

RNS Newsletter

June 2009

Mission Statement: The Rehabilitation Nurses Society is a membership organization that provides continuing education and networking for medical care coordination. The professional goal of its members is to advocate for quality patient care while utilizing community resources in a cost effective manner.

We are DARK in June to give our membership the opportunity to attend CMSA's June 25, 2009 meeting.

Join us on July 23, 2009 for our next meeting!

President's Message

June 5, 2009

Dear RNS Members and Friends,

June 5th is National Donut Day, a day that honors the Salvation Army Lassies of WWI. In 1917, Salvation Army female volunteers known as "lassies" prepared thousands of fresh donuts for the homesick soldiers that served in France during World War I. National Donut Day was officially established in 1938 by the Chicago Salvation Army to raise much-needed funds during the Great Depression.

June is also recognized for the many celebrations that recognize events and persons that have significantly impacted our lives. Graduations, weddings, and many more celebrations take place throughout the month.

Did you know that President Richard Nixon signed the law which finally made honoring Father's Day on the 3rd Sunday of June permanent in 1972? This year we will celebrate Father's Day on June 21st.

Then there is Flag Day. June 14th is a day to celebrate, honor and show respect for our flag, its designers and its makers. Our flag is representative of our independence and our unity as a nation....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon.

Our sincere thanks to Tracy Matthews, RN from Vista Care-Santa Ana and her team for her presentation on the treatment options for patients with Life-Limiting Illnesses and the ethical challenges that we encounter when offering appropriate recommendations that consider the client's needs and the parameters of the disability management systems.

As a group of nurses and health care providers, we have every right to be proud of our profession, the Rehab Nurses Society, and our ability to support the group that enables us to learn, with and from each other, in order to pursue a higher good than ourselves.

We are patient advocates and are led by the 5 Principles of Ethical Behavior:

Autonomy: to honor the right to make individual decisions.

Benevolence: to do good to others.

Nonmaleficence: To do no harm to others.

Justice: To act or treat justly or fairly.

Fidelity: To adhere to fact or detail.

We will be dark in June to allow the RNS membership to attend the CMSA program in June. As RNS members you will be able to join the CSMA program for the CMSA membership rate.

Please mark your calendar to return to RNS in July.

"Thank you" to the vendors for their continuing generosity. We truly enjoy the raffle event that they so graciously provide for us each month.

Stay well and I hope to see you at the RNS meeting on **JULY 23, 2009.**

Renae Paulson, RN

RNS President



2009 Board of Directors

Rena Paulson
President
(818) 240-1234, ex. 2601
renae.paulson@libertymutual.com

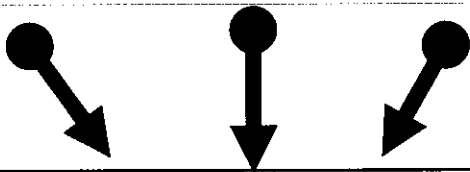
Rita Pathmanaban
Vice President
(714) 336-3212
ritapath@cox.net

Karen York
Corresponding Secretary/ (newsletter
and web-site)
(818) 240-1234, ext. 2043
karen.york@libertymutual.com

Maryanne Sawoski
Treasurer
(818) 753-5106
Cell (818) 730-8490
administrator@cchomenurses.com

Nancy Person
Recording Secretary
(818) 240-1234, ext. 2669
nancy.person@libertymutual.com

Diana Campos-Toretzky
Member at Large (membership)
(818) 894-7879
dtoretzky@assistedca.com



CHECK IT OUT!!!

**Our new web-site
is up and running!**

www.rns-ca.org

Here are some lessons in life, written by 90 year old
Regina Brett, of The Plain Dealer, Cleveland, Ohio

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. You don't have to win every argument. Agree to disagree.
4. Cry with someone. It's more healing than crying alone.
5. Save for retirement starting with your first paycheck.
6. When it comes to chocolate, resistance is futile.
7. Make peace with your past so it won't screw up the present.
8. Don't compare your life to others. You have no idea what their journey is all about.
9. Take a deep breath. It calms the mind.
10. Get rid of anything that isn't useful, beautiful or joyful.
11. Whatever doesn't kill you really does make you stronger.
12. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
13. Over prepare, then go with the flow.
14. Be eccentric now. Don't wait for old age to wear purple.
15. No one is in charge of your happiness but you.
16. Frame every so-called disaster with these words 'In five years, will this matter?'
17. Forgive everyone everything.
18. Time heals almost everything. Give time time.
19. However good or bad a situation is, it will change.
20. Believe in miracles.
21. God loves you because of who God is, not because of anything you did or didn't do.
22. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
23. The best is yet to come.
24. No matter how you feel, get up, dress up and show up.
25. Life isn't tied with a bow, but it's still a gift."

Mark your calendar to attend the July 23 meeting don't forget to RSVP by July 17.

Do you want your newsletter via e-mail?
Change of address?
Suggestions for the newsletter?
Do you have a classified ad? A job announcement?

E-mail RNS corresponding secretary Karen York: karen.york@libertymutual.com

RNS c/o Karen York
5429 Tyler Ave.
Temple City, CA 91780