Thank you Susan!

ONA Labor Representative Change

I would like to thank all of the nurses at RRMC for their care of their community and their colleagues.

It has been a wonderful experience working with you and I am in awe of all you do each and everyday.

I, as many of you, have decided it is time for a change. I wish all of you happiness, health and success in the future.

Your interim ONA labor representative is Brian Howard. His contact information is Howard@oregonrn.org and his phone contact is 503-293-0011 ext. 1352

Sincerely,
Susan Bruce

ANA Resilience & Nurse Suicide Prevention Resource Site

The American Nurses Association (ANA) is committed to meeting the needs of nurses and has launched a NEW Nurse Suicide Prevention and Resilience Resource site to provide information and tools to address the critical issue of suicide prevention.

Research indicates that nurses are at a much higher risk of suicide than the general public. During this unprecedented time, nurses are struggling with mental health issues like fear, anxiety, depression, and post-traumatic stress as they respond to COVID-19 and continue to care for all patients.

Effectively managing these mental health issues is essential in nurse suicide prevention.

ANA’s Resilience and Nurse Suicide Prevention Resource site provides information and tools to:

- Build resilience.
- Assist in active crises.
- Support suicide survivors.
- Offer grief and bereavement coping strategies.
- Honor a nurse’s memory.

We encourage all nurses to check out the site, bookmark the pages, and share the resources with a colleague or a friend in need.

Nurses, you are not alone. Help is available. Learn more here.
New Protections for Nurse Staffing Law

Last year, ONA members brought evidence showing hospitals exploited the state of emergency to deviate from staffing plans, sometimes when they had no COVID-19 patients! The state legislature listened and passed House Bill 3016 (HB 3016), placing greater restrictions on hospitals.

On Jan. 1, 2022 these new restrictions went into effect, making it incredibly difficult to deviate from staffing plans that have been approved by the hospital nurse staffing committee.

ONA members should empower themselves by taking time to read the new language here.

You can learn more about this and other staffing rules and best practices on the ONA website at www.OregonRN.org/113.

As Oregon faces another surge it is important for ONA members to hold hospital executives accountable to the law!

Some key highlights of the changes:

- Clear limits on how long a Hospital can deviate from plans.
- To deviate from staffing plans there needs to be “a national emergency or state emergency requiring implementation of a facility disaster plan and crisis standards of care."
- The incident command shall report a written assessment to both co-chairs of the staffing committee within 30 days of deviating from a plan.
- Deviation may not occur for more than 90 cumulative days unless approved by the staffing committee.

ONA stewards are the lifeblood of what makes our union strong. A strong union has at least one steward for every unit and shift. Stewards are there to answer colleague’s questions and discuss concerns and help keep every nurse up to date on important union activities.

There are three different steward trainings offered throughout the year. Introductory steward training focuses on representing your coworkers and problem-solving workplace issues. Grievance handling covers identifying, filing and following up on contract grievance. Building worksite power stresses how to build your union and create an environment that results in improvements for nurses.

Stay tuned for more training dates as they are finalized.

Space is limited so register today at:

www.OregonRN.org/Steward-Training

Introductory Steward Training
- Saturday, February 5
- Wednesday, March 9
- Saturday, April 2
- Friday, May 6
- Saturday, June 4

Grievance Handling Training
- Saturday, January 29
- Monday, March 28
- Saturday, May 28

Building Power Training
- Tuesday, February 22
- Saturday, April 16
- Monday, June 20

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ONa Statewide Elections: Nominations Now Open

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 are now open and the full list of available positions open for the 2022 elections is available. Consider how you can get involved in your statewide professional organization.


ONA Convention & House of Delegates, May 17-19, 2022

The ONA Convention and House of Delegates will be held May 17-19, 2022 at the Hyatt Regency in Portland, OR. The theme for the convention is Stand Up, Rise Up, Celebrate! The Power of Our Profession.

The past two years have been difficult for everyone, bringing new challenges at every turn, all while exacerbating many of the issues that nurses have been facing for years. The 2022 ONA Convention is an opportunity for leaders from across the state to come together to learn from these challenges, share our knowledge, and move the nursing profession forward.

Together, we can stand up to employers who seek to put corporate profits ahead of those who are caring for the community. Together, we can rise up and build a better health care system that values caregivers and patients. Together, we can celebrate our victories, small and large, over the last two years as we continue to fight for a health care system that works for us, our colleagues, our patients, and our communities.

Join us for the ONA House of Delegates (May 18) and two days of educational sessions (May 17 & 19) that delve into topics such as equity in health care, racism as a public health crisis, building collective power, safe nurse staffing, and so much more.

Convention & House of Delegates Registration is now open, click here. Or go to [www.OregonRN.org](http://www.OregonRN.org) and follow the link.

House of Delegates Nomination page, click here.
Don’t Miss Important ONA Emails

Make sure you receive timely communications, and have the most up-to-date information on your contract, bargaining issues, upcoming votes, nursing research, practice issues and workplace policies. If you are not receiving ONA emails, we can help.

First, check to make sure ONA emails are not being filtered into a junk, spam or clutter folder. Many email providers, have built-in spam/junk filters or blockers. The filters are intended to prevent you from getting junk mail or spam, but can unintentionally block emails you want to receive. If ONA emails are in one of these folders, flag them as “not junk” and add News@OregonRN.org to your safe sender list.

If there are no ONA emails in those folders and you still aren’t receiving ONA emails, there are various potential causes listed below...

You can fix most problems by simply emailing ONA at News@OregonRN.org with your name, personal email address, name of your employer, and state you want to be added to ONA’s email list.

Learn more about ONA email options and preferences at:

www.OregonRN.org/EmailPref

Common Reasons for Not Receiving ONA Emails

1. **Spam/Junk Filters**: Emails from ONA are being flagged as junk or spam by your email service provider.

2. **No Email**: ONA doesn’t have your email on file.

3. **Bad Email**: ONA has an incorrect or outdated email on file.

4. **Opted Out**: You have opted out of receiving emails.

5. **Work Email Filters**: Some health care systems filter out ONA emails so nurses don’t receive ONA-related emails. This is why we encourage nurses to use their personal email addresses instead of work emails.

Fixing Problems to Receive ONA Emails

1. **Check your junk/spam/clutter folder for ONA emails**: Flag ONA emails as “not junk/spam” and add News@OregonRN.org to your safe sender list.

2. **Email ONA**: To fix reasons 2-6, simply email ONA at News@OregonRN.org, and include your name, personal email and facility you work at in the body of the email.