

FALL/WINTER 2022 | ISSUE 9



# COMMUNITY NEWSLETTER

The newsletter of the Black Nurses Rock Foundation



# Inspiring, Empowering, Innovating

At our conferences, in  
partnership with AHA, and in  
our communities

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# BNRF Partners with AHA to



Black Nurses Rock has partnered with the American Heart Association for the National Hypertension Control Initiative, a person-centered, federally funded initiative whose mission is to improve hypertension control in communities across the US with a particular focus on populations disproportionately impacted by hypertension through broad-scale, multi-sector, culturally sensitive, and diverse evidence-based interventions, including Self Measured Blood Pressure Monitoring.

This initiative brings together three essential resources for maintaining healthy blood pressure: education, regular monitoring, and access to care resources. As one of six Inaugural Community-Based Organizations, BNRF will play a key role in sharing those resources with the community. Read on to learn more!

**Education:** NHCI has provided four health lessons that cover the essentials of blood pressure control. BNRF will share these lessons with the community through outreach events, presenting the video lessons or teaching the lesson content.

**Self-Monitoring:** NHCI has partnered with Canary Telehealth to provide a self-monitoring blood pressure program. Canary Telehealth will register participants into their self-monitoring program and provide a BP device. BNRF will play a key role in this program by hosting events to enroll community members into the self-monitoring program and teaching them how to use the self-monitoring device.

**Access to Care:** American Heart Association (AHA) and Unite Us have been working closely together to build a coordinated care network of health and social care providers that augment the work of local community-based organizations (CBOs) and community health centers (CHCs). Partners in the network are connected through a shared technology platform, Unite Us, which enables them to send and receive electronic referrals, address people's social care needs, and improve health across communities.

Through the network, partners can:

- Easily refer and connect your clients to the local services they need.
- Improve your clients' health and well-being through strengthened collaboration with partners offering a wide array of services.
- Improve organizational capacity through accurate referrals and access to a wealth of data on local service delivery.
- Track the outcomes of all referrals and services delivered for your clients.
- Identify gaps in services to proactively address barriers to care and increase health equity in your community.



This project is supported by cooperative agreements (CPIMP211227 and CPIMP211228) with the Office of Minority Health (OMH) of the U.S. Department of Health and Human Services (HHS), as part of a financial assistance award totaling \$14.6 million in partnership with the Health Resources and Services Administration (HRSA). The contents do not necessarily represent the official views of, nor an endorsement by OMH/OASH/HHS or the U.S. Government. For more information, please visit <https://www.minorityhealth.hhs.gov/>

# BNRF 2022 Leadership Conference

Day 1 of the 2022 Black Nurses Rock Foundation Leadership Conference certainly didn't disappoint! We came face to face with "Compassion Fatigue" as presented by Ellen Volk McKinnon with Daiiche Sankyo Pharmaceuticals. The lecture opened the door for the empowering session that followed, which was "Learning To Lead Through The Pandemic" with Dr Margo Jah, noted Psychotherapist. This discussion allowed us to empty our souls. Many of us gave relative discussions on how the pandemic and Covid patients changed our lives forever. The emotional session was filled with tears as we verbalized our innermost feelings with a tool on how to decrease systemic trauma to become the best nurse possible.

Day 2 of our 2022 BNRF Leadership Conference: after a delicious New Orleans style continental breakfast BNRF President, Dr. Bruce Walker, introduced VITAS, who gave an informational educational lecture on "Becoming A Great Leader In Healthcare In A New Nursing Era." Ms. Diane Deese, VITAS Corp Vice President of Community Affairs, along with Dr. David Blake, VITAS Associate Medical Director in Atlanta, and Dr Kristopher Halsey, VITAS Bereavement Manager in Philadelphia, shared what it entails to become a successful, effective leaders in our careers. Effective successful leaders, "Strive to build better leaders and foster a community of success oriented students /persons that have a desire to make a positive impact." With the knowledge presented, it's hard to return to our jobs and not be eager to own our path in leadership.



After lunch we returned to address Financial Literacy with World System Builders. Pamela Nguyen and her staff, all former or current RNs, provided us with education on financial literacy and what it entails to "Build A Strong Financial Foundation."

Day 2 of our 2022 Black Nurses Rock Foundation Leadership Conference ended with a 2 hr dinner cruise. We boarded the Creole Queen for a beautiful ride up the Mississippi River. Attendees enjoyed a Cajun meal with an opportunity to view the New Orleans skyline at night.

Day 3 of our 2022 Black Nurses Rock Foundation Leadership Conference started with breakfast with BNRF Sponsor Vertex and continued with an onboarding informational and training session on the National Hypertension Control Initiative. Read more about NHCI on page 2! Day 3 continued with BNRF Leadership Jeopardy sponsored by VITAS, an exciting recap of the conference events and BNRF trivia!





To wrap up the day, BNRf held its legendary Gala event. The Black and White BNRf National Awards Gala was enjoyed by everyone! Special thanks to the following: DJ Gravy who kept the dance floor lit, eyedbyJOE Photography who captured the great moments, and beautybeatzbyLatty, our makeup artist! With leading into this new era of nursing after a national pandemic that shut down the country, we experienced a renewed passion for our purpose of improving healthcare disparities with our focus on a vision that aligns with the organization's mission.

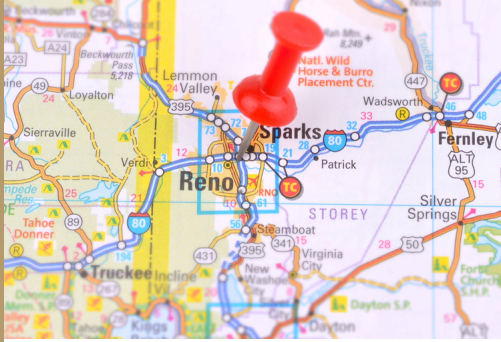
VITAS Healthcare led us into the awards ceremony as they presented the gold, silver, and bronze medals to all Jeopardy teams from the post-test event held earlier in the day. They also presented leadership cords to each conference attendee for successful completion of the conference. The grand award was having the Daisy Foundation recognize Black Nurses Rock Foundation. BNRf conference attendees were awarded Health Equity Awards for the work done to promote health equity to all within the communities we serve. We say "Thank You!" to the Daisy Foundation for this prestigious honor. Our Black Nurses Rock Delaware Chapter received the Daisy Foundation 2022 Community Service Award. In the history of the Daisy Foundation, this is the 2nd year, they have recognized an organization for community service! What an honor to have Black Nurses Rock Delaware Chapter recognized for all the work done to improve healthcare disparities! The award was presented to the Chapter President, Dr Nishelle Hines and Chapter member Christina Saez, BSN, RN.

As Dr Bruce Walker continues to serve as National President, he and the National Board recognize and appreciate the hard work done by each chapter as we inspire innovative nurse leaders in the communities we serve. Dr. Walker closed out the conference Sunday morning with a New Orleans style beignet breakfast.

On behalf of Dr. Walker and the National Board, we thank each conference attendee for making our 1st face to face Leadership Conference since 2019 a blessed, successful, and rewarding experience! The education and teachings changed our view on Nursing Leadership in this new era of nursing and our role to promote innovative nurse leaders in this ever changing profession. Blessings and "Thank You" to every event sponsor and/or vendor as this wouldn't have been possible without your support! We can't wait to see you at our next Convention in Reno! Read on to learn more!







# Are you Ready for Reno 2023?

**Join us March 2-5 for the next BNRF Annual Convention!**  
**[Click here to Register!](#)**

BNRF is thrilled to formally invite you to attend the 2023 BNRF Annual Convention in Reno, NV March 2nd - 5th!

We are excited to continue to share the work BNRF does in the community, educational sessions, opportunities to present your expertise, opportunities to exhibit your side hustle, a bustling exhibit hall, a Gala for the record books, and more!

Join us as we gather to discuss issues that matter to our community. The explosive forum will inspire you to push towards your dreams. Events planned for you include:

- Announcement of the new Black Nurses Rock Chapters
- Meet and Greet with your national Board of Directors
- Meet many of the people behind the inspirational stories you have read about on social media
- Educational Sessions covering health disparities, current research, community health, and health promotion pertinent to the Black community.
- Awards Ceremony to recognize nurses throughout the nation
- An Exhibit Hall with high-impact vendors
- Networking opportunities to connect with nurses and companies throughout the nation

**Inspire empower innovate**

**Members, become a Convention Vendor and  
market your products/services!**

**BNRF MEMBER\* EXHIBITOR BOOTH \$300**

Includes 10x10 exhibit space. Showcase your business and products to the largest minority nursing organization!

\*Paid Members Only

Interested? Email [sponsors.blacknursesrock@gmail.com](mailto:sponsors.blacknursesrock@gmail.com)



# 2023 Convention Reno, Nevada

## BECOME A SPEAKER/PRESENTER AT THE BNRF CONVENTION

BNRF Conventions have always been a space for nurses to connect with each other and experience engaging educational sessions, a packed exhibit hall, and a Gala for the record books. But we want to expand that space to provide you, our members, with an opportunity to share your knowledge and expertise and gain valuable leadership and presentation experience.

### CONVENTION THEME

The theme of the 2023 BNRF Annual Convention is "Inspire, Empower, Innovate." Our theme is a call to focus on the human element of nursing, the nurses themselves! Our goal is for all attendees to leave the convention with new knowledge, newfound confidence, and new ideas. And who best to embody our theme than our own membership of inspiring nurses?!

Our theme outlines the three topic categories for which we are seeking presentations. **Inspire:** How can we inspire our fellow nurses? Topics related to self-care and mental health, leadership, staff retention, and more are encouraged. **Empower:** Empowerment means many things, from starting a side hustle to effecting legislation to financial literacy. Empower your colleagues with your expertise. **Innovate:** As the world rapidly changes, so too does nursing and technology. Innovative ideas and practices offer new solutions to old problems.

### Suggested Topics

#### INSPIRE

- Mental Health and self-care
- Leadership in Nursing
- Staff Retention
- Operating Local BNRF Chapters

#### EMPOWER

- Starting a Side Hustle
- Legislation and Health Policy
- Public Health
- Grant Writing
- Self-Advocacy

#### INNOVATE

- Healthcare Technology and Nursing Informatics
- Electronic Health Records
- Innovative Care Delivery Models



Download the Speaker Guidelines and  
Application by Clicking here!

“

BLACK  
NURSES  
ROCK

Everything's better when we're together.

Inspiring

Empowering

Innovating

”

## Community Advice

ALWAYS  
Remember  
to take  
care of  
yourself  
FIRST.

It's a  
marathon,  
Not a sprint.  
Slow down  
and regroup.  
Remember  
You can do  
this.

The hard  
days are  
what  
teaches us  
what we're  
truly capable  
of. You got  
this!!

Only death  
can stop us  
from doing  
new things.  
Age ain't  
Nothing but  
a number,  
Sis! GO FOR  
IT!!!

Remember that  
the race is not  
given to the  
swift but to  
those who endure  
until the end.  
Remain focused,  
study diligently,  
and you will  
reach your goal.

Keep inspiring, innovating, and empowering



## Holiday gift guide for nurses

Trying to come up with the best Christmas gift for your nurse colleagues, White Elephant party, or the fabulous nurse in your life? Consider these recommendations straight from the BNRF Community. Click to find these items on Amazon, Etsy, and more!



A New  
Stethoscope



A Personalized  
Pen



A Pen Light



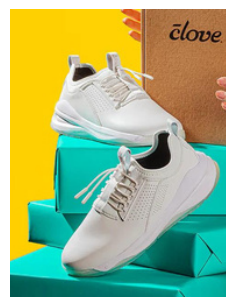
A Hand Repair  
Set



An Embroidered  
Medical Jacket

## Meet BNRF's Newest Lifetime Member, Bertresea Evans APRN, FNP!

Bertresea is a member of the  
BNRF Tyler, TX Chapter



A Pair of Clove  
Sneakers



A Backpack with  
Charging Port



Thank you to our  
BNRF Partners!



HONORING NURSES INTERNATIONALLY  
IN MEMORY OF J. PATRICK BARNES

