



# FSARN

Florida State Association of Rehabilitation Nurses' Newsletter

Volume 20 Issue 2

July 2010

Mission Statement: The Florida State Association of Rehabilitation Nurses promotes and advances professional rehabilitation nursing practice through education, advocacy, collaboration and research to enhance the quality of life for those affected by disability and chronic illness.

## President's Message

Kevin Glennon, RN, CDMS, QRP-FL/WC FSARN President

As many of you know, this year FSARN was the host chapter for the Region III Conference. The conference was once again an overwhelming success. We had rehab nurses from every state in our region in attendance, many of whom plan on attending our Annual Educational Conference in 2011. Planning is already underway for next year's conference. Sue Sharman, President-Elect will be the Conference Chair, and she is already putting her committees together. Anyone interested in volunteering to work on the 2011 Conference should contact Sue directly.

Many of you are probably already aware that the National ARN conference will be held in Orlando, Florida September 29 thru October 2, 2010 at the Rosen Shingle Creek Resort. The Art, Science and Magic of Rehabilitation Nursing is the theme for this year's National ARN Conference. Registration rates are \$450.00 for members, \$600.00 for nonmembers. This is an excellent opportunity to join ARN and save on your registration fee. We have been asked by ARN to assist in many aspects of the conference and hosting a hospitality area for attendees will allow us to provide local information on attractions, activities and local restaurants to showcase all that Orlando has to offer. Anyone interested in volunteering to assist, may contact me via email at [KTGRNNEWTMS@YAHOO.COM](mailto:KTGRNNEWTMS@YAHOO.COM). Scholarship monies are available for the ARN conference and I would encourage all to take advantage of attending. A two day Leadership program (registration is \$195.00) is also offered and all District Presidents and President-elects are encouraged to attend. Scholarship information is available on our website [www.fsarn.org](http://www.fsarn.org), or you may contact the Scholarship Chair, Barbara Martelli, directly at: [BARBARA.MARTELLI@HEALTHSOUTH.COM](mailto:BARBARA.MARTELLI@HEALTHSOUTH.COM). I am in hopes that Florida will be able to show an extremely large presence at this year's National Conference. There are additional discounts available for registration when you submit your applications in groups. To take advantage of these additional discounts please visit the National Website at [www.rehabnurse.org](http://www.rehabnurse.org).

Healthcare reform continues to be on the forefront of our minds. Now that we have legislation it will be more important than ever for you to remain informed of just how the many changes will be implemented and how they will not only affect our patients, but us as consumers. Be sure to look for Ina Fletcher's update on Health Care Policy. You can also access up to date information on healthcare policy at [www.rehabnurse.org](http://www.rehabnurse.org).

FSARN has long since been known as a Chapter founded on strong leadership. To that end I continue to encourage you to become involved, contact your local District President for meeting times and opportunities to grow within the organization. Barbara Martelli, the current Nominating Chair, is always looking for individuals interested in serving on the state board. Elections will be held in 2011. Our mission to success will be realized by continuing to support and encourage nurses to promote and advance professional rehabilitation nursing practice by grooming strong leaders. Nominations for President Elect, Corresponding Secretary, Recording Secretary, Treasurer and Nominating Chair should be submitted to Barb Martelli at: [BARBARA.MARTELLI@HEALTHSOUTH.COM](mailto:BARBARA.MARTELLI@HEALTHSOUTH.COM).

## 2009-2011 FSARN Board of Directors

### President

Kevin Glennon, RN, BSN, CDMS, QRP-FL/WC  
(w) 407-831-7331 x1104  
(f) 407-834-9169  
(c) 407-448-5879  
[ktgrnnewtms@yahoo.com](mailto:ktgrnnewtms@yahoo.com)

### President Elect

Suzanne Sharman, RN, CRRN, CDMS, CCM  
(c) 954-647-6344  
(f) 954-485-6101  
[ssharmanflorida@gmail.com](mailto:ssharmanflorida@gmail.com)

### Recording Secretary

Karen Dimick, RN, CRRN  
4367 Willow Back Circle  
West Palm Beach, FL 33417  
(h) 561-640-7843  
(f) 561-640-7843

### Corresponding Secretary

Sue Brown, MSN, RNC, CRRN, CCM  
516 SW 72<sup>nd</sup> Avenue  
North Lauderdale, FL 33068  
(c) 954-829-6185  
(h) 954-721-9620  
[suebrown@att.net](mailto:suebrown@att.net)

### Treasurer

Lois Hohl, RN, CRRN  
(h) 941-378-2606  
(w) 941-917-6282  
[Hohl1@aol.com](mailto:Hohl1@aol.com)

### Nominating Chair

Barbara Martelli, RN, CRRN  
(w) 954-742-7999  
(c) 954-258-9370  
[Barbara.Martelli@Healthsouth.com](mailto:Barbara.Martelli@Healthsouth.com)

### Past President

Ina Fletcher, ARNP, MSN, CRRN, RNC  
2836 NE 33<sup>rd</sup> Street, Lighthouse Point, FL 33064  
(c) 954-649-4243  
(f) 954-946-4243  
[inafletcher@comcast.net](mailto:inafletcher@comcast.net)

[www.fsarn.org](http://www.fsarn.org)

# Healthcare Reform Update

Ina Fletcher, ARNP, MSN, CRRN, RNC

On 03/23/10, President Obama signed the healthcare reform bill (HR 3590) into law becoming public law 111-148. This was quickly followed by a “fixes” bill (HR 4872) signed by the President on 03/30/10. The new law is over 2400 pages and will take eight years to fully implement. The 2010 mandates are predominantly directed towards establishing governing agencies and insurance company reforms. Some of the commonly talked about changes are the increase in age of coverage for dependent children to age 26, prohibiting exclusion of children (to age 19) with pre-existing conditions, prohibiting of lifetime and annual coverage limits, and prohibiting of rescission of coverage except in the case of fraud. Additional changes include the development of a temporary national high-risk pool for individuals with pre-existing medical conditions, tax credits for small businesses to offer insurance coverage and for those who enjoy the indoor tanning services, a 10% excise tax is imposed.

The individual mandate for health insurance coverage will not take effect until 2014. This mandate will carry a financial penalty for those who decide to not carry health coverage. This fine will be a minimum of \$695/year (individual) and \$2085/year (family) or 2.5% of the household income whichever is higher. In the beginning of 2013, higher Medicare tax withholding for high-income taxpayers (\$200,00 for individual and \$250,000 for married) and will also be imposed on investment income. Your HRA/FSA/HAS are not safe either. Start rethinking your amount of contribution, as OTC’s not prescribed are excluded from reimbursement.

It is unknown the actual scope and depth of the impact of the new law, but it will change our individual healthcare practice, healthcare resources, and financial status. Federal spending has outpaced income and many cuts will be felt throughout the healthcare and medical communities. Rehabilitation nurses programs will certainly be cut without your input and support. One of the ways that we can impact and secure stability within our profession is to advocate through ARN, our professional organization. ARN sends alerts to let you know what is on the website. Take the time to look at them and send your support. You can also go to the ARN website ([www.rehabnurse.org](http://www.rehabnurse.org)) and click on the Health Policy & Advocacy icon. Click the *Action Support* button to find the issues needing your support. It is very simple to show your support on important legislation to insure that rehabilitation programs and nursing are federally funded. Currently there are two issues that need support from you. The appropriations process that will determine the federal funding amounts for the nursing workforce development programs and rehabilitation research has begun for FY2011. Senators Barbara Mikulski (D-Maryland) and Olympia Snowe (R-Maine) are circulating a “Dear Colleague” letter

to their fellow Senators urging support for \$267.3 million in Fiscal Year (FY) 2011 funding for federal nursing workforce development programs. You can show your support of the “Dear Colleague” letter and also of the actual bill. Do advise your congressman/woman to act favorably on the LHHS Appropriations for Nursing Workforce Development and Research to deal with the nursing shortage and rehabilitation research funding.



BARN Conference Health Care Reform Panel Presentation  
l to r: Ina Fletcher, Linda Quick, Dr. Palamara, Lisa Pervin



Above - FSARN Board of Directors Back row - Barbara Martelli, Marie Poole, Kevin Glennon, Italia Lee-Bright, Denyce Bensen, Ina Fletcher, Lois Hohl Middle row - Kathy Sobczak, Sue Brown, Sue Sharman, Karen Dimick Front - Linda Bertino

Below - FSARN 2010 Executive Board of Directors Left to right - Barbara Martelli, Kevin Glennon, Sue Sharman, Lois Hohl, Karen Dimick, Ina Fletcher



# Discharge Planning vs. Reality

Jane E. Grieger, RN, CRRN, CDMS, CCM, MSCC

Recently I had the privilege of volunteering to assist an earthquake survivor from Haiti through the “medical maze” of our health care system. Since I was acting in a voluntary capacity, I was amazed that the medical community (including fellow hospital/insurance case managers) did not want to acknowledge my participation. So, I proceeded to communicate with the individual’s sister-in-law and teach her how to be a “patient advocate”.

My “new” friend, we’ll call her Susan, was airlifted from Haiti to Guantanamo Bay, stabilized and then airlifted to Broward County for treatment. She was diagnosed with three compression fractures in her low back, rib fractures, head and multiple other contusions. Luckily she did not require surgery but initially had neurological trauma which resolved in time.

I met Susan on the rehabilitation unit of a local hospital shortly after admission. Since she was unable to comprehend the extent of what she was going through, I helped her through her sister-in-law, we’ll call her Ellen. Of course, I was ready to become an unofficial part of the rehab team but we both quickly learned that we were not welcome. So, I proceeded to educate Ellen on being an informed patient advocate for Susan. After all, Susan was in a totally new environment having lived/worked in Haiti (originally from Pennsylvania) for nearly 23 years. Luckily she had good health insurance, or so she thought.

The rehabilitation process started with occupational and physical therapy and was very difficult. Susan had trouble processing information and became frustrated when she was given several tasks to perform at a time. This set her up to fail,

as her brain couldn’t comprehend anything beyond the first task. Additionally, she was in pain, physically weak and suffering from PTSD.

Since Susan was not showing progress in her overall rehabilitation, the insurance case manager felt Susan had plateaued and recommended discharge home. This decision was made without discussion with Susan and Ellen! Furthermore, Susan had no home and knew nobody in Broward county. Luckily, her physician spoke up and recommended one more week of inpatient rehabilitation. However, the psychological damage was extensive with Susan feeling that her insurance company was denying her the treatment she needed to get better.

A temporary home was found for Susan and appropriate plans for discharge with home health care was initiated. The medical follow-up included recommendations for Susan to see her “family physician” in one week for medications (pain medications, etc.) and the neurosurgeon in two weeks to follow up with the TLSO and status of compression fractures. Well.....she had no “family physician”, the physician following her in the hospital did not see patients outside the hospital and the neurosurgeon’s office did not want to see her for two months! **Remember, we have a traumatized earthquake victim who is new to the area.**

I am compelled to share this story with all of you to show that case managers in the insurance companies and facilities need to consider the reality of their decisions when planning discharges for each patient. It may look good on paper but the individual and their family has to be included in the process. This was more than evident in my “new” friend’s case and could have turned out tragically had she not had her patient advocate and me working behind the scene for her.

## Florida State Association of Rehabilitation Nurses Newsletter Advertising

The FSARN Newsletter is currently published three times yearly: March, July and November.

It is distributed to members and rehabilitation professionals throughout the state. The newsletter and association is a not-for-profit organization with the purpose of providing educational information, professional events, updates and resource information. The closing date for submitting articles, advertisements and other professional information is the 1st day of February, June and October.

Rates: Computer Generated (Quark Xpress), High Res Adobe PDF, or MS Word (text only) advertisements only  
Business Card Size (2x3) - \$35/issue  
Quarter Page (4x5) - \$80/issue Half Page (5x6.75) - \$135/issue  
All prices listed are for inside pages only.

Ad acceptance is subject to the discretion of the Board

For more information, please contact:  
Sue Brown, FSARN Newsletter Editor  
516 SW 72<sup>nd</sup> Avenue, North Lauderdale, FL 33068  
Phone: (954) 829-6185 E-mail: sueebrown@att.net

Board members maintain throughout the year a process of disseminating new information and decision-making via telecommunications.

## MARK YOUR CALENDAR

May 4 -6, 2011

FSARN Educational  
Conference

Regal Sun Resort,  
Orlando Florida

Walking Distance to  
Downtown Disney

See You There!

# Region III Update and more

Lisa Pervin, PhD, RN, CRRN Region III Director

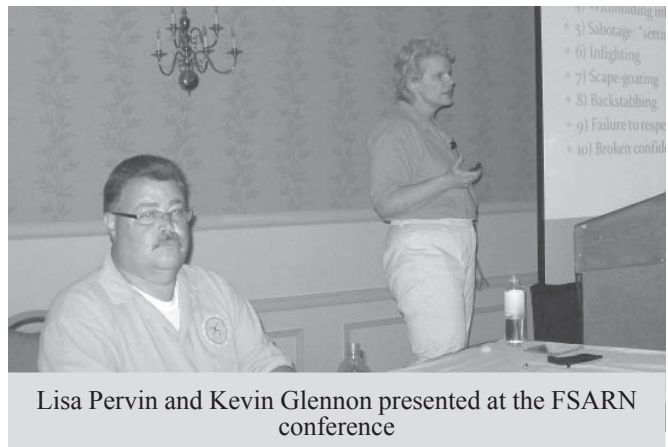
What more needs to be said, “If you weren’t there, you missed it!” We had a really great Region III Conference in May at the Regal Sun Resort in Orlando. FSARN hosted this year’s conference and with the help of the other chapters, a fantastic conference was had. Applause all the way around is certainly deserved for everyone involved!

I just wanted to summarize some updates from ARN and let everyone know what the possibilities are for the future of Region III...

- The biggest change this last year is the Board Structure
  - No longer regional
  - Skill/leadership based
  - Three year term instead of two nonrenewable unless wait a year to run again
  - Six board members instead of eight
  - The creation of the Chapter Support Committee
- The 2010 ARN Conference is in Orlando at the Rosen Resort September 30-October 1 “The Art, Science and Magic of Rehabilitation Nursing”. The brochures are just out and members need to consider applying for scholarships for this conference.
- Healthcare Policy Updates
  - ARN calls on Congress to support:
    - < Funding for the nation’s nursing workforce to safeguard public health
    - < Funding of research for rehabilitation and nursing
    - < Continued funding of the Traumatic Brain Injury Act
    - < The authorization and funding of the Prosthetics and Orthotics Parity Act.
  - Details can be found on the ARN website at [www.rehabnurse.org](http://www.rehabnurse.org)
  - We had our Board Meeting in DC May 12-14 and I was fortunate enough to be able to visit Capitol Hill and talk with our senators and representatives from Florida requesting their support for the above listed issues...it was exciting and a great opportunity to be able to be part of making a difference.
- The future of Region III
  - It is in your hands...all the hands that make up Region III. Just because there has been a change in the leadership structure at ARN does not dilute in any way the relationships this region has shared for many years.
  - It is certainly my hope that it continues as it has or even grows and flourishes. Keeping the newsletter will be up to all of you and it has been discussed that our Chapter Support Liaison can facilitate that. Many of you have supported the newsletter and have stated that it was the one piece of communication that helped you to stay in touch and informed.
- The 2012 Region III Conference
  - South Carolina has agreed to host the next Region III Conference in Greenville, SC. They are currently looking at some dates and hotels...it is sure to be another great conference.

## 2011 FSARN Educational Conference

The conference committee has already started planning for the 2011 FSARN Educational Conference. The conference will be held May 4-6, Wednesday evening through Friday at the Regal Sun Resort, Orlando, FL. We are at the same location, on Disney property. The hotel has a great pool area and Downtown Disney is in walking distance. The restaurants and shops are not to be missed out on! We are planning a wide variety of clinical topics with dynamic speakers on spinal cord injury, orthopedics and stroke, to name a few. A mandatory CE will be provided on Wednesday. The response to the posters was terrific so we will again be offering the poster presentations. We must have at least ten posters in order to offer the CE. This is a wonderful opportunity for you to show your hard work. Vendor opportunities are available for those who would like to showcase their company. Information will be provided on the website [www.fsarn.org](http://www.fsarn.org) as it becomes available. For more conference information, contact Sue Sharman at 954-714-3333 or: [ssharmanflorida@gmail.com](mailto:ssharmanflorida@gmail.com) or Ina Fletcher at 954-649-4243 or: [ina.fletcher@comcast.net](mailto:ina.fletcher@comcast.net). Vendors can contact Kevin Glennon at: [ktgrnnewtms@yahoo.com](mailto:ktgrnnewtms@yahoo.com).



Lisa Pervin and Kevin Glennon presented at the FSARN conference

**Our Sympathy goes out to Viki Solomon for the recent death of her Father.**



## New Horizons Service Dogs - “Opening Doors to Independence”

by Sally D. Chester, MS, RN and Megan Cloudman

New Horizons Service Dogs breeds, raises, trains, and places service dogs with individuals who have physical disabilities. The organization was founded in 1995 by Janet Severt whom is a quadriplegic and has dedicated her life to helping others with disabilities. Janet established New Horizons Service Dogs due to lack of available service dogs for Floridians and extensive waiting list for existing dogs.

New Horizons Service Dogs has served over 200 clients in the state of Florida. The majority are people with disabilities such as brain or spinal cord injuries, cerebral palsy, muscular dystrophy, multiple sclerosis and other diseases that result in severely limited mobility. NHSD service dogs have been placed with children and adults with autism, and veterans with post traumatic stress disorder to provide emotional and social support. New Horizons Service Dogs also places “facility dogs” across the state of Florida which are used in daily rehabilitation process of the facility’s patients.

Currently it costs over \$20,000 to raise and train a service dog to the point it can be placed with a client. Through private fundraising efforts New Horizons is able to place service dogs at no cost to the recipient and provide lifetime follow up for the individual and dog.

Service dogs provide the client many new levels of independence, through the tasks that the dog is able to provide. It is incredibly liberating for a client to be able to open a door or pick up an object from the floor without having to ask another individual for help. Service dogs are trained to do a wide variety of skills which include - pulling a wheel chair, retrieving objects, opening and closing doors, turning on and off lights, getting a phone in an emergency, bracing so a client can stand back up, and providing unconditional love. Many times clients will comment that their dog provides them with the confidence they need to meet new people or accomplish a new task. A service



dog also makes a client in a wheel chair more approachable for strangers; the dog becomes a great ice breaker in making friends.

Prior to receiving a service dog it is crucial that a client with a new injury has reached maximum functional potential. It is then shown that when they receive a service dog the dog then enhances the client’s life and is a true asset to everyday living. Clients whom are born with a disability often find that a service dog helps them reach new levels of independence not only for themselves, but also family members.

The goal of New Horizons Service Dogs is to foster relationships between service dogs and Florida residents with disabilities for a lifetime of unconditional love, mobility, and independence.

For more information on New Horizons Service Dogs or to have a staff person present to your organization contact the office at 386-456-0408 or visit us at: [www.NewHorizonsServiceDogs.org](http://www.NewHorizonsServiceDogs.org)

## “Gator – A partner and friend”

Linda Bertino, RN, MSN

I was diagnosed with systemic lupus in 1984 and became disabled due to severe joint pain and fatigue. I then sustained an incomplete SCI in August 1994 and a reinjury in April 2002. I was familiar with service animals and knew the benefits. I was on a waiting list with an organization that used rescue dogs for 10 years before they went out of business. The thought of starting the application process over again and waiting 3 – 5 years for a dog was depressing. However, I knew the benefits, so started my search for an organization close to home. That organization was New Horizon Service Dogs in Orange City, Florida. My application was submitted in April, my interview was September and by November 2003, Gator became my first service dog

Gator and I became a great team and we worked together as partners. It didn’t take long for him to learn my needs. Sometimes I think he knew me better than I knew myself. He learned many tasks to make my life easier. I also found myself more secure when away from home and in new situations. Gator taught me the benefits of a service dog, which exceeded my expectations. He also showed me unconditional love and a better quality of life!



Linda Bertino and Gator ▶

# District Updates

## Broward (BARN)

BARN has 72 members, 41 tri-level and 31 Nonvoting members. Our meetings are held on the third Tuesday of every month at different locations around Broward county. Our Summer Social will be Held in August and is a non-educational event for networking and getting together with our membership. The event location will be announced, check our website for additional details; [www.browardnurses.com](http://www.browardnurses.com).

Renee Rosomoff, one of the founding members of ARN has announced her "official retirement". Renee has worked in the area of Rehabilitation and Pain Management during her professional career and pioneered many of the clinical models in place in today's settings. Renee has dedicated countless hours to Rehabilitation Nurses over the years and her passion for the field and vision allowed her to participate in the initiation and formation of the Association of Rehabilitation Nurses. She has been active in our organization on a local level, and we have been fortunate to have her participate and share her experiences with our District. In recognition of Renee Rosomoff's dedication to our Professional Organization, BARN has voted to make Renee an Honorary Lifetime Member of BARN. Although Renee is retiring, we hope she will continue to participate in our organization for years to come.

## Central Florida (CFARN)

Currently we have 10 Tri-level members and 33 Associate members. Meetings are held on the third Friday of each month 7:30-9:00am at Total Medical Solutions in Sanford. Average number of attendees is 16-18. A \$1000.00 scholarship was awarded to Sue Baker RN student at SSC. The June meeting was hosted by Mid Florida Medical and Dr. Diaz spoke on Understanding Electrophysiology. The July 16<sup>th</sup> meeting will be hosted by MTI. The August 20<sup>th</sup> meeting will be hosted by Ben Newman. The Sept 17<sup>th</sup> meeting will be hosted by Ability.

## North East (NEFARN)

A CRRN Tea was held on March 19<sup>th</sup> to recognize CRRNs in the Northeast Florida district. It was held on March 19<sup>th</sup> which is designated as "Certified Nurses Day". CRRNs were presented a certificate, a CRRN token and a rose. We served light refreshments and shared fellowship. Our district has over

## Call for FSARN Nominations

FSARN is seeking nominations for the 2011-2013 executive board. The positions are for President-elect, Recording Secretary, Corresponding Secretary, Treasurer and Nominating Chair. No prior experience is necessary, just someone dedicated to the organization and the cause of rehabilitation nursing. Candidates must be a current ARN and FSARN member.

Please contact Barbara Martelli, Nominating Chair, at the following: [Barbara.Martelli@Healthsouth.com](mailto:Barbara.Martelli@Healthsouth.com) or call at (954) 742-7999 to submit your name or someone else's name that you think may be interested in participating at the state level. All nominations are due by December 1, 2010.

90 CRRNs and we had about 45 RSVP for the event. The event also generated several new memberships.

The educational conference, "Aging is *NOT* a Dirty Word" is being rescheduled to 2011, due to the conflict with Region 3/FSARN & ARN conferences held in Orlando this year. Watch the newsletter for the new date.

Monthly meetings on the 4<sup>th</sup> Monday continue to be well attended. We are still in the process of finding a regular meeting place. Plans for another wheelchair clinic being considered.

## Tallahassee (TARN)

The TARN nominee for the 2010 Nurse Excellence Award was Patsy Hammitt. TARN attended the 21st Annual Nurse Excellence Award Dinner that was sponsored in Tallahassee by the Capital Regional Medical Center. Susan Redmon had the pleasure and privilege of introducing Patsy as our current Treasurer (for over the last 4 years), a previous TARN President, a loving wife, mother, and very hard-working employee of Intracorp. We enjoyed the evening together and were very pleased we were able to recognize Patsy in this way.

The next TARN quarterly meeting will take place on June 8 at the Longhorn Steak House in Tallahassee and is sponsored by DeWayne Griffis of One Call. Steve Allen, P.T. with Regional Therapy is providing an educational presentation about shoulders.

## West Coast (WCARN)

WCARN continues to meet every second Tuesday of the month at 5:30pm. We are alternating meeting sites between Hillsborough County and Pinellas County to provide a convenient place for rehab nurses in the area to attend our meetings. Meeting reminders are sent via email. The WCARN meetings provide networking opportunities, evidence based education and support for rehabilitation nurses. If you are interested in attending one of our educational and enjoyable meetings and want to be added to our email list, please contact Dawn Etman at: [detman@mail.uch.org](mailto:detman@mail.uch.org)

## Press Release

The 2nd edition of the text entitled Pediatric Life Care Planning and Case Management edited by Susan Riddick-Grisham and Laura Deming will be published by CRC Press later this year. One of the chapters, written from the perspective of a parent whose adult son Noah has been challenged by life-long health problems as well as severe developmental and physical disabilities, is by Susan Redmon, the TARN President. The chapters of this book give a wealth of information that is vital for those working with children and adolescents who have complex health and disability challenges especially because that population is now living well into adulthood and even old age. While medical treatments, medications, surgical procedures, and durable medical equipment have advanced by leaps and bounds to ensure a longer life for this population, they and their families face barriers in the environment, the schools, the workplace, and the community. The information and resources in this text will go a long way in helping professionals who work with this pediatric population, and their families, identify goals and the means by which they can reach successful outcomes.

# FSARN Advisory Board

Ruthie Below, MHS, ORT/LM/CHT  
UF Orthopedic Clinic  
At Hampton Oaks  
200 SW 62<sup>nd</sup> Blvd  
Gainesville, FL 32607  
352-265-0221

Linda Hennig, PhD  
UCF School of Nursing  
P.O. Box 162210  
Orlando, FL 32816-2210  
407-823-5848

Oregon Hunter, MD  
1648 SE 3<sup>rd</sup> Ave  
Ocala, FL 33471  
352-732-3110

Sue Novak, RN  
116 Huntin Tower Drive  
Grovetown, GA 30813  
706-651-3510  
suenovak@aol.com

Renee Steele Rosomoff  
MBA, RN, CRC, CDMS, CRRN  
University of Miami Comprehensive  
Pain and Rehab Center  
South Shore Hospital  
600 Alton Rd  
Miami, FL 33139  
305-532-7246

Susan M. Scribner  
Scribner and Associates  
3939 Virginia Rd., #210  
Long Beach, CA 90807  
562-490-2555

## District Contact Information

**Broward:**  
karyn1123@aol.com  
**Central Florida:**  
Jennifer.David@Gentiva.com  
**Dade:** annle@BaptistHealth.net  
**North East:** rainbeaus@msn.com  
**Palm Coast:** gatorkak@aol.com  
**South West:** gaylefoxrn@embarqmail.com  
**Sun Coast:** marpoo9@netscape.com  
**Tallahassee:** redmon@tds.net  
**Volusia-Flagler:**  
marianne.marzinko@halifax.org  
patrick.meehan@fhmd.org  
**West Coast:** Dawnetman@mailuch.org

## Bylaws Report

Linda Bertino, RN, MSN

Bylaws Chair

The proposed bylaw changes were approved unanimously by the members in attendance at the FSARN Annual Meeting on May 7, 2010, in Orlando, Florida. The changes included electronic means for communication with the membership. In addition, we added specific guidelines for FSARN districts. The new bylaws are available on the FSARN web site.

## Scholarship

Barbara Martelli, RN, CRRN

Scholarship Chair

FSARN awarded 6 scholarships for the Region III conference in May 2010 to the following: Helen Cole, Kerry Nowroozi, Jean Kurkowski, Candice Janes, Christine McCulloch, and Diana Allen. Two scholarships were awarded for the 2009 ARN National Conference to Kerry Nowroozi and Margaret Riccardi.

All applications for the 2010 ARN National Conference being held in Orlando, Florida September 29<sup>th</sup> through October 2<sup>nd</sup> are due to scholarship chair, Barbara Martelli, by July 5, 2010. All recipients must be current ARN members and your ARN number and date of expiration must be indicated on the application form. Applications can be located on the FSARN website [www.fsarn.org](http://www.fsarn.org) under the scholarship link on the left side of the page. Scholarship recipients will be notified by the end of July and checks will be distributed at the conference. For any questions regarding scholarships you can send email to [Barbara.Martelli@healthsouth.com](mailto:Barbara.Martelli@healthsouth.com) or call Barbara at (954) 742-7999.

## Membership Report

Linda Bertino, RN, MSN

Membership Chair

Our chapter over the past several years has gone from over 500 members to less than 275. We have 13 districts located throughout the state and only 5 currently active (Broward, Central, Northeast, Tallahassee & West Coast).

	Oct '09	Dec '09	Jan '10	May '10	6 mos %	May '09	Annual %
ARN	371	392	401	419	11.5%	338	19%
Tri-level	279	285	295	311	10.25%		
Prospective	92	107	106	108	15%		

FSARN is now making Constant Contact available to the districts for mass Email. Just contact membership chair to coordinate. In addition, districts may request the ARN Membership list from the membership chair. The ARN list will include ARN members from their district only. An updated list of counties/cities and zip codes for active districts has been completed. The board is also looking at the reduction in active districts. The major reason for the decrease is related to the lack of people willing to accept the commitment. If anyone has any ideas on how to increase district participation or other alternatives, please let me know prior to August 5<sup>th</sup>, so I can present ideas at the next board meeting.

I appreciate all your support and encourage you to continue to promote membership. My challenge to you is to see if we can exceed 500 members by 2012!

**Condolences to Kathleen Sobczak whose  
Mother-in-Law and Father-in-Law both  
recently passed away.**



**Florida State Association of Rehabilitation Nurses**  
C/O Sue Brown  
516 SW 72nd Avenue  
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