



# ONA Region 2 Spring 2016 Newsletter

ONA REGION 2  
PO BOX 52447  
TULSA, OK 74152

SPRING 2016

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## Presidents Welcome



Welcome to the New Year, 2016! Perhaps you are actively involved in ONA. Or, perhaps now is the time that you are thinking of getting more involved with your nursing organization? If so, please know that you are welcome! I know that I had been a member of ONA, paying my dues for several years, but did not attend any meetings. I wanted to be involved but was not really sure how to go about it. And, being shy, it has always been a challenge to take a big step to try something new. A nurse mentor contacted me and invited me to become involved and run for an office for ONA Region 2. At first I felt quite the imposter – how could I run for an office if I had not already been involved? But she reassured me that I was welcome and that we all have talents – and that new people were valuable. I am so glad I took her advice. Being a part of ONA Region 2, and ONA in general, has allowed me to meet some wonderful new friends in addition to hearing some excellent presentations on timely top-

ics (and get CEUs!) and getting a better understanding of the role of ONA.

ONA is our organization. The mission statement is: “As a professional organization, the Oklahoma Nurses Association is a community of nurses from all specialties and practice settings that empowers nurses to improve health care.” ONA is our voice in legislative issues that may affect us as nurses. ONA also is our advocate and consultant and provides one strong voice for nurses in Oklahoma. So, you can see why it is important that we are clear about our voice. There are many other benefits of being a member of ONA which can be found online at [www.oklahomanurses.org](http://www.oklahomanurses.org).

When we nurses belong to ONA, we are supporting the mission of ONA – and that is important! And as I said, for many years I was happy with that type of support that I was

giving. I am a true believer that there are “right” times for everything in life. On that note, if you are thinking of possibly becoming more active with Region 2 and need that little push to know you are welcome, please contact me. Or, if you would like more information, please contact me as well. ONA Region 2 currently has open positions for offices. See page 2 of this newsletter. The deadline for nominations is soon – January 30<sup>th</sup>.

Welcome to the New Year and we would like to welcome you and invite you to attend our meetings this spring. We have some wonderful speakers lined up. Hope to see you soon,

Lisa

ONA Region 2 President  
2015-2016

Nominations close on January 30, 2016 so act fast and nominate yourself or a colleague now!

Consent to serve and nomination forms on line at [Oklahomanurses.org](http://Oklahomanurses.org)

Plan now to nominate a deserving Region 2 member. Awards presented at the Spring Luncheon.

## 2016-2018 Call for Nominations

President-Elect—2016-2017  
Secretary/Outreach Coordinator—2016-2018  
Chairperson of the Committee on Nursing Advancement—2016-2018  
Director at Large—2 positions—2016-2018  
Nominating Committee—2 positions—2016-2018  
Delegates (10) - 2016  
\*Refer to the Region 2 Bylaws for a description of the duties and responsibilities of each office.

## Region 2 Awards

### Innovations in Practice Nursing Scholarship

Purpose:

Promote scholarship and innovation in nursing

Support ONA members who are pursuing higher education in nursing (RN-BSN, MSN), doctoral level nursing or a related discipline (PhD, EdD) .

Submit a one-page abstract reflecting either: Innovation in practice or nursing education, or evidence-based change in nursing practice.

### Nightingale Award of Excellence

The Nightingale Award of Excellence is conferred on an ONA Region 2 member who during their career has:

1. Demonstrated innovative strategies so as to fulfill job responsibilities and/or role responsibilities in their professional role and within the community they work and live.
2. Consistently surpass expectations of a professional nurse; thus enhancing the image of nursing as a profession.
3. Demonstrates sustained and substantial contribution to ONA Region 2.
4. Served as a role model of consistent excellence in their area of practice.
5. Other professional behaviors, such as mentoring, advocacy, research conduction or utilization, publications and presentations should also be demonstrated throughout his/her career.

Application deadlines March 1, 2016

For more information go to: [www.oklahomanurses.org](http://www.oklahomanurses.org)

## 2015-2016 Region 2 Board Members

**President:** Lisa Gerow (lisa.gerow@gmail.com)

**President-Elect:** Brenda Nance (brenda-nance@ouhsc.edu)

**Vice President:** Linda Lyons-Coyle (llyons@coyleweb.com)

**Treasurer:** Mary Helen Freter (maryhelenfreter@gmail.com)

**Secretary/Outreach Coordinator:** Chris Thoman (cbthoman@cox.net)

**Region 2 Representative:** Shelly Wells (shellywells@windstream.net)

**Chairperson of the Committee on Nursing Advancement:** Beckie Yarger (golf.beckie@gmail.com)

**Directors at Large:**

- Pam Price-Hoskins (pph46@aol.com)
- Teresa Frazier (teresa.frazier@tulsacc.edu)
- Brandi Payton (brandimpayton@gmail.com)
- Deborah Wipf (dawipf@sbcglobal.net)

**Chair, Nominating Committee:** Helen Farrar (helen-farrar@ouhsc.edu)

**Members:** Marla Smith, Carla Lynch, Teri Bycroft, Sarah Bailey

Mark your calendar now and plan to attend the **Annual Spring Luncheon** where we celebrate Region 2 members, introduce the newly elected Region 2 board members and welcome the spring nursing graduates to the profession.

Watch for the reservation form to be sent in March and plan to attend and sponsor a graduating senior nursing student.

**Save the Date:**

**Annual Spring Luncheon  
April 15, 2016  
Tulsa Community College,  
Center for Creativity  
9th and Boston**

Thanks to all that attended the December Holiday Luncheon and donated undergarments to The Center for Behavioral Health.

Welcome again to all the December nursing graduates!



# Calendar of Events Spring 2016



**Date:** February 9, 2016

**Speaker:** Candi Barlow, MSN, RN

**Topic:** Emerging Role of Clinical Research Nursing

**Time:** Board Meeting 5:00-5:45 pm

General Meeting and Program 6:00-7:30 pm.

1 CE Contact Hour

**Program Location:** OU Tulsa, Learning Center, Room 231

## **Annual Spring Luncheon**

**Date:** April 15, 2016

**Speaker:** Panel Discussion

**Topic:** Transition to practice

**Time:** 11:15-1:30

**Location:** Tulsa Community College, Center for Creativity  
9th and Boston

**May 2016 -Transition of Officers Meeting TBA**