



Haitian American Nurses Association of Florida, Inc.

HANA Newsletter

Editors: Guerna Blot RN, MSN, MBA, OCN; Marie Etienne, MSN, ARNP;
Odiane Medacier, MSN, ARNP & Ghislaine Paperwalla, RN, BSN

President's Message



Dear Colleagues,

As we approach the National Nurses Week, let us consider the theme for this year's celebration, "Nurses: Strength, Commitment, Compassion".

In all of the activities and services that we have provided to the community in the past, we have certainly taken this theme to heart. We have been strong in our endeavors and continue to serve even though we all have other obligations. We serve compassionately and with caring knowing indeed, we do make a difference!

As our actions have proved our commitment, let the 22nd Annual Scholarship Gala be a kick off of our continued strength, commitment, and compassion as HANA members. Please take a look at all our activities, achievements, and endeavors over the past year in our newsletter and on our website.

Thank you to all HANA members, and all of our supporters who have made our endeavors possible and fruitful!

Warmest Regards,

Marie Etienne, MSN, ARNP
President

Our Mission

The purpose of the Association is to provide nurses the opportunity to unite as a group, to share and promote ideas of interest to the group, and to become effectively involved with the issues and services relevant to the health and welfare of the community.

Our annual fundraising events such as this gala will help fund scholarships for nursing students, educational media programs, child immunization drives, volunteer health care disaster relief, and youth focused interventions

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Advisory Board Members:

All active past presidents of HANA

New Advisory Board Members will be announced at HANA's 22nd Anniversary Gala

Committees

- Activity/publicity
- Education
- Newsletter
- Recruitment & Retention

You can reach us at:
HANA
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Nurses: Strength, Commitment, Compassion

Medical Mission: By Anssie Blot, RN, BSN

For the past five years, I have been going on medical missions to Haiti in cooperation with the “Friends of Haiti” of Wisconsin and HANA. The focus of the “Friends of Haiti” is to provide medical services twice a year (spring and fall) in the region of Thomazeau-Grand Boulage-St.-Michel. All of us who took part in these missions found the experience very satisfying and fulfilling. This is true nursing care in that we are in fact helping the helpless.

During our missions, we have provided a variety of medical services such as treating hypertension, diabetes, caring of wounds, and delivering babies. I encourage every nurse, every health care professional to volunteer whenever possible and experience the wonderful feeling that comes with helping the less fortunate among us. I am confident that you will say the same thing five years from now... I will never miss one of these missions. Special thanks to the following people who joined me during the March 2006 mission: Ulrick Pardo MD, Marlene Dessources RN, Pascale Denize Auguste, RN

Thanks and Recognition:

H.A.N.A. would like to thank everyone who participated in the medical missions to:
Haiti (3/20/06 – 3/26/2006): Anssie Blot, RN, Marlene Dessources, RN, Pascale Auguste, RN, Dr. Ulrick Pardo, and Father Larry Canavera the friends of Haiti Inc. of Green Bay, Wisconsin.

Medical Mission in Dominican Republic Bateyes with HAPC 3/25/06 – 4/01/06: Participants include:

Herard Lafrance, RN, BSN, Rosie Voight, Architect, Dr. Alphonse Dufrenoy, Dr. Danielle Desvallons, Dr. Smith Joseph, Dr. Yves Jodesty, Dr. Nestor Doneus (Dominican), Dr. Marie Jean Charles (Haiti), Magaly Prezeau MPH, Miguel Santana LPN, Nieva Perez, RN New York, Julia Roger, MD, and Professor Marie Etienne, MSN, ARNP, and Miami Dade College Nursing Students: Rachel Guilbaud Chapoteau, Sue Ullon, Kevin James Sayre, Jay Ebern, Katherine Rojas, Rita Williams, Lori Kelley, Maria Fernandez, Amie Davis, and Gilma Roger. Mr. Ruben Vega, Crew chief for American Airlines, Kertz Conze, Esq., Ariole Eugene Esq., and two volunteers from Casa Del Mar Hotel.

Special Thanks to our Medical Mission Partners:

Haitian American Professionals Coalition, (HAPC)
Miami Dade College (MDC) School of Nursing,
Miami Vineyard Community Church, (MVCC),
Florida Association for Voluntary actions in the
Caribbean and Americas (FAVACA).



A Touching Experience in a Dominican Republic Bateyes

By: Eric Pierre- Jerome RN, BA



Last October 17th, 2005, as a nurse, an experience I am not about to forget. I participated in a medical mission organized by the Haitian American Professional Coalition, (HAPC). I went on a mission in Dominican Republic with the main purpose to minister to the many Haitians living in the different Bateyes and who lack the necessary primary health care.

Composed of 7 to 8 Haitians, two Dominican doctors, nurses of HANA and other organizations under the direct guidance of Dr. Yves Jodesty, this benevolent group, armed with dedication, compassion, empathy and love for those in need of help, did indeed deliver.

During one week, on a daily basis, we were transported to the Bateyes where an average of 300 to 400 people were examined and given the medications they needed, and the necessary guidance to help them maintain a more homeostatic lifestyle.

Strength, Commitment, and Compassion were our beacons that helped us go above and beyond our means in ministering to our fellow Haitian brothers and sisters.

Tears of sadness along with smiles of satisfaction were clearly in competition with each other due to the dimension of the challenges that we undertook in such a short period of time.

At night in Casa del Mar Hotel where we resided, we relaxed while reminiscing about those who lacked the basic necessities to live a decent life...

Unfortunately, a strong warning of hurricane Wilma's passage over South Florida, shortened our stay there. We all came back on Friday, October 22nd, 2005, flashing radiant smiles after a mission so well accomplished.

Last March 27th 2006 another mission of the same nature and objective was again undertaken and ended on April 1, 2006....

A group of Haitian lawyers from HAPC joined the group this time and focused on legal matters geared toward a better and more humane treatment for the Haitians who so far, are fighting to have a legal identity on this foreign soil...This is just the beginning of a touching experience that I am not about to forget.

SPECIAL ANNOUNCEMENTS

Congratulations to:

Anssie Blot (past president) on her retirement.

Marie Maurice Anglin's son, **Gregory Durozel** for receiving multiple musical awards and accomplishments.

THANK YOU FOR THE DONATIONS AND SUPPORT:

MARLENE VELAZQUEZ-RAUCH: Special thanks to you Professor Marlene for sponsoring six nursing students from Miami Dade College to attend the Gala. Marlene paid half of the fees for all six nursing students. Kudos also go to:

Yolaine Nozile, Lamour Adjusting Corporation, Micheline Antoine, Fritz Duvigneaud, Dr. Lubarski, Iren & Ellen Livingstone, Gallery D'Art Nadere, and MWM & Associates

The Plight of Women:

By Guerna Blot RN, MSN, MBA, OCN

In celebration of March 8 International Women's Day, it is important to look back at the people that support and enhance the world. The 2006 National Women history month theme was, "**Women: Builders of Communities and Dreams**". Based on this theme, it is important for women to continue to build stronger family values to assist in making dreams come true. Women are true builders of communities because they touch all aspects of life, such as church, politics, health, business, law, and science.

Although, women occupy such important positions in society, women around the world are still fighting for equal rights and opportunities. Legendary attorney Clarence Darrow once told a group of women lawyers "You cannot be shining lights at the bar because you are too kind and you can never be corporation lawyers because you are not cold blooded". These statements are examples of some of the abuses that women have endured throughout the years to minimize their potential. One must admit that despite of negative comments, women are strong, they still excel and many are great achievers.

Although, Haitian women encounter similar problems; their plight seems to be worst. While today's Haitian women are more educated and integrated more in politics and jobs that used to be male oriented, they are still seen as housewives and the person to keep their families together. Long ago, Haitian women were solely teachers, nurses and housewives. Their involvement in the other professions were so scarce that they were unnoticeable. A few decades ago, it would have been difficult to find Haitian women as physicians, lawyers, engineers, politicians, business owners, real state agent, or construction workers.

Due to the active role that Haitian women play in the workplace, Minkowitz said, more than 70% of Haitian households are headed by women, often with zero support from men financially and emotionally. In addition, women are usually compensated less than men for the same work. Women typically bear responsibility for keeping children healthy, ensuring the nourishment of their family, assist with homework, and are involved in their children social activities. One can easily count the number of fathers who participate in their children's after school programs, piano and swimming lessons, and weekend activities. It is usually the mothers who participate in these programs.

Because of all these different roles that women play, they often neglect themselves, feel unfulfilled and stressed. Women must work hard to maintain a healthy balance between home chores and outside work. Therefore, they should always keep appointments for their annual physicals and not to neglect important screening tests such as mammogram, Pap smears, and colonoscopies when applicable.

Ladies, if it seems too difficult to find sufficient time between work and leisure, do the following:

- Keep track of time spent in a week on home chores and strategize ways to reduce the load.
- Be prepared to compromise your standards and expectations.
- Hire help: If you can afford help, the tradeoff is well worth it.
- Do some chores together.
- Get everyone in the house involved, working together really works and it lessens the burden.
- Let some things go by avoiding unnecessary work projects.
- Cook extra servings and freeze for later use.
- Manage expectations.
- When all else fails, lower your standards.

References:

- Lerner, G. (2005). Women's History Month. Retrieved March 10, 2006 from <http://www.infoplease.com/spot/womensintro1.htm>
- Minkovitz, C. D. (2000). Influences of Women Multiple Roles. Retrieved March 18,2006 from http://apha.confex.com/apha/128/techprogram/paper_2085.htm
- Posen, P. D. (2002). Tips for Handling Home Chores. Retrieved 3/6/2006 from <http://www.davidposen.co/pages/balance/balance8.html>

Wisdom Corner:

To foster a positive work environment, I pledge that:

- I will not expect people to be perfect.
- I will help, not punish, people who make mistakes.
- I will talk directly to the person with whom I share a problem
- I will become part of the solution instead of part of the problem
- I will be compassionate in my confrontations.
- I will be assertive not aggressive.
- I will separate the problem from the person.
- I won't blame or criticize.
- I will avoid the three B's: Bickering, backbiting, and Bitching.
- I will forgive myself when I'm not perfect.

Taken from Memorial Hospital of South Bend publication.

CONGRATULATIONS TO:

Mr. Eric Pierre Jerome RN, BA, 2005 Nurse of the Year.

The 2006 Nurse of the Year recipient will be announced at HANA 22nd Anniversary Fundraising Scholarship Gala.

The 2006 Scholarship Awards Recipients are:

Joanne St. Pierre	Florida Atlantic University (FAU)
Melissa Dominique	Miami Dade College (MDC)
Musa Eliacin	Miami Dade College (MDC)

To the New Nursing Student Graduates:

Myriame Pressage, Joanne St. Pierre, Christelle Dubois, Cheryl Smith, Marc Prince, Lonnie Freckleton, Dominique Savain, Isiaka Alebiosu, Cynthia Reyes, Lilian Gatlulla, Glacha Saint Louis, Lynda Dieubon, Kathy Dorceant, and Lawanda Anita Bradley

CRITERIA FOR NURSE OF THE YEAR

To be the nurse of the year a nurse must be:

1. A member in good standing in HANA and the State Board of Nursing.
2. Must be an active paying member of HANA.
3. Must show excellence attendance in meetings.
4. Must participate in HANA's activities.
5. Must participate in community services.
6. Contribute to the nursing profession by giving quality care and education to patients and/or community.

CRITERIA FOR SCHOLARSHIP AWARD

1. Student nurse must be from an accredited school of nursing.
2. Student must be of Haitian descent.
3. Student must maintain a 2.5 GPA.
4. Student must meet the guideline for financial aid.
5. Student must submit an essay stating why she/he chose nursing as a profession.

Student must show motivation and determination during her nursing training



Acknowledgment of Dalie Guerrier Nursing Student in Leogane Haiti

H.A.N.A 2005 Scholarship Recipient

Haitian American Nurses Association
Haïti le 13 Mars 2006
Miami, Florida

Son Excellence M^{me} La présidente.

Je m'appelle Dalie Guerrier. Je suis en 2^e année à la Faculté des Sciences Infirmières de Léogane. D'abord, je vous remercie pour la bourse offerte par l'association à la faculté des sciences Infirmière de Léogane (FSIL). Cette bourse m'a été octroyée par la doyenne Mme Hilda Alcindor. Oui je suis la privilégiée. Je vous en remercie. Car grâce à votre support que je puisse continuer mes études. Mon frère qui avait l'habitude de payer pour moi vient de perdre son travail. Sans votre aide je ne pourrais pas continuer mes études. Ainsi je vais pouvoir achever mon cycle d'étude. Je vous promets de continuer à faire beaucoup d'effort pour maintenir la moyenne requise et plus parce que mon but est de devenir une infirmière comme vous. Encore une fois, je vous en remercie de tout cœur. Recevez ma photo en uniforme de classe et de stage

Que Dieu vous bénisse.

Recevez mes salutations les plus distinguées

Dalie Guerrier
Etudiante 2^e année
Faculté des sciences Infirmières de Leogane

SPECIAL ANNOUNCEMENTS FOR HAITIAN TRAINED NURSES SEEKING LICENSING IN FLORIDA:

Help is available free of charge from the members of HANA. Please contact us for assistance at (305) 609-7498 or
E-mail us: info@HANA84.org.

Special thanks Dr. David Lubarski (Director of Anesthesiology at UM-JMH) for his support and contributions to for this year's fundraising scholarship gala.

The Neglected Bowel

By Micheline Antoine RN, BSN

As a young girl growing up in the West Indies, I can vividly remember some of the bowel cleansing practices that use to take place there. During the last week of June when school was officially over, my grandmother would always become preoccupied with gathering supplies like leaves, oils, and roots in preparation of a mandatory bowel cleansing program for the young children in the family. After ingesting strong herbal laxatives a round of enemas followed. This process would be repeated on three different occasions before school started again. Those mandatory bowel programs served as some of my worst childhood experiences! I remember thinking of how mean and primitive my grandmother was for forcing me to take part in such an uncomfortable activity. During those times I made a promise to myself to never put my children through such an ordeal. However, as an adult, I now understand why she did that and I truly appreciate her efforts to keep my bowels healthy.

As a nurse working with oncology patients I know firsthand the importance of maintaining a healthy bowel. Colorectal cancer is second only to lung cancer and the third leading cause of cancer deaths in the United States for men and woman (Saddler & Ellis, 1999). Research has proven that in addition to genetic factors, a good diet and bowel program plays a big part in decreasing the occurrence of disease in the lower digestive tract. Unfortunately, many of my patients who suffer from colon cancer admit to ignoring an adherence to these guidelines. In general, it seems that people tend to neglect the bowel. They usually don't pay attention to early warning signs like tenseness or blood in the stool. The average person probably does not even examine his/her stool. The mentality is simply to drop, wipe, and then flush!

Like any other organ the bowel deserves attention. "Early detection screening tests should be done starting at the age of 50" (American Cancer Society [ACS], 2000). If you are asymptomatic and are getting close to that age please see your doctor for a check up. The ACS (2000) recommends getting a fecal occult blood test, a flexible sigmoidoscopy and a colonoscopy for early colorectal surveillance. It's helpful to stay informed and pay attention to announcements indicating upcoming screening events for colorectal cancer. Another important thing is to pay attention to your stool observe for the shape, color and any presence of blood. Simple observation can save a lot of headaches and even life. Be mindful of what you ingest. What you eat may benefit or harm your body. Therefore, follow a healthy diet, avoid obesity, decrease fat intake to less than 1/3 of the total fat intake allowed in your diet. If you drink, be moderate in your alcohol consumption. Eat foods that are rich in fiber such as fresh fruits, vegetables, legumes and whole-grain" (Whitney & Rolfes, 1999). Flush the body with plenty of water. It's recommended to drink 8 glasses of water daily. A good practice would be to start your morning with a glass of water mixed with fresh squeeze lemon juice.

A healthy person should be able to move their bowel daily. Some people even have 2-3 bowel movements a day. Toxic materials that remain too long inside the body can have a negative affect on all of the other organs. This reminds me of a famous joke that I learned in nursing school. One day some well-known parts of the body gathered together in order to elect a president according to their degree of superiority. The brain, heart, and lungs were some of the organs competing. As the bowel was passing by and overheard the conversation he also wanted to join the race. The other organs burst out in laughter when they heard this. The bowel then became upset and decided to shut itself down for a week. During that time the toxins, poisons, and parasites started to accumulate and traveled straight to the brain, heart, and lungs. The entire body quickly became septic. The major organs held an emergency meeting and promptly nominated the bowel as president! A now happy bowel opened itself up and released the overwhelming fecal matter that was causing so much trouble. The other organs returned to normal and now learned to respect the bowel. All jokes aside, a clogged bowel can lead to serious problems. Don't be a victim. If you suffer from constipation please see

your doctor for treatments. There are many different types of treatments that range from stool softener, laxatives, colon hydrotherapy, to oxygen colon cleansers.

Colorectal cancer can be treated successfully if detected early. [Pay attention to your bowel pattern and promptly report any of the following signs and symptoms to your doctor: dull, vague abdominal pain radiating to the back; blood in the stool (indicated by dark or black colored feces); mahogany or bright blood during bowel movements; fatigue, malaise, and weight loss; diarrhea, constipation, and rectal urgency; tenseness or a sense of an incomplete evacuation; pain on defecation; sensation of a mass; severe anal itching (Lemone & Burke, 2000)]. Keeping a healthy bowel is an important part of maintaining an overall state of wellness.

References:

American Cancer Society (ACS). (2000). *Cancer facts and figures 2000*. Atlanta: Author.

Lemone, P., & Burke, K.M. (2000). *Medical-Surgical Nursing: Critical Thinking in Client Care*, 2nd ed. (pp. 844-860). New Jersey: Prentice Hall Health.

Saddler, D.A., & Ellis, C. (1999). Colorectal cancer. *Semin Oncology Nursing*, 15, pp

58-69. Whitney, E. N., & Rolfes, S. R. (1999). *Understanding Nutrition*, 8th ed. (pp. 112,113). California: Wadsworth Publishing Company.

ANNOUNCEMENTS

Condolences:

Our sincere condolences to our colleagues Marie Etienne and her sister Stard – Yolaine Pierre for the loss of their beloved uncle in Haiti: Ketsia and Amina Dubuisson on the loss of their beloved uncle, Edeline Clermont on the loss of her beloved father and Guerna Blot on the loss of her beloved uncle.

Special thanks to: Mrs. Yolaine Nozile, RN, BSN, LNC for serving as chair of the Activity/Publicity Committee for past two years and has been very instrumental in assisting in the planning the 22nd Annual gala.

Marie Maurice Anglin RN, BSN for doing an excellent job as the new chair of the Activity/Publicity Committee.

Marie Dargenson, MSN, ARNP for agreeing to serve as chair of the new Education Committee, and has done an excellent job.

Guerna Blot, RN, MBA for serving as chair of the Newsletter Committee, and has done an excellent job.

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**HAITIAN AMERICAN NURSES ASSOCIATION OF FLORIDA, INC.
2006 CALENDAR OF EVENTS**

Month	Date	Activities
January	21	General Meeting 6:30PM at Renaissance Suite, 1230 South Pine Island Road, Plantation, Florida
	27-29	Haitian American Leadership Organization (HALO) Convention, James L. Knight Center, Miami Florida
	29	Health Fair at St. Bartholomew, Miramar Parkway, 10A-7PM (Volunteers needed)
February	11	Obesity Workshop at North Shore Medical Center, Miami
	18	General Meeting at 6:30PM Dade County Location TBA
	19	Health Fair at The Church of Visitation-19100 North Miami Avenue, Miami Gardens, FL 9A-3PM
March	18	General Meeting at 6:30PM Broward County Location TBA & Scholarship Interview
	20-21	Medical Mission in Haiti with Friends of Haiti (Volunteers needed)
	26-31	Medical Mission to Dominican Republic for Haitians in the Bateyes (Date & Time To be confirmed- Volunteers needed)
April	15	Committee meetings/General meeting 6:30PM Broward County-Location TBA
	22	Annual Fundraising/Educational Gala
May	7	Nurses' Week Annual Mass celebration-St. James Catholic Church, Miami Florida (All nurse are invited to attend the 5PM Mass)
	20	General Meeting 6:30PM Dade County-Location TBA
June	17	Networking Dinner with Friends and CBO's & General Meeting
July & August	16	GENERAL RECESS
September	3	Annual Picnic-Location TBA
	16	General Meeting 6:30PM Broward County- Location TBA
	23	Multicultural Center Caribbean Health Fair-Orlando FL- Time & Location TBA
October	21	General Meeting 6:30PM Dade County- Location TBA
November	18	General Meeting 6:30PM Broward County- Location TBA
December	15	Holiday Party- Location & Time TBA



HAITIAN AMERICAN NURSES ASSOCIATION OF FLORIDA, INC.
MEMBERSHIP APPLICATION

LAST NAME: _____ FIRST: _____ MIDDLE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ WORK: _____ EMAIL: _____

LICENSE#: _____ DATE OF APPLICATION: _____

NEW MEMBER: _____ REJOIN: _____ STUDENT: _____

LPN _____ RN _____ ARNP _____ OTHER _____

NUMBER OF YEARS IN NURSING: _____ BIRTHDAY: _____

AREAS OF PRACTICE:
(SELECT OPTION(S) BELOW)

ADMINISTRATIVE
 AMBULATORY SURGERY
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 ONCOLOGY
 HOME HEALTH
 PSYCH/MENTAL HEALTH
 THEORY/RESEARCH

COMMUNITY HEALTH
 CRITICAL CARE
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 OPERATING ROOM
 POST ANESTHESIA
 REHABILITATION
 AMBULATORY

EDUCATION
 EMERGENCY TRAUMA
 HOLISTIC NURSING
 OCCUPATIONAL HEALTH
 PEDIATRICS
 RECOVERY
 SCHOOL NURSING
 OTHER

COMMITTEE(S) OF INTEREST:

NEWSLETTER _____ ACTIVITY & PUBLIC RELATIONS _____

EDUCATION _____ RECRUITMENT & RETENTION _____

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HANA WEB SITE: <http://www.hana84.org>

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Monthly meeting every third Saturday

Meeting location is alternated between Dade to Broward.

St. James Catholic Church 565
N.W. 131st (Parish Hall)
Miami, FL 33168

St. Bartholomew Catholic Church
8005 Miramar Pkwy
Miramar FL, 33025



Congratulations

to the
Haitian American Nurses
Association of Florida, Inc.



The Honorable Barbara J. Jordan
Miami-Dade County Commissioner
District One

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