



Photo: Camille Wheeler, RN, BSN, MA, Grace Echeona, RN, MSN, April Tucker, and, Sue Hall, RN, ADN

The Third Annual New Heights Summit

The third annual New Heights Summit was held on June 25th at the Columbia Heights Educational Campus in Washington, DC. The program is designed to support expectant and parenting students, improve the attendance and graduation rates of these students, prepare them for college or careers, and prevent subsequent pregnancies. CSS nurses Grace Echeona, RN, MSN, and Sue Hall, RN, AND, of Ward 3 along with Camille Wheeler, RN, BSN, MA, of Ward 1 were among those in attendance. April Tucker, mother of R&B singer and songwriter Trey Songz, served as keynote speaker.

Various workshops were presented during the summit. Discussions included "Understanding the Youth Culture" and "Family Literacy" among others. A documentary entitled "New Heights at Next Step Public Charter School" also was shown.

Sue Hall, RN, ADN
School Nurse-Maya Angelou PCS-Ward 3

"Asthma, Poverty and Public Health"

Ruth B. Richardson, RN, school nurse at Ketcham Elementary School, recently participated in the Kojo Nnamdi Show on WAUM 88.5 FM. The show was entitled "Asthma, Poverty and Public Health." The other participants included Judy Berman, Deputy Director at DC Appleseed and Stephen Teach, MD, Medical Director of Impact DC Asthma Program. The group discussed asthma as it relates to Ward 8 students and families.

At Ketcham ES approximately 30 percent of the students are homeless. This presents a serious challenge to "asthma care" as the families and students move from different homeless shelters or the homes of family and friends. The inhaler and spacer are often lost or misplaced causing excessive emergency room visits. The child is not stabilized and the asthma is not controlled so the emergency room becomes their primary healthcare provider. Nurse Richardson, along with Principal M. Riddlesprigger hope to decrease the emergency room visits through establishment of an asthma club for both parents and students. They will include Dr. Teach from Impact DC as well as other community agencies to help combat this problem.

Ruth B. Richardson, RN-BC, BA, BSN,MA, EdD
School Nurse- Ketcham ES Ward 8

Ward 5 celebrates Nurse Betts

Patricia Betts, RN, BSN, has dedicated 47 years to the health and well-being of the children of D.C. While working as school nurse at Brookland Education Campus, she gave excellent care to her students. Betts has mentored hundreds of nurses and served as the second Vice President for the DC School Nurses Association (DCSNA). She has been a proponent of health promotion activities and a community activist. We are sad to see Nurse Betts go but we hope she enjoys her retirement with her husband.



Nurse Betts and Tanya Hankton, RN, BS, Nurse Manager at the Ward 5 staff meeting

Sabrathia Draine Ishakwue, RN BSN
School Nurse-Dunbar SHS Ward 5

Ward 2 Bids Farewell to Three Great Nurses

Ora Hogans, RN, BSN, Pearline Lee, RN, BSN, and Patricia O'Malley, RN, BSN, will retire at the end of the 2013-2014 school year. Ms. Hogans has over 51 years in nursing with nine years in school nursing. Ms. O'Malley has over 52 years in nursing with 11 years in school nursing. Ms. Lee has over 60 years in nursing with 13 years as a school nurse. We all celebrate their accomplishments and dedication to the nursing profession and to school health nursing. We want them to know that they will be missed and we wish them a wonderful retirement.



Adrienne Rogers, RN, MSN
Nurse Manager, Ward 2

Crimson Tide Wellness Center Ribbon Cutting

On June 06, 2014, the Crimson Tide Wellness Center had its official Ribbon Cutting Ceremony and Open House. The clinic located at the historic Paul Laurence Dunbar Senior High School is a partnership between The Howard University College of Medicine-Department of Pediatrics and School Based Health Programs, The DC Department of Health-Community and School Health Divisions and The Children's National Health System's Children's School Services. The clinic will be a full service primary care facility for students of Dunbar SHS and children attending the Dunbar Child Care Center. Services include: school and sports physicals, HIV testing, immunizations/shots, pre-natal care, reproductive health exams, STD screenings and treatments, mental health screening, dental services and much more. Students under the age of 18 must have a signed parental consent form. The goal is to improve the health of the Dunbar student population, increase access to quality health care and to reduce the amount of time missed from school for medical visits and follow-up. In attendance were Dr. Joxel Garcia, MD Director of DOH, Yvette Alexander, Councilmember, Ward 7, David Grosso, Councilmember-At-Large, Kenyan McDuffy, Councilmember, Ward 5 and Stephen Jackson, Principal of Dunbar SHS. Dunbar's school nurse Sabrathia Draine Ishakwue is excited to work in collaboration with the clinic's staff to serve the students.

Sabrathia Draine Ishakwue, RN, BSN
School Nurse-Dunbar SHS Ward 5

Nurse and son team up to teach

Nurse Carolyn Dickens, RN, BSN and her son, Reverend Akil Dickens, recently spoke to students at Maya Angelou MS/HS about depression and suicide. Depression is the most common mental health problem in the United States. It is estimated that 1 in 8 teenagers may suffer from depression. Teens who are depressed are more likely to use drugs and alcohol and untreated depression is a major risk factor for suicidal behavior. The students enjoyed the presentation and were very receptive.

Carolyn Dickens, RN, BSN
School Nurses-Maya Angelou PCS Ward 3



National Association of School Nurses 46th Annual Conference

The National Association of School Nurses 46th Annual Conference with the theme, "Come for the Education. Stay for the motivation. Leave with the Inspiration" was held June 28th to July 1, 2014 at the San Antonio Marriott River Center in San Antonio, Texas. The Pre-Conference and conference topics were stimulating, informative, educational, and fun. They included but were not limited to: Health Promotion, Leadership, Legal, Practice and Research, - something for all.

One of the highlights of the conference besides the excellent speakers and vendors was the Affiliates' Night Out, which found the DC crew saluting "DC School Nurse of the Year 2014", Garnett Freeman and the "birthday girl" Rose Jones (June 30, 2014) at the Iron Cactus on the RiverWalk. The Ohio delegation along with family and friends joined in the fun and celebration. At the awards celebration, Garnett Freeman CHN was named "The District of Columbia School Nurse of the Year".

The Endowment Fund Event was a trip to the Knibble Ranch with southwestern Texas food, sun and fun, hayrides, line-dancing, plus a history lesson.

During the NASN Annual Meeting affiliate's rally, where each state struts their stuff, DC was no exception, led by Executive Director Elizabeth Chau. The DC crew was more patriotic with hats in red, white and blue as a salute to America. Attendees from the District of Columbia, Maryland, and Virginia participated in the service project providing toiletries for children in the San Antonio region. DC nurses contributed shampoo, toothpaste, tooth brushes, lotion, ribbons, and barrettes for little girl's hair, etc. Conference participants were able to fill over 300 back packs to give to the students who are in foster care and transitioning from foster home to foster home and even group homes. CSS staff in attendance were Ruth Richardson, RN, Cathy Raisher, RN, Nurse Manager, Camille Wheeler, RN, Garnett Freeman, RN, Valerie Horne, RN, Rose Jones, RN, Doretha Daniels, LPN, Sandra Knuth, RN, Bonnie Durant, RN, Grace Echeona, RN, and Patricia Tolson, RN.

Join us next year in Philadelphia, PA for NASN's 47th Conference, June 24-27, 2015. The theme is "Embracing Today and Transforming Tomorrow" visit www.nasn.org/NASN2015 for conference announcements.

Ruth B. Richardson, RN-BC, BA, BSN, MA, EdD
School Nurse- Ketcham ES Ward 8



District of Columbia School Nurse Association members: Debbie Onufrychuk, RN, Rose Jones, RN BSN, Grace Echeona, RN MSN, Sandy Knuth, RN, Valerie Horne, RN, Ruth Richardson, RN-BC, BA, BSN, MA, EdD, Cathy Raisher, RN, BS, NCSN and Elizabeth McDermott, RN



Nurse Garnett Freeman, RN, BSN
"District of Columbia School Nurse of the Year"



L-R: Ruth Richardson, RN-BC, BA, BSN, MA, EdD, Sandra Knuth, RN, Garnett Freeman, RN, BSN, Bonnie Durant, RN, MSA, Rose Jones, RN, BSN and Valerie Horne, RN



Nurse Rose Jones, RN, BSN, celebrated her birthday while in San Antonio for the conference.



Michelle Kuhn, RN, Debbie Onufrychuk, RN, Patricia Tolson, RN, BSN, Bonnie Durant, RN, MSA, Christine Farmer, RN, Liz Chau, RN, Elizabeth McDermott, RN, Grace Echeona, RN, MSN

The Sjogren's Walkabout

The Sjogren's Walkabout is a national awareness and fundraising event for the Sjogren's Syndrome Foundation. The event took place on June 21st at Two Democracy Plaza in Bethesda, Maryland. With the support of my fellow ward 5 nurses, I was able to donate \$170.00 to the cause.

Sjogren's (pronounced SHOW-grins) is the second most prevalent rheumatic autoimmune disease affecting as many as four million Americans. The disease is best known for its attack on the moisture producing glands in the body, however it can attack any organ or body system. Many people affected by Sjogren's experience extreme fatigue and joint pain. On average, the time from onset of symptoms to diagnosis is five years.

Beverly L. Taylor, RN, BSN
School Nurse-Browne Education Campus Ward 5



Nurse Beverly Taylor, RN, BSN with
Stephen Taylor, CEO of the Sjogren's
Syndrome Foundation

Discovering Nursing

When I first started working at DC Bilingual PCS I sent an email out to introduce myself to the entire CentroNia staff. In response to this email, I was contacted by the CentroNia's YouthCRU Program Assistant, Mr. Weeks, to showcase the healthcare field to its high school interns. CentroNia's YouthCRU is a career-development program bringing together a culturally diverse group of Washington, DC youth ages 14 to 21 for a structured weekly internship and career development. On May 27th I presented a power point presentation entitled "Discover Nursing" to a small group of YouthCRU interns. The presentation included a general overview of the healthcare field but focused on the nursing profession. The students were given pamphlets about becoming a nurse provided by Johnson & Johnson's Campaign for Nursing initiative. The interns also were given a printout of current DC Board of Nursing approved nursing schools in the District of Columbia. Some of the interns expressed interest in the healthcare field and asked many questions.

As a school nurse I consider it a privilege to showcase the healthcare field and highlight a career in nursing. As nurses, we know how essential nursing is to the healthcare field and our contribution to better patient outcomes. Nursing is an extraordinary career choice that offers flexibility in work hours, locations and career advancement, over 100 nursing specialties, great pay, and emotionally rewarding work. With a nursing shortage of 800,000 predicted by the year 2020, I only hope I did my small part in decreasing the shortage...even if only by one.

Natalie Shropshire, RN, BSN
School Nurse- DC Bilingual Ward 1

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