



OUTLOOK

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PRESIDENT'S MESSAGE

What a wonderful and busy fall it has been. I attended the Conference of Leaders in Tampa, Florida representing CSAOHN. For being all the way across the country, we had a good representation (see photo). The topics were great and I believe everyone enjoyed themselves despite the humid weather.

A big congratulation to our conference committee (Gail King, Chair; Julie Rochefort; Pam Harbor-Cannon; Patti Rossman; Karen Wells and Mary Jane Gaffney-Terry) for putting together a very successful conference. San Francisco cooperated well with great weather and of course, good food! All the speakers were excellent. Our keynote speaker, Dr. Luanne Freer, who spoke about the base camp at Mt. Everest, was extremely interesting and dynamic and set the mood for the conference.

2005 has been a year of changes and challenges. We have completely revamped our web site and hope to see continuing development and advancement of this. We have elected our first "President-Elect" and hope this will assist us in smooth transition of leadership in the future. There are many areas that still hang precariously as decisions are made on how to manage them. One, of course, is our annual conference. We polled those attending the conference to see if we can obtain ideas of how CSAOHN should continue with their educational offering and will be extending that survey to all of those members who are on our distribution

list. Please look for it and answer it quickly.

I would like to congratulate all the newly elected officers and Board members. I am looking forward to working with them all. Here is wishing the best of holiday season and a happy New Year's to each and every one of you. Remember you don't need to be an elected Board member to volunteer—just call me if you would like to assist us.

Monika

CALIFORNIA HARBOR AREA HAS THE HOLIDAY SPIRIT

California Harbor Area, CHAAOHN, members opened their hearts and wallets to help support the homeless and working poor locally.

This year we adopted 8 families through the Harbor Interfaith Services in San Pedro, Ca.. Harbor Interfaith's mission is to provide emergency shelter, food, job placement, advocacy, and transitional housing to needy families.

Our members committed to purchase gifts for the 19 people in these 8 families. We know this will bring smiles and happiness to those less fortunate. After receiving their "wish list" we were busy little shoppers.

The finale to this effort will be a gift wrapping party at one of our members home, with a delightful Christmas buffet, singing, lots of laughs, good fellowship and of course a taste of the grapes.

I am grateful to all of our members and their caring spirit.

Julie Rocheport, CHAAOHN President

CSAOHN Annual Conference

After a year's worth of planning I can't believe the Conference has come and gone, but the wonderful memories of another successful conference linger on. I don't know how many of us left our hearts in San Francisco, but I do know a good time was had by all.

We enjoyed an informative and interactive Pre-Conference class regarding updates on the worker's compensation legislation and the California state developing Medical Provider Network. That in itself was a great beginning, but then our keynote speaker, Dr. Luanne Freer, who began her career as a nurse first, and is now a Medcor physician who runs the Medical Clinics at both Yellowstone National Park and at base camp of Mt. Everest, really kicked off the conference with an incredible presentation of Occupational Health in the Wilderness. Wow...talk about learning how to improvise! While I wasn't able to attend the evening event, I understand the setting was just breathtaking being high atop the city with a gorgeous view, the food delectable and the presentation captivating.

Some of the overall comments were:

- Great Conference! Great speakers, nice environment and good opportunities for networking. Cable car trolley with cityscape was a great touch. Disaster preparedness awesome.
- Level of content and quality of speakers are at a higher mark than previously. I think the conference would be useful and appeal and inspire new nurses!
- Excellent conference! Well organized, syllabus great, loved the lunches!
- Topics reflected the diverse practices of Occupational Health
- When are we going to have a cruise conference?

Heartfelt Thank you's are certainly in order for everyone who participated in the planning of this conference. Kudos to:

- Julie Rochefort who did an awesome job planning our educational program and creating the syllabus
- Patti Rossman who has developed a great rapport with our vendors & increased their participation this year
- Pam Harbor-Cannon who, as always, keeps us financially well organized & handled the registration and THE MONEY!
- Karen Wells, who handled the ever changing (and crazy making) hotel arrangements,
- Monika Fischer, who kept us going in the right direction and provided great backup for me
- To each of our wonderfully supportive Vendors
- To ExxonMobil, Medcor, Warner Bros. and the City of Glendale for the in-kind services provided
- To spouses, friends and colleagues who supported all of us through this adventure!
- And certainly last but not least, each of you as an attendee for without you we wouldn't have had a conference!

One last note, CSAOHN will be providing each chapter with a copy of Dr. Freer's presentation in both DVD and VHS formats. This presentation can be utilized for a CE offering at a chapter meeting, following that particular chapters procedures for obtaining and giving CE credit. This will be sent out to the chapters in January.

Wishing everyone a very Blessed Holiday Season!

Warmest Regards,
Gail King
CSAOHN Conference Chair

AND THE WINNERS ARE...!

Congratulations to the 2005 CSAOHN Award winners!

- Donna Workman-Malcolm, Medique Unique Leadership Award, \$300 + Plaque, Presented by Bruce Shaw (Manager Special Projects)
- Pamela Foreman, Edwards-Dave Mathews Scholarship Award, \$200 + Plaque, Presented by Jim Mathers (Western Regional Manager)
- Pamela Foreman, Sara Jenks Scholarship Award, \$500
- Barbara Burgel, Joyce Simonowitz Scholarship Award, \$500
- Dawn Stone, Annette B. Haag Leadership Award, \$250 for COL
- Carla Bentley, Annette B. Haag Leadership Award, \$250 for COL
- Sandra Mortel, President's Award, \$150
- Pamela Habor-Cannon, President's Award, \$150

You too could be a winner next year, remember some awards can be used to attend conferences as well formal continuing education. If you are like many of us and no longer have corporate support for conferences, you can apply for an award to help you attend. **Apply any time between now and the September 1, 2006 deadlines!**

"ATTENTION UNCHAPTERED MEMBERS"

CSAOHN realizes that we have a good number of unchaptered members. Therefore, we are your chapter and would like to be sure we serve you in the best way possible. Please contact me with any ideas or suggestions on ways we might serve you better. I can be contacted at mfischer@ci.glendale.ca.us or 818-548-6488.

WORKPLACE PREPAREDNESS FOR INFLUENZA PANDEMIC

Image the effects on your business if a cumulative 25-30 % of your workforce is unable to work for 3-4 months due to either their own illness or needing to be home caring for a family member or due to school closures. Are you prepared to respond to questions from employees and management about what can be done to prevent the spread of the illness or to minimize the effects of influenza on the workers? No one is certain when the next influenza Pandemic will occur, but signs are present that it could occur anytime within the next five years.

According to the Trust for America's Health, California could face 28,000 deaths and 127,000 people hospitalized in the first wave of Avian Flu hitting the United States. Area public health officials have described a worst-case influenza pandemic what will continue for two years in successive waves of outbreak. An article in the New England Journal of Medicine has stated that recent outbreaks in Kazakstan, Mongolia, and Russia indicate that more human populations are at risk. While work is being done to monitor these outbreaks and vaccine development is underway, we are currently seeing a pandemic alert period that precedes a pandemic, which is the increased and sustained transmission of influenza in the general population.

Strategies to utilize in your workplace:

- Provide information to employees on a regular basis on how to prevent infection.
- Provide on-site flu vaccine clinics.
- Purchase alcohol-based hand gel in stock to provide employees.
- Consider the use of hepa air filters for rooms where groups gather and public areas.

For additional information contact: Center for Disease Control and Prevention
<http://www.cdc.gov/flu/avian/gen-info/pandemics.htm>