



# NYS ID/DD NURSES ASSOCIATION NEWSLETTER

Vol. 30, Number 1

Winter 2023

## President's Message

As I write this message, everything is covered in 8 inches of snow in early March in the Capital District. Hopefully we will see more signs of spring coming very soon!

I know that a few Association members will be attending the DDNA National Conference in New Orleans April 14-17. What a fun place to attend any conference!

DDNA's conference offers wonderful opportunities to learn and to explore the commonalities and differences in nursing practice across the states. Unfortunately, I will not be able to attend the National Conference this year. My husband and I are in the process of downsizing. We are totally renovating a smaller house in the midst of these post COVID supply chain issues along with preparing to sell our big house. I would not recommend this timing for any temporary dual housing costs. We are beginning to see the light at the end of the tunnel. The process has been a bit chaotic though.

To add to the challenges around downsizing, I was diagnosed with breast cancer just before Christmas. I had surgery at the end of January. As I write this message, I am currently waiting to hear the next steps in my treatment plan.

I feel so truly grateful to be working with this incredibly talented and supportive Board. I know that I will be able to rely on this Board if I should need to. However, I am finding that it is important for me to keep busy! I also highly recommend young grandchildren. They are by far the greatest gift of distraction from all forms of craziness!

For more information about the NYS ID/DD Nurses Association, check the website at:

**[www.nysiddna.org](http://www.nysiddna.org)**



Sub-committees have been diligently working to prepare reports for the Spring Board Meeting in Syracuse April 20-21.

The Conference Planning Committee has been planning for the fall conference. We are fortunate that Cindy Pross has agreed to step into the role of Conference Chair for 2024. Cindy will be working closely with Linda Cultrara planning for this year's conference, as Linda prepares to move into the role of President in January 2024. If you are looking to become more involved with the Association, consider working with this talented group of individuals.

The Committee formed to address the process for the allocation of Association funds to local zones will be ready to present, explain, and answer questions at the Board meeting.

The Recruitment and Retention Committee has pulled together some excellent resources for nurses around the demands related to "on-call" as well as other nursing retention issues. They will present the information they put together at the Board meeting.

At the Board meeting, we will be forming the temporary committee to review the NYSIDDDNA applications for the annual scholarship that the Association offers to a DSP or an LPN working in this field. Candidates must be enrolled in a college RN program and indicate an interest in continuing to work in this specialty field. Spread the word if you know someone who fits these criteria. Please consider volunteering for the committee.

I am really looking forward to sunshine, warmth and to hearing about all the amazing work that has been done by these committees and the Zones during our Spring Board Meeting. I hope to see the Board members in Syracuse!

Thank you for all that you do.

Mary Jean Keegan  
NYSIDDDNA President  
[Mjkeegan74@gmail.com](mailto:Mjkeegan74@gmail.com) or  
[mkeegan@wildwoodprograms.org](mailto:mkeegan@wildwoodprograms.org)

*The New York State Intellectual Disabilities/Developmental Disabilities Nurses Association (NYSIDDDNA) was founded to promote Intellectual and Developmental Disabilities Nursing as a specialty area of practice. The Association continues to support its members' activities in nursing law, education, research, and practice.*

## Membership Committee Update

Membership renewals are due on April 1<sup>st</sup> so please remember to send in your dues – there is strength in our numbers!

We hope that you will encourage other nurses that you know to join. In addition to nurses employed by your agencies, your nurse contacts in schools, outpatient settings and hospitals who serve individuals with intellectual and developmental disabilities could all benefit from membership. Discounted conference registration, notification of continuing education opportunities in the field, eligibility for member awards, networking opportunities, access to the Newsletter, and engagement in leadership opportunities at the Zone and state level are just some of the “perks” of membership! Please pass it along!

We currently have **211** members, with the breakdown of the number of members by Zone as follows:

Membership by Zone As of March 7, 2022			
Zone	TOTAL	Zone	TOTAL
1	26	7	18
2	22	8	8
3	10	9/11	32
4	37	10	3
5	22	12	2
6	22	DNK*	9
<b>Total Number of Members: 211</b>			
* DNK members: When their membership applications are received, they will be added to their zone.			

As always, we are grateful for all of you who continue to recognize the value of the Association by joining/renewing your membership and encouraging other nurses to join. The Association welcomes your time and talent, so please consider becoming more involved in a leadership position or as a committee member.

If you are new to the field, please take advantage of the networking and educational opportunities — we want you to be successful! Always feel free to reach out if there is something that the Association could assist you with – we are here for you!

*Cathy Engel, BSN, RN, CDDN  
Membership Committee Chairperson  
engelcathy12@gmail.com*

## DDNA Update

The Developmental Disabilities Nurses Association (DDNA) 31<sup>st</sup> Annual Conference will be held in New Orleans April 14 – 17, 2023 at the Hyatt Regency New Orleans. Registration ends on April 7, 2023 – all the information you need to register is available on the DDNA website, [ddna.org](http://ddna.org).

The Pre-Conference program will focus on “Aging and End-Of-Life in IDD.” Nurses interested in becoming certified will also have an opportunity to attend the Certification Boot Camp. Twenty-five (25) hours of nursing CE’s will be available to attendees, along with networking opportunities and the ability to connect with industry leading sponsors and exhibitors.

DDNA continues to welcome individual educational presentations in an effort to provide continuing education to members. Nurses interested in presenting on topics in areas related to clinical care, education, administration, research, patient education, or consulting in all areas of DD nursing can find more information on proposal submissions on the DDNA website ([ddna.org](http://ddna.org)).

Information is also available for commercial presentations related to products and medical devices, as well as instructional presentations and other topics as mentioned above.

*Prepared by Cathy Engel, BSN, RN, CDDN  
engelcathy12@gmail.com*

## NYSIDDDNA Scholarship Opportunity

### Scholarship Application Deadline Approaches!

Each year, the New York State ID/DD Nurses Association awards a \$1,000 scholarship to encourage LPNs and other staff working in the field of intellectual and developmental disabilities to explore or remain in the field of ID/DD Nursing.

Candidates must currently be matriculated in an accredited basic RN program, be a New York State resident, and intend to work as an ID/DD nurse in New York State upon graduation.

### *Do you know someone who meets these criteria?*

If you do, please consider reaching out to them to let them know about this scholarship opportunity. You can point them to the Awards section on our website ([www.nysidddna.org](http://www.nysidddna.org)) to find out how to apply for this scholarship. If they prefer, they can send an email to [information@nysidddna.org](mailto:information@nysidddna.org) for more information.

**Application Deadline:** April 19 at 12:00 noon.

## From the Conference Planning Chair

### Save the Date

#### NYSIDDDNA 2023 Annual Conference

*Motivate. Educate. Network.*

September 11-13, 2023 | Albany Marriott

The committee is bursting with enthusiasm and ideas for our 37th Annual Conference. You won't want to miss this event.

The team has collaboratively identified speakers for many of the topics past attendees suggested as gaps in education. We are more "OPWDD Nurse focused" than ever in our choices to motivate, educate, and network!

We are pleased to introduce our keynote speaker for the conference, Lara Zakaria. She is a Functional Medicine pharmacist, nutritionist, and public health professional based in New York City. Lara will explore with us how holistically minded health professionals can find opportunities to coach and inspire others in the lifestyle areas of nutrition, stress modification, sleep and exercise. We look forward to this scholarly yet approachable speaker delivering for you both personally and professionally!

We will have presenters from the Justice Center, pharmacists and physicians providing sessions on Skin Cancer, Rashes, Empowering Nurses, Seizures, Diabetes, Of course, Susan Prendergast will be providing our OPWDD update as well.

We have welcomed committee members from each Zone to get a well-rounded representation across the state. We have also identified a "Conference Planning Trainee" to learn this role and to be ready to become the Conference Planning Chair in January 2024. Many thanks to Cynthia Pross who has stepped up to this challenge!

We welcome anyone interested in offering assistance or ideas as we move forward.

**Did I mention? Please Save the Date** for the:

NYSIDDDNA 2023 Annual Conference  
September 11-13, 2023 | Albany Marriott

*Linda M. Cultrara*  
Conference Planning Chair  
Linda.m.cultrara.@opwdd.ny.gov

### TO CONTACT NYSIDDDNA

**By Mail:** Box 25832, Rochester, NY 14625

**By Email:** [information@nysiddna.org](mailto:information@nysiddna.org)

## AV Support for Annual Conference

The Conference Committee would like to identify 2-3 people who could provide audio-visual support for the conference. If you will be attending the conference and have experience with audio-visual equipment, we could use your help.

Throughout the conference we want at least three people available to set up the projectors, assist presenters in queuing up their presentations, and ensuring the audio is functioning. The Marriott provides AV support to the conference for more complex problem-solving.

If you would like to get more involved and feel you could cover these tasks with support, please let me know.

*Cindy Pross*  
Conference Planning Trainee  
[Cynthia.pross@justicecenter.ny.gov](mailto:Cynthia.pross@justicecenter.ny.gov)

## NYSIDDDNA Website Update

[www.nysiddna.org](http://www.nysiddna.org)

The website manager has been working on an upgrade to the membership application process to make it a smoother process for the enrollee and the Association also.

Keep watching for conference materials. We will update the conference page on the website as new information becomes available.

New material can be added to the website by Trish Potocar [papotocar@thearcjslc.org](mailto:papotocar@thearcjslc.org) or Linda Dudman [information@nysiddna.org](mailto:information@nysiddna.org).

*Submitted by Trish Potocar, RN*  
Website Chairperson  
[papotocar@thearcjslc.org](mailto:papotocar@thearcjslc.org)

## NYSIDDDNA 2023 State Officers

Your 2023 Board of Directors includes:

- Mary Jean Keegan, President (Zone 4)
- Linda Cultrara, President Elect (Zone 8)
- Pat Ruckel, Recording Secretary (Zone 6)
- Cindy Pross, Corresponding Secretary (Zone 4)
- Karen Jarvis, Treasurer (Zone 1)

## Nominate an Outstanding Colleague

This is the time of year that we ask our members to nominate a colleague for the Joyce Binder Memorial Award. Nominations received **by June 15** will be considered for the 2023 Joyce Binder Memorial Award.



This award is given to a NYSIDDDNA member in honor of Joyce Binder, one of our own who made outstanding contributions to the field of ID/DD and to the individuals she served throughout her career. We have chosen to honor Joyce's memory with this award.

Nominating a colleague is easy to do.

**Step 1:** Review the criteria. Individuals who have demonstrated caring, compassion, advocacy, mentoring, leadership, dedication, education, and/or research are perfect candidates for this award.

**Step 2:** Think about your colleagues. Do you have a colleague who has made significant contributions to supporting individuals with ID/DD? If yes, complete the nomination form. (See page 7.)

**Step 3:** Send the form to [information@nysiddna.org](mailto:information@nysiddna.org) by June 15 for consideration for 2023.

*Not sure if your candidate is a member?* Send an email to [information@nysiddna.org](mailto:information@nysiddna.org) to check.

## Renewing Your NYSIDDDNA Membership

The new membership year begins on April 1st. We are currently updating the membership application process. When the new process is ready, all current members will receive an email message with a link to the site. Please wait to renew your membership until you receive notification that the membership link is ready. If you have already renewed your membership for 2023, your information will be transferred to our new membership spreadsheet.

The annual membership fee is \$50. The associate membership fee (\$30) is available for full time nursing students and inactive nurses (unemployed or retired). Membership dues can be paid by check (personal or agency) or through PayPal. The 2023 membership year is from April 1, 2023 until March 31, 2024.

**If you will be paying by PayPal:** The new process will ask you to complete the membership application first. If you prefer to pay by check, that option will be available to you.

As a member, you will receive the member rate when you register for the Annual Conference. If you would like to get involved with NYSIDDDNA on the zone or state level, email [information@nysiddna.org](mailto:information@nysiddna.org).

## New CDC Recommendations

### CDC Adds New Recommendations for Adult/Child Immunizations

The CDC has adjusted recommendations for adult and child immunizations and has come out with a flow chart giving ages, indications, and contraindications. There are color coded charts available from [CDC.gov](https://www.cdc.gov).

*Highlights of changes include:*

- **Covid Vaccine:** Recommendations include a 2-dose primary series plus one booster for adults and 2-dose primary vaccine for children starting at 6 months. COVID vaccination was not made a requirement for school attendance.
- **Hepatitis B:** There is a new Hepatitis B vaccine PreHevBrio for adults (not recommended in pregnancy due to lack of safety data).
- **Polio:** There is no standard recommendation for revaccination of adults unless there are exposure risk factors.
- **Pneumonia:** The information explains when an adult or child would need another pneumococcal vaccine beyond what they had already received. Risk factors are defined.
- **MMR:** There is new approved vaccine available, Priorix.

More information is available from [immunize.org](https://immunize.org) where you will find an easy-to-read pdf of [Vaccination for Adults](#) recommendations.

Additional websites of interest are:

- [www.cdc.gov/vaccines](https://www.cdc.gov/vaccines)
- [www.medpagetoday.com/infectiousdisease/vaccines/103058](https://www.medpagetoday.com/infectiousdisease/vaccines/103058)
- [www.immunize.org/catg.d/p4030.pdf](https://www.immunize.org/catg.d/p4030.pdf)

*Submitted by Trish Potocar  
[papotocar@thearcjslc.org](mailto:papotocar@thearcjslc.org)*



## Zone Reports

### **ZONE 1: St. Lawrence, Franklin, Clinton, and Essex Counties**

A zone meeting is planned for April with a possible presenter on the importance of oral health. Officers will be able to report on the Board meeting being held April 20 and 21. Subsequent zone meetings are planned for August and November 2023.

Please contact one of the officers below if you would like zone information or to suggest presenters and programs for our meetings.

- Trish Potocar, Co-chairperson  
[papotocar@thearcjslc.org](mailto:papotocar@thearcjslc.org) / 315-353-6618
- Joanne Carkner, Co-chairperson  
[jmcarkner@thearcjslc.org](mailto:jmcarkner@thearcjslc.org) / 315-353-6618
- Karen Jarvis, Secretary  
[kejarvis@thearcjslc.org](mailto:kejarvis@thearcjslc.org) / 315-353-6618

*Trish Potocar, Zone 1 Co-Chairperson*  
[papotocar@thearcjslc.org](mailto:papotocar@thearcjslc.org)

### **ZONE 2: Jefferson, Lewis, Oswego, Oneida, Onondaga, Madison, and Herkimer**

Hello, my name is Jacinta and I am the new chairperson for Zone 2. I have been attempting to find other board members and will continue to reach out to people to see if they are interested in joining me on the board. I look forward to working with everyone.

*Jacinta Ramczyk*  
*Zone 2 Chair*  
[jramczyk@elmcrest.org](mailto:jramczyk@elmcrest.org)

### **ZONE 3: Hamilton, Fulton, Washington, Warren, and Saratoga Counties**

Zone 3 has recently recruited two new members, Meghan Miskinis and Courtney Bacon from the Lexington ARC. Courtney has volunteered to be the zone secretary, and Meghan has volunteered to be the zone representative. Meghan, Courtney, and Tara will be attending the NYS Board meeting. Tara, Courtney, and Meghan also plan to meet in the coming days to establish a date for Zone 3 meetings. Zone 3 continues to recruit, so if you or any of your colleagues are interested in joining, please reach out to us!

*Meghan Miskinis, Zone 3 Representative*  
[miskinm@thearclexington.org](mailto:miskinm@thearclexington.org)

### **To Sign Up for OPWDD Updates**

It is easy to do! Go to [OPWDD.ny.gov](http://OPWDD.ny.gov) and click on the box, *Sign Up For Updates*. You will find this box on the home page.

### **ZONE 4: Albany, Montgomery, Schoharie, Schenectady, Otsego, Delaware, Greene, Rensselaer, and Columbia**

Our zone members met over a lunch at O'Tooles Restaurant in Albany in December 2022. Our Zone Representatives were announced, Mary Boisvert and Laura DePuy for 2023-2025. Congratulations! At our meeting, we set forth our educational agenda for the coming year focusing on continuous quality improvement in nursing practice. We followed with a holiday party.

In the weeks since our meeting, we firmed up some of our educational and meeting plans.

- **March 21<sup>st</sup>, 11am-noon.** We will have a program entitled Quality Management Services at NYSTEC hosted at the Wildwood offices in Latham with meeting to follow.
- **June 14<sup>th</sup>, 11:30-2:00pm.** We also have PQI from the Justice Center speaking at Brooks Barbeque in Oneonta on June 14<sup>th</sup> about tools they have developed to support and educate providers about preventing intestinal obstructions and managing medical emergencies.

*Cindy Pross*  
*Zone 4 Secretary*  
[Cynthia.pross@justicecenter.ny.gov](mailto:Cynthia.pross@justicecenter.ny.gov)

### **ZONE 5: Sullivan, Ulster, Dutchess, Orange, Putnam, Rockland, and Westchester**

Would you like to get more involved with Zone 5? Becoming a zone officer is a great way to get involved. Just send us an email message to let us know you are interested. In addition to getting to meet others in our zone, you will also get to meet officers from other zones through your participation on the NYSIDDDNA Board.

*Joy Fojtlin, Secretary, joyann56@aol.com*  
*Sandra Mellion, Zone 5 Representative,*  
[smellion@campventure.org](mailto:smellion@campventure.org)

### **ZONE 6: Nassau and Suffolk Counties**

The Zone 6 counsel continues to coordinate quarterly meetings with our zone members. Our next meeting will be sponsored by Valtoco occurring on 4/4/2023 at Insignia Steak House. We anticipate a large turnout for this meeting. We also had an informal meeting between our standard quarterly zone meetings. A few members of the zone met at Jakes 58 Casino and Restaurant on 2/9/23. This was a nice night out and enjoyed by all.

*Zone 6 — Continued on following page.*

## Zone Reports (cont'd)

Patricia Ruckel, Zone Chair, and Sheila Thurman, Zone 6 Representative, will be attending the Board Meeting next month in Syracuse.

We are looking forward to our upcoming events and welcoming in any new members.

*Amy Kessler MSN, RN*  
Zone 6 Secretary, Amy.Kessler@ddiny.org

### ZONE 7: New York, Richmond, King, and Queens

Zone 7 NYC seems to be hibernating well this winter. Eight nurses met in late November for a remote meeting. We have a planned March remote meeting to look at "Clinical Pearls in IDD Healthcare" and then make future plans.

*Robert Peters, Zone 7 Chairperson,*  
Robert.peters@ahrcnyc.org

### ZONE 8: Niagara, Orleans, Genesee, Wyoming, and Erie Counties

Zone 8 has had a sluggish start to the New Year and is thankful that the Buffalo area is finally unburied from the snow! We are planning an Epidiolex Dinner in April sponsored by Jazz Pharmaceuticals. Details will follow as they are available. If you are unsure if you are on the Zone 8 invite list and are interested, please reach out to Linda Cultrara at [linda.m.cultrara@opwdd.ny.gov](mailto:linda.m.cultrara@opwdd.ny.gov)

*Linda M. Cultrara, Zone 8 Secretary*  
Linda.m.cultrara.@opwdd.ny.gov

### ZONE 9: Chautauqua, Cattaraugus, Steuben, and Allegany

### ZONE 11: Monroe, Wayne, Ontario, Yates, Cayuga, Seneca, and Livingston

Zone 9&11 plans to resume in-person meetings with a zoom component for 2023 to benefit all members. The webinars provided by the Association and other organizations have helped to bridge the gap for decreased zone meetings. Many of our zone members attended the NYSIDDDNA Annual Conference this past fall.

We are currently looking for zone members who are interested in being an officer. Zone Chair and Zone Secretary are up for bid for anyone interested in more involvement.

We are always looking for members to participate with zone meetings/suggestions for topics. Anyone interested, contact Edie Smith at [edie.smith@cayuga-cc.edu](mailto:edie.smith@cayuga-cc.edu) or Deb Hill at [dhill@pathwaysforyou.org](mailto:dhill@pathwaysforyou.org).

*Edie Smith*  
Zone 9 & 11 Secretary,  
Edie.smith@cayuga-cc.edu

### ZONE 10: Schuyler, Tompkins, Cortland, Tioga, Chenango, Broome, and Chemung

### ZONE 12: Members from Other States

We appreciate your interest in NYSIDDDNA and want you to feel welcome. You are welcome to reach out to another zone to ask to attend their educational presentations and participate in their networking opportunities.

If you have colleagues who would like to join the NYS ID/DD Nurses Association, please let them know they are welcome to become members. If they join by July 15, they will be eligible for the member registration rate for the 2023 Annual Conference that will be held September 11-13, 2023 at the Albany Marriott.

## Important Dates for 2023

April 1	The 2023 membership year begins on Saturday, April 1.
April 19	Applications due for NYSIDDDNA \$1,000 Scholarship.
April 20-21	Two-day NYSIDDDNA Board Meeting in Syracuse. This meeting is for state officers, committee chairs, and zone officers.
May 15	Registration site opens for the 2023 Annual Conference.
July 15	Date to renew membership or become a new member to register for the Annual Conference at the member rate.
August 15	Early Bird rate for registration ends. Regular registration fees apply after this date.
Sept. 11-13	NYSIDDDNA 2023 Annual Conference will be held at the Albany Marriott.

### Not Receiving Emails from NYSIDDDNA?

Generally, email messages are sent every 2-3 weeks. If you have not been receiving our emails, we suggest contacting your agency's IT office to ask to have our email address ([information@nysiddna.org](mailto:information@nysiddna.org)) added to your agency's "Safe Sender" list.

# Nomination Form for the Joyce Binder Memorial Award



Every year, the Joyce Binder Memorial Award is given to an outstanding member of the NYS ID/DD Nurses Association who has made a significant contribution to advancing the practice of supporting individuals with ID/DD.

This award is named in honor of Joyce Binder, one of the founders of our Association. It was her intent to give ID/DD nurses a place to share information and network. Throughout her career, Joyce made outstanding contributions to the field of ID/DD and to the individuals she served.

The Joyce Binder Memorial Award recognizes an outstanding NYS ID/DD member who has made a significant contribution to advancing the practice of supporting individuals with ID/DD through demonstrated attributes such as:

- caring/compassion
- advocacy
- mentoring
- leadership
- dedication
- education
- research

Nominees must be members of NYS ID/DD Nurses Association for the current year. If you are not sure if your nominee is a NYSIDDDNA member, email [information@nysiddna.org](mailto:information@nysiddna.org).

## Joyce Binder Memorial Award NOMINATION FORM

Please send your nomination to the NYS ID/DD Nurses Association at [information@nysiddna.org](mailto:information@nysiddna.org).

*Nominations received by June 15 will be considered for the 2023 Award.*

*Nominations will continue to be accepted throughout the year.*

**Name of Nominee/Title:** \_\_\_\_\_

**Experience of Nominee:** \_\_\_\_\_

**Information about the Nominee:** *(Add separate page for your responses.)*

1. Describe how this nurse has/will change the quality of life and has made a positive impact for the people he/she supports.
2. What are the attributes this nominee has demonstrated? *(In at least 150 words)*

**Nominating Person:** \_\_\_\_\_

**Relationship to Nominee:** \_\_\_\_\_

**Your Contact Information:** \_\_\_\_\_

**Date Submitted:** \_\_\_\_\_

This form is available on the NYSIDDDNA website under Awards heading.

**NYS ID/DD Nurses Association**

PO BOX 25832

Rochester, NY 14625



**NYS ID/DD Nurses Association**  
**Winter 2023**

This newsletter is filled with articles, updates, and announcements just for you! Here is a listing of the topics included in this issue:

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**— Save the Dates for 2023 —**

**NYSIDDDNA Spring Board Meeting**

April 20-21, 2023 | Syracuse, New York

*Note: This meeting is for state officers, zone officers, and committee chairs.*

**NYSIDDDNA 2023 Annual Conference**

*Motivate. Educate. Network.*

September 11-13, 2023 | Albany Marriott

*Thank you to the 2023 Planning Committee for their work outstanding work.*