



*Maryland Chapter
Association of Rehabilitation Nurses
August 2008 Newsletter*

President's Message

!! Hello and happy summer to ALL !!

School is out, the pools are open, the 4th of July festivities are over, and we are happily into the hot and humid days of summer. Before we know it, the first snow will fall and the ski slopes will open (Yeah!).

Fear not however, because while everyone has been baking at the beach, your ARN officers have been hard at work and have a wonderful fall 2008 and winter of 2009 planned.

So, mark you calendars now;

- Saturday 9/20/2008 is our half day workshop at Sinai Hospital in Baltimore entitled "**Exciting Career Paths for Rehabilitation Nurses**". We will learn about the roles of the Legal Nurse Consultant, Case Manager and Life Care Planner. 3.0 CEUs will be offered
- I'm sure everyone has received their **ARN Conference** brochure for the October 1-4 national conference in San Francisco, Ca. It looks like a great conference in a wonderful city. Plan to take advantage of both if you are able!
- Wednesday 11/19/2008 we will meet at Laurel Regional Hospital. Diane Tew will discuss **Holistic Health**
- Wednesday 1/21/09 Sue Pugh will update us on **Stroke** at Good Samaritan Hospital
- Wednesday 3/18/09 We will meet at Kennedy Krieger Institute.

Chapter News

Congratulations to Alice Mason of Laurel Regional Hospital, this year's winner of the MD Chapter scholarship award. This scholarship is awarded in honor of our former member Shirley Denson. Shirley was an active member of the chapter for many years. She passed away to cancer in 2004. Names of members who have attended 4

Current ARN Chapter Officers:

President

Carolyn Sorensen

Work: 202-877-1000

Home 301-744-0497 or carolyn.sorensen@medstar.net

I have been a rehab nurse for 24 yrs and certified for 21 yrs. (For those of you who know me, that was back before my gray hair – yes hard to believe). I have worked as a staff nurse on an SCI unit, as a manager of a rehab team in home care, as well as in education/staff development roles. I'm married with 2 grown children and enjoy mountain biking, camping, hiking and skiing.

Secretary

Elizabeth Siskey

Work :410-554-9378 Home: 410-661-2337 Home

esiskey@dors.state.md.us or EGRKS@aol.com

I have been a rehab nurse for 33 years the majority of my career has been with the State of Maryland Department of Vocational Rehabilitation. I have worked as a primary care nurse, nursing supervisor and currently am a case manager working with our therapy areas. I have been active with the Maryland Chapter for 30 years and has served in various offices As for my personal life I have two grown children and a new grandmother. I enjoy swimming, sewing and spending time with my family especially my new grand son. I am active in my church community. I am also serving as Awards Committee Chairperson for the ARN National Conference 2008.

Treasurer

Jane Oakjones

Home 410-866-8674

I am a staff nurse/charge nurse on the Spinal Cord and General Rehab unit at Good Samaritan Hospital. I have worked at Good Samaritan and in rehab for 35 years and have been a CRRN since 1995. I have been a member of ARN since 1990 and have served on the Board of Directors and am the current Treasurer for the Maryland Chapter. I also coordinate a Helping Hands and Health Care Ministry Committee at St. Michael's Parish in Overlea.

of the 5 meetings during the past year are drawn each spring at our planning meeting and the winner receives a free registration to the National Conference. Alice will enjoy the cable cars as well as all the speakers and posters. Bring back some Ghirardelli chocolate!

As you know, elections were just held and your new officers are listed below. Thanks to all who took the time to vote and congratulations to the new officers.

I would like to introduce the officers to you in this newsletter and in subsequent newsletters, spotlight a member, and also give you some of the history of the MD chapter - many of the members have been active for quite some time and have a story to tell.

The Officers would also like to congratulate our newest MD CRRNs and hope to meet you at one of our upcoming meetings.

As we go forward in our strategic planning, we have been discussing the possibility of offering a CRRN review course for our MD members in 2009. We would like to grow new rehab nurses, increase membership and meeting attendance, and also provide a forum for current CRRNs to obtain CEUs. We hope to be able to partner with one of the local Rehab Hospitals to co- sponsor a course at a discounted rate to all. Stay tuned for more on this.....

Please feel free to call or email myself or any of the officers with questions, concerns and/or suggestions. We are here to represent YOU !

A safe and blessed summer to all.

Carolyn Sorensen RN MSN CRRN, Maryland Chapter President
Nurse Educator, National Rehabilitation Hospital

**Reminder it is not too late to register for the half day workshop sponsored by Maryland Chapter of ARN and Sinai Hospital
Title: Exciting New Career Paths for Rehabilitation Nurses**

Board Member at Large

Elizabeth Martin

Work: 410-532-4707 emartin@hhmi.edu

Home: 410-521-3307

I spent my first 14 years of rehabilitation nursing at Good Samaritan Hospital as a primary care nurse moving up to the Assistant Nurse Manager. The last 13 years I have worked at Johns Hopkins Hospital as a practioner conducting onsite pre admission evaluations for acute comprehensive inpatient rehabilitation. I have been an active member of the Maryland Chapter ARN for 13 years serving as president, president elect, board member at large and liaison to the LMNO for the Maryland Chapter. I attend New Psalmist Baptist Church were I am active on the committee for Seniors, "Wings of Wisdom" (WOW). I also serve as the community liaison for networking purposes in this, and four surrounding communities.

Bete says she likes meeting seniors who have paved the way for us. She enjoys spending time with family and friends. For stress relief she goes to movies, pampers herself with a night out with friends, attends plays and loves fine dining.

President Elect

Charnan Koller

koller@kennedykrieger.org

Home:410-871-9665

Work: 443-923-9131

Char has been in pediatric rehabilitation for 23 years She currently works in Pediatric Orthopedic and Downs Syndrome Research at Kennedy Krieger Institute. Char has two children in college as well as a dog and cat.

Board Member at Large

Alice Mason

Home: 410-721-5635

I graduated from Rutgers University in 1974 with a B.S. in Nursing. I have been a Rehab nurse since 1986 at Laurel Regional Hospital, Laurel, Maryland. While my primary function is one of staff nurse, I have also been involved in developing some Rehab policies and procedures for our unit. I have been a CRRN since 1986. I have been actively involved with the Md. ARN chapter for 8 years where I have served as a Board Member and assisted in planning previous conferences. In my spare time I enjoy gardening and traveling. This is why I enjoy attending the National ARN conferences as a way to travel to different cities.

Past president

Cindy Farquhar

Work: 410-321-8448 Home: 410-308-1326

cfarquhar@pthomecare.com

Working with A.R.N. of Maryland has really increased my satisfaction with my nursing career. I had just left a front line position for a Patient Care Coordinator position with Mercy

Date: Saturday, September 20

Time: 8 a.m.-12:30 p.m.

**To register visit the web site at
www.arnmaryland.org
or contact Carolyn at
carolyn.sorensen@medstar.net
or 301-774-0497
Earn 3.0 CEU by attending**

The Maryland Chapter would like to Congratulate the following members who passed the CRRN Exam given in June 2008



Adelino Alambra
Rociela Contreras
Olatokunbo Famulegun
Kortez Graham
Mary Gray
Jennifer Hadden
Laurie Harris-Daniel
Sharon Hurst
Ann-Maria Lee Wilkins
Donna Long
Deborah Luciano
Lori Mooney
Diane Olechna
Pamela Park
Hilde Sandler
Pamela Spranger

Nice Job!!!!

Home Health in 1994 when I began to look at my options in terms of networking with other nurses. I had been a Rehabilitation Nurse at Good Samaritan Hospital, and a friend was in ARN. I have always learned a lot from the presentations that we have. The quality of speakers is impressive, many physicians have given lectures. Also Rehab Entrepreneurs have brought us into a whole different aspect of the Rehab world. I gain usable information from the nursing workshops that we put on almost yearly.

Meanwhile, I have a whole group of women who 'have my back' as we do our chapter activities and channel wonderful Rehabilitation knowledge and philosophies to our sister/brother Rehab Nurses in Maryland.

We have goals to increase our membership both into Western Maryland and into Washington, D.C. We need more and more ARN friends to become members so that we can achieve this geographical expansion. It is certainly doable in this world of e mail and phone messaging!

News From the National Rehabilitation Association

A reminder from Liz Siskey our secretary; For those of you needing EASY CEUs, go to the ARN web site <http://www.rehabnurse.org> You will get one CRRN CEU for simply using the web site, reading a brief article and taking the post-test.

Member Get A Member

Share the benefits of membership with your friends and colleagues. Recruit as many new members as you can between now and August 1, 2008!

For every member you recruit you receive the following benefits:

- One free month of membership

One entry into a drawing to win one of these exciting prizes:

1. Complimentary registration to the 2008 annual conference in San Francisco, CA
2. Free airfare to the 2008 annual conference in San Francisco, CA
3. One free year of ARN membership

The strongest recruiting tool for new members is your own personal endorsement. Introduce your colleagues to ARN and they will be involved with the best partner they could have as rehabilitation nurses.

**Visit our updated website at
www.arnmaryland.org**

[Hope to see you on September 20, 2008 at Sinai for our Half Day Conference](#)

