



Reflex



Virginia Rauer, President

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

Metropolitan Washington Association of Occupational Health Nurses

MWAOHN
40TH ANNIVERSARY
FEBRUARY MARCH
2008



Linda Scotti, Vice President

PRESIDENT VIRGINIA RAUER - FROM THE HEART

Spring! I'm already looking forward to it. When January is over, the days get longer and I'm ready to put the heavy coats away and get active. New Year resolutions are still on my mind just as they are every year. I gain 5 pounds between Thanksgiving and New Years and then get rid of it between March and September. One of these days I'll make it stay away.

I have a little poem on my desk that tells me to "Take Time" to there is a whole list of things I need to take time to do in my life. January was difficult for me because 4 very special people died. It was my joy to have known them. They all died from some form of cancer. Some were much too young to die and one had lived a long beautiful life.

But I'll miss them and remember them with joy for what they brought to me. It made me realize again how much we forget to "take time..."

Did you wear red on Feb 1st to promote awareness of heart disease in women? I did. I have a family history so I'm pretty careful. Most people wouldn't know that I weighed 230 pounds when I went into nursing school. I take time every day to match the calories in and the activity expended to keep the weight in control. I used to smoke too, when it was okay to smoke, especially in nursing school before or after a test. I quit that too, cold turkey! Some healthier resolutions do stick if you take time every day.

MWAOHN needs you to take time for us this year too. The January meeting was well attended. MRSA is the topic for the meeting on March 12th so sign up for the meeting. Send your reservation and money to JoAnn Conrades. Treat yourself to sharing a few hours with fellow nurses. Learn more about it. Take time to get to know some new people, expand your circle and get involved. Elections are coming. Don't be afraid to take time to get involved. When the nominating committee calls you to run for a position say yes! See you at the meeting!

Join aaohn.org

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MARCH 12TH DINNER MEETING – EARN 1.0 CEU "MRSA IN OCCUPATIONAL HEALTH NURSING"

Charlotte Carneiro RN,MS, COHN-S, CIC, Infection Control Nurse Specialist at Walter Reed Army Medical Center will present up-to-date information on the recently much reported MRSA. Ms. Carneiro will focus on the epidemiology of MRSA and implications for occupational health nursing. She will provide an update on the status of the reporting laws on MRSA.

RSVP 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



Charlotte Carneiro

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

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



Jackie Miller

2008 Dinner Meetings

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

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



Joe Ann Conrades
Planning Committee Chair

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.

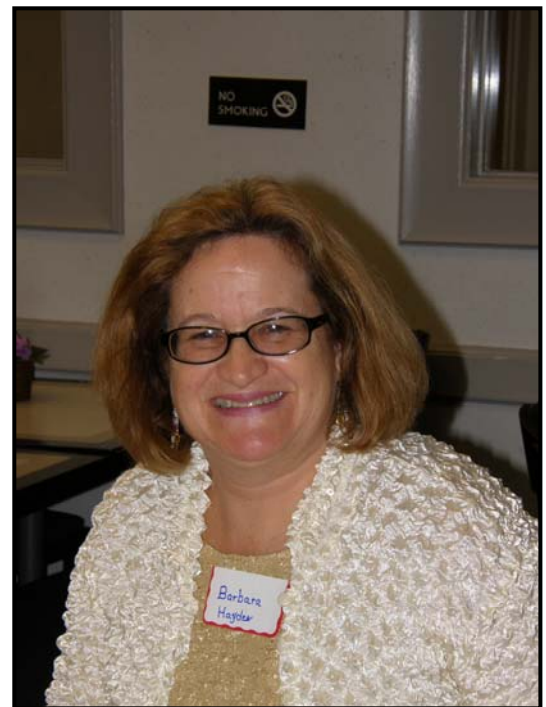
Parking Available Courtesy of the Capitol Nurses. Pre-Registration Required!!! See Page 18.

MWAOHN MEMBERS

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



New Member – Esmee Swann



Barbara Hayden, Secretary



Karen Hirakawa



Ludi Gibson
Membership Committee Chair

LUDI GIBSON HER GRAND DAUGHTER MAKES HER PROUD!

Ludi Gibson, our Membership Chair and OHN for Federal Occupational Health, has a grand daughter who is a budding and obviously talented writer - Raeshayla. Raeshayla, 15, lives in Clinton, Maryland and attends the Visual and Performance Arts (Dance) at Suitland High School in Forestville, Maryland. Ludi sent us the following article that Raeshayla wrote about her trip to China. I think you will be charmed by Raeshayla's very interesting story and amazed at her writing skills.

“GATEWAY TO CHINA”

“I happen to be one of the blessed children who were able to go to China the summer of 2007, with an organization called People to People Student Ambassador. There was a long process I had to go through in order to eat, sleep, and breathe on China soil. It was worth the experience that I will never forget.

During my 17 days in China I visited six different cities. July 7, 2007 was my favorite day because we were in Beijing. There I climbed the Great Wall of China. The sun was beaming down on everybody and the humidity was high, so I only climbed maybe a good ¼ of a mile of 300,000 miles. That's not even 1% of the wall climbed. 4 days before my climb I visited the Tian An Men Square and the Forbidden City. The Tian An Men Square is like the site you would go to, to see the front gates of the Forbidden City. Just like the white house the Forbidden City is where the president lives during his years in office. There were many rooms located all over the Forbidden City. Rumor has it, that if you place a new born baby in a different room everyday, it will take him 27 years to sleep in each room.

I also enjoyed the pretty sites Hong Kong had to offer. The beautiful islands and shopping in the mountains was amazing. The Starbucks Coffee Shop near the bay is where I had my first drink from that company, and surprisingly it was not coffee related. In fact I had a melon smoothie. Enjoying the rich taste and watching the fireworks on the dock was awesome. Later on that day I went to a community on water. I could not believe my eyes. People were actually living on water and they had to take the water taxi to get to and from shore.

As the days winded down and it was close to returning home, I started to feel home sick. I was ready to come home after the 12th day because I was tired from all the excitement. I was overjoyed with getting on the plane that would me to the United States but, as soon as I got off the plane in California, I started to miss China a lot. I would love to go back some day.”

Aisha Alexis Archie Asia Bryanna Canan Cherray Christina
Delores Dominique Erin Haben James
Justin Justin Kiana Kurtis LaKiera Mrs. Lawrence (teacher)
Myrtis Mr. Overton (teacher) Oyin Paul Raeshayla
Robert Mrs. Sue (tourguide) Stephen Sydney
Taylor Mrs. Woody (teacher) Yasmin



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 Vesterby, Treasurer

2nd ANNUAL FEDERAL OCCUPATIONAL HEALTH CONFERENCE

JUNE 17th - 19th, 2008
Westin - Harbour Island, Florida



For more information please visit:
http://www.chepinc.org/conf/Occ_Health_092607.html



Register now to attend

http://www.aaohn.org/education/symposium-expo/Advance_Program/Registration.cfm

ESSENTIALS FOR HEALTHY HOME PRACTITIONERS COURSE

National Healthy Homes
Training Center &
Network



Date: March 5-6 2008
Location: DC Health Dept Bureau of Environmental Hazards and
 Injury Prevention
 825 N. Capitol St., NE
 Room 2125 (2nd floor)
 Washington DC 20002
To Register: Go to <http://www.healthyhomestraining.org/upcoming.htm>
 For more information on this session, contact: Keith Choi at (410)
 955-4088 or kchoi@jhsph.edu.

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

AAOHN Continuing Education Credits available.

Contact:

Anita Taylor, ataylor@woha.com or
 Andrew Mirelman, amirelman@woha.com.

(202) 463-6698

Leslie Goldberg and Liz Santulli

2008 EDUCATIONAL OFFERINGS



Johns Hopkins Education and Research Center
for Occupational Safety and Health

Is Stress Affecting Your Job?

Experiential Stress Management:

Change Your Outlook, Change Your Brain,

Change Your Life

Help yourself, help others. Discover your natural ability to reduce stress and enjoy better emotional, physical & mental health



Thursday, February 28, 2008

9:00 AM - 4:00 PM

Johns Hopkins Bloomberg School of Public Health
Feinstone Hall, E2030

Facilitated by:

Gina L. Sager, MD, RYT

Lunch and continental breakfast will be provided

Please bring:

- A yoga mat or blanket
- A meditation cushion or pillow
- Loose comfortable clothing

Tuition is \$125.00

Click [here](#) to download a registration form

Contact Keith Choi for more information: kchoi@jhsph.edu

[Return to Table of Contents](#)

**Johns Hopkins Education and Research Center
for Occupational Safety and Health**

in collaboration with
**The Institute for Johns Hopkins Nursing
presents**

OVERVIEW OF OCCUPATIONAL HEALTH NURSING

March 19 -21, 2008

This course will help prepare occupational health nurses who plan to take the American Board for Occupational Health Nursing Certification ([ABOHN](#)) examination. Others interested in a comprehensive review of occupational health nursing may also enroll.

Course Director

[Jacqueline Agnew, RN, PhD, COHN-S](#)

Professor, Johns Hopkins Bloomberg School of Public Health

Contact Hours 17.5

Course Fee

\$495 before March 5, 2008. \$545 after March 5, 2008.

Fee includes: CSAT (ABOHN Certified Self Assessment Test), course handouts, continental breakfasts, and refreshment breaks.

Study CD-ROM

[Datachem COHN Prep CD-ROM](#) software will be available at a discount rate of \$125. Print out our [order form](#) and submit directly to us to receive the special rate.

Registration

Download the registration form [here](#)

Email:

kchoi@jhsph.edu or mdoyle@jhsph.edu

The Chesapeake & National Capital Chapters of ASSE along with The Chesapeake Section of AIHA in conjunction with The Johns Hopkins University Bloomberg School of Public Health Education and Research Center Present an Educational Seminar

“Current Topics in Safety, Health & Environmental Issues”

April 3, 2008

Johns Hopkins’ Applied Physics Laboratory’s Kossiakoff Center,
Laurel, MD

Dr. John Howard the Director of NIOSH will provide an update on current projects at NIOSH and will be available for specific questions

CEUs and ABIH CM points can be earned.

For registration details go to:

www.ncc.asse.org

or call Jim Lewis 410-537-3300



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) 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 or 630-789-5799).

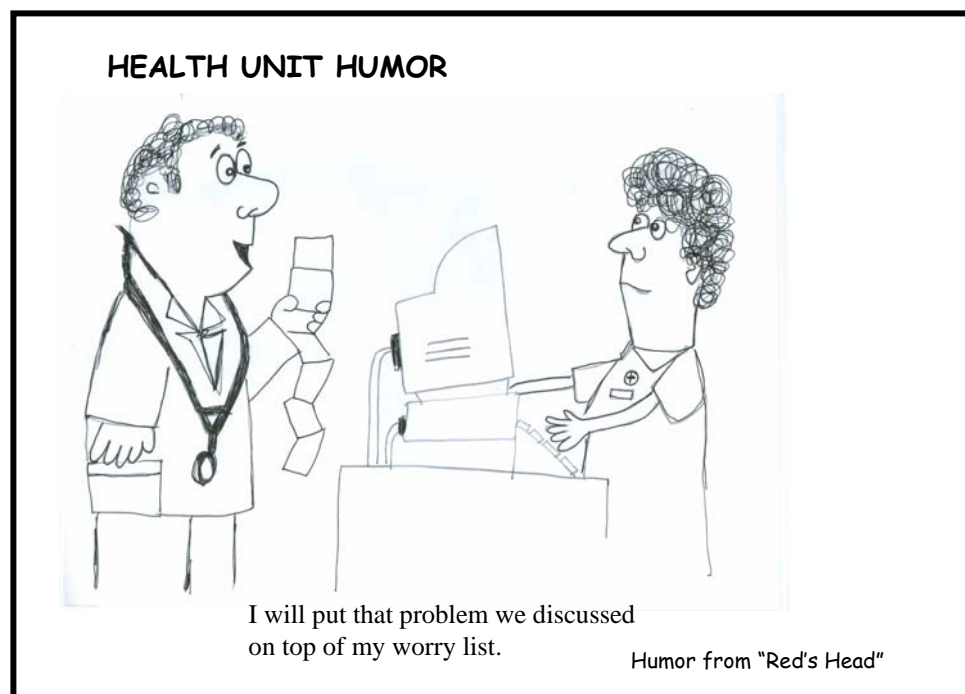
Become board certified! www.abohn.org



Lisa Orcut

JOIN AAOHN

Join aaohn.org and
make MWAOHN your
OHN home.



A Guide to Disability Rights Laws

September 2005 "overview of Federal civil rights laws that ensure equal opportunity for people with disabilities." Laws discussed include the Americans With Disabilities Act, Telecommunications Act, Fair Housing Act, Voting Accessibility for the Elderly and Handicapped Act, Civil Rights of Institutionalized Persons Act, and Rehabilitation Act. Also includes citations to statutes and links to additional information. From the U.S. Department of Justice, Civil Rights Division.

URL: <http://www.usdoj.gov/crt/ada/cguide.htm>

US FDA Recalls, Market Withdrawals, and Safety Alerts

The U.S. Food and Drug Administration (FDA) provides information about "the most significant product actions of the last 60 days, based on the extent of distribution and the degree of health risk. The recalls on the list are mainly Class I [reasonable probability that the use of or exposure to product will cause serious adverse health consequences]." Products include food, drugs, and medical devices. Users may sign up for alerts to stay current.

URL: <http://www.fda.gov/opacom/7alerts.html>

Where to Write for Vital Records

Contact and fee information for obtaining vital records (birth, death, marriage, and divorce certificates) from all 50 states, U.S. territories, and "foreign or high-seas events." Also features guidelines for how to submit a request to ensure it is processed properly. From the National Center for Health Statistics (NCHS), U.S. Department of Health and Human Services.

URL: <http://www.cdc.gov/nchs/howto/w2w/w2welcom.htm>



Lara Crouch

FDA Releases Recommendations Regarding Use of Over-the-Counter Cough and Cold Products

Material about the January 2008 U.S. Food and Drug Administration (FDA) recommendation "that over-the-counter (OTC) cough and cold products should not be used to treat infants and children less than 2 years of age because serious and potentially life-threatening side effects can occur from such use." Provides a press release, public health advisory, and questions and answers for consumers. URL:

<http://www.fda.gov/bbs/topics/NEWS/2008/NEW01778.html>

History of the White Cane

This site describes the evolution of the white cane "as a tool for the blind as well as a symbol." It traces the development of the white cane back to 1921, the use of the white cane as an identifier in the 1930s, and how the white cane became a mobility device after World War II. From the National Federation of the Blind of Massachusetts.

URL: <http://www.nfbmass.org/white%20cane.htm>

Researchers Find Biological Factors that May Drive Prostate Tumor Aggressiveness in African-American Men

Researchers analyzing prostate tumors have identified differences in gene expression (the degree to which individual genes are turned on or off) between African-American and European-American men that show the existence of distinct tumor microenvironments (the area that includes the tumor and the surrounding non-cancerous tissue) in these two patient groups. These findings by researchers at the National Cancer Institute (NCI), part of the National Institute of Health, appeared online February 1, 2008, in *Cancer Research*.

URL: <http://www.nih.gov/news/health/feb2008/nci-01.htm>

New Study Shows Tobacco Control Programs Cut Adult Smoking Rates

Greater investments in state tobacco control programs are independently and significantly associated with larger and more rapid declines in adult smoking prevalence, according to a study by researchers at Centers for Disease Control and Prevention (CDC) and RTI International, an independent nonprofit research institute based in Research Triangle Park, N.C. Researchers were able to quantify the link between comprehensive tobacco control programs and a decrease in adult smoking observing a decline in prevalence from 29.5 percent in 1985 to 18.6 percent in 2003. URL:

<http://www.cdc.gov/od/oc/media/pressrel/2008/r080130.htm>

PROFESSIONAL EDUCATION AND RESOURCES

Web Resources

THE FIRST RESPONDER <http://www.aristatek.com/newsletter/0712December/default.htm>

The 2008 AAOHN Webcast Schedule is also available on the [AAOHN Web site](#).

- January 9 Liver Wellness: An Effective Approach to Hepatitis Prevention and Management
- March 5 FMLA Update: Practical Approaches to Intermittent Leave
- May 21 Community and Healthcare-Associated MRSA: Populations at Risk
- July 23 Herbal Remedies and Cardiovascular Drug Interactions
- September 24 Occupational Spirometry Testing: 2008 Update
- November 19 Genetic Surveillance and Screening: Implications for Today's Workforce

For details as they become available, as well as webcasts available in the AAOHN archives, visit <http://www.aohn.org/education/online-learning/Webcasts/index.cfm>

See a complete listing of AAOHN educational programs and events at http://www.aohn.org/education/events_calendar.cfm.

North Carolina Center for Public Health Preparedness Training Web Site: <http://nccphp.sph.unc.edu/training/index.html>

Rand Corporation Health Publications: Inpatient costs associated with marijuana abuse
Patients already suffering from alcohol abuse problems who also abuse marijuana may expect more expensive treatment bills and longer hospital stays, implying health consequences from marijuana abuse. **Citation:** Pacula RL, Ringel J, Dobkin C, Truong K. *Drug and Alcohol Dependence*, Vol. 93, No. 103, Jan 2008, pp. 248-257. [Read abstract](#)

NIOSH News <http://www.cdc.gov/niosh/enews/pdfs/enewsv5n9.pdf>

THANKS TO RICHARD MAYFIELD FOR THE INFORMATION ON “WHAT TO DO IN A HOSTAGE SITUATION”

Thanks to Richard Mayfield, local occupational health nurse and former hostage negotiator, for providing MWAOHN members and friends with advice on how to increase our likelihood of surviving a hostage situation. The most important advice he gave us was to do exactly as the hostage-takers ask. He said we should try to remain as calm as possible during the episode and to concentrate on remembering as much as possible of what happens. Mr. Mayfield said that if the hostage situation ends with the authorities storming the scene, that to avoid injury we should lie down on the floor, and not to raise our heads under any circumstances. Pretty darn scary stuff, but we felt more confident that we could handle ourselves better if ever caught in a hostage situation.



Richard Mayfield

PROFESSIONAL EDUCATION AND RESOURCES

COACH'S CORNER

Lisa McLaughlin's elderly mother was injured in a fall recently and Lisa is unable to provide a column this month. She hopes to contribute an article for the next issue.

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 or toll-free: (877) 439-0966.



Louise Blivin



Beverly Kozak



Lisa Grande



Katy Pape

Raffle-mania!

Raffle will be held at the March 12th meeting

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

January 9th Winners

Lisa Orcutt
Karen Caine
Charlotte Carneiro
Barbara Hayden
Phyllis Waslo
Richard Mayfield

Lillie Mitchell
Louise Blivins
Donna Diehl
Ludi Gibson
Liz Santulli



Mary Lein
Government Affairs Committee Chair

PROFESSIONAL EDUCATION AND RESOURCES

Just 10 Minutes of Daily Exercise Increases Your Cardiovascular Fitness

By Jennifer Seven



A new study has good news for those who've been avoiding exercise because they don't think they have enough time: Even 10 minutes a day can improve your cardiovascular fitness. The research found that when women started to exercise an average of 5 to 10 minutes a day, they increased their peak oxygen consumption -- a measure of cardiovascular fitness -- by 4.2 percent compared to women who stayed on the sidelines. "For people who've been really sedentary, you're getting a benefit almost immediately," advised the study's lead author, Dr. Timothy Church. "It was surprising to us, the idea that as little as 10 to 15 minutes of exercise a day could provide benefit in terms of fitness," he added. The researchers also found that while a little bit of exercise was beneficial, more exercise boosted cardio respiratory fitness even higher.

Church noted that the intensity of exercise the women in the study engaged in was very low, probably equivalent to walking at a speed of about 2 to 3 miles an hour. The findings are published in the May 16, 2007 issue of the *Journal of the American Medical Association*. Church and his colleagues undertook the research, because there have been few studies that have looked at the dose-response effect of exercise -- that is, how much exercise do you need to see a benefit and will more exercise continue to produce additional benefits?

"This is great news for couch potatoes and for the aging," said Church. "There are people that can't obtain the recommendations for exercise, but now, we see if you can't get 20 to 30 minutes a day, you stand to benefit even if you get half that." Lee said: "These findings suggest that different outcomes may show different responses. Even with a little bit of physical activity, there was a significant improvement in physical fitness. And, this study showed that as the dose increased, you saw commensurate increases in fitness. "With a very doable dose of physical activity, you can start seeing health benefits," Lee added.

Sneak exercise into your day.

- Take the stairs instead of the elevator
- Go for a walk during your coffee break or lunch
- Walk all or part of the way to work
- Do housework at a fast pace.
- Rake leaves or do other yard work

Make exercise a habit.

- Stick to a regular time every day.
- Sign a contract committing yourself to exercise.
- Put "exercise appointments" on your calendar.
- Keep a daily log or diary of your activities.
- Check your progress. Can you walk a certain distance faster now than when you began? Or is your heart rate slower now?
- Think about joining a health club. The cost gives some people an incentive to exercise regularly.

Stick with your exercise plan.

- Choose something you like to do. Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.
- Get a partner. Exercising with someone else can make it more fun.
- Vary your routine. You may be less likely to get bored or injured if you change your routine. Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even chores like chopping wood.
- Choose a comfortable time of day. Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.
- Don't get discouraged. It can take weeks or months before you notice some of the changes from exercise.
- Forget "no pain, no gain." While a little soreness is normal after you first start exercising, pain isn't. Stop if you hurt.

Make exercise fun. Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Learn how to play tennis

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 703-327-3737
1-888-AT-Seven (Toll-free). Website: www.7Company.com

PROFESSIONAL RESOURCES

THE EDWARDS' GAZETTE



An introduction to our new column...

Every Edwards Medical Supply Account Manager strives to develop a relationship with our nurses that is more than band-aids, more than flu vaccine, and much more than "strictly business". Of course, you have probably heard something like this before. If you have not worked with us in the past, then it is a fair question to wonder if Edwards is different. 'The Edwards' Gazette' will demonstrate that Edwards Medical Supply is dedicated to the OHN organizations in this area and across the country. The coming months and years will show that we are about more than presenting new products; Edwards is about People, Products, and Ideas.

An Edwards Medical Account Manager spends more time with our nurses than we do with our coworkers. I spend four or five hours a day meeting with nurses just like you. We listen; Listening is the key to developing a successful partnership. I also spend at least a couple hours a day helping clients with questions and doing product research on their behalf. Don't worry! I always make sure to leave a little time to enjoy some Beltway traffic. The point is that at Edwards, we place a high value on your time and an even higher

value on your camaraderie. Given the amount of time we spend together, we might as well enjoy each other's company as we work hard to provide the best possible wellness solutions for your employees.

The Edwards' Gazette will be an informational column. It will not be a sales pitch. Although it is my mission to increase awareness of our company, it is also our mission to provide you with resources and knowledge to assist you in the care of your employees. Are you curious what other similar organizations are doing to address MRSA? Pandemic flu? Carpel Tunnel Syndrome? Edwards provides medical products and services to over 6,000 clients who care for over ten million employees nationwide. Please ask away! I will most likely have the resources within our community of clients and vendors to help answer your question.

My personal mission statement is to make your lives easy. Plain and simple. In return, our time together truly becomes more than band-aids, more than flu vaccine, more than "strictly business". It becomes fun.

Thank you for this opportunity!

Stephen Bedell

Please submit questions for future columns to:

sbedell@edwardsmedical.com

1-800-837-7077x261

703-232-5693 (personal cell)



Deborah Smith-Krause



Fran Flynn



Carmine Pino

FOOD-COLOR SAFETY

FDA monitors reports of problems related to color additives. Report adverse reactions to color additives to your nearest FDA district office or at <http://www.fda.gov>

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>

CONSUMER PRODUCT SAFETY COMMISSION CONSUMER ALERTS

- [Evaluating Diabetes Claims? Be Smart. Be Skeptical.](#) [PDF] [en español]
- [HGH Pills and Sprays: Human Growth Hype?](#) [PDF]
- [Lotions and Potions: The Bottom Line About Multilevel Marketing Plans](#) [PDF]
- [Medical Discount Plans: They're Not Health Insurance](#) [PDF] [en español]
- [Medicare Part D Solicitations: Words to the Wise About Fraud](#) [PDF]
- [No Need to Pay for Information on Free \(or Low-Cost\) Prescription Drugs](#) [PDF] [en español]

REGULATORY AND FEDERAL INFORMATION PAGE

Federal Trade Commission Consumer Alert

CAN ANTI-SNORING CLAIMS BE CAUSE FOR ALARM?

Remember the adage, "Laugh and the world laughs with you. Snore and you sleep alone"?

For chronic snorers and anyone who has to listen to them, anti-snoring products can sound like a dream come true. But before you start catching zzzz's, consider this: Ads for some of these products are making unsubstantiated claims that the products can cure or treat the symptoms of sleep apnea, a serious, potentially life-threatening disorder. The Federal Trade Commission is concerned that these misleading claims may keep some snorers from getting the medical treatment they need.

Sleep apnea affects at least 12 million Americans of all ages, according to the American Sleep Apnea Association. It causes brief interruptions of breathing during sleep when a blockage in the upper airway restricts air flow. Sleep experts advise chronic snorers or people who think they may have sleep apnea to see their physician or a sleep specialist.

The FTC warns consumers to be suspicious of anti-snoring product claims that:

- refer to snoring as a medical condition;
- infer that the product can treat or cure symptoms of sleep apnea, like daytime tiredness, headaches, lack of concentration, interruptions in breathing, and partial awakenings; and
- refer to the mechanics of sleep apnea; for example, how a restricted airway causes a person to awaken to take a breath.

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop, and avoid them. To file a [complaint](#) or to get [free information on consumer issues](#), visit ftc.gov or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261. The FTC enters Internet, telemarketing, identity theft, and other fraud-related complaints into [Consumer Sentinel](#), a secure online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.



Ann Cagigas

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OCCUPATIONAL HEALTH NURSE RECRUITING & SERVICES



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Did you know there is a world-class physical therapy clinic right here in Washington, DC?

Why SSPT?

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Occupational Health and Safety Recruiting

Lisa McLaughlin

Taylor & Associates
Winterville, North Carolina

Toll-free: 877-439-0966 Cell: 252-902-5567

lisa@taylorsearch.com

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Corporate Nurse, Inc.

For occupational health nursing assignments in
MD/DC/Northern VA

Contact **Jodi Pasternak**

(703) 855 8245

jodi13638@aol.com

Nellie Washington CPR/AED Trainer

BLS Healthcare Provider and Heartsaver AED

In accordance with new AHA guidelines, students are **REQUIRED** to purchase textbooks for the BLS Healthcare Provider Course. The cost is included in the class fee.

The new fee is \$77.00.

Contact numbers

202-487-0949

703-882-2094

301-352-7216

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Contact: Jennifer Seven

(703) 327-3737 or toll free 888-AT-SEVEN

www.7company.com

e-mail: mailto:OHN@7company.com

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

debbieg@militaryconnection.com

debbieg@militaryconnection.net

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Nancy Clover RN, COHN-S

Occupational Health Connections
978-686-9739 Fax: 978-258-2682
PO Box 2106 Methuen, MA 01844

www.ochealthconnections.com

OCCUPATIONAL HEALTH NURSE JOBS

FORTUNE 500 POSITION

I'm conducting a search for an Occupational Health & Safety Manager for a large, Fortune 100, manufacturing firm in the St. Louis, Missouri area.

The position requires a current RN license and 3+ year's experience working in Occupational Medicine and performing in this capacity.

Must have a Bachelor's degree, MS preferred, CAOHC and NIOSH certification and experience working internationally using a 2nd language.

If you could be so kind to share this information with others you know or email me any referrals and their contact information, I will contact them directly. I really appreciate any assistance you can provide me.

I'd be willing to offer a referral bonus for any referrals that results in a hire. We invite you to also visit our website @ www.promedsearchconsultants.com for more information about our services.

Diane Peoples
ianep@promedsearchconsultants.com
 ProMed Search Consultants, LLC
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[<http://www.promedsearchconsultants.com/>](http://www.promedsearchconsultants.com/)

Toll Free: 877.763.0897

Fax: 877.726.5473

MANAGER OF WORLDWIDE OCCUPATIONAL HEALTH

TYPE: Manufacturing, Fortune 500

LOCATION: Corporate located in Northeast - requires national and minimal international travel

NUMBER OF EMPLOYEES: Varies according to location; approximately 25,000 employees worldwide

STATUS: Full time, permanent

REASON FOR AVAILABILITY: Newly created position

BENEFITS: Health, dental, vision, Rx, Vacation, Retirement, and much more

SALARY: \$100K - \$125K

REQUIREMENTS: BSN with COHN-S, Master's Degree in similar area (MPH, MSN, MBA, etc.)

Minimum ten years experience in a manufacturing environment
 Strong relationship building skills
 Strong occupational health, safety, and wellness experience
 Excellent organizational skills
 Business acumen
 Sensitivity and ability to adapt to different cultures
 Bonus potential
 Full relocation package

Contact Lisa McLaughlin at: lisa@taylorsearch.com
 or toll-free: (877) 439-0966.

INOVA

Full time M-F position at Inova Fairfax Hospital's Employee Occupational Health. We have PRN positions to support the Employee Occupational Health departments at Inova Alexandria, Inova Fairfax, Inova Fair Oaks, Inova Loudoun and Inova Mount Vernon hospitals.

Oversees daily clinical, clerical, & administrative EOHS functions while ensuring institutional & departmental compliance with applicable professional, regulatory, & governmental standards. Plans, implements and manages programs that support the health, safety and well being of employees. Coordinates and manages Inova's workers compensation program and implements case management strategies for specific operating unit. Actively participates in the attainment of Inova's strategic plan--goals and objectives.

Licensed Registered Nurse. BSN. MSN desired COHN-S.

Laura Geisen
 Inova Health System Recruitment
 2990 Telestar Ct.
 Falls Church, VA 22042
 703-205-2170 (office)
Laura.Geisen@inova.org

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NAVY FEDERAL CREDIT UNION OHN POSITION

The freeze has been removed from the OHN position at Navy Federal Credit Union's OHN unit. We would like to hire a nurse who is innovative and flexible. The core hours are 7 - 3:30pm with at least one late 9:30-6pm shift a week and 1 Saturday a month 9am-1pm.

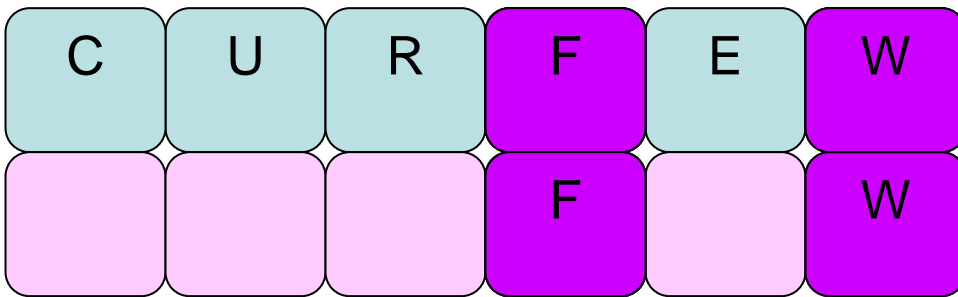
If anyone is interested, please have them contact the recruiter Teddy Hart or go on the web site www.nfcu.org and click on Careers, occupational health and proceed with the application.

Joanne Harper-Tam, BSN, MS
 Nursing Supervisor
 Navy Federal Credit Union
 703-206-2557 (Phone)
 703-206-4385 (Fax)
joanne_harper-tam@navyfederal.org

KEEP WORKERS' MIND'S SHARP

Define	Sighing
Calmness	First
Nope	Hijack
Example	Crying
Serenity	Fourth
Yep	Borrow

How are the words on the left, different from the words on the right?



Can you find another word, besides CURFEW, that contains the purple letter tiles in exactly the same place?

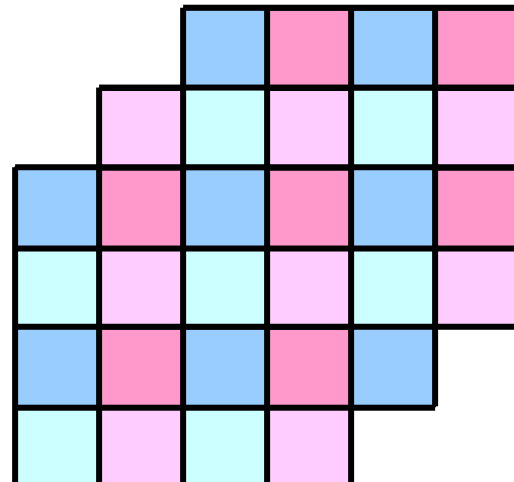
How many times does this shape



appear in the figure below, in any size?

Easy Suduko

	2		6			5		
	5	1	2				3	8
		3		1				2
9			4	7				1
1	7	4		9		2	6	3
5				3	2			9
3				5		9		
2	9				8	1	4	
		7			1		8	



Answers on last page

MWAOHN Dinner Meeting & Speaker
Wednesday, March 12, 2008

Topic: **“MRSA AND THE OCCUPATIONAL HEALTH NURSE”**

Guest speaker: Charlotte Carneiro

6:00 PM Dinner 7:00 PM Guest Speaker

.....
LOCATION & DIRECTIONS

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

Enter the building at the 2nd or 3rd 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
by (no later than) COB, Thursday, March 6, 2008

NAME _____ PHONE _____
E-MAIL _____

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

Menu (please select) Regular: Spaghetti 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: 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

Current membership is 68: 60 active, 5 retired, 1 student, and 2 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

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

Reflex is published the months of August, October, December, February, and April. We applied for the AAOHN Communications Award for 2008.

Professional Affairs: **Barbara Hayden** 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

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

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

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

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.



Jennifer and Tobin Seven

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OFFICERS AND DIRECTORS—CONTACT INFORMATION

		Dates of Office	Phone	Fax	e-mail address
Officers					
President	Virginia Rauer	'06-'08	(202) 512-4496	(202) 512-8750	virginiarauer@cox.net
Vice President	Linda Scotti	'06-'08	(202) 406-5887	(202) 406-5972	linda.scotti@yahoo.com
Secretary	Barbara Hayden	'06-'08	(202) 208-7057	(202) 208-7175	barbh2004@verizon.net
Treasurer	Karen Vesterby	'06-'08	(703) 875-5120	(301) 464-3448	vesterbykm@state.gov
Board Members					
	Charlotte Carniero	'07-'09	(301) 564-1329	(202) 782-9250	charlotte925@comcast.net
	M. Tula Fitzgerald	'07-'09	(202) 692-1581	(202) 692-1561	tulafitz@yahoo.com
	Joe Ann Conrades	'06-'08	(301) 763-9605	(301) 763-4170	joe.ann.conrades@census.gov
	Claudia Beach	'06-'08	(301) 903-9826	(301) 903-6584	claudiabeach@gmail.com
Committee Chairs					
Membership	Ludi Gibson	'06-'08	(301) 778-1524	(301) 457-7119	ludi.gibson@psc.hhs.gov
Nominating	Phyllis Waslo	'07-'09	(202) 334-7192	(202) 334-7169	waslopa@washpost.com
Public Affairs/Reflex	Claudia Beach	'06-'08	(301) 903-9826	(301) 903-6584	claudiabeach@gmail.com
Professional Affairs	Barbara Hayden	'07-'09	(202) 208-7057	(202) 208-7175	barbh2004@verizon.net
Governmental Affairs	Mary Lein	'07-'09	(202) 586-2601	(202) 586-1862	mary.lein@hq.doe.gov
Bylaws	Open Temporarily				
Community Action	Linda Scotti	'06-'08	(202) 406-5887	(202) 406-5972	linda.scotti@yahoo.com
Finance	Karen Vesterby	'06-'08	(703) 875-5120	(301) 464-3448	vesterbykm@state.gov
Planning	Joe Ann Conrades	'06-'08	(301) 763-9605	(301) 763-4170	joe.ann.conrades@census.gov
Telephone Tree	Linda Scotti	'06-'08	(202) 406-5887	(202) 406-5972	linda.scotti@yahoo.com

Members should e-mail Claudia Beach claudiabeach@gmail.com and Ludi Gibson 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 for assistance.

Reflex Newsletter Editor: Claudia Beach claudiabeach@gmail.com
Comments and Suggestions Welcome!

Phyllis Waslo
Nominating Committee Chair

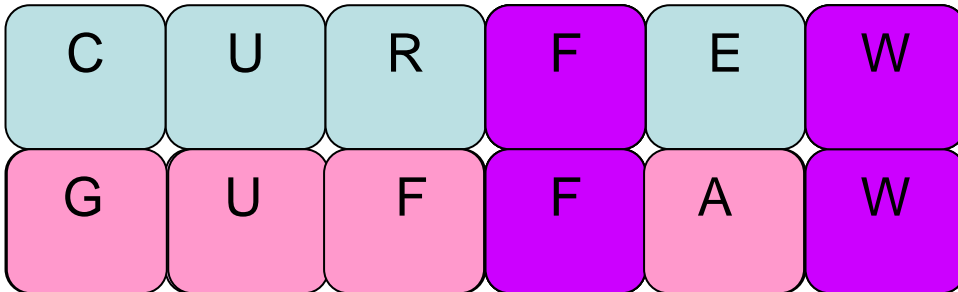


KEEP WORKERS' MIND'S SHARP

Answers

Define	Sighing
Calmness	First
Nope	Hijack
Example	Crying
Serenity	Fourth
Yep	Borrow

How are the words on the left, different from the words on the right?
Left side words contain 'e' **Right side words have no 'e'**



Easy Suduko Answer

7	2	9	6	8	3	5	1	4
6	5	1	2	4	9	7	3	8
8	4	3	5	1	7	6	9	2
9	3	2	4	7	6	8	5	1
1	7	4	8	9	5	2	6	3
5	8	6	1	3	2	4	7	9
3	1	8	7	5	4	9	2	6
2	9	5	3	6	8	1	4	7
4	6	7	9	2	1	3	8	5

How many times does this shape



62 squares

appear in the figure below,
in any size?

