

NWNNCA

Northwest Navy Nurse Corps Association
Birthplace of NNCA

March 2019

Volume 23 Issue 2



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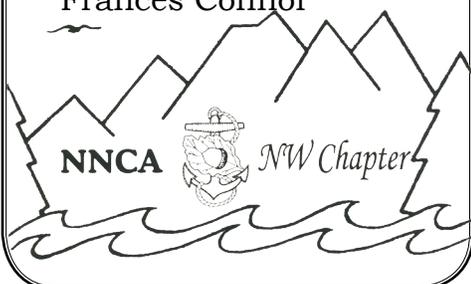
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President's Letter NWNNCA Newsletter March 2019

Greetings from the Pacific Northwest!

I am Nadyne Krienke, the new President of the Northwest Chapter. Prior to this position, I served as a Board member for the NW Navy Nurse Corps Association (NWNNCA) and recently served as chair for the 2018 Nurse Corps Reunion/Cruise.

One goal that myself and our NWNNCA Chapter will be targeting is how to increase membership, and locate Navy Nurses so they can share experiences and bring Navy Nurses together.

Nadyne Krienke



Feb 2019 Board Meeting in Kingston. Mary Kerdus, Fran Connor, Cathy Turner, Nadyne Krienke, Anne Mulligan, Lisa Stephens.

Treasurer's Report

Anne Mulligan

As of Feb, the NWNNCA accounts
total **\$16,423.66**

Checking	\$ 3,541.72
Savings	\$12,188.77
CDs	\$ 693.17
Total	\$16,423.66

Please consider a small donation when renewing your membership. Donations may be made by check or when paying on line through the National website.

Membership Corner

NWNNCA: our regional division of the broader association. We are 5 states: WA, OR, Montana, Idaho and Alaska. Some of us have stayed in nursing. . some of us have moved to other ventures. However, like a quilt. . or any good team. . it takes us all to come together to make the 'quilt' for warmth or decor; or to make the team, to support scholarship, friendship and our history.

Please consider renewing your membership, either on line or via these forms. A form is included on page 6 in this newsletter for your convenience. If using the forms, you can bring to our April meeting with your check, or mail to Cathy Carter: 8221 53rd Ave W #38, Mukilteo, WA 98275.

Your dues help support the national efforts and also our local scholarship fund. (Just remember you need to be a member of national first and then join the chapter. You can join both at the same time; you just can't be a member of the local only. However you can join national only. . however at only \$5.00 for the year. . I hope even those far away will join our local to support the scholarship efforts).

Also. . consider inviting someone you know who is a former Navy Nurse to consider joining. Copy the membership forms, or encourage them to look at the web site. Even better. . invite them to our meeting! The more of us. . the more fun, chance to hear and share more ideas and speaker suggestions, and rekindle some friendships and make new ones. Your board is looking forward to serving you this year and hearing from all of you. Thanks for your ongoing NW Chapter support!"

Cathy Turner

Upcoming Events

NWNNCA Spring General Meeting

April 27, 2019
Oak Harbor Whidbey Island Restaurant & Brewery
Details on following page.

NWNNCA Fall General Meeting

October 19, 2019
Location TBD

2019 Annual Membership Meeting

MSNNCA is busy finalizing arrangements for the 2019 NNCA Board of Directors and General Membership meetings in Little Rock, AR!!

Reunion 2020 "Celebrating Friends and Family"

WMANNCA is excited to announce that the biennial NNCA Reunion will return to the east coast to Annapolis and Baltimore. "Celebrating Friends and Family" will be a 5-night cruise leaving the Port of Baltimore headed to Bermuda on May 9, 2020.

NWNNCA SPRING GENERAL MEETING

April 27, 2019 @ 1100
Oak Harbor Whidbey Island Restaurant & Brewery

1100: Social Hour
1130: Lunch
1230: Meeting
1300: Guest Speaker



Flyer's Restaurant website
<http://www.eatatflyers.com/>

Guest Speaker: Dr. Sandra Smith-Poling MD, PhD, Col (USAF, retired). Medical Director for Emergency Medical Services, East Jefferson County, West Olympic Peninsula, Navy Northwest

Topic: Aging & Brain Health {Alzheimer's Disease (UCLA MEND) Protocol}

From Burlington, Washington 41 min (28.3 miles)

1. Take E Rio Vista Ave to WA-20 W/Avon Cutoff, 4 min (0.9 mi)
2. Follow WA-20 W to NE Ernst St in Oak Harbor, 37 min (27.3 mi)
3. Continue on NE Ernst St to your destination (492 ft)

Flyers Restaurant and Brewery
32295 WA-20,
Oak Harbor, WA 98277
(360) 675-5858

From South of Seattle

1. Take I-5 N
2. At exit 230, take ramp right toward Anacortes / Whidbey Island
3. In 0.4 mi Bear left onto WA-20 W
4. In 11.7 mi Turn left onto WA-20
5. Pass Cenex in 3.0 mi
6. In 15.5 mi Arrive at WA-20
7. The last intersection is NE Ernst St

If you reach E Whidbey Ave, you've gone too far

Flyers Restaurant and Brewery
32295 WA-20,
Oak Harbor, WA 98277
(360) 675-5858

**RSVP to Bonnie Bulach
by 17 April.**

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Port Angeles, WA 98362
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Email: babulach@wavecable.com

Social Determinants of Health and The Health of "YOUr" Community

by Bonnie Bulach, RN, Nurse Case Manager (Capt, NC, USN ret.)

Do you know how healthy your community/county is? It's easy to learn how to find this information by simply researching the World Wide Web. I became interested in learning more about community health, when I retired from the Navy. My husband, Pete & I moved to Port Angeles, Washington and I joined a local non-profit charitable care clinic now named the Olympic Peninsula Community Clinic (OPCC) formerly called Volunteers in Medicine of the Olympics (VIMO) Clinic. I learned through a talk presented by our local Department of Health the many health disparities in my new community. I was shocked to learn about the low high school graduation rate, the rate of teen pregnancy, teen tobacco use, infant mortality rates & the community poverty rate. Every county across the U.S. conducts county community health assessments and can be searched online through your county Department of Health website or on the web under your counties community health assessment. Below provides a small sampling of the data I researched for Clallam County in which this county has higher rates of unhealthy, risky indicators than Washington States averages:

SOCIOECONOMICS

Economic Well Being

- Population living in poverty 15% (10,682 persons)
- Public school students w/ free and reduced lunch 52% (4,351 students)
- Infants born served by WIC 56% (1,797 infants)
- Food stamp/SNAP recipients 22% (16,242 persons)

Housing

- Public school students experiencing homelessness 512 residents (49 per 1,000)
- Population experiencing homelessness {Point in Time Count} 293 residents (4 per 1,000)

PREGNANCY & BIRTHS

Birth Risk & Protective Factors

- Smoking during pregnancy 17% (112 pregnant women)
- Breastfeeding at birth 94% (619 mothers)

HEALTH CARE RESOURCES

Health Care Access

- Adults w/o health insurance 7% (5,078)
- Medicaid enrollment:
 - Adult – 23% (13,640)
 - Children – 62% (8,666)
 - Total – 30% (22,306)

QUALITY OF LIFE

Safety and Violence

- Personal Crime Rate 1,227 crimes (17 per 1,000)
- Property Crime Rate 3,392 crimes (47 per 1,000)

HEALTH BEHAVIORS

Substance Use

- Youth current smoking : 8th grade 6% (35)



Navy Nurse Corps Association Membership Application

Paste Your Personal
Address Label Here

- Initial dues - \$40.00
- Renewal each May - \$35.00
(includes biannual NNCA directory)
- Reactivate lapsed membership - \$35.00
(add \$5.00 for a 2015-2017 NNCA directory)

Active member through _____

Last Name First Middle Maiden/Military

Mailing Address City State Zip Code

Second Address City State Zip Code Months

Telephone Cell Phone Email Birthdate (not for publication)

Status

- Active Component From: _____ To: _____
(mm/dd/yyyy) (mm/dd/yyyy)
- Reserve Component From: _____ To: _____
(mm/dd/yyyy) (mm/dd/yyyy)
- Retired NC Officer
- Former NC Officer

Current Rank or Rank at Retirement/Discharge _____

Volunteer Interest

National Board Committee Other

May we publish the following information in the NNCA Directory:

Name: Yes No Address: Yes No Telephone: Yes No E-mail: Yes No

Communication Preferences

Directory Online Paper **Newsletter** Online Paper

Donations applied to

General Fund Memorabilia Preservation History In memory of _____

Membership Dues _____	Date _____
Donation Amount _____	Check Number _____
Total _____	Signature _____

Make check payable to NNCA, PO Box 3289, Newport, RI 02840 or go to NNCA.org and click *Join or Renew Your Membership*

- Youth current smoking: 10th grade 13% (141)
- Youth Medicaid- reimbursed alcohol or drug Tx rates 108 (18.7 per 1,000)

These are just a few of the hundreds of determinants of health on our most recent county health assessment. Unfortunately many of our high risk factors are rising, rather than decreasing and begs the question of why this is occurring. A huge factor is social determinants of health for which the Center for Disease Control (CDC) recognizes as being:

- 1) Biology and genetics
- 2) Individual behavior
- 3) Social environment
- 4) Physical environment
- 5) Health services

I have learned a large reason the health of our community is below the state and nation's average is the high rate of poverty (social environment) in our county, which in turn affects the overall health of our community. I don't have any specific research to source, but I can say with a great deal of confidence that our national opioid epidemic is having a direct impact on the overall health & well-being of all of our communities, especially if your community is in a more rural area and is poorer than the state or national average.

This brings me to my next topic of interest, after learning of the work and outreach that needs to be done in my community to improve our overall health. I have recently become familiar with the term "NEAR Sciences" which is an acronym for Neuroscience, Epigenetics, ACES & Resilience. Without going into major detail and definitions, the term neuroscience relates to a rewiring of the brain in relation to chronic pain, addiction, trauma, abuse, etc. Epigenetics has to do with behaviors that are handed down over generations of trauma, abuse, addiction, oppression etc. that have family or cultural groups who have experienced these adverse events in their past. ACES is an acronym for Adverse Childhood Experiences and Resilience is the ability to rebound or bounce back after a hardship or traumatic event. I find the NEAR concept & ACES to be a fascinating topic which are backed by research which prove that adverse traumatic events in childhood lead to chronic health conditions and mental health disorders later in life. If you search the web, you'll find a wealth of information on ACES & the 10 item ACES survey. In my position as a case manager, I educate patients suffering from anxiety, depression, mental health disorders & addiction who are motivated to improve their health about ACES and resilience, because for many people this is a new and foreign topic that helps them to better understand the root cause of their health problems.

Recently Clallam County has started an initiative to educate school aged children and people in the community about NEAR Science and are showing the film "Resilience" and "Paper Tigers" which are educational resources to help people better understand these topics and concepts. Clallam County has a local group of health care professionals who host NEAR Café sessions and have started a Compassion Campaign of outreach for disadvantaged & vulnerable persons in our town. I have found these tools to be valuable in my job as case manager and in my daily life to educate people on methods to improve their health & better understand community resources & barriers. In closing, I challenge you to learn more about your community health & how NEAR Science can have a positive impact on your friends, family, patients & community.

Resources:

*County Health Rankings & Roadmaps: <http://www.countyhealthrankings.org>

* Data USA: <https://datausa.io/>

* ACES Scoring & What It Means: <https://acestoohigh.com/got-your-ace-score/>

* CDC: <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>

* SAMHSA: <https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>

* NEAR Home Visit website: <https://www.nearathome.org/>

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