



# NYS ID/DD NURSES ASSOCIATION NEWSLETTER

Vol. 23, Number One

Winter 2016

## President's Message



I hope this newsletter finds you happy and in good health. Many of us throughout the state have been fortunate experiencing a rather mild winter. Before we know it we will be enjoying the pleasures and beauty of Spring. I hope you have entered the New Year with a renewed sense of purpose and always remain mindful of, and embrace the tremendous difference you make in the lives of the men and

women we support.

It is with great honor that I begin this year as your President of the NYS ID/DD Association. Quite a few of you have already heard from me as I reached out to *you* to learn what *your* expectation, vision and professional goals are for the organization. I encourage you to share your ideas! Together we will continue to elevate the organization professionally, and pursue personal and professional growth. This can be accomplished by the participation in activities and educational opportunities provided by this association throughout the zones in the state, and at the Annual Conference. As previously stated I continue to ask each member of the organization to proactively choose to share your gifts and talents. Let's stay focused on our mission to grow and evolve, becoming strong advocates, making a difference in the lives of the men and women we are so privileged to support.

Following the success of the Annual Conference in Albany last fall, the conference committee immediately began planning for the 2016 annual conference. Thank you to all those who submitted comments and suggestions pertaining to conference topics. We truly value your input and feedback. The conference committee works diligently spending countless hours planning this amazing event for our members. Once again the conference will promise to have a wide variety of interesting, thought provoking topics, presented by professional, dedicated, qualified presenters that are experts in the field.

I am pleased to inform you that the site selection has been made and the Annual Conference for 2016 will be held at the Crowne Plaza Hotel, 3 Executive Blvd, Suffern, New York on September 25-27th 2016. Please mark your calendars and share the dates with your colleagues.

Kind regards,  
*Dr. Laura Sardinia-Prager RN, CDDN, QDCP*

## Executive Board Meeting

The Executive Board will be holding the Spring meeting in Syracuse, NY on April 20 and 21, 2016. Please notify any of your Zone officers if you would like any information reviewed at this meeting.

## WEB SITE

Check out [www.nysiddna.org](http://www.nysiddna.org)  
We are looking to do some rearranging and updating to the website. In response to concerns that items were difficult to find for some, we will be creating more links and specifying areas for information.

## FACEBOOK

NY State ID/DD Nurses Association –Those following our Facebook page is a gradually increasing number. Thank you to all who have found us. Please tell your colleagues to check us out ("nysiddna"). We would love to have news from you to post such as meeting announcements. Post a "like" to be able to leave comments or send items to [tpotocar@snysarc.org](mailto:tpotocar@snysarc.org). Thank you to Edie Smith and Mary Boisvert who monitor our Facebook page.

*Trish Potocar, RN, Website Chairperson*

*The New York State Intellectual Disabilities/ Developmental Disabilities Nurses Association (NYSID/DDNA) was founded to promote Intellectual and Developmental Disabilities Nursing as a specialty area of practice. The Association continues to support its members' activities in nursing law, education, research and practice.*

## President-Elect's Message



I hope everyone had a wonderful Holiday Season and that 2016 brings each of you good health and happiness. With the New Year, changes will take place for our organization. We welcome Dr. Laura Sardinia-Prager as our President for the next two years and we thank Marty Gleeson for his service and leadership. I am very

honored that the membership has elected me as your President-Elect and I am excited to have this opportunity to work with Laura and the many people who hold offices within their zone and with many members of our Executive Board. Every year I meet and have the opportunity to exchange ideas and learn about the experiences of members from across the state. These conversations are tremendously helpful in problem solving issues and seeing situations through new eyes. These exchanges are invaluable in promoting the best nursing care for the individuals we serve.

Our annual conference is a great place to network with individuals from various locations and settings.

I would like to encourage each of you to become actively involved within your zone and to promote ID/DD Nursing as the specialty that it is. Please encourage your co-workers and friends who share this specialty to join NYSIDDDNA and reap all the advantages that belonging to this great association has to offer. If I can be of assistance, please contact me at [langkau@cfdnsny.org](mailto:langkau@cfdnsny.org).

*Until Next Time,  
Darlene Langkau, RN*

## Annual Scholarship

Scholarship applications are being accepted through April 1, 2016. Guidelines can be found and printed from the web site. From the Home page, click on 'About'. Then scroll down and under 'Mission', click on 'NYSIDDDNA Scholarship'.

Each year up to a \$1,000 scholarship is awarded to an LPN or Direct Support Professional who is currently matriculated in an accredited RN program in NYS, is a NYS resident and intends to work as an ID/DD RN upon graduation. Attendance at the annual 2016 conference will also be awarded.

Due to available resources, the Association was able to award two \$1000.00 Scholarships in 2015 instead of one! In addition, attendance at the annual conference was also awarded.

Please encourage any qualified candidates to apply before the deadline of 04/01/16.

## DDNA Update

The Developmental Disabilities Nurses Association is holding their 24<sup>th</sup> Annual Conference at the Hyatt Regency Hotel – Mission Bay in San Diego, California. The Pre-Conference will be held on Friday, April 1, 2016 with the conference running from Saturday, April 2 through Monday, April 4<sup>th</sup>. The 2016 Pre-Conference will offer two, full-day concurrent conferences, with attendees selecting one track. Track I is "Certification Boot Camp: Key Concepts in Certification Preparation", presented by Diane Moore and Nanette Wrobel. Track II is "Assessing for Possible Abuse and Neglect of Vulnerable Persons: From the Top Down and Bottom Up", presented by Dan Sheridan. Conference presentations include an all-day presentation on Day 1 related to Neurodevelopment and Embryology by Barb Bancroft, tracks on Day 2 for Administrative Leadership, Clinical Focus, Psycho-Social Support and Neurodevelopmental Syndromes and Day 3 will include a presentation on "Effective Management of Bipolar Disorder" as well as "Living with Down Syndrome", featuring Megan Rothermel. Please visit the DDNA website: [www.ddna.org](http://www.ddna.org) for more detailed information regarding the conference topics and presenters as well as the registration fees. Early registrations must be postmarked by February 28, 2016.

A group certification exam will be held at the conference. For more information please visit the website.

The DDNA Board offices of President Elect and Vice President will be open for nomination beginning March 15, 2016 and will not be accepted after May 1, 2016. Roles and responsibilities can be viewed on the website. Elections will be held in June 2016.

*Cathy Engel, BSN, RN, CDDN*

## Annual Conference

Our 32nd annual conference will be held at the Crowne Plaza in Suffern, NY on Sunday, 09/25 through Tuesday, 09/27/16. Please mark your calendars!

We are also very close to finalizing plans to offer the CDDN exam on Sunday afternoon. Please email [information@nysidddna.org](mailto:information@nysidddna.org) if you are interested in sitting for that exam so we will have a sense of how many seats we need.

Updated conference information will be posted to [www.nysidddna.org](http://www.nysidddna.org) throughout the spring.

*Edie Smith  
Conference Planning Committee Chairperson*

## Zone Reports

### **Zone 1-(St. Lawrence, Franklin, Clinton and Essex Counties)**

Our next meeting is planned for March 30th at the Lobster House in Norwood. We are pleased to have Jennifer Warren, a Pharmacist from Kinney Drugs return to speak about Seizure and Behavior medications. Specifically she will discuss the use of Tenex, a medication we are seeing increased recommendations for and Propanolol for use with behaviors.

Karen Jarvis, RN- Zone Secretary/Treasurer

### **Zone 2-(Jefferson, Lewis, Oswego, Onondaga, Oneida, Madison and Herkimer Counties)**

For information regarding Zone 2 activities, contact Chairperson Lorna Barok at [lbarok@liberty-resources.org](mailto:lbarok@liberty-resources.org).

### **Zone 3-(Hamilton, Fulton, Warren, Washington and Saratoga Counties)**

Zone 3 remains active and our last meeting was held in November 2015 at the Raindancer Steak Parlour, with a representative from Cologuard in attendance to provide our nurses with an excellent presentation on the benefits of Cologuard, a noninvasive test for colon cancer screening. Our next meeting is planned for May 2016, to be held at the Log Jam Restaurant, where we will be partnering with our own Dr Fred Wetzel, with his topic to be announced. All local nurses are encouraged to attend. Anyone who wishes information pertaining to joining us for meetings should feel free to contact Anne Hanson, FNP, Zone 3 Chair at [hanson2001@yahoo.com](mailto:hanson2001@yahoo.com)

Anne Hanson, RN, BSN, MSN-Ed, FNP-BC, CDDN

### **Zone 4-(Montgomery, Schoharie, Schenectady, Albany, Otsego, Delaware, Greene, Rensselaer and Columbia Counties)**

We continue to be a very active Zone, with meetings/trainings occurring four times a year at various locations across our catchment area, to reach many of our members.

In December 2015 we had our holiday luncheon/ Annual Meeting at The Century House in Latham, NY. At this meeting, the positions of Treasurer, Zone Secretary, Zone Rep and Zone Chair were announced after voting closed: Treasurer - Julie Heneka, Secretary - Lisa McHugh, Zone Rep (1 year term to fill vacancy left by Glenda Hughes due to retirement) --- Darlene Langkau and Zone Chair – Carol Krueger. The meeting was followed by a lively holiday luncheon with food, games, prizes and good conversation!

Our next meeting coordinated by Center for Disability Services, will be held the evening of March 24, 2016, with a presentation sponsored by Lundbeck Pharmaceuticals on the antiepileptic medication, Onfi. Watch for the flyer! Our future meeting dates and presentations are to be

determined, but will be hosted by Springbrook in June and ARC Otsego in August. Our Annual Holiday luncheon and meeting will be in December 2016 with date and location to be determined. For any information about our Zone, please contact:

Carol Krueger at [kruegerc@springbrookny.org](mailto:kruegerc@springbrookny.org).

### **Zone 5-(Sullivan, Ulster, Dutchess, Orange, Putnam, Rockland and Westchester Counties)**

Zone 5 will have meetings in March, June and November. Information will be sent out about 10 days prior. If anybody has any questions they can contact Madlyn Vaillancourt at 914-522-6722 or [mvaillancourt@campventure.org](mailto:mvaillancourt@campventure.org). Thanks so much!

Madlyn Vaillancourt, RN

### **Zone 6-(Nassau and Suffolk Counties)**

Zone 6 remains very active and continues to recognize the importance of recruiting new members to the organization. We continue to encourage our members to achieve DDNA National Certification as a C.D.D.N. (Certified Developmental Disabilities Nurse) to highlight our very specialized area of ID/DD Nursing and improve care to the men and women we support. Our members value and embrace the importance of continuing education in our profession.

Our annual Holiday meeting was held at Butterfield's and as always it is wonderful to bring in the holiday season with our friends and colleagues. A good time was had by all who attended and we miss all that were not able to make it.

Our upcoming meetings for the year 2016 are as follows:

- March 14<sup>th</sup> 3:30-5:30pm to be held at FREE 191 Bethpage Sweet Hollow Road, Bethpage. Guest speaker Dr Fred Wetzel Topic TBD
- June 7<sup>th</sup> 3-5pm to be held at Life's WORC in Deer Park. Guest speaker Perry Cyprus presenting the annual Diabetes update.
- September 13<sup>th</sup> 3:30-5:30pm to be held at FREE 191 Bethpage Sweet Hollow Road, Bethpage. Guest speaker TBD
- December 6<sup>th</sup> 4-6pm Holiday Party Location TBD

Our Zone currently has 45 members and we continue to recruit new members. The Zone's mission for our meetings is to bring in informative and interesting speakers and offer educational opportunities to our members to increase the quality of services we provide to those we support. Our meetings and Zone membership serve as an opportunity for camaraderie and information sharing, facilitating a partnership in best practice, and most importantly....fun. Please feel free to contact any of our Zone Officers for information on Zone activities and meetings.

Cathy Duijnsveld, RN, QDPC

## Zone Reports Continued

### Zone 7-(New York, Richmond, King and Queens Counties)

Zone 7 came through the blizzard that had been dubbed 'Jonah' by the meteorologists. As we continue to slog through winter in the Big Apple, we now realize what all the folks upstate go through on a regular basis. Suggestions for meetings/speakers and venues for the same would be greatly appreciated.

Spring is just around the corner—pitchers and catchers reporting to spring training camp soon.... Watch this space for updates.

Marcia Richman, RN

### Zone 8-(Niagara, Orleans, Genesee, Wyoming and Erie Counties)

As we enter the New Year we all met for a belated holiday dinner. We are considering having our meetings earlier in the hopes of increasing membership attendance. We discussed educational topics for upcoming meetings and as always, support each other in the hopes of maintaining continuity of care and forming bonds with each other!

Maureen Rivera RN

### Zone 9 & 11- Zone #9 (Chautauqua, Cattaraugus, Steuben and Allegany Counties) and Zone #11 (Monroe, Wayne, Ontario, Livingston, Yates and Seneca Counties)

Zone 9&11 has benefited from having several agencies "host" zone meetings and obtain guest speakers. This has provided greater participation and networking.

In November, 2015, we had Jonathon Sacks from Pharm Advantage present on a medication dispensing device, the MedaCube. It uses an easy bulk loading system that will hold up to a 90-day supply. It can also provide caregiver-recorded voice prompts, allowing for messages and educational information.

This spring, we are having Margo Singer, from The Brain Injury Association of NYS presenting. Our 2016 zone meetings will be held the following Wednesdays from 2-4pm; March 9, May 11, June 8, and October 12. We welcome new members and guests.

Respectfully submitted,  
Edie Smith, MSN, RN, Zone Secretary

### Zone 10-(Schuyler, Tompkins, Cortland, Chenango, Broome, Tioga, and Chemung Counties)

If you are in Zone 10 and interested in connecting with a neighboring Zone for educational opportunities or networking please contact one of the officers in the neighboring Zone, who will be happy to assist you.

## Infection Prevention Updates

### Zika Viral Disease

Zika is a disease caused by a virus that is spread to people primarily through the bite of an infected species of mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis. The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. However, of greatest concern is that of a pregnant woman contracting this disease due to the risk of their fetus developing microcephaly. For the most up to date information, go to <http://www.cdc.gov/zika/index.html>.

### Hepatitis B Vaccination Booster Unnecessary

According to the Medscape publication of January 27, 2016, "Based on anti-HBs level  $\geq 10$  mIU/mL (the cut-off for protection) at 30 years and an 88% booster dose response, we estimate that  $\geq 90\%$  of participants had evidence of protection 30 years later. Booster doses are not needed," the researchers conclude. *J Infect Dis*. Published online January 21, 2016. For further information, go to [http://www.medscape.com/viewarticle/857886?src=wnl\\_edit\\_tpal&uac=88842BZ](http://www.medscape.com/viewarticle/857886?src=wnl_edit_tpal&uac=88842BZ)

### Influenza

According to the NYS Department of Health website, Influenza activity level has been categorized as geographically widespread since mid-February. It is not too late to get immunized as flu season continues through May.

For more information, check out <https://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

## Bylaws Committee

There are no pending changes to the bylaws at this time. If you have a question or suggestion, please contact me at [langkau@cfdsny.org](mailto:langkau@cfdsny.org).

Darlene Langkau, RN, Bylaws Committee Chair



## Membership Committee Report

Membership in the Association currently stands at 309. Please remember that membership renewals are due by April 1st!

We appreciate the efforts of all our members and Zone Officers for all that you do to retain, recruit and support members. If you are aware of nurses who are not planning to renew their membership, please reach out to them! We are always interested in knowing why nurses choose not to renew their membership, so please share their reasons with us. On a positive note, membership has remained fairly consistent, despite the economic climate facing nurses as well as agencies across the state. Please continue to reach out to other nurses in our field who have not yet joined our ranks!

As always, your input as to what is important to you as a member and what you believe may attract new members is needed and welcome – please let us know your thoughts! In these times of constant change, networking and learning opportunities are so critical to all of us – the support we can give each other as members of a strong association is invaluable!

Thanks for all you do!

*Cathy Engel, BSN, RN, CDDN,  
Membership Chairperson*

### New York State ID/DD Nurses Association, Inc. Membership Application/Renewal Form

New Members - Complete all information. **Renewing Members** - Complete only name and changes. This form can also be used for zone transfer and other updates.

Check all that apply:     New Member (full membership)     Renewing Member     Associate Member\*

Name \_\_\_\_\_

RN     LPN     Transfer (requesting transfer from zone \_\_\_\_ to zone \_\_\_\_)

Nurse License Number \_\_\_\_\_

Home Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ County \_\_\_\_\_

Home Telephone \_\_\_\_\_ Email \_\_\_\_\_

Work Site/Agency Name \_\_\_\_\_

Work Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ County \_\_\_\_\_

Work Telephone \_\_\_\_\_ Email \_\_\_\_\_

**SEND ALL MAILINGS TO:     HOME     WORK**

**ANNUAL MEMBERSHIP FEE (Membership Year is April 1-March 31):  
Full Membership \$45    Associate Membership\* \$15**

\* Associate members are inactive (retired or unemployed), and are non-voting members.  
Make check/money order payable to NYS ID/DD Nurses Association, Inc.  
Mail application and payment to PO Box 32, Hannawa Falls, NY 13647

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