



Eliza's Notes

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President's Message

Greetings

As I write this message, I reflect over our journey the last two years. I am truly honored to have been given the opportunity to take the helm of EPRNM. It has been a busy and exciting two years. Thanks to all of you for your service, and steadfast commitment to our organization.



To the coordinators of the Pearl Initiative, thank you for a job well done. You worked so hard in bringing it to fruition and doubly hard to keep it going. Because of your untiring efforts, we are making a difference in the health of our people and our communities.

To the Convention Steering Committee (Convention, Program, Education, Social and Scholarship & Awards), you were on point, the convention was super, Thank you. A special thanks to Dr. Rene'e Williams for taking on the additional role of Program Chair, in the absence of Dr. Karen Winters, due to illness.

Welcome back District VII, your return helps to make us complete. Thanks for hosting the February Update, you did an excellent job! Thanks, Dr. Rowena Elliott for your dedication and loyalty in coordinating, organizing and spearheading this effort.

Thanks to Dr. Rosie L Calvin for your leadership, and direction and for sharing your wealth of knowledge in Parliamentary procedures.

Thanks to Dr. Sheila Davis for your generous donation of \$1000.00 to EPRNM. You are so valued and such a true professional.

And a special thanks to Sonya Pippins for being a great secretary. It was great working with you.

As I transition into my new role of Immediate Past President, my commitment to EPRNM is solid. It has truly been an honor and privilege to represent/ serve you; and the Journey continues. So, let me end with my final THANK YOU.

Kaye K Mayfield, RN, MSN, APRN, BC

Save the Date

Executive Board Meeting
10/20 /2013
01/18.2014

February Update
02/15/2014

Mark Your Calendar



29th Annual Conference
May 1-4, 2014
Harrah's Hotel & Casino
Tunica, MS

Spotlight on PEARL Projects



EPRNM District II held their PEARL +Project on the 30th of March at Rounds Recreational Facility on North Theobald Street in Greenville.

We had approximately 26 participants. MORA was present at this event and were successful in getting 7 young men in that area to sign up as organ donors.

The screenings consisted of blood pressure checks, blood sugar checks, diabetic and education on heart disease, diabetes and hypertension. The event was evaluated by the group at closure along with Vice-Mayor, Betty Watkins with ideas for next year's event in an effort to attract more participants.

We served healthy snacks at this event and the participants thoroughly enjoyed them. Our advertisement consisted of Radio broadcast, posters in strategic places in Greenville and community outreach on the morning of the event with our members going door to door which in itself proved to be a lot of fun on a rainy morning.

Our participants consisted mostly of young men who were appreciative of the education provided.

Patricia Kirksey, RN, President, District II



District IV held one of its two PEARL Project health fairs on March 16, 2013 at Cades Chapel Church in Jackson MS. The project went forth as planned with:

- *BP Screenings
- *Glucose Checks
- *Weight
- *Height & BMI Screenings.

The project was enhanced with informative classes on:

- *Heart Disease
- *Diabetes
- *Breast Health
- *Stroke

These classes gave adequate time for question and answers that allowed the participants to leave feeling well informed.

Great gifts were given from drawings held throughout the course of the event, many of which were contributed by our vendors.

There was great support from at least a dozen vendors which were present with information and freebies to enhance our lives.

District IV has truly had another successful health that supports our on-going PEARL project. Thanks to the Team who has taken the lead for our district on this project.

Laverne Watts, RN, MSN President District IV



Community-Wide Health Care Screening

In our continued commitment to address Healthcare Disparities in our communities, the Eliza Pillars Nurses of Mississippi, District V, Meridian Partnered with several local businesses, organizations and healthcare providers to sponsor this annual community wide Health fair Saturday March 16, 2013 at the Electric Power Association (EMEPA) auditorium.

Several screening was done these were cholesterol, breast cancer, Kidney Diseases, hypertension, Stroke, Cardiovascular Disease, smoking cessation, Diabetes and nutritional counseling.

This year event was well received with approximately 125 participants. Our goal was to provide quality health care screenings and education to members of the surrounding community uninsured, under-insured.

Through the statewide health disparities initiative, Eliza Pillars primary aim is early detection and advocacy for healthy lifestyle behaviors. These health fairs held throughout the state in March of this year was one of the many ways this is achieved.

This health fair was held in conjunction with Eliza Pillars Nurses of Mississippi statewide initiative Prevention, Early detection, Advocacy, Referral and Living Healthy, known as The PEARL Initiative.

In 2010, the membership of the statewide organization was surveyed to identify the top four health care issues that affect African Americans. The four areas of priority were identified and this year we added another priority that includes Kidney Diseases.

These areas of priorities are:

- *Obesity
- *Diabetes
- *Cardiovascular Disease
- *Stroke
- *Kidney Disease

The Eliza Pillars Nurses of Mississippi spear headed this event with several partners in the community. This year's response was very positive.

This year's Partners were:

The Pentecostal Church of God, New Beginning Missionary Baptist Church, Wesley United Methodist Church, Wal Mart Vision Center, Central Mississippi Health Clinic, Lauderdale County Sheriff Department, Metro Ambulance Service, Greater Meridian Health Care Clinic, Zeta Phi Beta Sorority, Delta Sigma Theta Sorority, State Farm Insurance Agency, Chris McDonald and EMEPA.

There were several healthcare providers on site, physicians, nurse practitioners, registered nurses, registered dietitians, and social worker. The Eliza Pillars Registered Nurses of Mississippi (EPRNA) is a state organization of minority nurses name after the first African American Nurse in Mississippi, Distinct V which includes Lauderdale, Wayne and Newton Counties organized in 1985.

Respectfully, Submitted,

Betty Young Cryer, RN, MSN, CNA-BC, CRRN

Convention Roundup

Reprints from District IV Book of Reports
with permission from President Watts

Healthcare Transformation: It's Impact on
Nursing Education, Research and Practice

Dr. Deidre Walton, JD MSN, RN
President NBNA

We as healthcare providers have to show others in the healthcare arena that we care about one another. We have to promote education for our communities, by visibility in school meetings, legislation, conferences. It will become an everlasting and never ending journey for all of us.

Encourage our children to set goals and help them, by mentoring them beginning at the elementary level throughout their career. There is only about a 10% male registration in nursing, we have to encourage a change by offering scholarships, talking with parents, schools and churches to help our young gifted black males.

We have to make sure that when they finish one level of education that they continue on. It really makes a difference how we view life. We can move from one level with a renewed vision, not only for ourselves but how we can make a difference in education, and the community.

We as a race care about our future education, impaction on others to make a difference. Each generation of African Americans both male and females have a moral assignment to uphold a heritage that our forefathers and leaders fought so hard for. They gave us hope that we can make a difference as nurses and leaders.

Margret Bowens-Jones, RN

Donna Evans, LSW

Social Worker, Hospice Ministries, Inc.

Most of us have heard or read about Elisabeth Kubler-Ross on "Death and Dying," but until you've heard Donna Evans, LSW speak on her version of "Death and Dying, "You Ain't Heard Nothing Yet"! In her discussion, Hospice Ministries 101, she identified deep issues and concerns facing patients and their families when dealing with a life threatening situation. Donna Evans described the philosophy, services and criteria's required in order to enter into a hospice facility.

Thank you Ms. Evans.

Linda Gamble RN

Sheila Davis, PhD. RN, FAAN

Professor, University of Southern Mississippi

"This is the day the Lord has made, Let us Rejoice and be Glad," and Dr. Sheila Davis made our closing prayer breakfast a "Fortune \$5 Million Dollar" rejoicing good time. She encouraged us to become even closer together by letting go of the things that hurt us and others from the past and to move forward. Dr. Davis reminded us that we are forgiven only if we forgive. Amen!

Linda Gamble RN

Home Health Services
In Today Era Healthcare
Danny Mullins

Mr. Mullins spoke on the good, the bad and the opportunity. The bad: Rate reduction, increase volume do more with less, increase documentation with higher audit frequency.

Homecare today is the most effective solution. The average cost of Hospital care is about \$1,400 and nursing homes \$500.00 a day.

The opportunity to understand the benefits of home care, the disciplines of services and the diagnosis and we know the eligibility.

Home Health clinicians became the bridge between you and the patient. We check when we go into the home; we see things that you don't see. We are your eyes and ears to keep your patient from the ER.

These are the Care Services of Home Health Meds Management skilled nursing diet and lifestyle. Therapies and interdisciplinary team approach to care. Reduce hospital visits.

Velma McCall, RN

Officers for 2013-2015 were installed by
Betty Young– Cryer. Past president

President	Eulanda Armstrong
President Elect	Patricia Kirksey
Recording secretary	Sonya Pippins
Financial Secretary	Sandra Jones (absent)

2013 EPRNM Winners

Ms. R.N.

Laverne Watts

Undergraduate Scholarship

Todd Bridges

Kenneth Thomas

Advanced Degree Scholarship

Dr. Rowena Elliott

President Award

Pamela Lee

Annual February Update

All roads led to Hattiesburg, Mississippi on February 23, 2013. This trip was especially important because not only would we be educated on kidney disease; District VII was returning back to the fold.

The Annual February Update was held at the University Southern Mississippi Cochran Center. The District did an excellent job in preparing for our arrival, from the location to the overall ambience.

President Mayfield reinstated the District and Installed the Officers. Dr. Rowena Elliott was installed as president and graciously accepted the role. Dean Katherine Nugent of USM School of Nursing welcomed the group and surprised District VII with a monetary donation.

The education session was done by Dr. Elliott. She did a superb job in addressing the theme "Taking it to the Streets: Establishing a Community-Based Program to Prevent Kidney disease". The Update was a resounding success!

Eliza Pillars Registered Nurses of Mississippi

AN ORGANIZATION DEDICATED TO
EXCELLENCE IN HEALTHCARE



Stella Harris RN, MSN
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APRN, BC
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Wishing a Speedy Recovery

Frances Morris

Joyce Griffin

Dr. Karen Winters

Editor's Note

“Avoid Excuses”

Health Tips

By Stella Harris MSN, RN

Always plan your meals including low calorie snacks

Vegetables and fruits should be fresh or frozen

Only eat half of your entrée

Increase water intake to half the ounces of your body's weight

Don't drink sugar- added beverages

Eating desserts with each meal is not mandatory

X out all of your past failures and press toward future successes

Can foods are too high in sodium

U are in control of your health

Seriously read labels for Sodium, Sugar, and Calories

Exercise 3-5 times a week for 30 minutes each day

Stop complaining and start praising

Before using the Health Tips check with your doctor