



# NYS ID/DD NURSES ASSOCIATION NEWSLETTER

Vol. 24, Number Three

Fall 2017

## Task Force for Standard Orientation Curriculum

The first meeting of the Task Force for Standard Orientation Curriculum, consisting of members, Mecca J. Andrades, Lisa McHugh, Lydia Makgopela, Keith W. Collins-Allen, Mary Jean Keegan, RN, Lisa Dwyer, and Christine Church and honored by the presence of the president of NYS/DD Nurses Association took place in September 2017. The major goal of the group is the development and publication of a registered nurse orientation curriculum that represents best practice in the specialty of ID/DD. The document will serve to promote effective and efficient care for the developmental and intellectual disabilities and thereby enhance the recruitment and retention of motivated nurses.

The group was excited at the prospect of showcasing a specialty in nursing that has for long periods of time been relegated to the back burner. Stories of fragmented introductions to the field were shared by members who all felt the urgent need to provide professional resocialization of registered nurses into the role specific to this specialty. Members who already developed material directed to or used for orientation agreed to share ideas as the journey towards goal attainment begins. One of the documents I received was a check list entitled 'New Orientation Check List'. I am trying it out on three nurses who are new to the field. The results will be shared with the group at the next meeting, We hope to achieve our goal mainly through electronic contact using teleconferences.

*Lydia D. Makgopela. RN MSN  
Task Force Chairperson*

## Joyce Binder Award

Congratulations to Karen Bazan RN, 2017 Joyce Binder Award Winner. Karen is described as one who "keeps creative nursing alive... mentoring and encouraging the residential nurses to develop the lives of the individuals in a whole health manner." "Karen is and has been a role model to nurses... she leads by example." Ms. Bazan is the Health Services Coordinator for the ARC of Otsego.

## Message from the President



Once again many members of the association attended and enjoyed the exciting, fun, informative and educational NYS ID/DD Nurses Association Annual Conference held in September at the Marriott located in Albany. The conference facilitated the opportunity for networking and collaboration with other nurses working in the very specialized field of ID/DD Nursing, while providing valuable and

relevant information and education. Special thanks to the conference planning committee for organizing yet another amazing conference and R&R Healthcare Education Consultants for making everything run so seamlessly! Thank you to all those who submitted comments and suggestions pertaining to conference topics. Be sure to mark your calendars for what will be yet another amazing annual conference in Syracuse next year that will promise to have a wide variety of interesting thought provoking topics, presented by professional, dedicated presenters that are experts in the field!

This will be my last newsletter as President. I want to thank you, as it has been an honor and a pleasure to have had the opportunity to be the President of this organization. Over the past few years I have been fortunate to work with so many unbelievable people, from the Executive Board members, Nancy and her husband Jim from R&R, each and every member of the organization, as well as our supporters and exhibitors. Thank you from the bottom of my heart for your continued support and encouragement.

It is with great pleasure that I welcome my colleague and most importantly my friend Darlene Langkau to the role of the President. Darlene's commitment, spirit, and professionalism to caring, supporting, and advocating for individuals with ID/DD will continue to propel the organization to greatness, embrace our strategic plan, and elevate our professional recognition. Please continue to proactively choose to share your gifts and talents. I urge you to stay focused on our strategic plan, mission to grow, evolve, remain strong advocates, making a difference in the lives of the men and women we are so privileged to support.

Thank you, and kind regards,  
*Dr. Laura Sardinia-Prager  
PhD, RN, MSN, CDDN, CDCP*

## Message from the 2018-19 President



It was great to talk with so many of you at the 2017 Conference. Wasn't it wonderful? I am always so impressed when I listen to your accounts of all you do to provide high quality care to the people we serve. It is inspiring to hear the creativity you use and the lengths you go to ensure these individuals receive the care that

they deserve. Thanks to Edie Smith and committee for all the hard work in planning the conference. Speaking of the Conference, the election results were announced during our annual meeting.

Congratulations to Edie Smith on her election to President- Elect and to Lisa McHugh on being elected Recording Secretary. With Edie's election as the President-Elect, she has to pass the conference planning chair position on. I am very pleased to announce that Kelly Minde and Amanda Aiello have eagerly agreed to be co-chairs of this committee. Congratulations to each of you.

I would like to thank Laura Sardinia-Prager for her leadership as our President during 2016 & 2017. On behalf of all of us, I commend Laura on her work to implement a Strategic Plan for continued professional and educational growth within our association. It was a pleasure to work with Laura these past two years. I would also like to Thank Trish Potocar for serving as our Recording Secretary and maintaining accurate records of meetings and decisions.

I am excited to begin my term as your President for the next two years. I am truly honored that you have placed your trust in me to continue the forward movement and growth of this association. We are an impressive group of nurses with a dedication to what we do and the people we serve that is rivaled by no other. Take pride in what you do and who you are. Each of you is an integral part of this amazing group. I hope you all have a happy and healthy holiday season and that the future holds many positive experiences for each of you.

*Darlene Langkau*

## Bylaws Committee

There are no pending changes to the bylaws at this time. We will soon be doing a complete review of the Bylaws. If you have a question or suggestion, please contact me at [langkau@cfdsny.org](mailto:langkau@cfdsny.org).

*Darlene Langkau, RN, Bylaws Committee Chair*

*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.*

## That Medicine Is Not Covered

"That medicine is not covered by the insurance anymore". We have all heard this before, and we know the prescriber will write for the medicine that is covered. Forced non-medical switching (FNS) will continue to dramatically impact the population we serve. Pharmacy benefit managers process claims, oversee health plan benefits, and negotiate costs between pharmacies and health care payers since their origin in 1968.

Our support of individuals for increasing independent environments and assistance in managing stabilized disease processes places a responsibility on the RN to investigate the new medication. Will it work identically? A conversation with the pharmacist may be necessary.

One clear example is insulin; Glargine is entirely different as a basal insulin than Detimир. Detimир often requires a higher dose and 2 daily injections. Other common changes; simvastatin ↔atorvastatin, Atrovent↔Spiriva, Advair ↔Breo. Laboratory results may reflect a changed medication is not as effective; exacerbations of respiratory illness may indicate less control from the changed inhalation therapy. What can we do? Don't hesitate to file an appeal and work with the prescriber. Ask the insurer to have the original medicine reinstated. When it is denied, request an internal appeal. When health and safety are seriously jeopardized (remember our insulin example), request an expedited review. This could be completed in as little as 4 days!

CoverageRights.org has more specific information and has a downloadable brochure, *Know Your Rights*. Report adverse consequences-clinical, financial, or quality of life that are a result of FNS to MyMedsMyChoice.org.

We can impact clinical outcomes and quality of life positively by using resources available.

### Reference

Parker, C. & Meece, J. (2017, November). Forced non-medical switching: Help your patients know their rights. *American Association of Diabetes Educators in Practice*. Retrieved from <https://www.diabeteseducator.org/>

*Submitted by Lorna Barok RN, CDDN, CDE*



## Spotlight on: Free Continuing Education Courses for DD/ID Nurses

The goal of continuing nursing education is to improve our professional practice and thereby improve the care we provide to our patients. By furthering our education, we are keeping current on the latest research findings and increasing our awareness of the best evidence-based practices. The following resources offer free online CEU courses specific to the ID/DD field of nursing. The National Institute of Health ([nichd.nih.gov](http://nichd.nih.gov)) offers a Risk Reduction for Sudden Infant Death Syndrome program. The CDC ([www.cdc.gov](http://www.cdc.gov)) offers several modules on autism case training including identifying, diagnosing and managing autism. The Massachusetts Down Syndrome Congress ([Mdsc.org](http://Mdsc.org)) offers courses on down syndrome including prenatal diagnosis, healthcare updates and sibling issues.

The Adacourse.org offers courses on the Americans with Disabilities Act and has an informative web course on interacting with people with disabilities. The American Academy of Developmental Medicine and Dentistry ([www.aadmd.org](http://www.aadmd.org)) offers several nurse educational modules covering topics on genetics, neuromuscular diseases, sedation and legal issues and has an excellent series on dental issues. ([aadmd.org/articles/free-dental-ce-opportunity](http://aadmd.org/articles/free-dental-ce-opportunity)). The Epilepsy foundation ([learn.epilepsy.com](http://learn.epilepsy.com)) provides a training program for working with students with epilepsy and the American Psychiatric Nurses Association ([apna.org](http://apna.org)) offers courses on bipolar disorder and neuropsychiatric manifestations of Parkinson's disease. The NYS Nurses Association ([www.elearnonline.net](http://www.elearnonline.net)) offers an excellent class on vision loss. Medline university ([medlineuniversity.com](http://medlineuniversity.com)) offers courses on caring for the cognitively impaired and dementia disorders and the Alzheimer's association ([trainingalz.org](http://trainingalz.org)) offers educational courses on dementia. Medscape ([Medscape.org](http://Medscape.org)) provides a CEU opportunities on a wide variety of topics. Our Developmental Disabilities Nurses Association (DDNA) offers free courses for its members. Free4me.com is a free nursing education initiative dedicated to providing free CEU's for nurses.

Our field of intellectual and developmental disability nursing is a very specialized area of nursing; these resources can help keep us abreast of our ever-evolving field of nursing.

*Maureen Gavin BSN RN-BC CDDN*

## Nominating Committee

It is not too early to consider running for office in 2018. If you are interested, contact [information@nysiddna.org](mailto:information@nysiddna.org)

## Membership Committee Report

We currently have 240 new or renewed members of our Association!

Welcome to new members: Zone 3—Amanda Sweet and Michelle Onorati; Zone 4—Bruce Meyers; Zone 5—Patricia Anderson, Patricia Conklin, Janine Corona, Jessica Lynn Ralph, Neysa Scala, and Ecki Stern; Zone 6—Tracy Bythrow, Dorothy Leo, Ronald Russomanto, and Janice Levas; Zone 10—Kym Beckman-Draht; and Zone 11—Lori Siler.

Membership renewals for 2018 may be sent anytime now. Application forms are available on the website as well as in this newsletter. An invoice is available for agencies that cover the membership costs for a group of nurses – if this is needed please request this via email to [information@nysiddna.org](mailto:information@nysiddna.org). Paypal may also be used for dues payment with a \$1.65 additional fee added to the \$45.00 membership renewal. Nurses opting to use PayPal need to fax their membership application to 315-379-0619 as the PayPal process only provides the payment, not the essential membership information.

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

## WEBSITE AND FACEBOOK REPORT

Web Address: [www.nysiddna.org](http://www.nysiddna.org)

The website has been changed as far as appearance and ease of use by membership. We would appreciate your feedback on any pluses or minuses you note. New material can be added by Trish Potocar [tpotocar@slnysarc.org](mailto:tpotocar@slnysarc.org) or Nancy Rutledge [information@nysiddna.org](mailto:information@nysiddna.org). Being able to place handouts for conference sessions on the website has been a boon to membership and saved money on conference costs. Lower costs allow the attendance fees to stay lower.

### **FACEBOOK-NY State ID/DD Nurses Association**

Facebook continues to show a gradual increase in viewership. The week of October 2-8 our report of activity showed a total reach of 290. Likes are up to 124. Visit the Facebook page and do a "like" and the feed will be connected to your personal Facebook page. Look for updates on information regarding the Association and it's members. If you have news on any member and/or photos, please send to [tpotocar@slnysarc.org](mailto:tpotocar@slnysarc.org) or [kjarvis@slnysarc.org](mailto:kjarvis@slnysarc.org).

*Trish Potocar, Web-Site Committee Chairperson*

## Zone Reports

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

The last Zone meeting was Nov 3, 2017 at 11:00AM at The Lobster House, Rt 56, Norwood, NY. Tom Campbell, representing VNS Therapy, Ivanovna, explained the current status of VNS therapy and what has changed. Informational DVD's for staff training will be available. The Zone provided a holiday dessert. Once again we collected toiletries for Renewal House as a Christmas activity.

There has been interest in networking on policies, PONs, other current issues plus sharing information from the conference. Time for networking will try to be included in the agenda either during meeting time or after the presentation. If you are in Zone 1 and are not on the mailing list contact Trish Potocar [tpotocar@slnysarc.org](mailto:tpotocar@slnysarc.org) 315-353-6618 or Karen Jarvis [kjarvis@slnysarc.org](mailto:kjarvis@slnysarc.org) 315-353-6618 or Marty Gleeson [mgleeson@slnysarc.org](mailto:mgleeson@slnysarc.org) 315-379-0701.

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

For Zone 2 information, please contact Iellan Rice [irice@elmcrest.org](mailto:irice@elmcrest.org)

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

Zone 3 remains active with quarterly meetings, hosting speakers, addressing various topics of interest to our local ID/DD nurses. Our last meeting was held at the Paul Nigra Center, with a speaker from SANE.

Our next quarterly meeting will be held at the Raindancer Steak Parlor in Amsterdam NY, December 7th 2017 when we will be hosting a speaker addressing new respiratory treatments available for COPD to optimize symptom control and improve lung capacity. All local nurses are welcomed to attend. Anyone wishing further information should contact Zone 3 Chair Anne Payette at [hansona2001@yahoo.com](mailto:hansona2001@yahoo.com)

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

Zone 4 continues to expand its membership each quarter and we continue to be quite an active group. We have the following positions open for the 2018-2019 – 2 year term: Chairperson (or Co – Chair), Secretary and Treasurer. Our Ballots to the membership will be sent out and elections will take place at our Annual Holiday Party/Meeting in December 2017 – date and time TBA at a later time. The Joyce Binder Award was awarded to someone in our zone who was not able to attend the NYS ID/DD annual conference in Albany – so this year at our December Holiday Party we will present this to Karen Bazan RN – Director of Health Services from ARC Otsego – winner of this prestigious award. Congratulations goes out to

Karen!

Next year our tentative plans (some dates/topics TBD later) that are in the works for our quarterly meetings and training/lecturers are as follows:  
March 2018 – Wildwoods in Latham, NY  
June 2018 – Springbrook in Oneonta NY – Dr. Fred Wetzel will be doing his lecture on "Dementia"  
August 2018 – ARC Otsego in Oneonta, NY  
December 2018 – Holiday Party – usually in Albany/Schenectady/Latham area  
We welcome any zones to come join us during our meetings and/or training! Flyers are sent out usually 1 – 2 months before the actual date and RSVP notice needs.

Have a Safe, Happy and Healthy Holiday Season!  
*Carol Krueger - Chair*

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

For Zone 5 information, please contact Zone Representative Sandra Mellion (914)907-3719 [sandramellion@gmail.com](mailto:sandramellion@gmail.com)

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

For Zone 6 information, please contact Cathy Duijnsveld, RN, CDCP, Corresponding Secretary [cduijnsveld@familyres.org](mailto:cduijnsveld@familyres.org)

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

For Zone 7 information please contact Marcia Richman, RN [marcia.richman@ahrcnyc.org](mailto:marcia.richman@ahrcnyc.org)

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

For Zone 8 information please contact *Linda Cultrara, RN, Secretary,* [Linda.m.cultrara@ppwdd.ny.gov](mailto:Linda.m.cultrara@ppwdd.ny.gov)

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

The zone meets three times yearly; May, June, and November, and sites are hosted by member agencies. The November 2017 meeting is hosted by CP Rochester. The NYS Infection Control Packet which meets licensing requirements was provided in collaboration with Auburn Community Hospital.

Mary Ellen Stambersky, our current President, has retired as Director of Nursing from Arc of Seneca Cayuga, and while she plans to remain active in the association, she would like to relinquish her position. The zone president works closely with the secretary in arranging meeting agendas. In addition, the zone is currently looking for someone interested in being Treasurer. Both officers can attend the association Executive Board meetings in Syracuse in April and October. If interested, please contact Zone Secretary Edie Smith at [edie.smith@cayuga-cc.edu](mailto:edie.smith@cayuga-cc.edu).

## Zone Reports Continued

### **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.

## **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 \_\_\_\_\_

School Attending (associate member only) \_\_\_\_\_

**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

NYS ID/DD Nurses Association  
PO Box 32  
Hannawa Falls, NY 13647

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## **SAVE THE DATES!**

**NYS ID/DD NURSES ASSOCIATION  
34th Annual Conference  
September 30—October 2, 2018**



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