2021 Year in Review

Happy Holidays from Constituent Association 4 (CA4)!
CA4 is proud to help support our local communities
and nurses! We brought back the holiday party
tradition with some safeguards for 2021 and 2022. We
hope you were able to attend Dec. 10 or can attend the
January event (date TBD).

Once again, the CA4 board approved a generous
$1000 Toys for Tots donation which was labeled from
ONA and given to the Toys for Tots campaign for
distribution. We are happy to help out our local families
and promote children’s well-being. We also allotted
$250 for children’s books which were labeled from
ONA and placed in little lending libraries around our
communities.

We will top off our charity donations with a $1500
donation to the Oregon Nurses Foundation, which we
will gift at next year’s House of Delegates. We also
care about our nurses’ well-being and have created a
Health and Wellness fund (see below for details).

Looking forward, the 2022 House of Delegates will be
next May 17-19, 2022 at the Hyatt Regency in
Portland. CA4 will offer a minimum of $200 stipends for
our attendees and we hope to promote use of
contractual education funds as well. Historically CA4
has had the ability to send up to 40 delegates,
nominations and elections will occur in 2022 months
prior to the convention. We appreciate all of our nurses
sacrifices and hard work during the pandemic and
hope you can take advantage of our CA4 initiatives.

Amended Bylaws

The CA4 Bylaws were successfully amended Friday,
Dec. 10 by all nurses present at the holiday party to
allow electronic nominations and elections for
delegates and officers to be conducted by the ONA
office on behalf of CA4.

It has been years since the bylaws had been amended
and they still need a good housekeeping, but the
language surrounding nominations and elections was
mail ballot only, which meant if strictly followed, any
election or nomination process would incur printing,
labor, and postage costs, plus return postage by our
members to vote in any nomination and/or election
process. Most CA elections within ONA are electronic
which allows more opportunity to nominate and vote.
Our current bylaws state they may be amended at any
CA4 meeting with quorum and 99 percent of members
present and voting to approve. The amendment was
drafted by Chair Dan Richmond the day of the meeting
in consultation with Whitney Wong at ONA in order for
CA4 to be included in the upcoming electronic House
of Delegates nomination process by ONA.

No language was subtracted and the only language
added is to allow an electronic process. See the full
Amended Bylaws (continued from page 1)

The December Holiday Party was a lot of fun for our nurses and families! We had great turnout and approximately 50 nurses attended with their family members. CA4 covered pizza, beverages, multiple games of bowling, cookies from Crumbl, and we gave away $500 worth of gift cards! Every nurse present received a $20-25 gift card and lucky Holly Wade from PMMC pulled the $100 gift card! Several nurses took CA4 donated books back to Little Lending Libraries all over our community. Thank you everyone who attended! We will plan another event, likely in January 2022, date TBD.

CA4 Health and Wellness Fund

CA4 created the health and wellness fund to promote healthy activities and to build the ONA local community. In the past we have offered funding to nurses for various activities.

For example, CA4 provided a large sponsorship for a group of nurses to compete in the Rogue Relay in 2019. We have also sponsored the local southern Oregon (SO) swing dance convention that offered free dance lessons for nurses. Goals of the program are to promote health & wellness activities for nurses that also build community amongst ONA nurses.

Here are some examples of how the fund can be used: Organize a softball team of nurses and healthcare co-workers and a CA4 health & wellness grant could help cover league fees or expenses and CA4 could provide team T-Shirts! Another example, CA4 could cover field lighting costs for Ultimate Frisbee pickup games during the winter months.

A group of nurses could walk or run in the Pear Blossom, we could provide shirts and cover registration fees. The fund contains several thousands of dollars.

Requesting funding is simple. Please email CA4ONA@gmail.com with the specifics of the request including the dollar amount or estimated expense, how many ONA nurses will be participating and a short explanation for how the activity will promote health & wellness and build ONA community. If approved, CA4 will either pay an invoice directly or reimburse a receipt/expense. The nurse making the request must be an ONA CA4 full member. The activity should be open and available for any local ONA nurse (as feasible) and may be promoted on social media by CA4. See full policy at www.OregonRN.org/CA4.

Movie Theater Rentals: CA4 still has a fund to reimburse private showings at local movie theaters for up to $100 on a first come, first served basis until funds are exhausted.

You must be a full ONA member to request this benefit. Email CA4ONA@gmail.com to check availability and reserve your grant. Submit your receipt for reimbursement after the showing to the CA4 Chair Dan Richmond or Treasurer Toni Fraley. You must provide receipt for reimbursement.
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Serving as a statewide leader in ONA is a rewarding opportunity and a way for you to weigh in on the most important issues facing nurses today. ONA is actively seeking enthusiastic, engaged nurses to run for leadership in our organization’s statewide elections!

Nominations will open January 17, 2022 and the full list of available positions open for the 2022 elections is still being finalized. Stay tuned for more information and start thinking about how you can get involved in your statewide professional organization.