



NAINA Newsletter

NATIONAL ASSOCIATION OF INDIAN NURSES OF AMERICA

Summer 2011

Editorial Board

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Highlights of this Summer Edition:

~Learn more about IANA-NC:
The North Carolina Chapter

~The Japan Relief Fund

~The Recent Professional Summit

~What is ICN all about?

President's Message

Solymole Kuruvilla, PhD, ACNP, BC, NYSAFE
President-NAINA



“Remember that as a member the benefits are many, but you only get out of it as much as you seek it and are willing to put into it

~Solymole Kuruvilla

Greetings to NAINA family!

It is hard to believe that it has been 6 months since I was sworn in along with our new leadership team. Since that time we have been building upon the accomplishments of the past leadership and have been able to accomplish many goals of our national association. NAINA leadership has worked so hard over the past months to ensure that we are on the move to meet the needs of our membership.

Some highlights of the past six months:

- ✓ Increased communication and outreach to the membership
- ✓ Educational seminar via teleconference
- ✓ Development of a Mentoring program
- ✓ Membership in AAPINA& NCEMNA
- ✓ Collaboration with other national initiatives
- ✓ Formation of one new chapter (North Carolina) and another one (Arizona) in progress

In addition, this year's goals include increasing collaboration with other professional associations, continued transparency and communication with all members, more educational seminars, and getting ready for the 2012 educational conference.

Please keep in touch with your professional association and keep your network updated. Most importantly, do all in your power to add more members to our family and do not let your membership expire. Remember that as a member the benefits are many, but you only get out of it as much as you seek it and are willing to put into it. Get involved nationally, as well as in the local level. If you are interested in volunteering or if you have any comments or suggestions, I personally would like to hear from you. Please visit our website www.nainausa.com and take advantage of your membership benefits.

In closing, I want to thank everyone for your continued hard work, kind words, compliments to the leadership, and willingness to strive for excellence. It is a joy to hear about the wonderful activities each chapter is conducting. Please continue to share with us your projects and the accomplishments. As always, thank you once again for allowing us to fulfill the mission of NAINA.

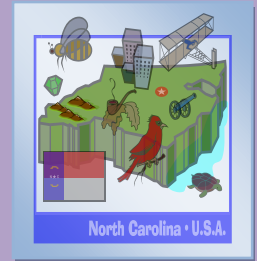


Local News Section:

Indian American Nurses Association of North Carolina

IANA - NC

Vice President: Sumana S Gaddam RN, BSN, CCRN



·A New Beginning ·

My “reason for beginning” is to share a few thoughts that have come my way as a result of my profession, NURSING. I absolutely love the responsibility, critical thinking, collaboration as well as knowing I have made a difference for someone’s quality of life. Nursing has evolved into a more specialized area over the years and the technology is ever constantly changing. The practice of nursing today demands that the nurse may also identify & meet the cultural needs of diverse groups, as well as understand the social & cultural reality of the client, family & community.

The Nurses at North Carolina from Indian origin had a common zeal to share the Indian heritage & Culture with a common goal of supporting our fellow Indian Nurses to be able to respond to different cultural environments. In March 2010, the thought of having a professional organization for Indian Nurses in NC was led by a few registered nurses working at various top notch hospitals like Duke, UNC and NCCU, in NC. With much eagerness to go forward to help new nurses accommodate to this, we had our first meeting held in Aug 2010 where we had a presentation by a board member of NCEMNA which was very encouraging to all of us. Elections were done the subsequent month with a purpose “to uphold the professional image of the Indian Nurses in NC and to promote the welfare of its members”. We have started with 20 members and it is growing! We as a team were able to participate in the International Nurses Day celebrations held at Duke University hospital in May 2011 & had the privilege to do a poster presentation on IANA· NC. Lastly, I would like to thank each & every member of this association for their continuing support and dedication to allow us to achieve our goals!!!

“Have a good reason for beginning and our end should be within due limits”

· Saint Ambrose.



National News Section:

Remarks at the Indian American Nurses Association of Houston 2011 Nurses Day Celebration on May 12, 2011

By: YONEZAWA Atsushi, Consul,
Consulate-General of Japan, Houston, Texas



Dr. Kuruvilla, President of NAINA,
Dr. Simon, Past President of NAINA,
Dr. Neycheril, President of IANA Houston
Aleyamma Samuel, Treasurer of NAINA

Ladies and Gentlemen,

Congratulations on 2011 Nurses Day. It is my great honor to be here with you this evening.

Two months have passed since Japan was hit by a massive earthquake and subsequent tsunami. The disaster has taken about 15,000 precious lives. Even now, about 10,000 people remain unaccounted for. About 120,000 people are still forced to take shelter as evacuees. The Fukushima Daiichi Nuclear Power Plant has suffered multiple safety failures that have led to the release of radioactive substances and declaration of an emergency situation. We are still struggling with the devastating effects of the Great East Japan Earthquake.

However, in the midst of this crisis, Japan was not alone. People from around the world have rallied to our side, bringing hope and inspiring courage. We have received and are still receiving a tremendous outpouring of encouragement, prayers, and support from

people worldwide. Here in Houston, local communities and organizations across the city have started voluntary activities to show their support and raise funds for victims in Japan. We deeply appreciate the strong solidarity our friends have shown us.

And today, the National Association of Indian Nurse of America (NAINA) has kindly made a donation to our relief efforts. Your contribution will be sent to the Japanese Red Cross Society and then distributed to the affected people fairly and impartially. On behalf of people in Japan, I would like to express our sincere gratitude for your goodwill. I am sure that, through our own efforts and with the help of people like you, Japan will recover and come back even stronger.

As a fellow Asian living in the U.S., I am deeply touched that the Indian American Nurse Association has taken such an active role in promoting compassionate care in the local society. I believe Asian-Americans are expected to play a far larger role in sharing Asian harmony and dynamics with this nation. In this sense, I look forward to working with you further to strengthen the U.S.-Asia relationship and foster peaceful and prosperous relationships in the Asia-Pacific region.



NAINA Attends FOMAA's Professional Summit

Marykutty Kuriakose, MBA, BSN, RN; Secretary

As per NAINA governing body consensus, eighteen NAINA members including the president attended the professional summit, *Bridging of the Minds*, organized by the Federation of Malayalee Association of America (FOMAA), in Chicago on June 11th 2011. The goal of the summit was to share our American experience and explore ways to help the people back in India to develop personally and professionally. The summit was represented by ten Indian professional organizations in America and was attended by Indian politicians as well, who brought awareness among the attendees of their obligation to give back to their land of origin.

In the summit inaugural speech, Mr. Ramesh Chennithala, Kerala Pradesh Committee President, pointed out that **India** is still in the midst of poverty, unemployment and unbalanced development. There are problems of hunger and homelessness among the people, he affirmed. Fifty percent of the population is below the poverty line and the government and congress are faced with the responsibility of solving their challenges. The purpose of the expansion is to reach the people at the bottom tier, and if it does not, development is meaningless, he added. Indian professionals in America are blessed with the opportunity of acquiring advanced knowledge in their field and this knowledge

should be exchanged and shared with their counterparts back home. The six key areas identified as needing immediate development attention in India are the IT sector, Health Care, Renewable Energy, Waste Disposal, Tourism and Infrastructure Development. The summit emphasized how professionals of Indian origin and heritage in America have the knowledge and opportunity to take partnership in these attempts to help those back home.

Two NAINA members were invited to give panel presentations in the FOMAA professional summit. President, Dr. Solymole Kuruvilla, one of the panelists, presented the topic, *Beyond Glass Ceiling: How to Build Successful Career and Organizations*. Dr. Kuruvilla shared her own experience of pursuing her advancement goals and overcoming obstacles. Tissy Cyriac Njaravelil, INAI president spoke about *How to Face Work Place Challenges*. Both panels were keenly attended and received with wide interest.

In addition to the diverse professional information and political awareness the members came away with at the end of the FOMAA professional summit, NAINA's prominent attendance and active participation helped it to bask global recognition and visibility.



International News Section:

*The International Council of Nurses (ICN)*

Elizabeth Simon Ph.D RN, CCRN, CEN, ANP-BC

The International Council of Nurses (ICN) is a federation of 135 national nurses associations representing the millions of nurses worldwide. Operated by nurses and leading nursing internationally, ICN works to ensure quality nursing care for all and sound health policies globally. Founded in 1899, ICN is the world's first and widest reaching international organization for health professionals (ICN, 2011).

The objective of my visit was to establish a working relationship with the ICN staff consultants and to seek advice about the School of Nursing, Nyack College involvement in South Africa. The School of Nursing is interested in providing experience in global nursing for our students. I am looking forward to embark on a sustainable relationship with nursing agencies overseas.

I was able to meet with Dr. Tesfamicael Ghebrehiwet, Consultant, Nursing & Health Policy International Council of Nurses. Besides the intended topic, Dr. Tesfa shared his joy about India's admission as an ICN member. He knows that India has a great potential in contributing to the nursing profession globally. This was my second visit to the ICN headquarters in Geneva, Switzerland. He is a reader of many nursing journals including the

Nursing Journal of India (NJI). I found it a surprise that he remembered my article on systems theory applied in Nursing Education, published by NJI. My first ICN presentation was at the ICN Congress in Yokohoma, Japan in 2007 in which I was an American delegate/presenter looking forward to network with our Indian delegates. Unfortunately, India and China were not there as they were not ICN members at the time. I came to understand from a Sri Lankan Nurse Leader that membership was the main obstacle as India as well as China has a large number of nurses. I am glad to know that obstacle is removed and the Indian Nursing Council (INC) was officially admitted as a member during our last Council of National Representatives meeting (CNR) in May 2011 in Malta. The office is at:

Indian Nursing Council
Combined Council Building
Kotla Road, Temple Lane (Near Mata
Sundari College)
New Delhi - 110002

I invite all NAINA members to try and attend and/or present at the next congress:

**ICN 25th Quadrennial Congress: Equity
and Access to Health Care,
Melbourne, Australia, 18-23 May.**

Recent Accomplishment.



Dr. Alice Neycheril has been chosen as a 2011 Gold Medalist of the Good Samaritan Foundation from Texas. This organization created the Excellence in Nursing Awards to showcase nurses who exhibit a genuine passion for nursing and excel in various aspects of the profession. She will be recognized at the 7th Annual Excellence in Nursing Awards Luncheon on September 15, 2011. Congratulations!

Do you have an article that you would like to submit for publication in one of the future issues? If so, contact the Editor at sibyl613@yahoo.com.

Letter from the Editor:

I would like to thank all the writers of this newsletter, because it is with their enthusiasm we are able to publish material even during the summer months.

I continually encourage you all to share with us the projects and activities that you take part in locally and globally, as well as your personal nursing accomplishments. In this summer edition, we were able to read about North Carolina's beginning stages, the positive effect on giving donations for the Japan Relief Fund, the educational benefit of attending the Professional Summit and to have a better understanding of the International Council of Nurses (ICN).



Sincerely,

Sibyl Philip, MSN, RN, FNP-BC

NAINA is a proud affiliate of AAPINA (Asian American/ Pacific Islander Nurses Association, Inc.) which in turn is affiliated with NCEMNA (National Coalition of Ethnic Minority Nurses Association)



We're on the Web!

See us at:

www.nainausa.com

Even though we have made the effort to verify facts, it is possible that an error may have occurred. We will try to publish corrections in the following issue.
