

The NCGNP

# Newsletter

The Official Publication of the National Conference of GNPs Inc., Founded in 1981

*25th Anniversary*  
*Where the past meets the future:  
A legacy of leadership and clinical excellence.*



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**NCGNP President  
Sharon Maguire**

## President's Message

What were you doing 25 years ago? Where were you in 1981? How has your life changed? These questions have been running through the minds of the Board as we plan for our annual conference and business meeting at the Sawgrass Resort in Ponte Vedra, Florida. Our theme this year, "Where the Past Meets the Future:

A Legacy of Leadership and Clinical Excellence," unites thousands of advanced practice nurses and others who have a passion for the care of older adults. NCGNP has a long tradition of leadership with issues related to the education of APNs, legislative issues affecting the practice of APNs, and healthcare practices that affect our clients. NCGNP represents a powerful network of APN clinical experts in gerontology and geriatrics to whom industry leaders look for advice and guidance. From our humble roots we have grown into an organization of significant influence. Twenty five years ago, "who would have thunk it?" Well, someone did! And that someone, or to be more accurate, those someones were true pioneers.

Twenty-five years ago they thought it would be a good idea to get some sort of continuing education program for GNPs together, and boy, what a program it has turned out to be (see page 4)! Today NCGNP has a full-time Executive Director and a full complement of staff at our national office in Pensacola, Florida. We are called on by major gerontology groups to partner with them on issues of advocacy, program development, and research. We host an annual

education conference that provides over 30 continuing education units. We certainly have grown up a little over these last 25 years! I want to personally thank each of you and tell you how glad I am that you continue to choose to grow with NCGNP, because we're not done yet! Your membership and active recruitment of new members is vital to NCGNP, so share the good news about this great organization with a colleague and encourage her or him to become a member.

The Board of Directors has recently approved two new chapters, one in Wisconsin and one in North Carolina. These newest chapters will no doubt tell you, and so will I, to think about starting a chapter of "gero groupies" in your own state! Get involved in one of NCGNP's exciting committees and watch your own circle of knowledge and support expand as you set new standards of excellence with gero-APN experts from across the country on issues about which you are passionate.

And finally I am pleased to announce that NCGNP will offer a GNP certification review course for the first time this fall at our annual conference (see inside for details). So pass the message along to students and faculty you know that NCGNP is doing it again – paving the way for another 25 years of leadership and excellence!

What will you be doing 25 years from now? Where will you be in 2031? I am planning to be at the 50th Anniversary of NCGNP and I hope you will join me in contributing to the history of the next 25 years of this great organization. See you in September at Sawgrass!

Best Regards, *Sharon Roth Maguire*  
MS, APRN-BC, GNP, President

## Save the Date .....>>> 25th Anniversary Conference

**"Where the Past Meets the Future:  
A Legacy of Leadership and Clinical Excellence"  
Sawgrass Resort, Ponte Vedra, Florida**

**September 27–October 1, 2006**



# Growing the Organization .....

**Editor's Note:** In our last issue (Spring 2006, Volume 25, Number 1, Page 2) we announced that the Board had hired a new Executive Director (ED) and association management company to help us grow our organization and support the membership. For this issue I asked our ED, Dr. Belinda E.

Puetz to tell us how all of this works. Here is her answer — I am sure you will find it as enlightening as I have and will have a better idea of who takes care of what and where you can go with questions. You can also see that future newsletters will come directly from them, in case you have submissions!



Our New ED,  
Dr. Belinda Puetz

## Orientation to Association Management Services

By Belinda E. Puetz, PhD, RN, Executive Director

Often when an association changes management companies, it's a good time for members and others who read their newsletter to know exactly what an association management company (AMC) does for its client association (that's us!). Regardless of the name, or whether a charitable, professional, or trade group, the member organization is an "association."

Generally AMCs view themselves and their client association as two elements of one team, both focusing on the same outcomes. Specifically, the Board of Directors is the leadership group of the Association; the Board focuses on governance, being visionaries, and strategically moving forward. The AMC staff manage the day-to-day operations. Together the Board and staff form a partnership to achieve the goals of the organization.

### The Board is responsible for:

- Determining the Vision, Mission, and Goals of the Association
- Generating and Adopting a Strategic Plan
- Assuming Fiduciary Responsibility
- Communicating with Members
- Managing the Organization's Resources
- Determining Programs and Services for Members and Constituents
- Promoting the Organization's Image
- Mentoring New Leaders
- Assessing and Measuring Organizational Performance

**The Association Officers** have specific roles and responsibilities as well (see bylaws available at [www.ncgnp.org](http://www.ncgnp.org)). For example, the President serves as the spokesperson for the Association. The President also presides at all meetings of the Association.

**The Executive Director's role** is to serve as Chief Staff Officer and to make day-to-day operational decisions. The President and Executive Director partner with each other in these activities to further the Association.

**The Association Secretary** reviews the minutes of meetings. The AMC governance staff person actually records the minutes, thus freeing the Secretary to participate in the important discussions of the Board.

**The Treasurer** monitors the Association finances, while the staff handle the day-to-day matters of writing checks, filing tax returns, and handling accounts receivable and accounts payable. The Treasurer and staff work together to develop the annual budget to present to the Board for approval. Staff provide the Officers with monthly financial reports.

**All of the AMC staff** involved with NCGNP function in an administrative, advisory capacity.

### The AMC governance staff:

- Staff (assist with) Board Meetings and Conference Calls
- Prepare and Distribute Minutes
- Implement Board Decisions
- Monitor and Implement the Strategic Plan
- Suggest Projects and Programs
- Communicate and Network
- Conduct Official Correspondence
- Develop Organizational Policies and Procedures

### The AMC financial services staff:

- Develop and Maintain Financial Records
- Establish and Maintain Bank and Investment Accounts
- Provide Annual Budget
- Provide Monthly Reports
- Write Checks as Authorized
- Collect Dues and Receivables
- Cooperate with Accountant in preparation of Annual Tax Return and Corporate Filing(s)
- Facilitate Audits of NCGNP's Financial Records

### The AMC member services staff:

- Maintain Membership Records and Database
- Maintain List of Non-Member Prospects
- Invoice Members for Dues
- Follow-Up on Non-Renewing Members
- Respond to Member Requests and Concerns
- Process New and Renewing Membership Applications
- Promote Membership Recruitment and Retention

(continued on page 3)

## The AMC convention services staff:

- Identify Convention Sites and Make Recommendations to the Board on Selection
- Prepare a Budget
- Manage the Abstract Process
- Negotiate Room Rates, Food and Beverage Rates, and Meeting Room Rates
- Recommend Speakers, Activities, and Special Events
- Publish Travel Information
- Manage On-site Activities (such as Registration, Audiovisual, Handouts, Exhibitors, Speakers, Business Meeting, Social Events)

In addition, staff is responsible for fund-raising and marketing NCGNP products and services to members, member prospects, and others. This includes sponsorship of special events at conventions as well as sponsorship of NCGNP educational activities, programs, and projects, and ongoing operations of the Association.

**Publication services staff** manage the design, editing, printing, and distribution of the NCGNP newsletter. Staff also work with committees and task forces.

**As an AMC, Puetz & Associates, Inc.,** provides the infrastructure to enable the Board to lead the Association. Puetz & Associates is the “business arm” of NCGNP. We are partners in ensuring the success of NCGNP.

## Where the Past Meets the Future: A Legacy of Leadership and Clinical Excellence

**You won't want to miss this special 25th Anniversary Conference. It promises to be rewarding at every level... professional, educational, and social.**

Our conference for 2006 will carry forward its reputation as the premier event for advanced practice nurses engaged in improving health care for older adults. It will feature over 35 hours of continuing education credits including pre-conference and skills workshops, in-track programming, and satellite symposia. Our industry partners are lining up to exhibit, support educational programming, and provide other resources and tools in addition to sponsoring networking events.



**25TH ANNUAL NCGNP CONFERENCE,  
September 27-October 1, 2006  
Marriot Sawgrass Resort and Spa,  
Ponte Vedra, Florida**

## Where were you 25 years ago?

We ask each of you to dig through old photo albums and find pictures from 1981 (yikes!) to share with the conference committee. We have some fun surprises in store to celebrate NCGNP's 25 years. You won't want to miss it!

## Program Highlights

### Pre-Conference Workshops:

- Essential Geriatrics Workshop for APNs new to this practice specialty
- Advanced Geriatrics Workshop for seasoned NPs

### Practice and Professional Development Topics including:

- Business Development
- Ethics and Futile Care
- Cultural Competence

### Relevant Clinical Practice Topics including:

- Heart failure
- Metabolic syndrome
- Wound management
- Women's health, and many, many more

### Research Posters and Presentations

### Post-Conference Skills Workshop

## The Hotel

The Sawgrass Resort and Spa, located 18 miles from downtown Jacksonville, provides a perfect setting to celebrate the 25th Anniversary of NCGNP. Heralded as one of the “Top 50 U.S. Resorts” by *Condé Nast Traveler*, the Sawgrass Resort features world-renowned golf courses, a rich assortment of dining and recreational options, a luxurious spa, and picturesque Ponte Vedra Beach just minutes away.

To make your reservations, call the Marriott Sawgrass and ask for the National Conference of Gerontological Nurse Practitioners (NCGNP) room block. **Call 1-800-457-GOLF.** The room rate is \$139 per night single or double, plus 9% tax. We are expecting to fill the hotel fast, so reserve early to take advantage of this great rate.

(continued on page 4)

**The Effects of Nutrition on Health in Later Years**  
**May 28-30, 1981**

**Wednesday, May 28th**

8:00-9:30 pm Film: *Nutrition Throughout Life*

**Thursday, May 29th**

8:00-8:30 am Review of Pretest

8:30-10:00 am Nutritional Assessment:  
 Margaret Dam, RD

10:00-10:20 am Film: *Sugartime*

10:45 am-12:00 pm Oral Assessment of the Geriatric Patient:  
 James Bennett, MD

1:00-2:00 pm Body Systems — Nutrition

2:20-3:00 pm Georgina Barte

3:00-4:00 pm Open

2:00-2:20 pm Water — Essential to Life

7:00-8:00 pm Film: *Anemia — Signal of Disease*

8:00-9:00 pm New Trends and Adventures in Practice

**Friday, May 30th**

8:00-9:00 am Exercise and Nutrition: Della Parks, GNP

9:00-9:20 am Film: *Pinch an Inch*

9:30-10:00 am Obesity and Chronic Disease:  
 Della Parks, GNP

10:00-11:00 am Role of Sugar and Disease:  
 Della Parks, GNP

11:00 am-12:00 pm Film: *Great Grain Robbery*

12:00-1:30 pm Use of Major Tranquilizers:  
 John Walsch, MD

1:30-2:30 pm Nutritional Care in Cancer:  
 Leklem, PhD

2:30-3:00 pm Film: *Spider's Web*

3:15-4:15 pm Drug and Food Interactions:  
 William Simonson, PhD

4:15-5:00 pm Discharge Planning Nutrition:  
 Casey Pritchard, RD

The Mountain States Project met during May 28-30, 1981, a gathering of geriatric nurse practitioners who were part of a pilot project funded by the Kellogg Foundation. This meeting, identified as the *Western Conference of Gerontological Nurse Practitioners*, evolved into the NCGNP we know and love today. The meeting was held in Mount Angel Abbey, St. Benedict, Oregon, and was subtitled *The Effects of Nutrition on Health in Later Years*. The conference program is shown to the right.

**Where the Past Meets the Future:**

**A Legacy of Leadership and Clinical Excellence** (continued from page 3)

**The Hotel** (continued)

If you would like to add some additional rest and relaxation to your trip, the hotel will honor this rate three days before and after the conference on a space-available basis.

To note deadlines and reserve your hotel room online, go to the NCGNP website at [www.ncgnp.org](http://www.ncgnp.org) and click on "2006 Conference."

Conference registration is now available online at [www.ncgnp.org](http://www.ncgnp.org). Click on "Registration" under 2006 conference. Look for full program details on-line.



**What Were You Doing in 1981?**

In 1981 Ronald Reagan became president of the United States. It was an auspicious year for gerontological nurses. What were you doing then? Were you still in high school? College? Were you a GN pioneer? Please bring your mementoes of that year with you to the NCGNP conference to share with others as we celebrate our legacy! Photos, graduation announcements, birthday cards, wedding and birth announcements — you name it — let's have some fun with it!

# Member in the Spotlight: Sharon A. Stephen

**For this issue we asked Sharon Stephen, our stalwart leader of the Health Affairs Committee, to tell us about herself. Here is what she has to say!**

*Over the past year, I have been commuting between my home in Boise, Idaho, and Portland, Oregon, in order to complete a postdoctoral fellowship at Oregon Health & Science University. This mentored traineeship will extend my research skills to allow me to address quality of life questions in older adults who live with chronic illnesses in a variety of settings. My research focuses on the symptom experience of older adults with heart failure, with a particular interest in fatigue. In addition, I teach in the GNP program at OHSU on the Ashland campus.*

*I have been a GNP for 10 years, working in a variety of settings: cardiology clinic, home visits to provide HF community case management, and nursing homes. I chose to become a GNP after 20 years of working as a cardiac nurse in critical care because of the vast opportunities and challenges of meeting the needs of older adults with*



**Sharon A. Stephen, PhD, GNP**

*chronic illness. Along with specializing in geriatric care, I had to leave my comfort area of the hospital and learn to provide care in a variety of settings where older adults spend the majority of their time.*

*My biggest accomplishment to date has been to transition my practice environment from critical care to long-term care. I underestimated how difficult and time consuming it would be to “crossover” into a completely different culture. However, I*

*have daily experiences that tell me that I made the right decision to change. One that I will share is the joy that I felt participating in a recent holiday party that the staff had planned for the residents of our facility. As I watched the staff skillfully herd all the residents into the dining room, I recognized that I was part of a big family. The staff brought their own children so that the residents could enjoy seeing children sit on Santa’s lap. Any resident who wanted to talk with Santa, played by one of our LPNs, could join in too. And the finale was seeing the residents and staff coax a CNA, who is a professional Elvis impersonator, to take the stage and sing a few carols. I knew that I had crossed over, and I loved my new work setting. Much of the focus for the GNP in long-term care is nursing, and advanced practice brings the autonomy to assure that residents receive the best nursing care. And similar to my legislative mantra, “think global, act local,” the quality of the day-to-day care that we provide will make the difference.*

*Sharon A. Stephen,*  
PhD, GNP  
Chair Health Affairs Committee

## NCGNP CE Approver Unit Gets Full ANCC Accreditation

The American Nurses Credentialing Center (ANCC) Commission on Accreditation granted the NCGNP CE Approver Unit a two-year provisional accreditation in 2004. Now the ANCC has awarded full four-year accreditation to the Approver Unit as a Specialty Nursing Organization for advanced practice nurses working with older adults. This accreditation distinguishes NCGNP as the hallmark of excellence for the approval of CE activities specifically for gerontological advanced practice nurses and the health care of older adults, including educational workshops, Web casts, monographs, and other presentations, publications, and electronic media.

Further, the ANCC has clarified that NCGNP chapters need to apply for approval of CE contact hours through the Approver Unit, *not* the Provider Unit. The CE Approver Unit guidelines and application forms are posted on the NCGNP Web site and are available to chapters at discounted non-profit fees. For more information, contact the NCGNP National Office at 850-471-7075; toll free, 866-355-1392; or see the Web site, [www.ncgnp.org](http://www.ncgnp.org).

The NCGNP CE Approver Unit is the specialty nursing organization accredited by the American Nurses Credentialing Center (ANCC) Commission on Accreditation for advanced practice nurses working with older adults. Approval of CE activities by the NCGNP Approver Unit is the hallmark of excellence for gerontological advanced practice nurses and the health care of older adults, including educational workshops, webcasts, monographs, and other presentations, publications, and electronic media. See the NCGNP website for CE guidelines and application forms.



# CHAPTER NEWS!

## Great Lakes Chapter NCGNP News

The Great Lakes Chapter meets quarterly in March, June, September, and December in the Metropolitan Detroit area at various restaurants. March 16, 2006, we met at the Il Posto in Southfield, MI. Ortho Biotech sponsored a dinner meeting with a presentation on "Anemia in Chronic Kidney Disease." June 22, 2006, Dr. Pina from the Cleveland Clinic will discuss Congestive Heart Failure at Mitchell's Fish Market in Birmingham, MI. The presentation is sponsored by Astra Zeneca.

GLNCGNP is a legislative chapter of the Michigan Council of Nurse Practitioners (MICNP). We had an informational display about

our chapter at the MICNP educational conference in Troy, MI, March 31 – April 2, 2006. The major legislative effort this year is "Right to Write" — independent APN prescriptive authority. We welcome new members. Please contact Kathryn Cosgrove at [klcosgrove@earthlink.net](mailto:klcosgrove@earthlink.net) for more information.



## Northern California Chapter

The Northern California Chapter of NCGNP has developed a one-page family education pamphlet about the pros and cons of tube feeding in end-stage dementia. It will soon be posted on the NCGNP members Web site for use by all members. It was developed to be used as a starting point for discussions with families of persons who have end-stage dementia, for whom tube feeding is being considered. Special thanks to committee chair Donna Theisen and

members Patty Kang, Pat Hess, Jennifer Serafin, Fran Gensberg, and Laurie Umeh for their hard work on this project for the past year.

For more information, contact one of the officers of the Chapter, Robin Bon Fredericks ([robin.bon-fredericks@kp.org](mailto:robin.bon-fredericks@kp.org)), President-Elect Jennifer Serafin ([jserafin@jhsf.org](mailto:jserafin@jhsf.org)), Secretary Patty Kang ([poweroo48@aol.com](mailto:poweroo48@aol.com)), or Treasurer Fran Gensberg.

## Illinois (Chicago) Chapter — And the new officers are:

### President

**Carol Einhorn** ([cjeinhorn@aol.com](mailto:cjeinhorn@aol.com))

### President-Elect

**Carla Tozer** ([ctozer@medicine.bsd.uchicago.edu](mailto:ctozer@medicine.bsd.uchicago.edu))

### Secretary

**Joanne Miller** ([Joanne\\_m\\_miller@rush.edu](mailto:Joanne_m_miller@rush.edu))

### Treasurer

**Julie Schnieder** ([jmschneid1226@sbcglobal.net](mailto:jmschneid1226@sbcglobal.net))

## Looking for a Chapter Near You?

### Arizona (Phoenix)

**Jean Stanley** ([jstanley5513@hotmail.com](mailto:jstanley5513@hotmail.com))

### Michigan (Great Lakes)

**Bea Iho** ([b.iho@sbcglobal.net](mailto:b.iho@sbcglobal.net))

### California (Northern)

**Robin Bon Fredericks**  
([robin.bon-fredericks@kp.org](mailto:robin.bon-fredericks@kp.org))

### New York (Rochester)

**Pat Federico-Fields**  
([pfedfields@yahoo.com](mailto:pfedfields@yahoo.com))

### Florida (Southern)

**Gail Fox-Seaman**  
([gfox277@aol.com](mailto:gfox277@aol.com))

### Ohio

**Evelyn Duffy**  
([evelyn.duffy@care.edu](mailto:evelyn.duffy@care.edu))

### Illinois (Chicago)

**Carol Einhorn**  
([cjeinhorn@aol.com](mailto:cjeinhorn@aol.com))

### Texas (Gulf Coast)

**Andrew Rolniak** ([ajrolni@aol.com](mailto:ajrolni@aol.com))

### Maryland (Baltimore)

**Michelle Klima**  
([maklima@comcast.net](mailto:maklima@comcast.net))

### Texas (Dallas area)

**Joyce Danter** ([jiharter@aol.com](mailto:jiharter@aol.com))

# Chapters in Formation — Contact One Today!

## SE Wisconsin

**Linda Culhane**  
(lculhane@cco.cce.org)

## Tennessee (Nashville)

**Jennifer Kim**  
(Jennifer.kim@sbcglobal.net)

## North Carolina

**Lynn Chilton**  
(lchilto@bellsouth.net)

## Mississippi (Magnolia)

**Virginia Lee Cora**  
(vcora@jam.rr.com)

## Minnesota

**Cynthia Parker**  
(cparkermba@vanderbilt.edu)

## North Florida (Jacksonville)

**Lolita Massingill**  
(gnpcsna2@bellsouth.net)

## Interested in Starting a Chapter?

Contact NCGNP Chapter Services Specialist  
Debbie Blanchard toll free at 866-723-0560 or  
e-mail her at [dblanchard@puentzamc.com](mailto:dblanchard@puentzamc.com).

## Committee Reports

### Need a Great Web site for Staying Up to Date on Practice Issues?

Check out Practice Links on the NCGNP Web site ([www.ncgnp.org](http://www.ncgnp.org))

The Practice Committee is comprised of eight NCGNP members who have recently come together to revitalize this committee. Its purpose is to disseminate gerontological practice information to advance practice nurses by maintaining the Web site and communicating updated practice information.

The committee has met several times over the past few months to review and update the information found on the Web site. This Web site was originally designed to assist new NPs and experienced NPs new to long-term care, during the transition. It is comprised of seven sections including business planning, equipment, types of visits, nursing home culture, clinical topics, and billing and coding.

**During the next several months you will be able to view the updates. We would appreciate any feedback you have.**

- What do you like?
- What would you like to see?

## Member Services Committee

If you have renewed your membership in the past few months, you have seen our new NCGNP Membership Card, along with lots of additional helpful information about contacting and networking with colleagues locally and nationally. Chapters are developing all over the country: Southern California, Northern Florida, Minnesota, Mississippi, North Carolina, and Wisconsin. Please visit the NCGNP Web site, where you can now update your profile, connect with colleagues, renew your membership, and register for the 25th Anniversary Conference at the Sawgrass Marriott Resort in Ponte Vedra, Florida. Make sure to register before August 1st to capture a reduced rate. Contact Marianne Shaughnessy ([mshaughn@grecc.umaryland.edu](mailto:mshaughn@grecc.umaryland.edu)) for information on how to get involved.



- Is the Web site helpful for NPs entering the long-term care industry?
- Should the Web site be expanded? How? In what areas?

Suggestions and comments should be e-mailed to Sue Mullaney, Chair of Practice Committee, at [susan\\_e\\_mullaney@uhc.com](mailto:susan_e_mullaney@uhc.com).

Thank you to Siobhan McMahon, Pat Kappas-Larson, Tim McGrath, Kathy Olsen, Ruth Miller, Andrea Clayman, and Valissa Saunders for their assistance on the Web site updates.

## Win Three Nights at the Sawgrass Resort During the 2006 NCGNP Conference

Recruit lots of new members — whoever recruits the most regular members (not including students — sorry), with a minimum of 10, wins! New member applications are available in this newsletter and online at [www.ncgnp.org](http://www.ncgnp.org).

(Committee Reports Continued on Page 10)



# Ethnic Elders... An Emerging Majority

Kathleen Jett, PhD, GNP, BC

In 1970, those persons from ethnic groups which are statistically under-represented in the United States made up approximately 16% of the population; by 1998 that number had grown to 27%. By 2050 this percentage will increase to approximately 50%, with the largest growth coming from those persons who identify themselves as Hispanic (Administration on Aging, 2004). While the precise number of ethnic elders is unknown, it is reasonable to assume that the numbers are growing with the general population both in persons born in the United States and elsewhere. The states with the largest number of ethnically diverse elders are California, Illinois, Florida, Nevada, New Jersey, Massachusetts, Arizona, Virginia, and Michigan (Gelfand, 2003).

Gerontological nursing in these states in particular is likely to be or become a cross-cultural experience. As nurses, we are increasingly likely to

provide care to older adults with differing life experiences, values, and interests than ours. As a consequence, it is becoming more and more important for gerontological nurses to develop skills and techniques which welcome elders of all kinds into our care and our practices. Welcoming care is that which is available, affordable, accessible, and acceptable (Jett, 2006).

Gerontological nurses are often in a position to be available to older persons, making care accessible. We provide primary care in nursing homes, assisted living facilities, and in persons' homes. We can also offer flexible hours and appointments when appropriate and possible. We often accept assignment, and some of us work in free or sliding-scale clinics, contributing to affordable health care. But what can we do to make sure that our care is acceptable to all elders, including those from backgrounds dissimilar to our own?

## You might try the following to help make your practice more welcoming!

- 1 Make your care environment culture-friendly with artwork and colors which reflect the cultural diversity of your patients. Hire diverse staff which mirrors your consumers.
- 2 Be open to the type of services which best meet the needs of the patient; develop relationships with indigenous healers.
- 3 Know the taboos and myths of the community and act accordingly. Do you ask before touching?
- 4 Pay attention to the nonverbal messages — your patients' and your own — it may be the loudest message given.
- 5 Be aware of the communication styles which are acceptable and unacceptable to your patients. Do you know the preferred mode of greeting or name use?
- 6 Always be aware of your own values and the natural inclination for stereotyping.
- 7 Always clarify your role and the purpose of any clinical encounter.
- 8 If working with persons with limited English proficiency, have an interpreter available and avoid the dependence on family or friends unless there is no other choice. Remember that the more complex the decision, the greater the skill of interpretation is necessary.
- 9 If working with an interpreter, know how to do it!
- 10 Provide teaching materials which are not only ethnically appropriate but, also which reflect an appropriate reading level.

For an example of how you can prepare culturally specific and appropriate educational materials, see the next page. *Health Eating Caribbean Style* was created at the request of our Caribbean elders with diabetes. They reported that they were repeatedly

told what “not to eat” but never what “to eat.” So we worked with a dietician and the elders themselves to identify common foods and then placed them in categories. We call the categories “Say yes to green,” “Say no to red,” and “Say



# Healthy Eating

Say 'YES' to GREEN, Say 'NO' to RED, Say 'SOMETIMES' to YELLOW

## Caribbean Style

### GREEN

Eat or use any of these every day in limited amounts.

### YELLOW

Do not eat more than 1-3 times a month.

### RED

Do not eat or use at all.

### Dairy

### Oils

### Sweets & Snacks

Low Fat Milk 1%  
Sugar Free Ice Cream  
Evaporated milk

Canola Oil  
Olive Oil  
Vegetable oil

Crackers (Low fat)  
Cookies (Nonsweetened, low fat)  
Fruits

Coconut Milk  
Whole Milk

Coconut Oil  
Peanut Oil  
Palm Oil  
Butter  
Lard

Peanuts (1 handful)  
Peanut butter

Cane Syrups  
Burnt Sugar  
White Sugar

### Proteins

4-5 ounces a day (one handful)

Chicken  
Hen  
Lean Stew Beef  
Conch  
Crabs  
Cod Fish  
Fresh Fish

Boiled Fish  
Baked Fish  
Snapper  
Smoked Herring  
Salmon  
Smoked Fish  
Lobster

Patty  
Pork Chops  
Goat broiled  
Lamb  
Salted Cod Fish  
Eggs (3 per week)  
Lean Meatballs

Chicken & Beef Liver  
Stewed Chicken Feet  
Fried Beef  
Fritters  
Meat fat drippings  
Ox Tail  
Stewed Cow Foot  
Pig Feet Pies  
Tripe  
Bacon

### Starches

9-11 servings (4-5 cups) per day

Grits  
Oatmeal  
Porridge  
Yellow Rice  
Brown Rice

Macaroni  
Whole Wheat Breads  
Banana Bread  
Crackers

Sweet Potatoes  
White Potatoes  
Corn  
Cassava  
Yucca  
Yam

### Beans

Black Eye Peas  
Red Beans  
Lima Beans  
Pigeon Beans  
Black Beans

### Fruits & Vegetables

9 servings (4 cups) per day

Spinach  
Tomatoes Fresh  
Okra  
Eggplant  
Leeks  
Onions  
Mushrooms  
Pumpkin  
Avocado  
Beet

Calabaza  
Scallion  
Shallot  
Malanga  
Tamarind  
Watercress  
Heart of Palm  
Breadfruit  
Cabbage

Apricot  
Banana  
Any Fresh Fruit  
Bananas  
Sour apple  
Tamarind  
Custard Apple  
Raisins  
Watermelon

Papaya  
Cantaloupe  
Guava  
Sour Orange  
Pineapple  
Strawberries  
Peaches  
Plums  
Mango

Oranges  
Tangerines  
Grapefruit  
Lemons  
Limes  
Guava



### SPICES

Salt, small amt  
Pepper  
Scotch Bonnet  
Vinegar  
Ginger  
Garlic  
Peppers  
Thyme  
Sage  
Cinnamon  
Cloves  
Mint  
Nutmeg  
Lemon Grass  
Peppermint

### SAUCES

Lo-fat Red Sauce

### BEVERAGES

Gingerale  
Punch  
Milo Malt Drink

# Late Breaking NEWS!!!!

## Looking for a really great GNP certification review course?



Plans are in the works for a full-day certification course held the last day of the NCGNP Conference on Sunday, October 1st! Don't be the last on your block to be certified! Price will be very reasonable and faculty are GNPs of national repute. More details forthcoming on the NCGNP Web site — stay tuned and tell your friends.

## Committee Reports

(continued from page 7)

### Historical Committee

Has someone you know in the organization made a big difference in your practice? Consider nominating her or him for inclusion in our special 25th anniversary publication. Contact Historical Chair Norma Small at [nsmall@earthlink.net](mailto:nsmall@earthlink.net).

### Communication Committee

Consider contributing an article for our newsletter, or the NCGNP section of *Geriatric Nursing* or *Advance for NPs*. Contact Kathleen Jett at [kjett@fau.edu](mailto:kjett@fau.edu).

### Health Affairs Committee

Interested in legislative action and health affairs? Consider becoming your state's liaison with the Health Affairs Committee! Help your colleagues keep up to date and lend your voice to political action. Contact Sharon Stephen at [stephsha@ohsu.edu](mailto:stephsha@ohsu.edu).

## Where Were You In 1981?

- In 1981 the Templeton Prize for Progress Toward Research or Discoveries about Spiritual Realities, usually awarded for progress in religion, was awarded to Dame Cicely Mary Strode Saunders, OM, DBE (June 22, 1918-July 14, 2005), a prominent British nurse, physician, and writer involved with many international universities. She was most famous for her role in the birth of the hospice movement, emphasizing the importance of palliative care in modern medicine.
- Minutes after Ronald Reagan becomes president, Iran releases 52 American hostages that had been held captive for 444 days.
- Space shuttle *Columbia*, the world's first reusable spacecraft, is sent into space.
- President Reagan appoints Sandra Day O'Connor to be the first woman on the Supreme Court.
- The Pac-Man video game is introduced in the United States.
- Alicia Keys, Elijah Wood, Kelly Rowland, Anna Kournikova, and Britney Spears are born.
- Los Angeles Dodgers win the World Series.
- Oakland Raiders win Superbowl XV.
- New York Islanders win the Stanley Cup.
- *Raiders of the Lost Ark* is the top-grossing film.
- "Bette Davis Eyes" by Kim Carnes spends the most time at the top of the US charts.
- MTV debuts on cable television, playing music videos 24 hours a day.
- Bob Marley, Jamaican singer and musician, dies at the age of 36.

## Ethnic Elders... An Emerging Majority

(continued from page 8)

sometimes to yellow." The colors used are those common in the Islands. The other side (not shown) has detailed instructions about portions; but with simple instructions, just the list can be used! We also have the same thing in Creole and in just pictures for those who cannot read. Feel free to duplicate (credit appreciated), or contact me for a pdf file at [kjett@fau.edu](mailto:kjett@fau.edu).

If you are interested in more dialog on this topic — come to my workshop at the NCGNP Conference in September. I look forward to putting our minds together!

### References:

Administration on Aging. (2002). *A profile of older Americans: 2002*. Available at [www.aoa.gov](http://www.aoa.gov).

Gelfand, D. (2003). *Aging and ethnicity: Knowledge and service*. Ed 2. NY: Springer.

Jett, K.F. (2006). Culture and Aging. In S. Meiner & A. Luekenotte, *Gerontologic Nursing* (3rd edition). St. Louis, MO: Mosby.



# National Conference of Gerontological Nurse Practitioners, Inc.

The National Conference of Gerontological Nurse Practitioners, incorporated in 1983, invites all advanced practice nurses who specialize in the care of older adults to become members of our organization.



## Goals:

1. Advocate quality care for older adults.
2. Promote professional development of advanced practice nurses.
3. Provide continuing education for advanced practice nurses in geriatrics.
4. Enhance communication and professional collaboration among healthcare providers.
5. Educate consumers regarding issues of aging.

## Membership Benefits:

1. The *NCGNP Newsletter*, a quarterly publication written by and for GNPs.
2. Complimentary subscription to *Geriatric Nursing Journal*.
3. Publication opportunities.
4. Annual convention providing current research and clinical information (reduced fee).
5. Networking opportunities with other GNPs.
6. Web site for information exchange and referral.
7. NCGNP is a member of American Nurses Credentialing Center (ANCC), which allows members a 25% reduction in initial and recertification fees.
8. NCGNP is a member of the American College of Nurse Practitioners (ACNP) and is building affiliations with other national healthcare associations.



**Membership:** There are four levels of membership: ..... **Dues**

**Active:** (Advanced Practice Nurse; voting privileges) ..... \$75.00

**Associate:** (Nonadvanced Practice Nurse) ..... \$75.00

**Student:** (Currently enrolled in Advanced Practice Nurse Program) ..... \$35.00

**Retired:** (Previous NCGNP member, now retired; voting privileges) ..... \$35.00

## Membership Application

Name \_\_\_\_\_

GNP     FNP     ANP     CNS     CS     OTHER \_\_\_\_\_

Certifying Body:     AANP     ANCC     OTHER \_\_\_\_\_

Home Address\* \_\_\_\_\_ City/State/Zip \_\_\_\_\_

\*All mail sent to this address

Home Phone \_\_\_\_\_ E-mail\* \_\_\_\_\_

\*All mail sent to this address

Employed by \_\_\_\_\_

Address \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

**PRACTICE SITE:** (Please check all that apply):

Admin     Clinic     Education     Home Health     Hospital     Long-Term Care  
 Rehab     Research     Sub Acute     Other: \_\_\_\_\_

I obtained this form from:

NCGNP Member's Name: \_\_\_\_\_

(Members receive a membership fee rebate for recruiting.)

Convention/Conference: \_\_\_\_\_

To contact NCGNP:  
 E-mail: [ncgnp@puetzamc.com](mailto:ncgnp@puetzamc.com)  
 Web site: [www.ncgnp.org](http://www.ncgnp.org)  
 Phone: (850) 471-7075  
 Toll Free: (866) 355-1392  
 Fax: (850) 484-8762

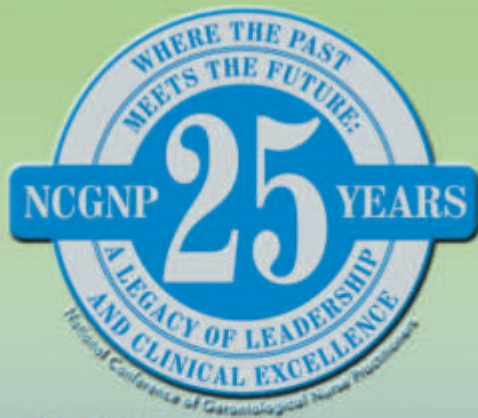
Name: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Make your check payable to: NCGNP  
 and mail to:  
 NCGNP National Office  
 7794 Grow Drive, Pensacola, FL 32514



The NCGNP

# Newsletter

National Conference of GNPs, Inc.

7794 Grow Drive  
Pensacola, Florida 32514

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**Save This Date!**  
**September 27-October 1,**  
**2006 NCGNP Annual**  
**Conference**

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