



President's Message



Carol Lynne O'Neil, President of COASN

Welcome Fall! Enjoy the gorgeous time of year with colorful leaves, crisp air and blue sky's. I hope the school year is going well despite the extra hecticness related to the flu / flu-like symptoms. While you hustle to keep up w/ the daily demands, it is also an opportunity to

shine and reinforce the critical role of school nurses and the impact we have on students and school districts.

The school year for COASN is off to a good start. So far we have 155 members and of those, 115 signed up for the first COASN meeting and CE program. Amazing numbers! Many thanks to Debra Judy for her hard work orchestrating the CNE program and to Nancy Click as this is Memberships busiest time. Continue to share with your colleagues the benefits of belonging to COASN! I would also encourage member's to join the National Associa-

tion of School Nurses (NASN- which includes membership to OASN) as they work hard to promote and validate the profession of school nursing.

Enjoy the first newsletter, thanks Kate, as Board members and Committee Chairs provide an update. A highlight this school year is the opportunity to apply for COASN grant money to implement a special program or research project, thanks to Lynn DiLoreto and Shanna Huber. The application information is on the website.

(continued on page 2)

COASN BOARD and COMMITTEE CHAIRS

President – Carol Lynne O'Neil

VP/Programs – Debra Judy

President Elect – Carolyn Bernard

Secretary – Liz Jones

Treasurer – Judy Carnevale

Membership – Nancy Click

Fundraising – Diana Brest

Website – Debra Stoner

Newsletter – Kate King

Research/Awards – Lynn DiLoreto

Hospitality – Nancy Lynskey

Library/Historian – Sharon Clay

OASN Representative – Ann Underwood

Legislation – Juanita Smith

Inside this issue:

President's Message (cont.)	2
Fall Program	2
Membership	2
Research and Awards	3
Legislative	3
Treasurer	3
OASN Report	4

Know! Kids Are Using ADHD Medications To Get High

Know! The Myth: ADHD prescription medications are safer than street drugs.

Know! The Facts: ADHD medications can be dangerous, addictive and deadly.

Know! The Signs of Use/Abuse: Nervousness, insomnia, loss of appetite, nausea, vomiting, dizziness, headaches, changes in heart rate and blood pressure, skin rashes, itching, stomach pain and weight loss.

President's Message (cont.)

. Speaking of Website – Debra Stoner is working hard to redo the website that will provide us with sustainability and ease of use. (www.coasn.com) Check it out. For school nursing practice information, our website has links to OASN and NASN. Information and resources vital to school nursing will be continually added to our website as it is a work in progress.

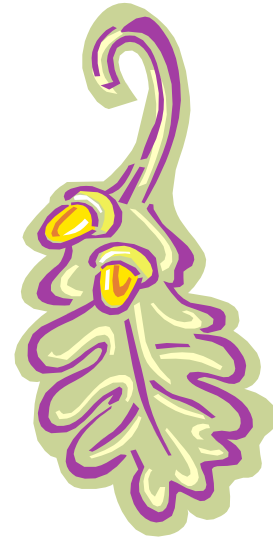
Again, we welcome fall, we welcome new and veteran COASN members. See you at our next COASN meeting and CE program

on Monday, January 25th! Keep checking the website for updates..... and think how you can get more involved with COASN!

May this be a great year for each of you and for all the lives you touch each day.

Yours in good health

Carol Lynne O'Neil, President of COASN



Caption describing picture or graphic.

Fall Program– Deb Judy

We had a great turnout at our first meeting/dinner of the year on Oct. 7th at Villa Milano. We had 99 attendees who enjoyed a fun evening and a great dinner. Our speakers

were expert and presented essential information on pandemics and the H1N1 influenza. Our next meeting will be Jan. 25, 2010. Place and topic

Everything you wanted to know about H1N1, and then some!
Thanks to Debbie Coleman of Columbus Public Health and our own Deb Strouse!

Membership-Nancy Click

Some tidbits about our membership: The COASN membership is now 162. Out of the total membership: 154 are active members, 6 are associate members, and 2 are retired. We are pleased to have The Childhood League and Catholic Diocese represented.

COASN is eager to reach all school nurses in our 14 counties, there are still 3 counties not

represented. So pass the word and give them my email address Jnclick3700@columbus.k12.oh.us

We have 28 school districts represented in COASN, so far:

Bexley, Bloom Carroll, Buckeye Valley, Circleville, Columbus City, Dublin, Fredericktown Local, Gahanna-Jefferson, Grandview Heights, Granville, Grove-

port Madison, Heath City, Hilliard, Huntington, Liberty Union, Marysville Exempted, Newark, Olentangy, Paint Valley, Pickerington, Pleasant Local, Teay's Valley, Upper Arlington, Urbana City, W. Liberty/Salem, Westerville, Whitehall, Worthington

Research and Awards– Lynn DiLoreto

The Committee worked over the summer to develop a process to enable The Central Ohio Association of School Nurses (COASN) to provide two scholarships up to \$250 each to selected applicant(s) for research and/or projects. The research and/or projects are to promote and advance the quality of school health services and health education or increase awareness of the role and importance of school nursing services. The successful ap-

plicant(s) will share their research findings or project through a COASN newsletter article and/or a poster presentation at the Spring COASN meeting in May, 2010.

Application, Qualifications and Instructions are on the website

- Submit original application electronically by November 30, 2009 to Lynn DiLoreto at dilorl@urbana.k12.oh.us.

- Applicants will be notified of the committee's decision no later than December 15, 2009.

- Applicants must meet the qualifications and follow the specified format to be eligible for award review.



Legislative– Juanita Smith



Caption describing picture or graphic.

The OASN did an outstanding job of promoting School Nursing in House Bill 1! Awesome job with support from COASN.

Please visit both the OASN and the NASN websites for state and national legislative news.

Treasurer's Report-Judy Carnavale

The current balance in the COASN checkbook as of 10/22/09 is \$6,016.41

This year's Membership Dues / CNE total income came to \$5,340.00.

A check was written to Villa Milano's for \$2,251.20 for the Fall Meeting.



The speaker for the Fall Meeting donated their time.

At the last COASN Board meeting the 2009 -2010 budget was discussed and approved.

OASN Report– Ann Underwood

The OASN board met at Cherry Valley Lodge July 16th and 17th to make plans for the coming year. We were introduced to the new legislative advocacy group, Baker NonProfit Management, LLC. The board participated in an advocacy quiz to evaluate our knowledge base about the legislative and advocacy process in Ohio. An update was then provided on Ohio House Bill 1- legislation topics of interest to OASN. Those topics were: licensure of school nurses, administration of medication to students, food allergy policy, corporal punishment and establishment and proposed members of the School Health Services Advisory council. This last named advisory council is in addition to SPECHO. OASN is permitted one spot on this new committee. Governor Strickland will appoint the other members and determine the frequency/ dates of the meetings. (NOTE: SPECHO has been reorganized by Ohio Department of Education). Time was also spent by the board brainstorming in several groups. Ideas were compiled to give to our new PR group. One group listed ways school nurses and others could present our profession to legislators. Also another group compiled lists of topics school nurses have expert knowledge about and could clarify for legislators. (It is the intent of **Baker NonProfit** to make sure school nurses are in touch with legislators as often as possible in order for legislators to know who we are and what we can do.) Another group listed ways to make our website more secure for members and more informative for persons wanting to find out who we are. OASN board member handbook revisions were made in another work group with the goal that the final version will be ready to be accepted at our November board meeting. President Deb Strouse led our board meeting on Friday. Deb stated she and Renee Besecker as well as President Elect Eva Garcher(SW) and Jeannie Bochenek (SW) have been representing OASN at many meetings to further the OASN legislative efforts. The contract with Baker NonProfit is for \$75 per hour for a minimum of 5 hours for month that is a minimum outlay of \$375 per month. Baker holds a weekly conference call with the executive director (Renee Besecker) and with the president (Deb Strouse) every Thursday at 4 pm to provide updates on what is happening at the state legislative level. **NEEDS:** OASN is still in need a Public Relations Chair for PR/Membership as Heidi Steiner has resigned.

Endowment Report: Norma Nikkola, (SW) chair of the Endowment committee, announced the current balance is \$12,969.96. Donor cards were given to all board members present who are to share with others. The Endowment has 110 Angel level contributors since the Ohio endowment was started four years ago with the Columbus Medical Association Foundation Eighty-one individuals contributed at the \$100 level, 25 at \$100 - \$500, 2 at Angel of Sharing \$500 - \$1000 and 2 at Angel of Mercy above \$1000. **We are reminded to contribute when we can.** Go to our OASN website to contribute. Also the endowment fund is supported when we attend the endowment event Friday night at the conference and when we buy raffle tickets at the conference to win the free NASN conference fee. Plan to attend this year's Friday Endowment Event, which will be an English High Tea.

Research: Chair Dr. Nancy Mosca (NE), received an award at the NASN conference for her poster presentation of the OASN School Nurse Survey. Dr. Mosca has signed over the \$100 check she received to OASN. Nancy was thanked for all the work she put into such an intense project as well as her wonderful poster and slides presentation.

Conference Chair: Kathy O'Dell, Vice-President, announced the annual conference theme will be "School Health: Produced by and Starring School Nurses". The conference will be held at the Dayton Marriott Inn from March 12-14, 2010, with the OASN board meeting on the evening of Thursday, March 11th. **The Saturday banquet has an academy award theme. Let me know if regions would be interested in making it a costume event.** NASN Representative, Kathy Inderbitzen (NW) reported that the NASN conference was great and all enjoyed Boston and the speakers. She invited us to attend the next conference in June 2010, in Chicago. NW region members are already planning to attend as a group using charter bus transportation. With Chicago so close, perhaps COASN members would like to have this opportunity as well! Let me know if you plan to go to Chicago! You might want to ask your PTO's, union or principals to give you money to attend the national conference or the state conference where you can receive about 15 CEU's and get to meet your colleagues around the state. You can reduce your state conference fee by \$50 submitting a poster presentation as part of the conference.

Webmaster Julie Kolde (SW) is working to make the website include a members only section for which we would register and receive a password. As soon as she gets it worked out she will email each member.

Membership: Regional Reps will be sent a list of expired members each month with contact information and are being asked to contact those persons to personally invite them to be members. We don't have a membership chair yet so we need to make sure someone is helping with membership. Also, Reps will ask their own regional members to find out what other professional groups members belong to which will aid OASN contact with those groups to support OASN legislative needs. Our OASN membership form is standard for NASN as it is a dual membership.

New Business:

CNE Providership / CNE REVIEWER TRAINING: President Strouse announced that Gabby Karpowicz is holding a CNE providership application reviewer training in Columbus in August and hope to have at least 3 persons in each region trained. (OASN providership renewal application was just completed and submitted to ONA by Gabi Karpowicz). This application is due every 5 years with a \$650 fee so OASN can maintain providership status, which allows the regions to submit CNE applications to OASN for approval. Membership is probably not aware that OASN charges only a nominal fee to the regions for applications (has been \$20 per application). This is another benefit members of the regions receive from the OASN.

OASN member for Governor's Committee: President Strouse asked for those present to share any names for the Governor's committee. OASN is permitted one member.

President Strouse is planning to ask all regions via a letter to once again allocate funds to OASN for legislative efforts. With the change in OASN legislative lobbyist, OASN is incurring additional costs more than in previous years. The time is right for legislative activities to be noticed, as school nurses are more in the news with the H1N1 pandemic.

Fees for individuals asking for OASN members to participate in a survey: The board voted to have fees charged for permitting research surveys of OASN members. We voted to charge \$50 for an alert to go out to members and let members respond if they wish. Further, the OASN board voted to charge \$75 if the individual conducting the survey wanted an email alert to go out to membership notifying / asking for member participation. This fee would include having the survey form posted on our website for access for all members. Also, the board decided to have a disclaimer stating, "OASN is not endorsing this survey."

Conference Fees Increased: As the cost for food and facilities has increased several times since the last conference fee increase, the board voted to raise the conference fees. **Full Conference Rate** Members \$165, Non-member \$220. **Partial Conference Rate:** 1 day Friday or Saturday/Sunday: Members: \$135, Nonmembers: \$195. **Sunday only Rate:** Member \$55 Nonmember \$80.

School Nurse of the Year: Awards Committee Chair, Mary Massey (NE) announced our School Nurse of the Year is Joan Keith, a member of Central Region, OASN treasurer, and a school nurse in Upper Arlington school district!!! This is the last year each state will submit a nominee for NASN Nurse of the Year, as NASN will no longer be giving this award. Rather, NASN wants to focus more attention on the 50 state school nurses of the year award winners. Remember to go to the COASN website and nominate yourself or a colleague for COASN nurse of the year. Applications at the regional level are to be forwarded to OASN by June 15th each year to be considered for OASN School Nurse of the Year.

The next OASN board meeting is scheduled for November 7th at the STRS building in Columbus. Board meetings are open to membership – just need a head count so if you plan to attend, please email me. The board meeting begins at approximately 12 noon.