



# The Lighthouse

## Letter from President

### Developing Nursing Leaders

Many professional people believe that you are born with leadership instinct. I tend to believe in what Jeffrey Keller (a motivational speaker and author) states, "You are where you are right now in life, because of the choices you have made and the actions you have taken. If you want to change your life, remember that change starts with you."

Nursing provides many opportunities for career growth. One of the biggest is in developing your leadership skills and knowledge.

Take advantage of learning from nurse leaders in your organization or co-workers, who have demonstrated those qualities as a nurse leader, that you wish to master. Do you feel empowered and competent in providing excellent nursing care for your patients? Are you a patient advocate? Would you know who to ask for advice or mentoring in developing your management and leadership abilities? Your confidence will grow as you become more comfortable with the new nursing knowledge and skills you use to manage various patient care situations. Remember with your new found "professional autonomy" to nurture the new nurses, as they begin the challenge of growing competent and confident with learning to making timely and important decisions to safe guard their assigned patients.

**Barb Stickel, MSN, RNC, FACHE**



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## Heparin Induced Thrombocytopenia (HIT)



This quarter's Lunch and Learn will feature Dr. Cunningham who is the Cardiovascular Intensivist at The Medical Center of Central Georgia. Dr. Cunningham will discuss the ever growing diagnosis of HIT. The Lunch and Learn will be free for all Sylvia Bond Society members. Nonmembers may attend for a nominal fee of \$5.00. The offering will be held at The Medical Center from 1100 to 1200 on December 4, 2007. Lunch will be served (One contact hour applied for). You must RSVP by telephone to Debra Davis at 633-1976 or Tracey Blalock at 633-7084 by November 30, 2007.

## Are you a Nurse Leader? Read on...

### **Problem Solving**

- Good leaders are able to identify potential problems before they become unmanageable.
- Encourage creative solutions.

### **Motivating**

- Recognize and reward even the smallest accomplishments.
- Develop enthusiasm for day to day tasks.

### **Developing People and Relationships**

- Promote teamwork and include individuals in decision making.
- Show support of the team.

### **Communication**

- Use many types of communication, both verbal and written,
- A well informed team performs at its best.

### **Leading**

- Formulate a clearly defined vision and purpose.
- Lead by example.

### **Accountability**

- Clearly explain expectations and consequences of not meeting them.
- Assist your team to plan and prioritize to ensure that expectations can be met.



*“Leadership is not just one quality but rather a blend of many qualities; and while no one individual possesses all the needed talents that go into leadership, each person can develop a combination to make themselves a leader.”*

*Vince Lombardi*

## **SBNS is looking for a few Good Leaders!**

Our society has grown so much we are in need of expanding some of our committees. We are looking for dedicated people to assist us in fundraising and society activities. Please consider joining our great team. The Sylvia Bond Nursing Society is devoted to supporting nursing as a profession and developing leaders by providing scholarships, education and mentoring activities. And we NEED people like...

# YOU!!

Please contact Debra Davis (633-1976)

Or Tracey Blalock (633-7084) if interested.





And

**The Medical Center of Central Georgia**

**Present**

**“Rekindling the Spirit of Nursing”**

**Featuring Dr. Bertice Berry**

**Sociologist, Author, Lecturer, Educator**

**Friday, November 2, 2007**

**8:45 a.m. to 3:15 p.m.**

**(4 Contact Hours Awarded)**

**Le Piada**

**4294 Interstate Drive**

**Macon, Georgia 31210**



The keynote presenter this year is world-renown speaker, **Dr. Bertice Berry**. Dr. Berry graduated magna cum laude from Jacksonville University in Florida and earned a Ph.D. in Sociology from Kent State University.

She has appeared on Oprah, 20/20 and The Tonight Show. She is an award winning entertainer, best-selling author, lecturer and comedienne. She has created a niche as a gifted speaker with a comic edge and a comic with a message.

Lavonne Harn, RN, MSN, who is a well known regional speaker, will also provide insight into Re-Igniting the Spirit of Nursing.

**Registration cost \$20.00 for Non-SBNS members**

**\$10.00 for Students**

**Register by October 26, 2007**

Contact: Michele Combs

877 Hemlock St.

HB 147

Macon, Georgia 31208

478-633-2229

Or Email Michele Combs at [combs.michele@mccg.org](mailto:combs.michele@mccg.org) to register.



## **Scholarship News!!**

2008 is just around the corner!

The SBNS will once again be awarding scholarships in early spring. This would be a great time to ask your friends to join SBNS as membership helps support our scholarship program which of course enhances the future of nursing. Stay tuned for more information.



**Contact Sandra Higgison ([higgison.sandra@mccg.org](mailto:higgison.sandra@mccg.org)) if you would like to be involved in advertising or selecting scholarship winners.**

## **Membership News**

Membership dues are paid annually to the SBNS. If you have been a member in the past and have not paid your renewal fee...**IT'S NOT TOO LATE**. Just give one of us a call and we will help you in getting your membership back up to date. You don't want to miss out on any of our exciting events or the 2008 SBNS lapel pin.

Your membership includes paid fees for the annual leadership symposium, at least 4 lunch and learns (at various local hospitals), and our newsletter.

We are always looking for new members. If you know someone who would like to be a part of our society please invite them to join.

**Contact Tracey Blalock (633-7084) or Debra Davis (633-2070)**

## **Mission and Vision Statement**

### Mission

"The Sylvia Bond Nursing Society is committed to fostering individuals towards nursing as a career, facilitating professional nurses to collaborate, lead, and promoting excellence in healthcare by providing support and mentorship."

### Vision

To enhance the nursing profession by providing scholarships, education and leadership development and mentoring opportunities for nurses in the central Georgia community.



## Levels of Society Membership

- **Student Entry Level** (Must be enrolled in a school of Nursing)
  - \$25.00 Membership fee
  - T-Shirt
  - Lighthouse Pin
- **Annual Membership**
  - \$50.00
  - T-Shirt
  - Lighthouse Pin
- **Lifetime Membership**
  - \$650.00
  - T-Shirt
  - Lighthouse Pin (given annually)
  - Print of Artwork
- **Physician Sponsorship**
  - Discounted fee of \$40.00/nurse
  - T-Shirt for each nurse
  - Lighthouse Pin for each nurse
  - One Print of Artwork
  - Physician recognition during annual symposium and on web site



## Congratulations to our new Sylvia Bond Nursing Society Members!

**Rebecca Corvey**  
**Amanda Griffin**  
**Melinda Hartley**  
**Cherri Hulse**  
**Lynn Keyton**  
**Ilene Nicklas**  
**Cindy Poole**  
**Vickie Stuckey**  
**Cheryl Woodford**



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## Donations

The [Medcen Community Health Foundation, Inc](#) maintains the Sylvia Bond Nursing Society fund. Gifts designated to the Sylvia Bond Nursing Society fund will be used only for programs and purposes related to the Society. All gifts are tax-deductible to the extent allowed by law.

There are several ways to give:

- To make a secure online donation, go to [www.medcenfoundation.org](http://www.medcenfoundation.org) and click on the “Make Gift Online” tab. Please make sure that you designate Sylvia Bond Nursing Society (SBNS) on the giving form.
- You may [download a printable copy of the brochure](#) (includes the donation form) and mail it in with your gift from [sylviabond.org/donations](http://sylviabond.org/donations).



Thank you for supporting the Sylvia Bond Nursing Society!

Contact Executive Director Meryl Montgomery at:

Phone (478) 633-1917

[Montgomery.meryl@mccg.org](mailto:Montgomery.meryl@mccg.org)

## Future Events

- November 2, 2007** Leadership Symposium: “Rekindling the Spirit of Nursing”
- December 4, 2007** Lunch and Learn: “Heparin Induced Thrombocy-