



HEALTH FOCUS

Building Bridges Between Health and Learning

Health Services Department • Lincoln Public Schools • 5901 O Street • Lincoln, NE 68510 • (402) 436-1655 (Fax) 436-1686

Health Services bids farewell to Kathy Karsting, Health Services Coordinator

Kathy Karsting, RN, MPH., has left Health Services, LPS for a new position with the Nebraska Department of Health and Human Services. Kathy, will be the School Health Program Manager for the State of Nebraska. Kathy's dedication and service to LPS can be summarized by her many accomplishments during her 8 year tenure with the school district (see picture below). We, in Health Services wish her the very best in her new endeavor. Judy Zabel, RN, MS, NCSN was appointed Interim Health Services Coordinator. Congrats and best wishes to Judy in her new role.

Cont'd on page 2.

"Thanks For Helping Us Grow"



"Our opinions do not really blossom into fruition until we have expressed them to someone else"

—Mark Twain
(1835-1910)

Inside:

Turn the Page **pg 2**

Latino diets/
lifestyle

Computer tip **pg 3**

Vicki Austin,
LPN **pgs 4-5**

Nurses and
Professional
Learning
Communities **pg 6**

In the Spotlight **pg 7**

Community
Resources **pg 8**



In honor of Kathy Karsting, RN, MPH

“TURN THE PAGE”

by Hollis Ramsay, RN, LPS School Nurse

Sometimes in life our journey is ceaseless and seamless,
We do whatever it takes to keep us connected to our
passion, family, and inner feelings of self-improvement and
accomplishments.

You have taken another step in that direction,
Navigating your path along the road of self-discovery.
Once again you have revved your engine, in another direction
that's still close to home..... SCHOOL NURSING.

Stepping out on a limb, you will enfold each leaf, each stem,
each bark, each trunk, each root, each tree.

And, like a root that's been well planted, you will flower
and bear fruit and harvest.

For no doubt, having evolved and changed the face
of school nursing in the past 8 years,
Solidifying its root in Lincoln and beyond.....

We have no doubt, that the roots will spread and bear new fruit,
as you take on a new endeavor.

The leaves are changing and so are you.....

There are many dimensions to change,
Facing a new frontier, a new beginning and a new aspect
of your career, may your light and passion keep burning.
May you continue to be all that you can be.

As Health Services Coordinator, do the math...

You have given us over 200% and you have given us,
all that you've had to give.

No one's perfect and no one's pure; you have given us... you.

Now it's time for us to continue your legacy of hard work,
commitment and professionalism; keep the torch lit.
As the clock ticks and hands change and the leaves change.
Walk into the sunset, face another day... another dream....
Changing "Nursing" one more time, like only you can.
Adios, farewell Kathy, we will miss you.



Newsletter Committee Contact Information

Please forward any questions,
comments or contributions to any
member of the Newsletter Committee.

Hollis Alexander-Ramsay, R.N.
halexan@lps.org

Kay Duncan, R.N.
kduncan@lps.org

Marge McCabe, R.N.
mmccabe@lps.org

Elizabeth Post, R.N.
epost@lps.org

Debbie Chandler, LPN
dchandler@lps.org

Kathy Hall, Health Technician
khall@lps.org

Hang Bui, ELL
hbui@lps.org

Other Contributors

Bobbi Edwardson, Certified
Educational Office Employee





Cultural Corner

by Claudia Almazan-Magdaleno

The Latino Diet/Lifestyle Change

The Latino Diet and lifestyle is as diverse as its customs. I will address the Mexican diet because of the large Mexican population that resides in our community. To gain insight into their behaviors, one would have to understand the economic normalcy in Mexico. Most families that have immigrated to Lincoln are typically from a working class family in Mexico, where they make anywhere from less than 5 dollars a day up to 10 dollars a day to support their families.

The diet of most families in Central Mexico may consist of chili, beans, tortillas, and rice. This diet and lots of exercise (mainly walking) are mostly accountable for a population of normal-sized individuals (decreased number of obese persons). Meat is an expensive commodity that is eaten on special occasions such as parties and weddings. Extra money is spent on tacos (any kind will do); the best tacos are always cooked the traditional way, with lard (not a very good example of a healthy diet). After immigrating, families have more money to buy foods they were unable to afford and we see more and more families eating out at restaurants and fast food places. The best combatant of this trend is to educate the mother of the household, since the mother is usually the one that will do the grocery shopping, cook the meals and raise the children.

“The most important task for an individual or family is to learn English; dieting and exercising is not a priority.”

Most Latino immigrants live in an apartment building when they first arrive in the US from Mexico. They may work long hours to earn income to buy a home and a car. The individual and/or family now rely on friends and family to “drive” them to school, the mall, and ironically the park. This is a big change, since many persons walk to their destination or use public transportation in Mexico. Watching

television is now the main focus, as opposed to the soccer games that were played with friends after school. The most important task for an individual or family is to learn English; dieting and exercising is not a priority. The number one resource for learning English is the television where children watch cartoons or families watch the news, hence creating a sedentary lifestyle for many families. All together, it is a dismal outlook for families when they transition to the US, unless they have access to and receive information and education on nutrition and lifestyle changes, which would ultimately impact their health and well being.



Computer Tid Bit

Here are a few hints that will help you to utilize the AS 400 better. **When trying to find a parent/legal guardian’s place of employment, go to #11, then to #1; insert an “L”, followed by the student’s identification number; then click enter twice.**

The parent’s work place should be listed. This information is helpful when trying to reach a parent/legal guardian and their direct phone line isn’t getting you anywhere and there is no option to leave a message. You can verify the main number in the phone book. At the bottom of that screen you have the option to click on F6 (this will list all siblings who attend LPS); you may contact the sibling’s school and talk to them about other contact phone numbers.

You may access information to see if the student is on free or reduced lunch; have an Individualized Education Plan (IEP) manager; are on permit or if they are a ward of the state. Another option is to follow the above bolded information, and click enter once. If you need information on a student’s last school you can go to option #11 then #3.

Substitute nurses and health technicians may find this information helpful: To find a list of all students and emergency #'s, go to option #11 then #2; put an (I) in the 1st box, tab over to “Student in School” and type in school #, then enter. You will get an alphabetical list of all students. You can page up and down; put your cursor next to any student and hit enter. Put an “L” in the box, hit enter and it will provide the student’s information.

This information was submitted by Health Technicians, Val Roseberry, and Kathy Hall.

Bet You Didn't Know

Vicki Austin, LPN at Eastridge Elementary, spent time this summer, making a quilt, 2 pillows, a wall hanging and a valence for the Eastridge Health Office. Vicki started out sewing doll clothes at age 8 and continues to sew to this day. When she turned 50, she decided to fully engage her creative edge which resulted in the purchase of an embroidery machine. She found so much pleasure in sewing that she began adding more sewing machines and also a quilting machine.

Presently, with the help of her husband, she has turned her basement into a sewing haven, which is well organized with all the necessary sewing and quilting paraphernalia. This is where she hides away and is truly at peace with herself, creating and designing and breathing new life into every piece of fabric that she touches. Upon retirement, she hopes to continue her passion, and even though an expensive hobby, she hopes to bring joy to children by creating quilts for babies and toddlers. Eastridge Health Office is one lucky place, to have a true talent in Vicki.

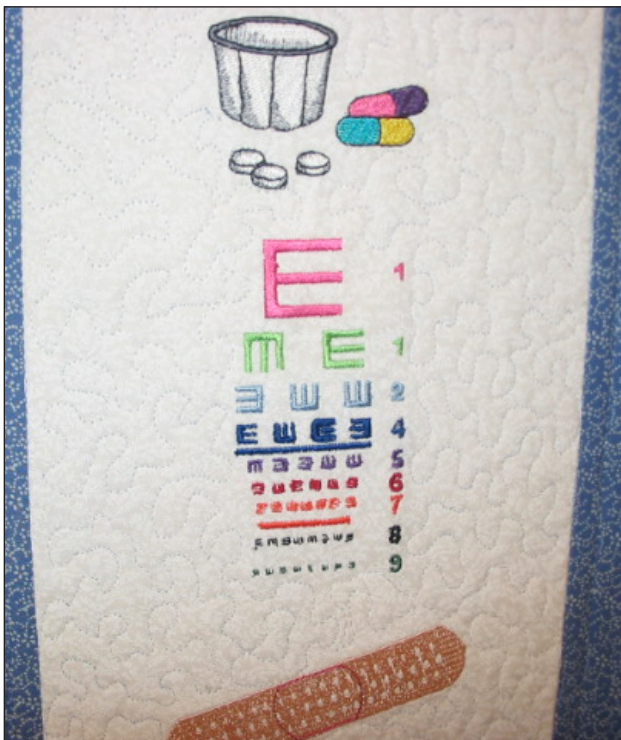
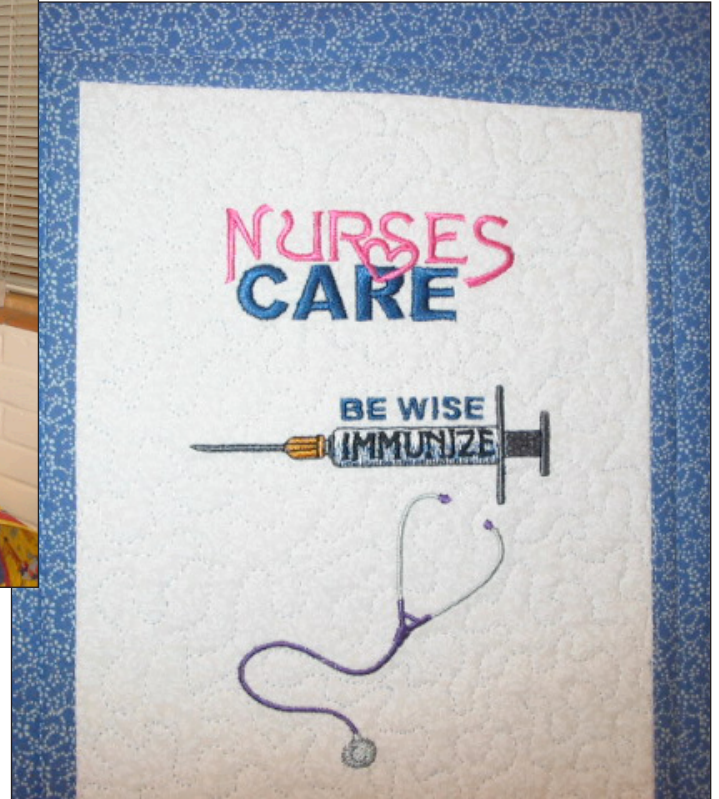


Bet You Didn't Know

Eastridge Health Office is one lucky place, to have a true talent in Vicki.



Vicki Austin
LPN at Eastridge Elementary



School Nurses Involvement in Professional Learning Communities

Implementing a Plan for the 2006-2007 School Year

Summarized by Hollis Ramsay, RN

At the beginning of the 2006-7 school year, school nurses came together to understand and learn more about Professional Learning Communities. In order to become a part of this new phenomenon sweeping through LPS, it was important that we understood what it meant. In summarizing Richard DuFour, in the *Educational Journal*, May 2004, the professional learning community model flows from the assumption that the core mission of formal education, shifts from students being taught, to students learning. It entails a culture of collaboration, hard work and commitment with a focus on the results being student achievement.

Our session began by examining the relationship between student learning and health promotion in schools. In summarizing information presented by Kathy Karsting, RN, MPH to the school nurses, it was indicated that there was "abundant evidence" that there was a direct correlation between healthy students and "better academic performance." Hence students, lacking basic healthy habits such as unhealthy eating, poor or inadequate physical activity, and inadequate rest were expected to have poorer academic achievement. The goal of the LPS School Nurse's Professional Learning Community Model in 2006-2007:

"is to make a positive and measurable impact on student performance through implementation of specific health promotion objectives, drawing

on the district's School Wellness Policies/Health Promoting Schools Model."

Information can be obtained from the LPS School Wellness Policy Steering Committee regarding objectives that have been established for health promoting districts, schools, students and communities.

"The overall objective of the nurses' PLCs is to implement a project that would have a positive impact on student attendance or performance."

The School Nurses' PLC Organizational Plan was implemented based on the existing team leadership. School nurses are divided up into 4 teams, with an assigned leader in each team. Each team consists of 6-7 nurses who represent 12-15 schools. Each team brainstormed, and then selected a health promotion project based on the Health Promotion

objectives that were developed for the district.

Team leaders create "structured agendas" for each assigned PLC activity period, encouraging active participation by members of each group. They provide a short written summary of each PLC activity to the Health Services Coordinator and they may also identify how the Health Services Coordinator may be involved with their team.

The overall objective of the nurses' PLCs is to implement a project that would have a positive impact on student attendance or performance. Even though school nurses will not be participating in PLC meetings held in their respective buildings, the PLC

project results will be shared with the respective buildings and they will benefit from the project results. It is expected that the teams will report to the entire nursing staff group at regular intervals and the coordinator will update principals and the district administration on the progress and development of the nurses' PLC projects. The coordinator will also monitor the progress of each team and guide the team whenever necessary to help them achieve their outcomes e.g. coordinate data gathering and assistance with analysis of the information that has been gathered.

Why will the PLC model be successful among School Nurses? (1) The PLC model is based on creating a collaborative culture in our schools. (2) The PLC model is data-driven, as is school nursing practice. School Nurses are able to utilize the school setting to "obtain and analyze health-related data. (3) The model supports the development of creative and autonomous teams. (4) School Nurses are able to bring a developed body of knowledge and best practices in the area of health promotion activities to help improve students' health and well-being, and their overall ability and capacity for learning. The PLC model, allows the nursing process to unfold, where assessment, planning, implementation and evaluation can take place.

Since the PLC model is evidence-based and outcome driven, nurses' research and fact-finding data collection may ultimately impact student learning and achievement in LPS schools.

In the Spotlight—Rita McClure, LPN Holmes, Elementary

2006 Helen Krieger Award Winner

Time flies when you're having fun. This is how I describe my working experience the past seven years. I started at LPS as a part time sub treatment nurse in March, 1999 and became a full time employee in August, 2000. I have worked at Holmes Elementary school as a treatment nurse ever since.

I consider myself to be assistive personnel. I serve as a school nurse extender by supporting the school nurse. I work in a team relationship within my school and with health services.

I was born in Falls City Nebraska, but grew up in Lincoln. I attended Lincoln Public Schools, elementary through high school. I'm the youngest of six children. My brothers live in Brownsville Texas and Blanding Utah; a brother and sister live in Riverton Wyoming and my other sister lives in Seattle Washington. Both my parents are deceased.

I am Native American and a member of the Iowa Tribe of Nebraska and Kansas. I am the fifth great-granddaughter of Chief White Cloud of the Iowa Nation.

My husband Greg and I were high school sweethearts and have been married for thirty eight years. Greg is retired, yet he volunteers at Holmes Elementary, and the Indian Center. His hobbies include gardening, refinishing furniture, attending auctions, and collecting antiques. I love to garden, travel, collect antiques and just sit back and relax, sipping on a Grande Latte. We have three children and five grandchildren. My husband and I are very active in our grandchildren's care and activities. Our youngest daughter Laura is a senior at Union College and she will be graduating with a major in nursing and psychology. My son Andrew has a degree in non-destructive testing - if there is a doctor of medicine, a non-destructive tester is a doctor in the industry environment (he travels



RITA McClure, LPN
2006 Helen Krieger Award Winner

In recognition of a health care provider who made significant contribution to the lives of students and families by providing excellence in healthcare and healthcare education.

the world). My other daughter Meaghan is attending the University of Nebraska and has future plans to study law.

I worked 25 years as a graphic artist for Quebec Printing Company prior to entering the health care field. Even though I did this, I always had a passion for health and safety and had always made it my business to be involved in health related activities. I chaired the first safety committee and was a first responder team member; I also set up first aid stations; was a liaison for flu shots and maintained an active interest in on-the-job health related activities. In 1995, my company began implementing a five-year plan to downsize. I immediately began thinking of my options – the opportunity had now presented itself for me to become a nurse.

In 1996 I enrolled at Southeast Community College as a nontraditional student. I graduated as a CNA, and then became a nurse. I was taking one step at a time. I received my LPN diploma and was enrolled to start my RN. Five days after I passed my state boards I was diagnosed

with breast cancer. Everything stopped -- work, school, and everything around me. Instead of taking care of patients, I had become one. I underwent surgery, chemotherapy, radiation treatments and physical therapy. One year later I was back on my feet again. At that stage I evaluated my life and decided that I was ending my pursuit, to become an RN - an LPN is what I'm going to be, and I will do my very best within my scope of practice. This position has opened up endless opportunities for me to touch other people's lives, yet I feel that there are many more lives that can be touched out there. I strive to create a warm and accepting environment and to demonstrate sensitivity while working with all students. And, of the utmost importance, I truly want to display leadership and sound judgment.

I'm a six year board member of the states' "Every Woman Matters" Advisory and Foundation Boards which deal with breast cancer awareness for the underserved and uninsured. I have also been a board member for the Peoples Health Center for the past three years and the Nebraska Minority Public Health Board for two years. I have served on the Indian Parent Advisory Committee for Lincoln Public Schools since 1995 and had volunteered with federal programs before I started working as an employee for Lincoln Public School.

I am very honored to have received the 2006 Helen Krieger Outstanding Healthcare Provider Award. I am the type of person that would want to reach out to others and help bring about positive change in their lives (caring for others is an important aspect of nursing). I feel as though there are not enough minutes in an hour, hours in a day or days in a week to do everything that I would like to do.

Bobbi's Basket

All Health Office staff have been very busy with dental screening, flu clinics, screenings, and recording information on



the computer amidst your other duties. What a wonderful group of people you are. Our schools are very lucky to have such dedicated employees in their health offices.

School Nurses, please remember to return your audiometers to LPSDO during the December break for the mid year checkup- your equipment should be returned to the district office by December 21; you will need to sign your equipment in on the lavender colored equipment sheets and then sign them out in January after the break.

Health Technicians are reminded that Elementary Plan days are work days. If you need those days off, you will need to use emergency leave or no pay. In November and February there are Health Technician workshops that you need to attend, please remember to register on line. We will attempt to cover the Middle and High schools with health technicians from the Elementary schools. Thank you for your being flexible and for your assistance with meeting the staffing needs in our schools. Enjoy the beautiful fall weather and think snow!

Bobbi Edwardson, CEOE
Health Services, Box 18
redward3@lps.org
402-436-1657



Under the Microscope

Keeping tabs on what's new

We welcome these new employees to our Health Services family:

Patty Baker, Sub RN
Donna Barnes, North Star Health Technician

Staff Changes

Karen Pomeroy, RN will be the school nurse at Belmont and West Lincoln schools during the transition period.

Twila Hoferer, has passed her nursing boards (congrats!), her title changes from Sub Health Tech to Sub RN.

Faith Andrews, changes from Sub Health Tech to Itinerant Treatment Nurse.

Donna Bryer returned from a leave of absence as the Health Technician at Saratoga Elementary.

Rochelle Capps, changes from Sub Health Technician to Health Technician at Pound Middle School.

Health Office Humor

Submitted by Kim Nelson, LPS School Nurse

Ever asked a kid "how do you say your dad's (mom's) name?" I did just that, because I didn't want to mutilate the name when I called work! The student looked at me and said, "dad".....

Special Thanks to:

Heidi Stange, RN for providing Kathy Karsting's farewell pictures.

Bob Reeker, Visual Art & Integrated Technology Specialist, LPS for providing pictures of Vicki Austin's work.



Community Information

St. Elizabeth Regional Medical Center;
Ph. 219-7000

Lower Level
Franciscan Room
Event /Classes
"Pre-Diabetes, Who Me?"
\$15.00 per person
12/9/06 9 a.m.-12 p.m.

Nebraska Health & Human Services
State Office Building
14th and M Streets,
Lower Level, Rm. A
Contact Barbara Ludwig
471-6423

Free Flu Clinic

1/26/07
Vaccine offered - Flu Mist
(live nasal spray)
Criteria - healthy
persons 5-49 yrs.

Lancaster County
Medical Society
5625 O Street
Suite 3
Ph. 483-4800
Fax 483-4802
Call, if you are looking
for a Primary Care Physician
or Specialty Physician.

Mobile Health Clinic
will be at
Clinton School
1520 N 29 St.
Ph. 441-5970
January 18, 2007
5-6:00 p.m.
Providing free screening
to persons over 18 yrs.
Blood Pressure, cholesterol,
blood sugar and
iron level checks.