



# Kinesis

**Kinesis Vol 22 Iss 1**

**2012**

## President's Message

Hello to everyone! I hope everyone is having a safe winter. Thanks to all who participated in the recent survey for members/non-members and thank you to those who helped with the project. There are only four meetings left in the year and I hope attendance will increase even more. Thanks also to the members who stepped up to take on new positions: Debbie Heim-new president-elect, Carol Amfahr-resuming as secretary and Ruth Gholz and Jennifer Hester for taking on the co-editor role for Kinesis. We have a great chapter and it's the members who can and do make all the difference in the chapter's success. Please feel free to come up and introduce yourself if I have not met you. I welcome all contributions anyone may have to make our chapter's continued success grow even more. Hope to see many of you at our upcoming meeting!

**Kathy White, RN, OCN**

**CTC-ONS Chapter President**

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## Tidbits from Local CTC-ONS

### Local News

#### Kudos

Congratulations are in order for **Vicki Estridge**, who completed her MSN in August 2011. She also passed her AOCNS exam!

A big kudos to **Debbie Heidrich**, who received The Heart of Ohio Award from the Midwest Care Alliance. This award recognizes health care professionals who have made significant and repeated achievements in hospice and palliative care, particularly on a state level. Much deserved recognition!

#### Upcoming Meeting/Program Dates for CTC-ONS

**Tuesday, 2/21/12** Medical & Surgical Management of Esophageal Cancer Dr. James Maher & Dr. Zulfikar Sharif-Montgomery Inn, Montgomery

**Thursday, 3/22/12** Annual Products Fair: Humor & Healing From a Patient's Perspective Brenda Elsagher-Blue Ash Embassy Suites

**Tuesday, 4/24/12** Understanding Patient & Caregiver Stress Panel facilitated by Barb Henry-The Montgomery Inn Boathouse

## From the Editor



Greetings from your new Kinesis Co-Editor! Ruth Gholz and I hope you enjoy this and upcoming editions of our local chapter's newsletter. Remember to pass on any announcements and events that should be included in the future. We would also very much appreciate any article submissions to help make this newsletter interesting and informative.

You can email me or Ruth any time you think of something to share: [jennifer.hester@thechristhospital.com](mailto:jennifer.hester@thechristhospital.com) and [ruth.gholz@va.gov](mailto:ruth.gholz@va.gov).

For my inaugural Kinesis, I thought I'd get you "jazzed up" for the single most exciting national and international event for oncology nurses—ONS 37<sup>th</sup> National Congress! From May 3<sup>rd</sup> – 6<sup>th</sup>, thousands of oncology nurses will descend upon New Orleans (mecca of food, music, and culture) to network and to learn about hot topics in cancer care, including survivorship, chemotherapy, radiation, patient education, disease management, and more. If that isn't enough, you should know that this year's Congress coincides with the New Orleans Jazz and Heritage Festival, an unforgettable event featuring some of the biggest names in music.

I attended my first Annual Congress in Denver. I went because it was easy (I lived there at the time) and it seemed like a fun way to hang out with my friends from the acute care oncology unit where I worked. Before attending Congress that first time, I liked my job well enough but something changed inside of me as I entered the Denver Convention Center on May 1, 2003. I was blown away by the sheer number of people who had such passion for their work that they found the time and money to gather there. As I soaked up knowledge from sessions and met new friends at this event, I felt like I "became" an oncology nurse. It was there that I began to understand that this work really does require a unique kind of person; I was proud to be one of them. When I returned to work that next week, I didn't just pick up shift. I began a professional career as an oncology nurse.

Every time I have attended Congress since then, I have come back to my work feeling connected, focused and renewed. If you have never attended Congress, ask a colleague who has. I think you will find similar stories of rejuvenation and finding an identity. If you are a Congress veteran, encourage new nurses to come along with you. It is such a joy to watch them transform before your eyes.

Early bird registration ends March 16<sup>th</sup>, so start planning now. Visit [congress.ons.org](http://congress.ons.org) for details.

**Jennifer Hester, DNP, AOCNS**

Editor

## National News

### Tidbits from National CTC-ONS

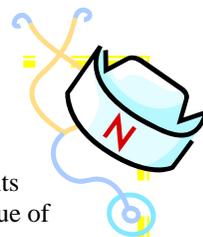
with cancer. Now the standards have been updated to include the inpatient setting. Read more about it in the January issue of the Oncology Nursing Forum.

### Radiation Oncology Certificate Program

This webcourse is intended to provide intermediate level information about radiation oncology therapies, symptom management and the professional role of the radiation oncology nurse. After completing the course of the course, the nurse will take an exam (80% pass required) and receive 15.0 CE. This certificate of added qualification indicates that the nurse possesses knowledge in the subspecialty of radiation oncology nursing. This is a great way for radiation nurses to gain more knowledge and expertise...and it looks great on a resume! Go to [ons.org/CNECentral](http://ons.org/CNECentral) for dates, cost, and registration information.

### Integrating Psychosocial Care Into Oncology Practice: ONS Online Course

This webcourse will provide the learner with education about psychosocial concepts, the nursing application of them to the oncology patient population, and engagement of oncology nurses as leaders within the health care team for the provision of psychosocial care. Through faculty-facilitated discussion postings, interactive learning activities, and a post-test, course attendees will enhance their knowledge related to various psychosocial topics and the resources available to oncology nurses and patients. Course content addresses cultural, spiritual, and caregiver issues, along with care implications related to anxiety, depression, sexual alterations, cognitive dysfunction, fatigue, and sleep disturbances. Go to [ons.org/CNECentral](http://ons.org/CNECentral) for dates, cost, and registration information.



# Psych Corner



## Cancer Support & Wellness

By: Barb Henry, MSN, APRN-BC



Most of you know that my work and passion is to provide psychological and emotional support to people and caregivers on the cancer journey. I was honored to speak to oncology nurses in San Francisco recently on this topic at the ONS Regional Survivorship Conference. I, of course, mentioned the Wellness

Community as a resource. One of the nurses in attendance reminded me that the Wellness Community (WC) the WC is now called the Cancer Support Community. (CSC). In July 2009, The Wellness Community and Gilda's Club Worldwide joined forces to become the Cancer Support Community. (I later learned that our local community did not officially adopt the name change until 10/2011; which made me feel better about using the old name at a national conference!)

Several years ago, I had the privilege of meeting Harold Benjamin, founder of the WC the Lynn Stern facility was dedicated in Cincinnati. I still recommend Benjamin's first book, "From Victim to Victor." His focus on the "patient active" concept and wellness still exists at the CSC. The new name for the community now includes the word "cancer" that was perhaps more taboo in 1972 when it was first founded.

When I refer people to our local CSC (<http://www.cancersupportcincinnati.org/>), I get mixed reactions, the most common being, "I'm not really a group person." Some survivors may have had a negative experience with survivors or others who may not be in a positive place. Some find the 90 minute weekly support groups to be too much of a time commitment. For others, these groups become a network of new friends and family that help sustain hope. Others attend a newcomer's meeting then drop in on other meetings of their choice such as: monthly networking groups, fitness programs including Tai Chi and Yoga, relaxation classes, spirituality programs, art therapy, cooking for wellness food preparation class, special topic education events, and more.

My last visit to the local CSC was for a fun evening with other oncology colleagues, sponsored by "Cheers to Art," [www.cheerstoaart.com](http://www.cheerstoaart.com). I had not visited the website in some time and was delighted to find a 7-minute YouTube video featuring local survivors who provide a tour and overview of CSC services. Dr. David Waterhouse provides some celebrity commentary to this video! The video is a couple of years old and still uses the "Wellness Community" name. I am sharing it here in hopes that it will inspire you to visit or continue to refer patients and caregivers to the Blue Ash and Northern KY Cancer Support Centers: <http://www.youtube.com/watch?v=jgu4lj8YvsY>

I would also like to inspire you to visit and refer patients & caregivers to the ONS Cancer Journey Traveling Companions blog: <http://blog.thecancerjourney.org/2011/12/are-you-happy-or-sad-this-season/>. I will use pieces from my blogs in future PSYCH CORNERS so that you and others on the cancer journey will find the blog interesting, uplifting, and blog back about. We are looking for more bloggers if you're interested. Happy 2012!



## Effectiveness of Therapeutic Massage in Reducing Cancer Patients' Symptoms

By: Gigi Robison, MSN, RN, AOCN and Cheryl Smith, Licensed Massage Therapist

From January to December 2010, I have worked with Cheryl Smith, LMT, in conducting a research study with oncology patients at The Christ Hospital in the Cancer Center, Medical Oncology. This project has been supported by many people, including Connie Cook, RN, BSN, Director of the Cancer Center, and Mary Tyle, LSW, Supervisor. Our sincere thanks and gratitude to Mark Meyer and his family for the funding for this study.

We have been accepted to present the following information in a live poster presentation at the Magnet Conference in Baltimore, MD in October 2011!

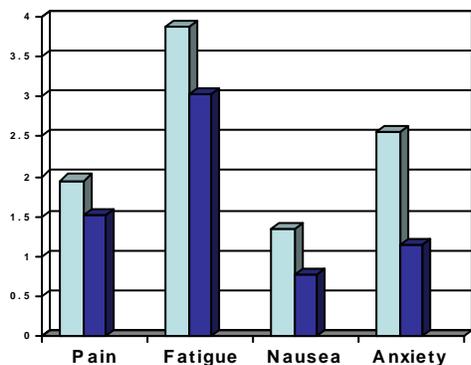
**Introduction:** Cancer patients receiving chemotherapy and/or biotherapy infusions (CBI) often experience symptoms, including pain, anxiety, fatigue, and/or nausea. The use of complementary therapies, such as therapeutic massage (TM), is rising in popularity among patients and healthcare professionals. TM is increasingly being used to improve patients' quality of life, decrease symptoms and improve coping. More evidence of the efficacy of TM is needed to establish TM in conventional medical community and in the oncology patient population.

**Phase I - 2010:** At The Christ Hospital, we conducted an IRB-approved nursing research study in the Medical Oncology department of the Cancer Center to measure the outcomes of massage therapy for symptom management

in oncology patients. Funding was received from the Meyer Family Fund for Complementary and Alternative Medicine.

**Purpose:** The purpose of this study is to determine if hand and/or foot massage will decrease oncology patient's symptoms of pain, fatigue, nausea, and anxiety during CBI.

**Method:** A prospective single convenience group and pre/post design was utilized. The RN completed the patient screening, to verify that patients met the criteria. After obtaining patient's consent, the RN completed the pre-intervention assessment, which included asking patients to rate the intensity of 4 symptoms (pain, fatigue, nausea, and anxiety) on a 0-10 Visual Analogue Scale (VAS). The Licensed Massage Therapist (LMT) provided 15-20 minutes of hand and/or foot massage during CBI. After the massage, the RN completed the post-intervention assessment (e.g., patients rated the intensity of the same 4 symptoms).



■ Pre Massage ■ Post Massage

**Results:** From 1/2010 to 12/2010, 58 subjects with cancer were recruited. Results demonstrated a statistically significant reduction in pain, fatigue, and anxiety ( $p < 0.002$ ) with 20 minutes of massage. To a lesser extent, nausea was reduced ( $p < 0.02$ ), but few patients experienced any nausea pre massage ( $n=15$ ). The evaluation of patients' satisfaction demonstrated high patient satisfaction, with a mean score of 4.7/5.0 for first time patients ( $n=57$ ) and a mean score of 5.0/5.0 for second time patients ( $n=24$ ).

**Conclusion:** Results of our Phase I study demonstrated that 15-20 minutes of hand and/or foot TM performed during CBI significantly decreased patient's pain, anxiety and fatigue, and increased their satisfaction. Limitations included lack of control group and lack of measurement of length of time that the benefits were experienced.

**Phase II - 2011:**

In 2011, we are conducting a randomized controlled, expanded study in cancer patients. Data is being collected during 4 CBI visits. Patients are randomized to Quiet Rest during 2 visits and to Therapeutic Massage during 2 visits. Peripheral neuropathy is a 5th symptom being assessed. This study is partially funded by Daisy Foundation's J. Patrick Barnes Grant. Data collection began in January 2011, and will continue throughout 2011.

# How to Get More Time

By Amy Voris, DNP, CNS



As the year began, we probably all made New Year resolutions. By now most of us have probably broken most of those resolutions. A common resolution is to get more organized or find ways to save time. We all have stated that “there just isn’t enough time in the day to get everything done.” Just like starting a diet or exercising there is never a bad time to start. Gaining a few minutes here and there will eventually add up and you will be able to at least not feel so rushed in the morning or when trying to get through tasks.

Ways to organize your morning:

- a. If you pack your lunch, bag up your veggies or chips the night before. Chips can also be placed in your lunch box ready for the morning. In the fridge, put everything together you want to pack; that way they are all in the same spot and nothing gets forgotten
- b. If you drink a fruit smoothie for breakfast, put everything in the blender and place the blender in the fridge overnight. In the morning, all you have to do is blend. The fruit might brown but it will still taste the same.
- c. Set out clothes and any other items you will need for the next day. This means you be able to grab and go.

For the day:

- a. Buy a big calendar and write EVERYTHING on it, birthdays, appointments, practice, etc.
- b. Buy all your birthday and anniversary cards at the beginning of the month and mail them. Better to get a card early than late.
- c. Make a running grocery list and make sure that everyone knows to write on it. This way nothing gets forgotten, eliminating extra trips to the store. Make sure you take it with you to the store, this will make you more efficient as you go through the store and will save money as you won’t buy things you don’t need.
- d. Plan meals for the week and enlist kids in the planning and preparation of the meals. This means you won’t be the only one having to come up with ideas for supper every night or doing all the work. Kids love to help in the kitchen.
- e. If you like to chop things like green peppers or onions, chop ahead place in ice cube trays and freeze. Then place all the cubes in a freezer bag. When you want to add chopped onion, grab a cube and throw it in your dish. This can also be done with left over lemon or lime juice.
- f. Get some bins and organize your closets, shelves and drawers.

There is no promise that these tips will put more time on the clock, but it might make it seem like it.



**ABOUT THE KEYNOTE SPEAKERS**

**Louann Hofheins Cummings, DM, MBA, CPA** is a Professor of Business at The University of Findlay. While training for a marathon in 2004 a bone scan for a suspected stress fracture on her foot led to the discovery of a malignant tumor in her lung. The diagnosis came as a shock for the lifelong nonsmoker and mother of four, who leaned on her husband, family and friends as she underwent treatment. To raise research funds and awareness she spearheads the *Free to Breathe Lung Cancer 5K Rumble Run* in northwest Ohio to benefit the National Lung Cancer Partnership. Today, the professor and new grandmother said she feels abundantly blessed.

**Jeanna L. Knoble M.D.** is an Oncologist at The Mark H. Zangmeister Cancer Center. She is board certified in Hematology, Medical Oncology and Internal Medicine by The American Board of Internal Medicine and is a member of the American College of Physicians, American Society of Hematology, American Society of Clinical Oncology, Community Oncology Alliance, Columbus Medical Association, Ohio State Medical Association, and the Ohio Hematology Oncology Society.

**ABOUT THE CLOSING SPEAKERS**

**Janine Overcash, PhD, GNP-BC**, is the Research Director at The Arthur G. James Cancer Hospital & Richard Solove Research Institute, The Ohio State University. Dr. Overcash has given many lectures nationally and internationally concerning the needs of the older cancer patient. She has done research and published many articles on the assessment of the older cancer patient and ways of applying the comprehensive geriatric assessment to cancer patients in the outpatient setting. Dr. Overcash is coeditor of *The Older Cancer Patient, a Guide for Nurses and Related Professionals*.

**Carlton G. Brown, PhD, RN, AOCN®** is the president of the Oncology Nursing Society (ONS). He is an assistant professor in the School of Nursing at the University of Delaware in Newark. His most recent research includes "The Effect of an Oral Care Protocol on Oral Mucositis in Patients with Head and Neck Cancer Treated with Radiotherapy." Dr. Brown is the editor of the newly published textbook, *A Guide to Oncology Symptom Management*. One of Dr. Brown's most valued experiences has been his association with ONS for 18 years and credits his successes in part to the incredible education and leadership opportunities ONS provides.

**PROGRAM DESCRIPTION**

Welcome to the 23<sup>rd</sup> Annual Spring Conference sponsored by the Columbus Chapter of the Oncology Nursing Society.

Now more than ever, oncology care is multidisciplinary care. Our patients are more complex, the health care system demands more efficient care, and health care providers are more collaborative and sophisticated. Kaleidoscope of Oncology Care has been designed to showcase a multidisciplinary palette of oncology education.

**Who Should Attend?**

Kaleidoscope of Oncology Care is designed to meet the needs of all levels of nurses and health care providers that care for oncology patients.

**REGISTRATION**

All registration information is available at [www.columbus.vc.ons.org](http://www.columbus.vc.ons.org) Spring Conference. Please contact Pat Sanders at [pat.sanders@osumc.edu](mailto:pat.sanders@osumc.edu) if you have additional questions.

CCONS is going green. All handouts and abstracts will be available to registered participants one week prior to conference at [www.columbus.vc.ons.org](http://www.columbus.vc.ons.org).

Directions and hotel information can be found at [www.aladdinshrine.org/home.php](http://www.aladdinshrine.org/home.php).

**Raffles and Silent Auction!**

The raffle and auction benefits the CCONS Scholarship fund. Don't forget your checkbooks!

**CONTINUING EDUCATION**

This activity has been submitted to the Oncology Nursing Society for approval to award contact hours. ONS is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's COA.

Topics may change due to unforeseen circumstances.

**FACULTY**

**Jennifer Carlson**  
Assistant Vice President for External Relations & Advocacy,  
The Ohio State University Medical Center, OSU Comprehensive  
Cancer Center-James Cancer Hospital & Solove Research Institute

**Carlton Brown, PhD, RN, AOCN®**  
President, Oncology Nursing Society  
Assistant Professor, School of Nursing, University of Delaware

**Louann Hofheins Cummings, DM, MBA, CPA**  
Professor of Business, The University of Findlay

**Georgia M. Decker, APRN, ANP-BC, CN®, AOCN®**  
Founder and Advanced Practice Nurse  
Integrative Care NP, PC, Albany, New York

**Jeanna Knoble, MD**  
Oncologist, Medical Hematology/Oncology  
The Mark H. Zangmeister Cancer Center

**Janine Overcash, GNP-BC**  
Director of Research, The Ohio State University Medical Center,  
OSU Comprehensive Cancer Center-James Cancer Hospital &  
Solove Research Institute

**Molly Pierce, RN, CWOCN®**  
Enterostomal Therapy Coordinator, The Ohio State University  
Medical Center, Cancer Hospital & Solove Research Institute

**Kevin Radecki, MD**  
Thoracic & Cardiovascular Surgeon  
Mount Carmel Thoracic Surgery

**Sherry L. Mori Vogt, PharmD, BCOP**  
Specialty Practice Pharmacist - Hematology/Oncology,  
The Ohio State University Medical Center, OSU Comprehensive  
Cancer Center-James Cancer Hospital & Solove Research Institute

**PLANNING COMMITTEE**

Cheryl Huang, MS, RN, AOCN®, CNS, Chair  
Ilene Lamimer, RN, CCRC, OCN®, Co-Chair  
Debbie Binckley, RN, OCN® Shirley Blanton, RN, OCN®  
Kim Catania, RN, CNS, AOCN® Patricia Dinneen, BSN, OCN®  
Karin Elkins, RN, MS, OCN® Bertie Ford, RN, MSN, AOCN®  
Aida Gerbec, RN, BSN Deborah Hanes, RN, CNS, AOCN®  
Lisa Masten, RN, OCN® Barbara Paxson, RN  
Gail Rhodes, RN, MS, BSN, OCN® Liz Roth, RN, BSN, OCN®  
Terry Smith, RN, BSN Patricia Sanders, RN, BSN, OCN®  
Beth Stevens, RN, BSN, OCN® Alicia DeFrancesco, RN, BSN, OCN®  
Kristina Mathey, RN, MSN, NP-C, CCONS President

**PROGRAM SCHEDULE****THURSDAY**

12:15-12:45 Registration  
1:00-2:00 "Lymphoma and Current Treatment Advances"  
**Jeanna L. Knoble, MD**  
2:00-3:00 "Currents Trends in Cancer Legislation"  
**Jennifer Carlson**  
3:00-3:30 Break  
3:30-4:30 "Role of the Oncology Nursing in Legislation"  
**Carlton Brown, PhD, RN, AOCN®**  
4:30-5:30 Registration for Friday  
Poster set-up and registration  
6:00-7:00 Vendor reception  
Wine and cheese reception  
(Additional fee required for late registration or Friday only attendees)

**23rd Annual**

**Spring Conference 2012**  
**Columbus Chapter of the**  
**Oncology Nursing Society:**  
**Kaleidoscope of**  
**Oncology Care**



**Thursday and Friday,**  
**April 26 and 27, 2012**  
**Aladdin Shrine Center**  
**3850 Stelzer Road**  
**Columbus, Ohio 43219**

**PROGRAM SCHEDULE****FRIDAY**

7:15-7:45 Registration  
7:45-8:00 Welcome/Introduction  
8:00-9:00 "Occupy Lung Cancer!  
Reflections on being one of the 15%."  
**Louann Cummings, DM, MBA, CPA**  
9:00-10:00 Vendor Exhibits / Poster Review  
10:00-11:00 "Lung Cancer: - What's new?"  
**Kevin Radecki, MD**  
11:00-12:30 Lunch/Vendors/Posters  
12:30-1:30 Breakouts: Select One  
A. "Integrative Oncology: Indications, Contraindications and Opportunities"  
**Georgia M. Decker, APRN, CN®, AOCN®**  
B. "Can I take this with that? - A Look at Oncology-Related Drug Interactions"  
**Sherry L. Mori Vogt, PharmD, BCOP**  
C. "Wound Care: Surgical and Disease Related"  
**Molly Pierce, RN, CWOCN®**  
1:35-2:35 Breakouts: Select One  
A. "Integrative Oncology: Indications, Contraindications and Opportunities"  
**Georgia M. Decker, APRN, CN®, AOCN®**  
B. "Can I take this with that? - A Look at Oncology-Related Drug Interactions"  
**Sherry L. Mori Vogt, PharmD, BCOP**  
C. "Wound Care: Surgical and Disease Related"  
**Molly Pierce, RN, CWOCN®**  
2:40-3:10 Raffles and Silent Auction  
3:15-4:15 "Gerontology and Oncology"  
**Janine Overcash, PhD, GNP-BC**  
4:15-4:30 Wrap-Up / Evaluations

## 2012 Spring Conference Registration Form

Please complete this form and submit payment online at [www.columbus.vc.ons.org](http://www.columbus.vc.ons.org).

On line registration will be available on Feb. 1<sup>st</sup>.

Or complete and mail to Patricia Sanders, 570 Brickel Road, Jamestown, Ohio 45335.

Last \_\_\_\_\_  
 First \_\_\_\_\_ MI \_\_\_\_\_  
 Job title \_\_\_\_\_  
 Work/Home address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Preferred Phone (Home/Office/Cell) \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 ONS ID# \_\_\_\_\_  
 Chapter Affiliation \_\_\_\_\_

- I do not want my contact information released to third-party organizations.  
 I would like to receive important updates and future program information.  
 A photographer may be present and registration implies registrant's consent to be photographed.

*Registered participants can access syllabus materials (handouts and abstracts) at [www.columbus.vc.ons.org/SpringConference](http://www.columbus.vc.ons.org/SpringConference) one week prior to conference.*

*If you additional information, please contact: Pat Sanders @ [pat.sanders@osumc.edu](mailto:pat.sanders@osumc.edu).*

- If you'd like a printed version of syllabus materials, you can purchase it when you register \$20.00 (limited supply available).*

Day/Date	CCONS Member	ONS Member only**	Non ONS Member**	After 04/01/2012
Thursday, April 26th	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$35.00	<input type="checkbox"/> \$45.00	<input type="checkbox"/> \$60.00
Friday, April 27th	<input type="checkbox"/> \$65.00	<input type="checkbox"/> \$80.00	<input type="checkbox"/> \$105.00	<input type="checkbox"/> \$130.00
Entire Conference (26th & 27th)	<input type="checkbox"/> \$80.00	<input type="checkbox"/> \$100.00	<input type="checkbox"/> \$130.00	<input type="checkbox"/> \$160.00
Vendor Reception *				<input type="checkbox"/> \$5.00

Break Out Sessions: Select one per time period

12:30 – 1:30  A  B.  C.

1:35 – 2:35  A  B.  C.

\*Vendor Reception is included in price except for late and Friday only participants.

\*\*Nonmembers: Join today to take advantage of "New Member" pricing. To take advantage of the CCONS member price, you must be a member prior to registration. CONS at [www.columbus.vc.ons.org](http://www.columbus.vc.ons.org) or ONS at [www.ons.org](http://www.ons.org).

## A SCHOLARLY GATHERING

Journal Club



*Please call Gigi or Barb for more information or to RSVP....*

**Date:** Wed. March 28, 2012

**Time:** 6 to 8 p.m.

At the Tri-Health Fitness  
& Health Pavilion

**Address:** 6200 Pfeiffer Road.  
Blue Ash, Ohio 45242

**TOPIC: HAND MASSAGE, ART THERAPY  
& COMPLEMENTARY THERAPY DEMO'S**

ARTICLES ARE POSTED AT:

[www.cincinnati.vc.ons.org](http://www.cincinnati.vc.ons.org)

or email Barb Henry to obtain copies: **Barb's Cell Phone: 237-6840**  
**Gigi's Cell Phone: 720-9198**

**DIRECTIONS:**

<https://www.trihealthpavilion.com/location-directions/>

**\*\*\*\*Any nurse interested in the topic or Journal Club is  
welcome to attend.**

**A light dinner & water will be served so please RSVP☺**

## **2011 CTC-ONS Leadership**

President-	Kathy White	kathywrn@aol.com
Secretary-	Carol Amfahr	carol@amfahr.com
Treasurer-	Marla Skoog-Prues	marla.prues@thechristhospital.com
Treasurer-Elect-	Sharon Isbell	SLlandTRI@aol.com
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Program Committee Chair-	Sue Partusch	Susan_Partusch@trihealth.com
Program Consultants-	Debbie Heidrich	debbie.heidrich@gmail.com &
	Kim Blanton	Kim_Blanton@trihealth.com
Nominating/Awards Committee	Co-Chairs-	
	Carol Turner	cturner529@cinci.rr.com
	& Melanie Kroger	Jarvis krogermq@ucmail.uc.edu
Membership Committee Chair-	Monica Feiler	mfeiler@uchealth.com
Newsletter Editor-	Jennifer Hester	jennifer.hester@thechristhospital.com
	& Ruth Gholz	ruth.gholz@va.gov
Journal Club Co-Chairs-	Gigi Robison	jeanene.robison@thechristhospital.com
	& Barb Henry	Bjzh@aol.com
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Outreach Ohio Representative-	Nancy Murrin	nmurrin@health-partners.org
Archives-	Gigi Robison	jeanene.robison@thechristhospital.com
Health Policy Liaison-	Janet Goeldner	Janet.Goeldner@uc.edu

