



Reflex



Virginia Rauer, President

MWAOHN
40TH ANNIVERSARY
AUGUST/SEPTEMBER
2007

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

Metropolitan Washington Association of Occupational Health Nurses



Linda Scotti, Vice President

INVITATION FROM PRESIDENT VIRGINIA RAUER

Autumn leaves & crisp cooler temperatures are invigorating for me. I enjoy the changing seasons and changing patterns of daily life that each season brings. Yet, nothing stays the same for too long. Change is a significant part of our world, our families, and our work. Some change is slow and gradual while other change hits us smack in the middle of routine. 2008 will be a year of changes.

AAOHN sent out announcements about the coming election period. Members need to vote.

Our own chapter will have a big election this coming year too. Our country will have a major election in 2008, in case you didn't know it. We have a big stake in change in the next year. Be a part of the process. Get involved, participate and don't be a bystander.

We have an exciting year of meeting speakers. Sorry if you missed the first meeting speaker. Our own Kathleen Luton gave an excellent presentation on eyes and ears. Join us on November 14th for Dr. Romeo's presentation.

Come meet your fellow occupational health nurses. It's a wonderful group of knowledgeable and dedicated nurses who make a contribution to change in the workplaces. As you read this issue of the Reflex, look at the photos from the September meeting, of the gorgeous and dynamic members and guests who enjoyed the camaraderie, dined on the delicious meal, learned new details about examining eyes and ears from Kathleen Luton, and some even who took away raffle prizes! Join aaohn.org

INSIDE THIS ISSUE:

NOVEMBER CEU MEETING	2
PROFESSIONAL AFFAIRS MESSAGE	2
MEMBERS LIST & INFO	3
MEMBER BENEFITS	3
AAOHN LEADERSHIP REPORT	4
AAOHN GRANTS AND AWARDS	5
ANN CAGIGAS	6
MRSA AND THE OHN	7
2007 MEETINGS	8
ABOHN	10
RED'S HEAD CARTOON	10
EDUCATION RESOURCES	11
REGULATORY & FED INFO PAGE	12
HEALTH NEWS	13
PROFESSIONAL ED & RESOURCES	14
THANKS TO KITTY NALEWAIK	15
COACH'S CORNER	16
RAFFLEMANIA	16
WELLNESS & HEALTH PROMO	17
OHN RECRUITERS & SERVICES	18
OHN JOBS	19
WEIGHT CONTROL HANDOUT	20
REGISTRATION/PARKING FORM	21
STANDING COMMITTEES	22
BOARD AND OFFICERS	23

NOVEMBER 14TH DINNER MEETING – EARN 1.0 CEU

“CARDIOVASCULAR DISEASE”

Dr. Joseph A. Romeo MD FACP, FACC, FAHA, Chief, Cardiology Section, Office of Medical Services, US Department of State will discuss the various types of heart disease, focusing on coronary heart disease. He will inform participants of risk factors associated with coronary disease, and recent studies that impact treatment

approaches. Dr. Romeo's will describe the role the occupational health nurse can play in preventive cardiology and approach to specific patient presentations. Many of you will remember that Dr. Romeo has presented to MWAOHN before and is very interesting and informative.

RSVP by completing the registration form on page 21 in this Newsletter, and fax to Joe Ann Conrades at 301.763.4170 or send your RSVP by e-mail to Joe.ann.conrades@cens.us.gov

DINNER MEETINGS WITH CONTINUING EDUCATION CREDIT

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

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

Speaker: 7:00 p.m.

Members: \$16.00

Non-members: \$18.00

Make check payable to MWAOHN

Mail check to:

Joe Ann Conrades
15806 Paramount Lane,
Bowie, MD 20716

2008 Dinner Meetings

November 14, 2007 "Heart Disease 2007" Dr. Romero, Cardiologist, Department of State

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

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

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

RESERVATIONS are REQUIRED

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

Make reservations by completing the registration form on page 21 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



Ann Sarkes, Linda Scotti,
& Margaret Owens

Location

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

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

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

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

The Professional Affairs Committee needs your ideas!

Barbara, Karen, and Beverly

We want to know what kind of lectures you are interested in for our dinner meetings, and we want to know what you would like to learn at our upcoming all-day Regional Conference in October '08.

E-mail Prof Affairs Chair, Barbara Hayden, at barbh2004@verizon.net, with suggestions, or speak to one of us at our next gathering!
Thank-you!



Barbara Hayden and Joe Ann Conrades

MWAOHN MEMBERS

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



Judy Daly and
Fran Flynn

"Tried and true benefits of continuing the legacy of MWAOHN."

I have found all my jobs, except my first OHN position, through my contacts with MWAOHN. Nurses I meet in MWAOHN, kept me advised about positions that were going to be announced on the federal job announcements.

I have really enjoyed having relationships with my peers. Every time I was assigned a new task at my OHN jobs, I would check with other members, and they would suggest or contribute to my knowledge base, i.e. someone was already doing what I had just been assigned to do. OHNs are wonderful about sharing our knowledge with each other.

OHNs are also willing to share position descriptions to help each other advance at our jobs. When the Department of State clearance nurses were interested in getting an upgrade from our GS-11 positions to GS-12 positions, I contacted other OHNs who had already gotten GS 12 positions from their employing agency. Juanita Tutt, my previous Smithsonian Supervisor, was especially helpful to us. We also contacted supervisors at the U.S. Customs, Peace Corps, Federal Bureau of Investigations, and the staff nurses at the U.S. Capitol. The reason I knew who to contact was that I knew someone from each agency from MWAOHN!

On a personal note- Marlow, my husband, retired 2 years ago, and I feel I need to spend more time with him. So I will be trying to "cut back" on my time spent on MWAOHN business, but I leave that legacy to you! I have been on the BOD, or involved in some way with MWAOHN, since 1986. Hard to believe that it has been 21 years!

It is time for some of our members (new or continuing) to "step up, and take over" from those of us who have already done our part.

Please join MWAOHN members in promoting our local chapter, and our national association, the Association of Occupational Health Nurses, to your co-workers. If you are reading this message, you are probably already a member. But check around with those you work with, and ask them to join our wonderful professional association. Becoming involved can be as simple as asking your co-worker to join us!

Karen Vesterby
703-875-5411 vesterbykm@state.gov

Special Report

AAOHN Conference For Leadership Advancement

September 26-28, 2007 Atlanta, GA



Lucille Camarota

Charlotte Carneiro RN, MS, COHN-S, CIC attended for MWAOHN

The conference started on **Wednesday** with a pre-general session on leading a volunteer organization. First timers like me, got more out of the session as this has been repeated since 2001. Essentially, it generated discussion on the financial responsibility of local chapters and reporting income tax. Don Bollmer MBA cautioned us to keep meticulous records particularly when board members change office, leave office and or/move. He described examples of chapters not responding to IRS queries due to change of an address of the keeper of the books, thus incurring severe penalties for non-payment. He said, invoices need to be kept for all expenses; essentially a paper trail.

Thursday was spent with three speakers Patti Wood a motivational speaker, Brandon Mike Smith, consultant and Nikki Graves, Professor at Emory University. Here are some nuggets:

Patti had us practice handshakes to have a firm, but gentle palm-to-palm handshake expressing honesty and trust. Tilt your head if someone is crushing your hand and touch his hand with your left hand. Personal space in the US is increasing to 18" from 12". Women read body language better than men did, but women expect men to read them. Avoid emails if the message is emotional. Emails cannot be composed well. Use the phone instead. Three phrases to use in any communication to show respect, maintain rapport, share what you feel to be true, and avoid resistance are: I appreciate and., I respect and., I agree and... To receive criticism effectively particularly if you are becoming defensive, do things to switch to more rational right hemispheres, deep breathe, count, sip a beverage, or take a break. For more, see Patti's body language blog, www.Bodylanguagelady.com or communication blog www.speechcoachblog.com. She speaks all over the country and offered to speak to any group.

Brandon Smith gave pointers on effective communication to senior leaders. Key point; do not give all the data away. Save some for when asked. These are called hidden slides. Give enough data to be convincing but you need not show how you got it. This is tricky but doable. Some power point information was: avoid cartoons; use serious colors for more serious presentations and no more than five bullets per slide. Patti also added do not have your title slide up on the screen first; use something like a scene, kids, dogs, etc. Use an agenda slide on the left to show where you are in your talk. Create your own template, or use your company template.

Dr. Graves reviewed the difference between a CV and a resume, the former is comprehensive and has no limit on pages, whereas a resume is job focused and is limited to three pages. She described behavioral interviews and suggested we practice with the many example questions. The idea is to see how you handle obstacles and how you organize your thoughts on the fly. A common question these days, "is what books are you reading"? It shows if you are well rounded, what the company has in common with you, intellectual, literary, hobbies etc. There was great discussion over this question such as what if you read romance novels. Tell the truth and deflect it to another topic. If you read spiritual materials, describe how this is important in your life. She said behavioral questions begin with Tell me about the time.....

On Friday, Patti Woods left us with tools for problem block. She described this process. Take 10 minutes, and draw lines around a circle that has the problem in it. Keep drawing the solutions, components of the problem like branches on a tree and by 8 minutes the problem will be clearer and in the last two minutes more ideas will hit. She said this came out of research at Johns Hopkins. Another tool that she demonstrated so well is while giving a talk, grab the audience with an attention getter, and continue to get their attention every five minutes in the talk. The first one can be a story, a joke, or having people stand up. Later in the talk it can be simply changing position in the room. Patti discussed working a room, how to deal with difficult audiences. One great suggestion was to touch the arm gently on the forearm of a person who is sleeping in your audience, then move quickly away from the person, deflecting the focus from the sleeper, back to you the speaker. She said, if you are presenting to senior leadership around a table, shake each one's hand, acknowledge them individually. Do not be intimidated. Been there done that and got the scares to prove it.

The last speaker left us laughing. He is Jeff Justice a humorist, bills himself as a Humor Resources Manager. He suggested building a humor library or bulletin board at work. He said give up the misguided belief that professionalism equals seriousness or solemnity. Finally, the next time you are in a stressful meeting Suggest each person tell a story or joke. He had a cute cartoon from the website www.glasbergen.com.

I thank the board for allowing me to attend the conference. It was well worth it and more nurses should attend next year. According to AAOHN website there will be a safety certificate added to the conference.

Important AAOHN Dates



Karen Hirakawa

AAOHN Foundation Grant Applications

<http://www.aaohn.org/foundation/grants/index.cfm>

Application submission timeframe July-December 1.

Annually, the AAOHN Foundation awards grants to support research conducted to advance knowledge in occupational and environmental health. **Application must be postmarked by December 1.**

Note: Grant availability is subject to continued funding by sponsors.

AAOHN Foundation [View Criteria](#)

One \$10,000 grant is awarded to support research in the field of occupational and environmental health.

GlaxoSmithKline [View Criteria](#)

One \$10,000 grant is provided to encourage research in the field of occupational and environmental health.

New Investigator [View Criteria](#)

*To encourage research in the field of occupational and environmental health by new principal investigators, the AAOHN Foundation provides **two** grants (totaling \$5,000).*

AAOHN Member Individual Recognition Awards applications are also due Dec. 1st (postmarked).

These include:

Innovation in Occupational Health Award

1. AAOHN Fellowships
2. Member-Get-A-Member includes Recruiter of the year, Runner-up Recruiter, and Random drawing winner.
3. Nurse In Washington Internship (NIWI) Grants (2 are awarded). The NIWI is held in Washington DC in March.
4. Golden Pen
5. Business Recognition Award

[AAOHN.org](http://www.aaohn.org) and members sign in

Ann Cagigas, RN, MA, IBCLC

**OHN, Lactation Advocate, and
Educator**

I have been a member of La Leche League for 28 years. I started my journey when my daughter was 12 months old, looking for a support group and someone to talk to who was more than 35 inches tall. I quickly became involved in a group job, took over the library because of my love of reading, and within one year I became a certified La Leche League Leader. I eventually added another position, Area Professional Liaison. I received calls from other leaders and mothers with questions concerning illness, medication, re-lactation, preemies and adoptive breastfeeding and more. I spoke to medical groups and helped support mothers continue to breast feed when told to unnecessarily wean by dialoging with and educating the baby's health care provider.

In 1987 I decided that I wanted to help women in a career capacity so I studied and passed the International Lactation Consultants Boards. I joined The Breastfeeding Consultants of Northern Virginia as a senior consultant and I continued to run the monthly LLL meetings. I have just taken my boards for re-certification.

In 1993 I completed my Master of Arts Degree in Human Development/Adult Education and Human Lactation from Pacific Oaks College and began as a CN1 – Lactation Consultant at Georgetown University Hospital (GUH). I worked at GUH until 2003, when I was hired by U.S. Public Health Service Federal Occupational Health (FOH) to work at EPA as the National Health Educator and Area Lactation Program Manager.

Internal politics ended that position by October and my position at GUH had been filled so I decided to stay with FOH until I figured out what to do next. I sent a proposal to FOH in 2004 for a formalized lactation program which was accepted but to date has not been implemented. Part of the proposal is a re-write of M 47 the Lactation Program forms.

I have continued to work as a volunteer for La Leche League International in the International Development Department as a Liaison by attending meetings, sessions and conferences representing LLLI at PAHO, UASID, Save the Children and other global (NGO) Non-government Organizations.

This summer La Leche League International celebrated its 50th anniversary. I was a poster presenter at the conference. I was excited with the reception for the poster presentation and the questions about the program and the interest in FOH.

Working for FOH has broadened my nursing skills and at times continues to allow me to follow my passion, supporting breastfeeding Moms and Babies.

Ann G. Cagigas, RN, MA, IBCLC
GSA Health Unit
202-219-1228
ann.cagigas@gsa.gov



Ann Cagigas

How to Make Babies

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today."

The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said, "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'"

2007 MEETINGS

MRSA is very worrisome.

At our **March 12, 2008 MWAOHN dinner meeting**, MWAOHN member Charlotte Carneiro will talk to us about methicillin-resistant staph aureus (MRSA) in occupational health nursing. It is increasing in outpatient areas. One important point for OHNs is emphasis on cleaning exam tables and surfaces after a patient has been in the room. Another point is the VA hospitals are now doing nares surveillance swabs on all admissions. It is such a personnel burden that many have hired a coordinator just for MRSA. Hospitals are no longer differentiating between community or hospital-acquired for the patient. They are just trying to get rid of it. Chronic infections are the key marker in the clinical setting. The greater metro area has a MRSA working group meeting quarterly to do surveillance and epidemiological tracking on this growing problem. Charlotte predicts MRSA could become a reportable disease like other staphylococcal infections. Some questions to be thinking about are:

Describe a client in the occupational health setting with MRSA. What was your role?

Did you have a difficult situation with MRSA?

Describe a member of your family or friend with MRSA?

An anecdote about MRSA?

MRSA is an emerging pathogen. Are there any other pathogens of concern to you or your workforce?

If there specific issues you would like discussed in the March talk, contact Charlotte Carneiro directly.

charlotte925@comcast.net or 301-564-1329



Charlotte Carneiro



IDEAS 2007
October 31 - November 1, 2007
Washington Convention Center, Hall C
Washington, D.C.

Interagency Disability Educational Awareness Showcase

October 31 - November 01, 2007
Washington, DC Convention Center
801 Mount Vernon Place, NW
Washington, DC 20001

www.ideas508.com

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Coming soon from the
**North Carolina
 Occupational Safety and Health
 Education and Research Center**



UNC
 SCHOOL OF
 PUBLIC HEALTH

OCCUPATIONAL HEALTH NURSING: *An Introduction to Principles and Practice*

http://www.sph.unc.edu/osherc/images/em_ohn.gif

October 31 - November 1, 2007
 Chapel Hill, North Carolina

Registration Fee: \$575

Credit
 19.8 Contact Hours from AAOHN

To register or for information, visit our website
http://www.sph.unc.edu/osherc/ce/courses/ohn_basic_07.htm .

or call the NC OSHERC at 888-235-3320.

Washington DC Area Regional OH Conference October 25, 2008

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

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

The ROHC committee is currently searching for a larger location. If anyone can suggest a location, contact Karen Vesterby: vesterbykm@state.gov . ROHC would like a location that is affordable, or free, easy to get to, with auditorium seating, area for lunch, and space for 20 vendors. It would be nice if there is also a close hotel, for overnight attendees. ROHC is currently looking into colleges, universities, and teaching centers, but we are open to any and all suggestions. The next ROHC planning meeting will be Dec. 1st (Saturday). We hope to have the location chosen at that meeting.



Barbara Hayden

2007 MEETINGS



SAVE THE DATE

Mark Your Calendars Now
2007 PAAOHN 45th Annual State Conference!
“Occupational Issues in the 21st Century Workforce”

Topics to be covered:

- “Bridging the Generation Gap:
 - Chemical Dependency Through the Ages”
- “The Young Worker Protecting the Risk Taker”
- “Beware of the Boomers Here They Come”
- “Pain, Pain, Pain – New Concepts in Management”
- “Wellness The Real Truth”
- “Immigrant Workers: The 21st Century ”
- “Surviving Career Transition”



Joyce Urbaur

The Hershey Lodge & Convention Center
Hershey, Pennsylvania
December 12-14, 2007

Christmastime in Hershey is spectacular!

Please plan to attend

Watch your inbox and mailboxes for more details very soon!

For more conference information please email Daurice Holly at dlholly@pplweb.com



American Board for Occupational Health Nurses, Inc.



Lillie Mitchell

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

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

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

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

For additional information, visit the ABOHN website at (www.abohn.org) or call the office at 888-842-2646 **today.**

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

JOIN AAOHN

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make MWAOHN your
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HEALTH UNIT HUMOR



I've been talking so much, I think I sprained my tongue."

Humor from "Red's Head"

EDUCATION RESOURCES

Institute of Medicine Report on Health Literacy

Many American adults have difficulty understanding and acting upon health information. A great deal of health information, from insurance forms to advertising, contains complex text. Even very literate people may have trouble obtaining, understanding, and using health information: a surgeon may have trouble using an insurance form, a science teacher may not understand information about a test of brain function, and an accountant may not know when to get a mammogram.

Health literacy is the degree to which individuals can obtain, process, and understand the basic health information and services they need to make appropriate health decisions. But health literacy goes beyond the individual. It also depends upon the skills, preferences, and expectations of those health information providers: our doctors, nurses, administrators, home health workers, the media, and many others. Health literacy arises from a convergence of education, health services, and social and cultural factors, and brings together research and practice from diverse fields.

The IOM Committee on Health Literacy released its report in April, 2004. The report is called **[Health Literacy: A Prescription to End Confusion](#)**. This report examines the body of knowledge in the emerging field of health literacy, and recommends actions to promote a health literate society.

Activities

- [The Roundtable on Health Literacy was formed in early 2006](#)
- [Health Literacy Community Youth Mapping](#)

Resources

- [Purchase this report](#) from the National Academies Press
- [Download a Report Brief on Health Literacy: A Prescription to End Confusion](#) (PDF)
- [View a video of the press briefing](#) held for the report release at the Henry J. Kaiser Family Foundation Web site
- [View a short video about the IOM report](#) and health literacy on the Academy for Educational Development Web site
- A related CD-ROM with a video overview of the report and other video materials on health literacy is available in limited quantities from the Office of Reports and Communication (orac@nas.edu)



Donielle Stancil

Health Fair Ideas from Greg Brannan

Washington and Shady Grove Adventist Hospitals

Suggested list of themes you could use for a health fair.

Spring into Health
Good Health Makes Cents
Road to Wellness
Treasure Your Health
Take Your Health to Heart
Putting the Pieces Together
Celebrating Safe & Healthy Communities

In addition, you might consider a theme that follows the Health Observance calendar. Please see the link below for a complete list and timeline of national health observances.

<http://www.healthfinder.gov/library/nho/nho.asp?year=2007#106>

Finally, to continue to support you in your efforts to improve the health of your workforce, we would like to sponsor additional conferences such as this one, in the future. If you have ideas for subjects you would like to see us cover (i.e., Maintaining a Mentally Healthy Work Place, Creating a Smoke-Free Environment, etc.), please let us know.

Greg Brannan
 Employer Relations Manager
 Washington and Shady Grove
 Adventist Hospitals
 (301) 315-3123
gbrannan@AdventistHealthCare.com

Workplace Fatalities Mapped by U.S. Representative Miller

U.S. Rep. George Miller (D-CA), Chair of the House Education and Labor Committee, launched an interactive online map pinpointing many of the workplace fatalities that have occurred this year.

<http://edlabor.house.gov/issues/workerdeaths.shtml>

Federal Legislation to Watch

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

FDA APPROVES SECOND-GENERATION SMALLPOX VACCINE

The U.S. Food and Drug Administration has licensed a new vaccine to protect against smallpox, a highly contagious disease with the potential to be used as a deadly bioterror weapon. The vaccine, ACAM2000, is intended for the inoculation of people at high risk of exposure to smallpox and could be used to protect individuals and populations during a bioterrorist attack. It will be included in the Center for Disease Control and Prevention's (CDC) Strategic National Stockpile of medical supplies.

<http://www.fda.gov/bbs/topics/NEWS/2007/NEW01693.html>

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

REGULATORY AND FEDERAL INFORMATION PAGE

NIOSH Offers Resources for Workers in Disaster Recovery and Emergency Response

In the wake of two tragic events, the Minneapolis bridge collapse and the Utah mine roof collapse, NIOSH prepared and posted to our Web site resources for rescue and recovery workers. The August 2 NIOSH Update, <http://www.cdc.gov/niosh/updates/upd-08-02-07.html>, describes strategic measures workers can take to avoid occupational hazards at rescue and recovery sites.

Additional resources are available on the NIOSH emergency response topic page, <http://www.cdc.gov/niosh/topics/emres/natural.html>.

The August 7 Update, <http://www.cdc.gov/niosh/updates/upd-08-07-07.html>,

focuses on resources for mine operators and mine workers to avoid risk of roof falls, to anticipate hazards in retreat mining operations, and to design safe mining operations.

Additional information can be found on the NIOSH Mining Web page, <http://www.cdc.gov/niosh/mining>.

OSHA/EPA Occupational Chemical Database

The OSHA/EPA Occupational Chemical Database. OSHA and EPA jointly developed and maintain this database as a convenient reference for the occupational safety and health community. This database compiles information from several government agencies and organizations. Available database reports include: "Physical Properties," "Exposure Guidelines," "NIOSH Pocket Guide," and "Emergency Response Information," including the DOT Emergency Response Guide. In addition, an all-in-one report, "Full Report," is available.

<http://www.osha.gov/web/dep/chemicaldata/#target>

CDC's EPI-X (Epidemic Information Exchange)

Must be a designated public health official to gain access to this important database. Look into it!

The Epidemic Information Exchange (*Epi-X*) is the Center for Disease Control and Prevention's secure, web-based communications network that serves as a powerful communications exchange between CDC, state and local health departments, poison control centers, and other public health professionals. The system provides rapid reporting, immediate notification, editorial support, and coordination of health investigations for public health professionals.

<http://www.cdc.gov/mmwr/epix/epix.html>



Kathy Luton
and Karen Vesterby

Work Stress Can Trigger Next Heart Attack

A recent research report published in the American Medical Association Journal said that first-heart-attack patients who continue to undergo chronic work stress have two times the risk of suffering a second heart attack. The authors of the study, from the Universite Laval Faculty of Medicine in Quebec, said this study is the first that tracks the effect of chronic job strain on people who report back to work after having suffered a first coronary heart disease (CHD) event. Previous studies have established the link between a first CHD event and work stress.

The study was conducted on 972 first-heart-attack patients, ages 35 to 59, who went back to work, and were monitored for close to a decade. The medical team conducted interviews on the subjects six weeks after they reported back to work, and 2 and 6 years later. The interviews were designed to assess work stress and other factors through questions on areas such as health, lifestyle, and levels of job strain.

Job strain was characterized by intensity of psychological demands and the degree of decision latitude. High job strain was thus defined as jobs with high psychological demands and low decision-making ability. Chronic job strain was further defined as high job strain identified as early as the first two interviews (after 6 months and 2 years).

Overall during the six year period, 206 patients experienced recurrent CHD events: 124 of them suffered a second heart attack while 82 went through unstable angina. In the first two years after the first heart attack, job strain did not seem to have much impact on the risk of a recurring event. But beyond two years, those with chronic job strain had 2.2 times more risk of a second or recurrent CHD event. For patients with chronic job strain, the rate of occurrence was 6.18 per 100 persons annually; for those without chronic strain, the occurrence rate was only 2.81 per 100 persons per year.

The increased risk from chronic job strain continued to emerge even after 26 other confounding factors were included in the analysis.

The research team said preventive measures to reduce work stress could help people who return to work after a first heart attack from getting the next one. The effort to reduce stress should not focus only on the individual (such as promoting a healthier lifestyle) but also on the workplace (by creating a less stressful work environment). Occupational health services could help by teaching stress management skills.

Safety Tip: Improving relationship skills (such as listening, developing empathy, and speaking clearly) can reduce the likelihood of going through distressing situations.

Source: <http://www.safetyissues.com/magazine/2007/10/aa0704.php>

Heart Disease Screening Recommendation From the American College of Cardiology

Research suggests screening immediate family members of those who develop heart disease in mid-life may prevent some premature heart attacks. Bloomberg (9/7, Gerlin) reports, "Screening immediate family members of people who develop coronary heart disease in mid-life may prevent four in 10 premature heart attacks," according to research reported in the British Medical Journal. University of Glasgow researchers "analyzed data from 21 previous studies published between 1980 and 2003." According to the study findings, approximately one in five of the "patients admitted to U.K. hospitals for heart attacks suffer them prematurely." The researchers noted, "Their immediate relatives should be identified after they are admitted and offered advice and screening, as is done in cases of inherited cancers." The researchers added that the **offspring and the "siblings of women who have heart attacks before age 60 and men who" have heart attacks prior to "age 55 face double the risk of developing" heart disease.**

Provided by Karen Vesterby from Dr. Joseph Romero MWAOHN Speaker this month on Heart Disease

Phyllis Waslo
and Yvette Griffin



National Center for Healthy Housing

The National Center for Healthy Housing (Formerly the National Center for Lead-Safe Housing) was founded as a nonprofit organization in October 1992, to bring the public health, housing, and environmental communities together to combat our nation's epidemic of childhood lead poisoning. As the National Center for Healthy Housing it continues its important role in reducing children's risk of lead poisoning and has expanded its mission to help to decrease children's exposure to other hazards in the home including biological, physical, and chemical contaminants in and around the home.

Learn More:

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

AAOHN Sponsored Educational Offerings:

[Register Now for Hearing Conservation Webcast](#)

[Obtaining a Psych IME Report Webcast Airs November 7](#)

[Free! Bloodborne Pathogens Webcast November 8](#)

[Boot Camp 2007 in Columbia, SC November 6](#)

PROFESSIONAL EDUCATION AND RESOURCES



Katy Page

ABOHN List of Education Resources

www.aaaceus.com Select "Free Courses" on upper left side of screen

www.allnurses.com

www.ana.org

www.cdc.gov/mmwr/cme/conted.html Topics from the CDC

www.cdc.gov/mmwr Topics from the CDC

www.cmecorner.com Select "Nurses" on the left side of screen (options include online and CD

ecme.com/node/ecmecourses.aspx

freemedcme.com Select "RN" on the right side of the screen under "Professional Search"

www.ismp.org

medceu.com

medicaled.com/courses/index_post.jsp

medscape.com/cmecenterdirectory/nurses

www.medi-smart.com/freecceu.htm Listing of current free CE offerings

meniscus.com/web/frames/fsnurses.htm Select "Nurses CE Offerings" on left side of screen (oncology topics)

www.medpage.com

www.nursingcenter.com

nurseceu.com/free

nursingsociety.org/Education/ContinuingEducation/Pages/ceonline.aspx

nursingspectrum.com List of current free CE offerings

www.pain.com

www.powerpak.com Select "Nurses" under the "Profession" option towards the top center of the screen

www.rn.com

www.uic.edu/depts/lib/projects/ebphn/modulesmain.html

Computer/Electronic Accommodation Program Newsletter:

VCNP - web-based training course in lactation management

This web-based training course was designed in partnership with the Virginia Department of Health and the University of Virginia as the result of a regional USDA Operational Adjustment and Infrastructure (OAF) grant. The course can be accessed through <http://www.breastfeedingtraining.org>. Below is the course description to give you a better idea of what the course will entail. This Breastfeeding Training Course will provide health professionals with detailed information regarding the theory and practice of lactation management. We hope to encourage health care professionals in all specialties to become teachers and supporters of breastfeeding and lactation management.

Lisa Hamlett MS, RD, IBCLC State Breastfeeding Coordinator

Virginia Department of Health Division of WIC & Community Nutrition Services (804) 864-7845

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

PROFESSIONAL EDUCATION AND RESOURCES

News From the Librarian's Internet Index

Body 1.com contains health news, and information about diseases and their diagnosis and treatment, first aid, symptoms, tests, and procedures. Features links to an affiliated series covering wounds, knees, shoulders, veins, and medical technology. Contributors include physicians, business people, medical writers, and computer specialists from Harvard and MIT.
URL: <http://www.body1.com/>

Presbycusis

Fact sheet on presbycusis, the loss of hearing that gradually occurs in most individuals as they grow older. Discusses symptoms, causes, prevention, hearing aids, communication tips, and related topics. From the National Institute on Deafness and Other Communication Disorders, National Institutes of Health.
URL: <http://www.nidcd.nih.gov/health/hearing/presbycusis.asp>

Humor and Laughter: Health Benefits and Online Resources

This site considers the health benefits of laughter, such as reduced stress, lowered blood pressure, and improved brain functioning. It describes laughter's positive effects on the body, the mental health benefits of laughter, and examples of humorous experiences. Also includes links to related articles and sites. From HelpGuide.org, a nonprofit resource on a mental health and healthy lifestyles; it is a project of the Rotary Club of Santa Monica and Center for Healthy Aging.
URL: http://www.helpguide.org/life/humor_laughter_health.htm

FREE CME/CEU credits on Medscape for physicians and nurses:

<http://www.medscape.com/viewprogram/5438>

Research updates monthly from The Rand Corporation

The September newsletter is available at

<http://www.rand.org/health/emailnews/2007/09.html>

Previous newsletters are available at

<http://www.rand.org/health/maillinglist.html>

THANKS TO KATHY LUTON FOR THE EYE AND EAR EXAMINATION UPDATE

Kathleen Luton, a professor of nursing at Catholic University, an NP at the Washington Hospital Center, and in private practice provided a very comprehensive on clinical assessment of the eyes and ears at the dinner meeting September 12th. During the presentation, the question of what Cogan Syndrome was came up. The Reflex editor found the following definition at [medicinenet.com](http://www.medicinenet.com):

Cogan syndrome: Arteritis (also referred to as [vasculitis](#)) that involves the ear. This condition is called Cogan syndrome after the American ophthalmologist David Glendenning Cogan (1908-93) who first described it.

Cogan syndrome features not only problems of the hearing and balance portions of the ear, but also inflammation of the front of the eye (the cornea) and often [fever](#), fatigue, and weight loss. Joint and muscle pains can also be present. Less frequently, the arteritis can involve blood vessels elsewhere in the body as in the skin, kidneys, nerves, and other tissues and organs. Cogan syndrome can lead to [deafness](#) or blindness.

The treatment of Cogan syndrome is directed toward stopping the inflammation of the blood vessels. Cortisone-related medications, such as [prednisone](#), are often used. Some patients with severe disease can require immune suppression medications, such as [cyclophosphamide](#)(CYTOXAN).

Cogan syndrome is extremely rare and its cause is not known.



Kathy Luton

PROFESSIONAL EDUCATION AND RESOURCES

COACH'S CORNER

Nail That Interview!

I have a friend in Philadelphia who called me last week for some interview advice. My friend is an educator, not a nurse. She started the conversation with, "Lisa, I know you don't work with educators, but I have a job interview on Friday and I thought you might know someone who could offer advice ... you know, like what I should wear, should I tell them right from the beginning what I'm looking for in salary, and stuff like that. Do you know anyone who could help me that doesn't concentrate on clinical stuff?"

I explained to her that interviews are fairly universal, kind of like good manners, and it doesn't matter if you're interviewing for a teaching position or a clinical position or a CEO position. What does matter is how you present yourself in front of others. First impressions mean everything.

So – I told my friend to grab paper and pen because I was going to tell her how to prepare for her onsite interview and she needed to take notes.

Dress a notch higher. If they wear business casual; wear a suit. If they wear suits, wear your best suit. If everyone wears scrubs, wear a suit. Get the picture?

Wear sensible shoes; closed toe/no sling back.

Arrive ten minutes early.

Don't assume everyone you'll be speaking with has a copy of your resume. Bring three or four copies to hand out just in case.

Greet your interviewer(s) with a firm handshake, not a dead-fish handshake or a death-grip handshake. Practice on someone until you get it right.

Smile and listen.

Make eye contact and remember body language speaks volumes. Don't slump, don't fold your arms across your chest, don't wiggle your feet or twiddle your thumbs.



Lisa McLaughlin

Don't look at your watch. Wasn't it the first George Bush who looked at his watch during a debate? The kiss of death.

Show enthusiasm. Show assertiveness.

Don't bring up the subject of compensation. Believe me, they won't forget to ask. And when they do – you can let them know what your total compensation package is currently and that you feel confident they have a range in keeping with the position and your qualifications.

This is the time to show what YOU can do for them, not what THEY can do for you.

Ask questions. Ask questions. Ask questions.

Let your interviewer(s) know that you are interested in the opportunity. Countless times I've heard back from a hiring authority that they didn't think the candidate was truly interested in the opportunity because at no time did the candidate express the interest.

Write a thank you note. How many jobs have you applied for and never received even an acknowledgement? Frustrating, isn't it? I bet you remember the people who DID send an acknowledgment. Same holds true for the candidate. Write a short note to each of the interviewers; three or four sentences. And please do this the old fashioned way with a pen, a formal note, an envelope, and a stamp.

This is the abbreviated version of face-to-face interview tips due to space limitations. I'll be glad to share the whole gamut with you – just give me a call.

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.

Raffle-mania!

Raffle will be held at the November 14th meeting

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

September 12th Winners

Lillie Mitchell	Karen Vesterby	Jean Hunt
Joyce Urbaur	Florence Mautz	Donielle Stancil



Jean Hunt

PROFESSIONAL EDUCATION AND RESOURCES

CDC Shows Relationship Between Diabetes and Obesity

By Jennifer Seven



Jennifer Seven

The CDC has found a direct link between obesity and the growing incidence of diabetes in the U.S. The CDC study cited below provides concrete evidence of the strong relationship between America becoming more obese and the rise of diabetes.

The prevalence of diabetes has risen 5% annually since 1990, according to the Centers for Disease Control and Prevention (CD). This is a big concern for the Government and Corporations.

“The growth in diabetes prevalence and incidence accelerated in the early 1990s and this acceleration remained unabated,” said Linda s. Geiss, the chief of diabetes surveillance for the CDC. “It is likely tied to the growth in obesity in this country, and if we are going to stem the growing burden of diabetes, we must improve our prevention efforts.”

Nearly 21 million Americans have diabetes, which is the sixth leading cause of death in the country. Type 2 diabetes accounts for 90 to 95 percent of cases. Though it used to occur mainly in overweight adults, more children and adolescents are becoming overweight and inactive and developing type 2 diabetes.

There are distinct periods in the rate of existing diabetes in the population at a given time:

- From 1963 to 1975, prevalence increased from 13.6 to 25.8 per 1,000 adults – 5.1 percent per year.
- Between 1975 and 1990, prevalence did not increase.
- Between 1980 and 1991, the rate of occurrence of new cases did not increase.
- From 1990 to 2005, prevalence increased substantially from 26.4 to 54.5 per 1,000 adults.
 - 4.6 percent per year.
- Between 1991 and 2005, incidence increased from 4.0 to 7.7 per 1,000 adults – 5.1 percent annually.

The connection between rising obesity rates and rising diabetes rates starting in 1990 is clear, according to the CDC.

“Using the same data source, we examined weight trends among adults age 20 and over and found that obesity in the U.S. population began to increase at a more rapid rate in 1986, four years prior to the time when diabetes began to increase significantly,” Geiss said. “The growth in diabetes accelerated in 1990, shows no sign of slowing down, and appears to be linked to increasing obesity. These trends highlight the need for continued and intensified efforts to prevent diabetes.”

Source: Centers for Disease Control and Prevention, www.CDC.gov

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

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www.yoh.com
 Heidi Hawthorne
 District Sales Manager
 (703) 527-2147
heidi.hawthorne@yoh.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

Occupational Health and Safety Recruiting

Lisa McLaughlin

Taylor & Associates
 Winterville, North Carolina
 Toll-free: 877-439-0966 Cell: 252-902-5567
lisa@taylorsearch.com
"Occupational Health Recruiting since 1999"
www.taylorsearch.com

Corporate Nurse, Inc.

For occupational health nursing assignments in MD/DC/Northern VA
Contact Jodi Pasternak
 (703) 855 8245
jodi13638@aol.com

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 (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

OHN Recruiter

Pays referral bonuses if a nurse you refer is hired!

Nancy Clover RN, COHN-S

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

OCCUPATIONAL HEALTH NURSE JOBS

National Accounts Manager Position

Presently IMC Healthcare has 21 clinics throughout the US, mainly in eastern US. Two of our facilities are on the west coast, one in Washington State and one in California. We are rapidly growing, therefore the need to expand our staff.

IMC HealthCare headquarters is in Jacksonville, FL. This position does require 50% travel time in the US. Due to the amount of travel it is not necessary to relocate to the corporate headquarters. We have a competitive salary range, and salary will be based on the candidates experience. Candidate must have minimum of three years experience managing three or more medical facilities.

If you have any further questions, please do not hesitate to contact me. If you are interested in this position, please feel free to submit your CV to my email address. You may also fax your resume to 904-519-5455.

Sharon Horst
IMC HealthCare
(904) 519-2000, ext 203
shorst@imchealthcare.com
www.imchealthcare.com



Florence Mautz

Mirant Corporation looking for a Workers' Comp Specialist

A Workers' Compensation Specialist needs to have at least 5 years background in Leave Management or Workers Comp. This includes knowledge of policies and procedures, resolving employee/vendor issues, workers compensation claims and reporting requirements for compliance. Experience in Safety practices would be helpful. Bachelor's degree or equivalent in Workers' Compensation is required. Preferred is an MBA or RN. COHN-S, PHR certificate.

Apply online at:

http://jobs-mirant.icims.com/mirant_jobs/jobs/candidate/job.jsp?jobid=7681&mode=view

OHN Position at Washington Navy Yard

WellChoice Medical has an IMMEDIATE opening (full-time, part time and/or per diem) for an RN (COHN preferred) at our single nurse clinic in Washington, DC.

Requirements:

- * Licensed RN in DC (COHN preferred)
- * 4 years of OHN experience
- * US citizen
- * Secret clearance preferred but not mandatory

Work Hours:

- * Monday - Friday 7:30am - 4:00pm.

Location:

- * Washington Navy Yard (First Street), Washington DC. Located directly across the street from Navy Yard Metro stop.

WellChoice Medical offers a competitive salary & benefits package (health benefits, prescription coverage, paid time off, 10 paid federal holidays, IRA with company match, continuing education & dues/licensure stipend, workers compensation, professional liability insurance, travel stipend)

ASK ABOUT OUR SIGNING BONUS & REFERRAL BONUS!

FOR MORE INFORMATION, PLEASE CONTACT GRETCHEN LOSEY

216.272.7182 PHONE

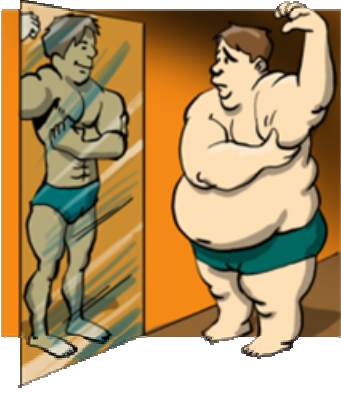
Email: gretchen@wellchoicemedical.com

Patient ID!

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

CDC's Tips for Weight Loss and Maintenance

TIPPING THE SCALES IN YOUR FAVOR



Make healthy choices a habit.

Remember to be realistic about your goals. If you try to reduce the calories, fat, saturated fat, and sugar in your diet AND promise to make a drastic change in your physical activity level, you may be setting yourself up for failure. Instead of trying to make many changes at once, set smaller, more realistic goals for yourself and add a new challenge each week.

Conduct an inventory of your meal/snack and physical activity patterns. Keep a food and activity journal. Write down not only what you ate, but where, when, and what you were feeling at the time. You will see what triggers your hunger and what satisfies your appetite. What foods do you routinely shop for? What snacks do you keep in the pantry.

Eat enough servings of vegetables and fruits per day. The amount you should eat depends on your age, sex, and activity level. [Dietary Guidelines for Americans 2005](#) provides advice about how good dietary habits for people aged 2 years and older can promote health and reduce risk for major chronic diseases.

Eat foods that are high in fiber to help you feel full. Whole grain cereals, legumes (lentils and beans), vegetables, and fruits are good sources of fiber that may help you feel full with fewer calories.

Prepare and eat meals and snacks at home.

Use a scale and measuring cup to serve your food.

Choose snacks that are nutritious and filling. A piece of fresh fruit, cut raw vegetables, or a container of low-fat yogurt are excellent (and portable) choices to tide you over until mealtimes.



Take your time! Eat only when you are hungry and enjoy the taste, texture, and smell of your meal as you eat it. Remember, it takes approximately 15 minutes for your stomach to signal your brain that you are full.



If you choose to eat out, remember these important suggestions: Watch your portions. Choose smaller portion sizes, order an appetizer and a leafy green salad with low-fat dressing, share an entree with a friend, or get a "doggy bag" and save half for another meal.

Forgive yourself. If you occasionally make mistakes, don't give up!

Remember physical activity! Aim for at least 30 minutes (adults) or 60 minutes (children) of [moderate-intensity physical activity](#) five or more days of the week.

For more information on making physical activity a regular part of your healthy lifestyle, visit [CDC's Physical Activity Web site.](#)

[Overweight and obesity resources](#)



PRE-REGISTRATION DINNER RESERVATIONS AND PARKING REQUESTS MUST BE RECEIVED NO LATER THAN Thursday, November 8th by 3:00 P.M.

MWAOHN Dinner Meeting & Speaker

Wednesday, November 14, 2007

Topic: "Heart Disease" -- Dr. Joseph Romeo, Cardiologist,

U.S. Department of State

6:00 PM Dinner

6:45 PM Business Meeting

7:00 PM Guest Speaker

LOCATION & DIRECTIONS

Architect of the Capitol

Ford House Office Building, 1st Floor, Cafeteria

2nd St SW & D St SW

Washington, DC 20024

Enter the building at 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"

NAME

PHONE

EMAIL

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

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

Menu (*please select*) **Regular: Shrimp Creole** 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: Thursday, November 8, 2007, 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

or by email to joe.ann.conrades@census.gov

If you have any questions, call JoeAnn @ 301.763.9605

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

Do you need AAOHN membership information Yes ___ NO ___

List MWAOHN committee you would like to be on-- (see list of committees on page 22) _____

STANDING COMMITTEES

Membership:

Ludi Gibson ludi.gibson@psc.hhs.gov

Current membership is Active 58 Retired 5 Secondary 2. MWAOHN is in a time of growth and regeneration. Serve on this committee and know that your efforts will contribute to the improved health of MWAOHN by bringing members onboard who are energetic and appreciated. Members who want to be part of the Nation's Capitol's premier occupational health nursing organization! Membership goal for 2008 is to bring on 6 additional members.

Nominating:

Phyllis Waslo waslopa@washpost.com

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 month of August, October, December, February, and April. We are currently conducting a survey of Reflex readers. A copy is at the end of this newsletter. Please complete and send to claudiabeach@gmail.com or bring to the next dinner meeting, November 14, 2007.

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. **MWAOHN BOD would like to thank Linda Scotti, Vice President, for taking the lead on researching what was available, and helping us make our purchasing decisions.**

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.



Fran Flynn and
Sharon McKinney



Wayne Griffin

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	(703) 875-5414	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		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	(703) 875-4853	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 Bruce@aaohn.org and he will do it for you.

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



Louise Blivins

2007 MWAOHN Reflex Readers Survey

Return to claudiabeach@gmail.com

	Write a number 1 (low) thru 5 (high)	Question	Comments
1.		Design and layout of the Reflex is appropriate, easy to read, and understandable.	
2.		Information is generally clear and to the point.	
3.		Content reflects the needs of members.	
4.		Information and articles are interesting.	
5.		Information and articles are valuable for occupational health nurses.	
6.		The President's Columns encourage you to be a more active member.	Example?
7.		One or more items I read in the Reflex caused me to change something in my professional life, led to a new job, stimulated me to be a more active member or encouraged me to participate in training, or do further research on a topic etc.	Example?
8.		Information on professional educational opportunities (including MWAOHN meetings) and other local, regional, out-of-state, and national meetings, seminars, and conferences is complete enough and useful.	Example?
9.		Information on the Federal page is relevant and timely.	
10.		The employee education materials are valuable, i.e., the Brown Recluse one-page safety flyer in the August-September 2007 issue.	
11.		What additional topics or speakers would you recommend?	Topic Name Speaker Name, contact info
12.		Articles by the members describing a learning experience are helpful. What learning experience article would you like to submit?	Topic?
13.		The "Coach's Corner" column provides valuable job hunting and interviewing skills.	Example?
14.		The Wellness Column provides valuable information that can be used to encourage management to support wellness programs.	Example?
15.		Current medical items with their references are helpful.	
16.		Information about the activities of the various standing committees is sufficient.	

17.		Member information is useful.	
18.		Content of the Reflex reflects the professionalism of MWAOHN and AAOHN.	
19.		Information about job opportunities is valuable.	
20.		Information and articles are creatively presented.	
21.		Electronic hyperlinks in the electronic editions are helpful in contacting members, RSVPing to the MWAOHN meetings, linking to educational sites, or learning more about conferences or information in articles.	
22.		If I made a suggestion about the Reflex, it was taken into consideration and used if appropriate. What changes to the Reflex would you suggest?	
23.		I feel encouraged to contribute articles and information to the Reflex.	
24.	Yes No	Would you be interested in being interviewed for your biography, which would go in a future Reflex issue?	
25.		Reading the Reflex encourages me to be a more active member of MWAOHN and AAOHN.	
26.		Are you interested in writing articles or providing information for inclusion in the Reflex. If yes, about what topic what would you like to write.	Topic?
27.	Yes No	I regularly share the Reflex with 1-5 others.	
28.	Yes No	I regularly share the Reflex with 6-10 others.	
29.	Yes No	I regularly share the Reflex with 11-15 others.	
30.	Yes No	I regularly share the Reflex with 16 + others.	
31.		How satisfied are you with the Reflex overall?	
32.	Yes No	Any other comments or suggestions?	