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Join Us at the Labor Day Picnic!

Celebrate Labor Day with your Oregon Nurses Association (ONA) colleagues! Constituent Association 4 (CA 4) and the Southern Oregon Labor Chapter are sponsoring a family-friendly picnic on Labor Day, Monday, Sept. 4, 2017, 11 a.m.-3 p.m. at the Emigrant Lake County Park. We have reserved picnic shelters C and D by the waterslides and playground. The picnic is free, but please note the park has a $4 vehicle fee. Barbeque lunch will be served at noon.

Bring your kids! We will have a bounce house for children and free waterslide passes for the first 30 children who arrive, plus live entertainment for everyone.

Nursing Award Nominations Now Open

Nominations for this quarter’s CA 4 nursing awards are now open! Winners will receive a plaque and $50 award from CA 4! Please submit your nominations by Aug. 31 so we can announce the winners at our Labor Day picnic. Paper nomination forms will be on your ONA bulletin board, or you can type your nomination and email it to CA4ONA@gmail.com.

One nurse from Rogue Regional Medical Center (RRMC) and one nurse from Providence Medford Medical Center (PMMC) will be selected for each award category. This quarter’s award categories are:

**Most Inspirational** – Who do you look to for nursing advice? Who do you respect and look up to? Tell us why they inspire you.

**Most Reliable** – Who do you know who picks up extra shifts, steps up for their coworkers, and is someone you can count on? Give us examples of how they always come through.
Congratulations to PMMC Nurses’ Week Award Winners!

- Sierra Anderson – Up & Coming
- Ryan Riggle – Above & Beyond

A Big Thank You for “Relay For Life”

Thank you to everyone who fundraised and showed up to walk with our “Relay For Life” team on June 4! This American Cancer Society event was a ton of fun and we received community praise for doing it! Many people stopped by the ONA/CA 4 booth to thank us for the work we do as nurses and to say they appreciated us being out there on the track with them. If you are interested in walking on our relay team or helping run our booth at next year’s event, please email CA4ONA@gmail.com. We have already started planning and look forward to having more activities and education at our booth!

“Walk to End Alzheimer’s”

Walk with the CA 4 team at the Alzheimer’s Association’s “Walk to End Alzheimer’s”

This two-mile walk takes place Saturday, Sept. 23, 2017, at 10 a.m. at U.S. Cellular Community Park in Medford.

Register as a member of the CA 4 team and help us fundraise to combat this disease. CA 4 will match up to $250 of donations you collect! All team members get an ONA/CA 4 t-shirt to wear during the walk.
Community Service

School will be starting soon, and during fall quarter CA 4 will partner with Maslow Project to provide resources for youth in our local homeless community by helping with donation drives, including homeless teen closets at North and South Medford High Schools. We are seeking volunteers to help run this ongoing event! If you’re interested, please email us at CA4ONA@gmail.com.

Fall sport leagues will begin before we know it! This fall CA 4 is sponsoring softball, volleyball, and bowling teams. Each nurses who joins a team can also sign up one guest, be that a spouse, significant other, bestie, family member, neighbor, or child (if allowed by the rules and regulations of the sport—email CA4ONA@gmail.com if you have questions about age restrictions). If you haven’t signed up already, please do!

Sign-up sheets are on your ONA bulletin board. If you can’t find the sign-up sheet, please email CA4ONA@gmail.com to sign up. Team members get a ONA/CA 4 t-shirt!

If you donated time to Friends of the Animal Shelter during our last quarter, please email CA4ONA@gmail.com with the number of hours you worked.
Register for ONA BU Leadership Conference

Sept. 19-20, 2017 • Portland, OR

Upgrade your nurse leadership skills at ONA’s Bargaining Unit Leadership Conference Sept. 19-20 at the Portland Hilton and Executive Towers in downtown Portland.

- Solve local issues through concerted actions
- Build strength through issue-based organizing
- Identify and develop nurse leaders

Join ONA nurses and staff from across Oregon to discover new ways to engage your coworkers, build nurse strength and create a community of committed advocates who can lead changes in your facility.

Agenda and Topics
This year, participants will choose one of two educational tracks to attend with sessions designed to develop and hone skills related to that topic. The tracks are:

- Building Power Through Workplace Action
- Building Power Through Bargaining

Continuing Education
Attendees will be able to earn continuing nursing education contact hours at the conference. Information about which courses and sessions qualify for CE and the number of CE hours offered will be posted before the start of the conference.

Oregon Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Registration
This leadership event is FREE for ONA members. Due to the nature of the schedule, members must attend both days of the event.

Conference registration deadline is Friday, Sept. 8. To register, visit the ONA website:

www.OregonRN.org