Message From the President
By Mary Burgunder,
President GPC-ONS

Greetings all!
I hope everyone is enjoying a fun and relaxing summer so far! I recently attended the ONS Chapter Leadership weekend held here in Pittsburgh by the national office. Connie Kinney, Director at Large and Program Chair attended as well. The weekend conference was both invigorating and educational. There were 347 chapter leaders in attendance representing every state in the country including Alaska and Hawaii! During the registration on Friday we had a welcome table with our GPC chapter poster and several Pittsburgh giveaways. It was great to meet nearly all the attendees. The weekend was full of learning and networking and we will be bringing several ideas to our chapter meetings as well are information in future newsletters.

I look forward to serving as your chapter President and feel free to contact me with your thoughts, comments and ideas. As summer winds down remember to take time for yourself so you may continue with all the great work you do for your patients and families!

Warmest regards,
Mary Reilly Burgunder MSN RN OCN®
Upcoming Program: September 11, 2014

Did you listen to the recent NPR series on STRESS? (http://www.npr.org/blogs/health/2014/07/07/327322187/stressed-out-americans-tell-us-about-stress-in-their-lives) Fascinating! What about the stress that our patients with cancer face every day? Distress, an indicator of suffering and predictor of poor health and quality-of-life outcomes throughout the disease trajectory, is common and treatable. Emerging research suggests that screening for and addressing distress not only enhances quality of life but may also be associated with improved cancer outcomes. Unfortunately, distress often goes unrecognized in oncology care, necessitating the development of system methods for its identification and management.

- We will kick off our fall programming on September 11th with “Stress and the Cancer Patient” offered by Anne Sillaman, MSN, RN. The program will be held at the Herberman Conference Center at UPMC Shadyside Hospital. We will have multiple vendors to visit and a light dinner prior to the program. Members may bring a nurse guest for FREE. Look for more details about the program on the GPC Virtual Community. 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.

- Lynda Tunon

Camp Raising Spirits!

The 21st annual Camp Raising Spirits, a weekend retreat for adults with cancer, and a community service project for the GPC-ONS, was held May 30 – June 1, 2014. The weekend getaway was enjoyed by 96 “campers,” which included 48 cancer patients and their guests. The event was held at Laurelville Mennonite Church Camp in the beautiful Laurel Mountains. The theme this year was super heroes, and we celebrated the survivors, caregivers and all super heroes! This included family, friends, and their health care team! We enjoyed crafts, cooking classes, chair yoga, massage, and many other activities. We were very fortunate to have no rain for the entire weekend! We heard from two speakers at the close on Sunday; Pastor Harry Strauser, who is also an oncology nurse, and Robin Cole, a retired Pittsburgh Steeler and prostate cancer survivor. We ended with each camper being given a pocket mirror for them to look into and reflect on their super hero status.
Nominating Committee:
We have several positions on the GPC-ONS board of directors open for election for the 2015 calendar. Nominations will be due by October 1st so that the ballot can be prepared and ready for voting. Winning candidates will be announced at the December holiday meeting.

Open Positions:
- Director-at-Large: 3 open positions, 2 year term
- Treasurer: 1 open position, 2 year term
- President Elect: 1 open position, 1 year term as present elect, and 1 year term as president

All candidates should expect to be able to attend the one hour monthly board meetings as well as participate in planning events and making decisions regarding the functions of the chapter.
Nominations may be sent to: Rosemary Miller millerr4@hotmail.com or Linda Meyer: lmeyer2@wpahas.org

Still Summer (thankfully!!) – GPC-ONS Updates

The hazy, last days of summer! Hope you have had or will enjoy – at least a few lazy days this summer…
But for oncology nurses… there is work to be done on most days. Good work. Work that makes a valuable contribution in the lives of the people we serve. When you get a chance to relax and recharge sometime in the weeks ahead, take time to think about the good work that you do all year round!
And when you are ready to think about ‘back to school’ and ‘back to work,’ know that your GPC-ONS Board is making plans for a great fall line-up! Here are a few highlights from our board meeting this week…

- **Mary Burgunder and Connie Kinney** represented our chapter at the ONS Chapter Leadership Weekend -- July 25-27th at Station Square in Pittsburgh. This national meeting draws chapter and SIG leaders from across the country to Pittsburgh every summer. Mary and Connie shared the good work of our chapter and gathered creative ideas for us to “leverage” from other chapter leaders.

- Welcome to **Jenna Snyder, SN** from the University of Pittsburgh! Jenna attended our June chapter program on “Delivering High Quality Cancer Care” along with 4 of her fellow students and her faculty mentor, Sarah Belcher (GPC-ONS member). Jenna joined ONS as a student member following this presentation. Let’s hear it for future oncology nurses!
• Your Cookbook – “Recipes Remembered” has GONE TO PRINT! (Thanks to Peg Rosenzweig and Connie Kinney for gathering your favorites!) We hope to have copies available for sale at our fall dinner meetings. Plan to get multiple copies for you and your family and friends. A perfect holiday gift! (And it’s not too soon to start thinking about that list!). Proceeds will go toward GPC-ONS scholarships and supporting oncology nursing education offered by our chapter.

• There is a time and a season for all things…. and sometimes the season might not be quite right. Anna Vioral and Mary Jo Capozzoli have recently stepped down from their positions on the GPC-ONS board to be able to attend to other things in their busy lives. We are grateful to both of them for their service to our chapter. Mary Burgunder has agreed to stay on as chapter President through December 2015. We will elect a 3rd Director at Large position replacing Mary Jo with our fall election.

Hope to see you at our meeting on September 11th. Look for more chapter updates on our GPC-ONS Virtual Community… your LOCAL ONS CONNECTION! http://greaterpitt.vc.ons.org/
Mark Your Calendars- September GPC-ONS Meeting

Want to learn valuable information about distress in cancer patients to improve the care you are able to provide to your cancer patients?

Distress, an indicator of suffering and predictor of poor health and quality-of-life outcomes throughout the disease trajectory, is common and treatable. Emerging research suggests that screening for and addressing distress not only enhance quality of life but may also be associated with improved cancer outcomes. Unfortunately, distress often goes unrecognized in oncology care, necessitating the development of systematic methods for its identification and management.

Come join your fellow chapter members at an educational program designed to present knowledge needed for nurses to assess, recognize, and manage distress in patients with cancer.

Thursday, September 11, 2014
Herberman Conference Center, Cancer Pavilion, UPMC Shadyside
5:30 pm- 8:00 pm
E-mail lyndatunon@comcast.net to register

This program is being offered through the Greater Pittsburgh Chapter of the Oncology Nursing Society for free as part of the ONS Chapter Programs in a Box initiative.

Vendor exhibits and light dinner from 5:30 pm to 6:45 pm
GPC-ONS Meeting Introductions from 6:45 pm- 7:00 pm
Distress in Cancer Patients Program from 7:00 pm- 8:00 pm

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