%2B1%2B2008-04-1&utm_medium=Email)

## Body Mass Index and Calorie Counters

### Keep Track of Your Progress

**You can reduce your risk of heart disease.** Set goals and keep track of your blood pressure, cholesterol, weight, and body mass index (BMI). If you have diabetes, also keep track of your blood glucose levels.

#### Are You at a Healthy Weight?

Here is a chart for men and women that gives the Body Mass Index (BMI) for various heights and weights.

#### What Does Your BMI Mean?

**Normal weight: BMI = 18.5-24.9**

Good for you! Try not to gain weight.

**Overweight: BMI = 25-29.9**

Do not gain any weight, especially if your waist measurement is high. You need to lose weight if you have two or more risk factors for heart disease and are overweight, or have a high waist measurement.

**Obese: BMI = 30 or greater**

You need to lose weight. Lose weight slowly—about 1/2 to 2 pounds a week. See your doctor or nutritionist if you need help.

Body Mass Index	
	21 22 23 24 25 26 27 28 29 30 31
4'10"	100 105 110 115 119 124 129 134 138 143 148
5'0"	107 112 118 123 128 133 138 143 148 153 158
5'1"	111 116 122 127 132 137 143 148 153 158 164
5'3"	118 124 130 135 141 146 152 158 163 169 175
5'5"	126 132 138 144 150 156 162 168 174 180 186
5'7"	134 140 146 153 159 166 172 178 185 191 198
5'9"	142 149 155 162 169 176 182 189 196 203 209
5'11"	150 157 165 172 179 186 193 200 208 215 222
6'1"	159 166 174 182 189 197 204 212 219 227 235
6'3"	168 176 184 192 200 208 216 224 232 240 248

**Weight is measured with underwear but not shoes.**

Source: Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: The Evidence Report; National Heart, Lung, and Blood Institute, in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health; NIH Publication 98-4083; June 1998

#### Body Mass Index Calculators

<http://www.halls.md/body-mass-index/bmi.htm>

<http://www.nhlbisupport.com/bmi/>

<http://www.cdc.gov/nccdphp/dnpa/bmi/>

<http://www.consumer.gov/weightloss/bmi.htm>

<http://www.caloriecontrol.org/bmi.html>

#### Find the number of calories in specific foods

[http://www.caloriescount.org/cgi-bin/calorie\\_calculator.cgi](http://www.caloriescount.org/cgi-bin/calorie_calculator.cgi)

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

#### Calculate how many calories you burn in certain activities

<http://www.hypergurl.com/calorie-counter.html>

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

# MWAOHN Dinner Meeting & Speaker

Wednesday, May 14, 2008

Topic: **“WELLNESS AND HEALTH PROMOTION”**

Guest speaker: Jennifer Seven

6:00 PM Dinner

7:00 PM Guest Speaker



Andrew Goode

## 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 (no later than) COB, Thursday, May 8, 2008

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

MWAOHN Member: \*\$16  Nonmember: \*\$18  (CEUs only: \$5\_\_)

*Make Check payable to MWAOHN (\* includes dinner & CEUs)*

Menu (please select one)  Regular: Chicken Alfredo Fettuccini or  Vegetarian: Spinach Pie  
Dinner includes Salad, Dessert, & Beverage (caffeine & decaf)

*If parking @ Ford Office Building Parking lot, list car information:*

Make \_\_\_\_\_, License # \_\_\_\_\_, State \_\_\_\_\_

Reservations due: NLT Thursday, March 6, 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 69: 60 active, 5 retired, 1 student, and 3 secondary. 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)

Elections have been held for the MWAOHN leadership. Come to the May 12<sup>th</sup> meeting to learn the results. Thanks to Phyllis for the great job with the nominations and voting and elections processes.

### **Public Affairs/Reflex:** [Claudia Beach claudiabeach@gmail.com](mailto:claudiabeach@gmail.com)

Reflex is published the months of August, October, December, February, and April. We won the AAOHN Communications Award in 2007 and 2008.

### **Professional Affairs:** [Barbara Hayden barbh2004@verizon.net](mailto:barbh2004@verizon.net)

Professional Affairs Committee: The best news of '08 is that two new members have joined the professional affairs committee: Sharon McKinney and Karen Hirakawa. They will be learning the ropes of obtaining new speakers for our dinner meetings and all the CEU application detail that goes along with that. A warm welcome and thank-you to Sharon and Karen from your support team of emeritus members: Barbara Hayden, Karen Vesterby, and Beverly Kozak..

### **Governmental Affairs:** [Mary Lein mary.lein@hq.doe.gov](mailto:mary.lein@hq.doe.gov)

Claudia Beach participated in the 2008 Nurse In Washington Internship. Read her account of the experience on page 14. Get involved in legislative activities. Join the Governmental Affairs committee.

### **Bylaws:** [Open Temporarily](#)

Currently, bylaws have been re-written and 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.



Sue Petit

Becky Jahandari



Tammy Kimes



## OFFICERS AND DIRECTORS—CONTACT INFORMATION

	Dates of Office	Phone	Fax	e-mail address	
<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	(703) 875-8381	(703) 875-8381	<a href="mailto:lindascotti@yahoo.com">lindascotti@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	(301) 464-3448	<a href="mailto:vesterbykm@state.gov">vesterbykm@state.gov</a>
<b>Board Members</b>					
	Charlotte Carneiro	'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	Ludie 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	(703) 875-8381	(703) 875-8381	<a href="mailto:lindascotti@yahoo.com">lindascotti@yahoo.com</a>
Finance	Karen Vesterby	'06-'08	(703) 875-5120	(301) 464-3448	<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	(703) 875-8381	(703) 875-8381	<a href="mailto:lindascotti@yahoo.com">lindascotti@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!

Sharon Greene

