



Caring for Oregon



St. Charles Bend Note from Your

ONA Leadership Council

ONA Bend Nurses, Coworkers, Friends, and Family,

We are your Bend ONA local leaders, nurses who work with you everyday. We don't have the words to adequately express how we are all feeling right now. The grief and anger we are feeling are no doubt shared by every nurse at St. Charles and every member of our community. This shooting is a senseless tragedy we are all processing and working through together.

When catastrophic events occur, a quote from children's TV host Fred Rogers is often repeated. He said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" As nurses, we are helpers. But we have to ask, who helps the helpers?

As nurses, we are often asked to take on others' burdens. People live messy, complicated lives and we care for them during their worst moments. Taking care of ourselves is something that we often make secondary to caring for others. But right now, in the face of this disaster, we want to remind you to focus on yourself and your family. It is OK to take care of yourself first. As nurses, we are required to always be on, always be ready and always be at our best. To do that, we need to prioritize your own care and needs. We are all injured. The emotional impact and stress from this tragedy will last for weeks and months in our community. We will all heal and recover differently. But we will heal better if we support one another.

The hospital has set up trauma and crisis counseling for workers. The school district and community have trauma and crisis counseling available for students and community members. All of these will likely continue over the next few days and weeks. If you are struggling, we urge you to take advantage of these opportunities now. But we recognize the trauma of such a horrible incident may remain for a long time.

We want to remind you that the hospital offers Canopy employee assistance benefits that includes free confidential counseling sessions. ONA also offers trauma counseling programs and services through AFT, our national union affiliate. These are confidential, free private trauma counseling sessions.

We want to remind you that you can use these programs and services at any time.

Who helps the helpers? We all do. We take care of one another. As we all try to make sense of this senseless violence, mourn and grieve, we want to remind you that every nurse matters. If you see someone struggling, say something. If you are struggling, tell a coworker or friend. We are all here for each other. And together, we will heal. Please see the information below for important resources as we support each other.

With love and respect,

Your Bend ONA Leadership Council

Rosa Brock, Co-chair

David Hilderbrand, Co-chair

Emily Schroeder, Co-chair

Joel Hernandez, Staffing Co-Chair

James Richter, Member At-Large

Catherine Emick, Workplace Violence Co-Chair

Kelsey Kelly, Grievance Co-Chair

John Nangle, Membership/CAT Co-Chair

Rachel Geels, Membership/CAT Co-Chair

Julie Bostrom, Finance Co-Chair

Megan Bovi, Communication Co-Chair

Mayzie Strubhar, PNCC Liaison

Via St. Charles - Revive (Canopy) Employee Assistance Program -

[Canopy program is also available at all times](#)

Via ONA - AFT Trauma Resources - <https://www.aft.org/benefits/trauma>

For help setting up a new account, you can contact ONA's member services department at memberservices@oregonrn.org, 503-293-0011, or AFT's member services department at membership@aft.org or 1-888-238-5646. ONA's local union number is 05905.

Via The State of Oregon - Oregon nurses and healthcare professionals can access free, confidential mental health counseling from trauma-informed mental health providers experienced in caring for healthcare providers through the Oregon Wellness Program (OWL). www.OregonWellnessProgram.org

If you have questions, please contact your executive team leaders or ONA labor representative Jason Herring at Herring@OregonRN.org.



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