



HADASSAH
Nurses & Allied Health
Professionals Council

CALLING ALL NURSES & ALLIED HEALTH PROFESSIONALS

September 2019 Newsletter



A SPECIAL ROSH HASHANAH MESSAGE FROM YOUR CO-CHAIRS

Hakol holech achar harosh. Everything goes after the beginning. Soon we will begin a New Year. The celebration of Rosh Hoshana has the power to energize each of us, providing inspiration to become our best selves in the upcoming year. There is always room for improvement, trying something new, exploring interests and abilities we didn't know were at our fingertips.

We are expected on Rosh Hashana to conceive of a plan for how we want to live in the year to come. Next, we need to use our talent and ambition to make this vision come to life. There is a progression and an order, an Annual Plan, if you will-- a term many of us are familiar with in our personal, professional and volunteer lives.

As Council Co-Chairs, Nancy and Susan know coming up with an Annual Plan is no easy task. We're so thankful for the members of our Steering Committee and National Leadership who brainstorm along with us so we can undertake the creation of that plan and use our vision and ambition to make that plan a success. As we move into the New Year, we will reflect on what we want to take along with us into the new year. What worked? What needs some tweaking?

We're pleased to say we did enjoy quite a few successes during this past year, beginning with our October Mission to celebrate our 100th year. We wish you all could have been there with us! Many of us made connections with the nurses at Hadassah Medical Organization and Hadassah members we had not yet met with whom we will now share lifelong friendships. We also successfully launched our Steering Committee.

And we are now officially named the Nurses & Allied Health Professionals Council, enabling us to be more inclusive of our fellow healthcare professionals. We know it takes a team to be a success, and we want all members of the team to join in and participate. You can be a member of both a local Chapter and a Council. Two for the price of one.

Our Facebook page has seen success. From August 1st until August 11, 2019 we reached over 241 people with our posts. Our page is now liked and followed by some of the HMO Nurses, and, some of us now follow their pages in return. So, please keep reading, liking and commenting on our posts.

One of our goals is to bring you CE-eligible, educational, exciting and unique learning opportunities. In the coming year, we are going to be hosting exclusive webinars, which will include at least one from our nursing colleagues in Israel.

We are looking forward to this New Year and all it offers. Our goals and visions, will, with your help and dedication, become plans that turn into successes for tomorrow and the upcoming year!

NOTES FROM NEW YORK, Part 1

Council member Samantha Gross reflects on her experiences at National Convention:

“As a third generation Hadassah member and a first-generation RN, I was excited to attend my first National Hadassah Convention this year. My day began with a meeting of women passionate enough about their professions to get up early for some good food and better conversation at a breakfast hosted by the Nurses & Allied Health Professionals Council.

“Throughout the day there were a variety of lectures on different topics, and I learned about the many resources Hadassah has to offer. Did you know that the Health and Wellness team has put together program guides based on a variety of topics -- from breast cancer to nutrition to heart health -- making it easy to put together an event for your chapter? I particularly enjoyed a [video presentation](#) led by an excellent medical clown demonstrating this unique mode of healing that takes place at Hadassah Hospital.

“But the highlight of the day was definitely the Symposium put together by the Nurses & Allied Health Professionals Council – **‘Nurses Survival Kit: Taking Care of Yourself -- Mind, Body and Soul’**. Karen Frank, a Jewish pastoral nurse, spoke of the difference between *refuat haguf* (healing of the body) and *refuat hanefesh* (healing of the soul). She suggested that, as nurses, we can help our patients not only by focusing on a bodily cure but also on alleviating suffering. Patti O'Rourke, a Navy veteran, shared how she uses complimentary modalities to help veterans heal from trauma and be kinder to



themselves. She also addressed the burdens we often carry in our bodies as healthcare providers. She had the whole room on their feet shaking out their stress, finding their *chakras*, and breathing in joy.

“In true Hadassah fashion, the room was full of women sharing their experiences passionately, and many connections were made. I definitely will be incorporating the ideas and techniques learned at the Symposium into my current practice working with oncology patients. My experience at Convention strengthened my pride in being both a Hadassah member and a nurse.”

NOTES FROM NEW YORK, Part 2

Council member Helene Kornstein shares her thoughts:



“My connection to Hadassah goes back 37 years, when I was a young RN starting out on the night shift. At that time, a Nursing Education Supervisor went around recruiting every single Jewish nurse and got them to become a member of Hadassah. I didn’t know much about the organization then, but I soon became quite active in a newly formed young person’s group in Bayside, NY. I soon learned that Hadassah had a Professional Nurses Council. This was a perfect fit for me enabling me to integrate my love for nursing with Hadassah.

“I have attended many National Conventions throughout the years and always find time to choose a nursing track. I have developed many friendships with other nurses from across the country and look forward to meeting them yearly. It is a fantastic opportunity to network and share ideas for programming in our own communities.

“This year, I attended an early morning breakfast, where I got an opportunity to meet fellow nurses and many healthcare professionals. I also had a chance to meet our two Council Co-Chairs. They discussed how we can support our fellow nurses in Israel by donating a beautiful sweatshirt through the Nurse to Nurse program [details on that later in the newsletter].

“I look forward to attending National Conventions because they personally inspire me, as well as educate me on so many levels. The speakers are fantastic, and the Hadassah leadership is there to further my skills and to become a better person and nurse.”



ASK AN HMO NURSE A QUESTION: Gila Sarbiv

Question: "What did you think of attending the National Convention in New York City?"

Answer: "When asked what I *'think'* about attending the National Convention in New York City, I would have to answer instead what I *'felt'* because it is an experience that is well beyond the realm of thought and intellect and more in the world of emotion and feeling. The National Convention was like nothing I had ever experienced in my life. People talk about the energy in a room being 'palpable' and 'electric', and that is exactly what it felt like. Standing in a room with 900 passionate, powerful women is truly an overwhelming experience. I think that moments like these give us all the strength to continue doing the work we do every day and remind us what we are doing it for.

"Speaking at the Nurses' Symposium was a remarkable experience. To meet the extraordinary nurses from across the country, who go above and beyond their regular duties on a daily basis, was truly humbling. I learned more in that one hour than I have in many courses I have taken throughout my life. It is crucial that we continue to come together and share our knowledge and experience with each other so that we grow and thrive as a profession. I cannot thank Hadassah enough for allowing me to come and be a part of this one-of-a-kind experience, and I can't wait to see everyone from Hadassah in Israel soon!"



MEET OUR MEMBERS: Ellen Audet

"I was a recreational therapist who became a nurse after 15 years so I could advance my advocacy. I have advocated for healthcare parity, women's health issues, children's issues, and human rights. As the mother of a lung transplant recipient with cystic fibrosis, I have a special place in my heart for people with cystic fibrosis and organ transplant recipients and donors.

I have been active with the Gainesville Florida Chapter of Hadassah for 20 years, and I am a former president there. I went to Israel for the first time last year, and particularly as a nurse educator and patient advocate, I was particularly amazed and inspired by Hadassah's work with youth and healthcare. These programs supported through Hadassah showed me that we can truly help heal the world."

IN THE NEWS: How Hadassah Supports Ethiopian Nursing Students



When Reuven Rivlin, president of Israel, honored Israeli nurses during ceremonies marking International Nurses Day on May 12, only one student nurse was included in the celebrations. Nonetheless, student nurse Yehudit Armas, 24, wasn't intimidated. She's used to being a trailblazer. "It's a privilege for me not only to represent the Henrietta Szold–Hadassah School of Nursing but also to meet the president of Israel as a representative of the Achoteynu program for Ethiopian students, the Ethiopian sector in Israel, and the Hebrew University in Jerusalem," said Armas.

The Achoteynu program is a pilot project supported by a generous bequest to Hadassah for nursing scholarships from Patricia Lapan, a nurse and businesswoman from Arizona and California. Ethiopian students in Israel who are eager to become hospital nurses are often held back because they don't score high enough on the standardized exams required for college admission. The Achoteynu program brings these students up to speed so they are able to pass their exams and enter the School of Nursing. Read more about this unique and inspiring program [here](#) and [here](#).



SHOW OUR COLLEAGUES IN ISRAEL WE CARE

Nurses at Hadassah Hospital love knowing how much we support them. To honor them, we've kicked off the Nurse to Nurse project. For every \$36 you donate, an HMO nurse will receive a beautiful sweatshirt. All proceeds go directly to nursing-related needs at HMO. More information is available [here](#). To donate, click [here](#)



WE'D LOVE TO HEAR FROM YOU

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