

LIVEWELL NURSING

Holiday Tribute to Our Nurses

By: Angela Mitchell, CNO



Angela Mitchell

In the glow of December, where warmth fills the air, Nurses Walk gently, spreading love everywhere.

With hearts full of kindness, they answer the call, In HHSA's embrace, **WE** give our all.

With comforting hands, **WE** tend to the frail; Listening closely, they share every tale.

In rooms filled with memories, laughter, and cheer, **WE** bring light to the darkness, dispelling all fear.

In public health's realm, nurses stand side by side, Guiding our communities with wisdom and pride.

Through the hustle and bustle of the holiday rush, **WE** nurture our spirits, in moments that hush.

With vaccines and wellness, **WE** champion the fight, Illuminating paths with their warm, guiding light.

In the face of challenges, **WE** stand strong and tall, A beacon of hope, inspiring all.

In the world of behaviors, so complex and deep, **WE** nurture the fragile, where shadows may creep.

With empathy woven like garlands of cheer, **WE** help heal our hearts, spreading joy far and near.

So, here's to our nurses, in every domain, In long-term care's warmth, through joy and through pain.

In public health battles, and minds **WE** uplift, our compassion is a treasure, a truly great gift.

Let us celebrate boldly, with voices as **ONE**, For the work that **WE** do is far from done.

In every small gesture, in every kind word; The love of a nurse is the holiday song **WE**'ve heard.



IN THIS EDITION

Holiday Tribute to Our Nurses	1
EBSCO	2
December 2024 Celebrations	3
PHN HOT Team Redesigned	4
Celebrations, Mental Health and Social Connections	5
Celebrations in long-term care	6-7



SUBMISSIONS

Please e-mail submission (ideas, photos, articles, trainings, dates, accolades, local or national news, etc.) to Araceli.Casas@sdcounty.ca.gov

For consideration in next issue, please submit entries by close of business on January 17, 2025. Submission limits: 125-275 words

January Topic: New Beginnings/ Resolutions



**Access the County's EBSCO
Health Homepage using a
Universal Link**

<https://my.openathens.net/>

The more you praise
and celebrate your
life, the more there
is in life to celebrate.

OPRAH WINFREY

As we approach the end of the year, we enter a particularly busy season as individuals begin juggling additional responsibilities for the holidays that add to their normal everyday workload and stress. The multiple events, traveling, party plans, religious celebrations, and family gatherings can make December feel overwhelming and enjoyable at the same time. Even though this is a busy time of the year, taking time to slow down and review what was accomplished is crucial. As December is the last month before the beginning of a new year, this is a favorable time to celebrate personal and professional achievements, successes, and progress towards goals. It is important to note that these celebrations do not only need to be for large achievements. What may be perceived as a small victory for one person may be a large success for another, and each step towards a positive direction or experience deserve to be celebrated. Celebrations can take many shapes and forms but, one distinguishable similarity is that time was reserved to reflect and commend the efforts that were made by either our clients, our families, our colleagues, our community, or ourselves.



PHN HOT Team Redesigned

By: Janette Wolski, RN, PHN, Alejandra Sanchez Lopez, RN, PHN, Mariana Delgadillo, BSN, RN, PHN, and Andrea Huerta RN, PHN

This year the PHN Homeless Outreach Team (PHN HOT) is celebrating growth. Previously known as “Foot Team”, the team emerged as an emergency response to outbreaks in the community. Responding to the 2017 Hepatitis A outbreak and global pandemic of COVID-19 in 2020, allowed the team to prove its need to our San Diego County residents. Since then, PHN HOT has been pioneered and fully staffed with four PHN positions held by Janette Wolski, Alejandra Sanchez-Lopez, Andrea Huerta, and Mariana Delgadillo. What started as offering one vaccine to the public, has grown to now include vaccines such as Seasonal Flu & COVID, Hepatitis A and B, and Mpox. The team has expanded field outreach events to embrace a spirit of collaboration with community partners while simultaneously identifying and addressing client needs. In collaboration with various community partners and law enforcement, PHN HOT refers unsheltered clients to Harm Reduction services, distributes and educates on Naloxone nasal spray, and offers items such as wound prevention kits, hygiene kits, sun hats, and sexual health resources.

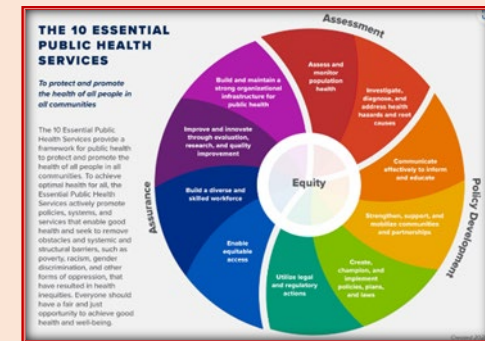
PHN HOT also acts as a linkage to resources for the unsheltered populations across the by providing referrals and educational handouts on communicable diseases. Collaborating with law enforcement and community partners like Father Joe's Villages, HealthCare in Action, and community clinics, PHN HOT provides essential public health nursing services and education to the vulnerable unsheltered populations. A community resource list is in development to continue to provide optimal customer service and promote therapeutic relationships with clients. This effort was developed as PHNs play an important role in preventing missed opportunities and linking community members to resources that promote improvements for client's health and well-being.

Operating out of two Public Health Centers (South and North Inland), we run as ONE team providing services throughout all San Diego County. Our connections with community partners have allowed us to expand into new unserved and underserved areas. We continue collecting data on services provided to celebrate key accomplishments as a team while informing future community impacts and potential growth opportunities.

We celebrate all that has been accomplished, and we look forward to the continuous efforts to provide essential services to vulnerable communities to align with the in the Live Well vision for safe and thriving communities.



Pictured from L-R: Jani Wolski, Mariana Delgadillo, Eloisa Melendez, Andrea Huerta and Alejandra Sanchez Lopez



Reference:

Core Competencies and the 10 Essential Public Health Services | Region V. (n.d.). <https://www.rvphtc.org>

Celebrations, Mental Health and Social Connections

By: Annette Barnard, MSN, RN, PHN, and Jessica Gaylord, RN, PHN with PHS Administration Nursing Unit

As we've transversed this holiday season and a New Year is right around the corner, celebrations are at the forefront of many of our lives as we visit with family, friends and colleagues. There is solid research showing the importance of social connections. A study from Cleveland Clinic, July 2024, provided evidence of increased staff retention, higher quality of care, and boosted moral by initiating workplace celebrations. In the study of 918 nursing participants, 18% participated and provided comments of being appreciated by their organization when celebrations and formal awards were provided for staff.

Another Cleveland Clinic article in October 2024 announced benefits to nurses' well-being by providing a culture of "mindfulness and wellness," by allowing nurses five-minute activities on their breaks to recharge. The activities included coffee/tea breaks, yoga, laughter through joke telling, and inter caregiver games. In early 2024, the County of San Diego provided nurses the opportunity to learn a 5-minute Kelee meditation, which is in alignment with Cleveland's research. Additionally, the County of San Diego, Department of Human Resources provides weekly options for Mental Behavioral Well-Being Webinars, lunch and learn sessions, and fitness and meditation classes. The opportunities are offered to clinical and non-clinical employees via emails sent out bi-weekly. Nationally, The American Nurses Foundation created a toolkit that is based on research that provides evidence of the benefits of gratitude to impact the emotional well-being of nurses. The toolkit includes journaling, walking, creating gratitude huddles, and walls of celebration. Wishing you all a wonderful New Year and many celebrations in 2025!



Pictured from L to R: Annette Barnard, Jessica Gaylord, and Denise Lozares

Reference:

Cleveland Clinic. (2024, July 2) Research /shows How Nurse-Led Workplace Celebrations Boost Caregivers' Morale. <https://consultqd.clevelandclinic.org>

Cleveland Clinic. (2024, October 17). Nursing Wellness. Cultivating a Culture of Mindfulness. <https://consultqd.clevelandclinic.org>

Howard, J.; HouryY, D. Protecting the Mental Health and Well-Being of the Nation's Health Workforce. American Journal of Public Health, [s. l.], v. 114, p. 137–141, 2024. DOI 10.2105/AJPH.2023.307475. <https://research.ebsco.com/linkprocessor/plink?id=6b33be54-bd1f-342b-82e4-0d39c5ab5b6d>



Celebrations in long-term care

By: Teresa A Rogers-Marsh RN, MSN-Ed-In-Service Education Coordinator

Celebrating Long-Term Care Nurses: Recognizing Dedication and Community

Long-term care nursing is one of healthcare's most demanding yet rewarding sectors. This profession deserves celebration and recognition that honor nurses' tireless dedication and compassionate care. Long-term care nurses are the foundation that strengthens the sense of community.

The Heart of Long-Term Care

Nurses in long-term care facilities transcend their roles as caregivers, becoming companions, confidants, and even surrogate family members to residents. This unique bond makes their role exceptionally challenging and profoundly impactful. Celebrating their dedication is crucial in acknowledging the emotional and physical labor they invest daily. Johnson, L. (2020)

At Edgemoor DPSNF, we recognize our staff and residents through annual awards and recognitions. These awards, featuring pictures of the recipients on our internal Spectrio TV announcement platform and banners displayed on the recipient's home unit, highlight the extraordinary efforts of long-term care nurses. Categories include "Nurse of the Quarter/Year," "CNA of the Quarter/Year," and "CNA of the Month/Year." These accolades serve as both morale boosters and tangible appreciation of their hard work. Daily acts of gratitude and recognition, such as customer service awards, notes of thanks, and shout-outs in meetings, can make a significant difference. Additionally, we celebrate "Nurse Appreciation Week," also known as Nurses Week, with awards, music, and food at Edgemoor.



(Continued) Celebrations in long-term care

By: Teresa A Rogers-Marsh RN, MSN-Ed-In-Service Education Coordinator

Recognizing Dedication and Building Community

The dedication of long-term care nurses can not be measured solely based on their stated job responsibilities. These nurses provide comfort during challenging times, listen to residents' life stories, and ensure that each individual feels valued and respected. Their work exemplifies the power of compassion and commitment. Nurses form deep, meaningful connections with their residents in long-term care settings. They celebrate small victories, share in the joys and sorrows of everyday life, and become trusted confidants and friends. This level of dedication not only enhances the quality of care but also fosters a sense of belonging and family within the facility.

Recognizing the dedication of long-term care nurses and fostering a strong sense of community within facilities can profoundly impact the quality of care provided. Celebrations and recognition are not just about awards and parties but about creating an environment where every team member feels valued, supported, and motivated to give their best. Long-term care nursing is filled with challenges and celebrations. Through these celebrations and recognition, we can continue to appreciate and uplift the incredible nurses who devote their lives to this noble profession (ANA).



Reference:

American Nurses Association. "Nurse Recognition." <https://www.nursingworld.org>

Johnson, L. (2020). "Building stronger healthcare communities: Strategies for team building." In the bustling corridors and quiet corners of long-term care facilities, a unique form of heroism. *Healthcare Management Review*, 35(2), 45–52. doi: 10.1097/00005110-200009000-00009.