2013
VONL
Nursing Summit

RENEW, RECHARGE, RECONNECT:
Strengthening Practice, Education & Leadership

HIGHLIGHTS

➤ Pre-Summit Workshop:
Thursday, 4:00pm
Retirement Security for Nurses: “Time to Focus on Your Financial Health”

➤ Vermont’s Nursing Heroes Reception:
Thursday, 5:30pm
Honoring those in active military service and the many who responded above and beyond in the aftermath of Tropical Storm Irene.

➤ Keynote Speaker: Claire C. Caruso, PhD, RN
Friday, 8:45am
National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention

The 2013 Vermont Organization of Nurse Leaders Summit is designed to provide a full experience and includes a pre-Summit workshop, a Vermont Nursing Heroes Reception, posters showcasing a sampling of Vermont Nursing innovations, exhibits, networking with colleagues and a full day of presentations.

The registration fee, based on VONL membership status, includes all these events.

Join us!

Established in 1996, VONL is affiliated with the Vermont Association of Hospitals & Health Systems (VAHHS), and the American Organization of Nurse Executives.
**Message from the President:**

One thing is certain about our healthcare system in the coming years—it’s going to change. Nurses have an opportunity today to have a huge impact on the health and care of patients tomorrow. It will take courage, wisdom, collaboration and energy to keep pace and make a difference, though. The VONL Summit theme this year is “Renew, Recharge, Reconnect...” for that very reason. The Summit is an opportunity to gather your strength for the coming storm of change through warm conversation, an embracing, relaxing atmosphere at the Stoweflake Spa, informative and wide-ranging educational offerings, and many chances to connect with your colleagues in nursing leadership. Come join leaders throughout the State beginning Thursday evening as we celebrate our own nursing heroes. Stay to learn about issues and trends that will impact your future. Learn how you can be the best nurse you can be for the days ahead.  

Annie Moore-Cox PhD, RN, President, VONL

**Pre-Summit Workshop:**

**Non CE Event Thursday, 4:00pm**

Retirement Security for Nurses: Time to Focus on Your Financial Health

Did you know that 60 percent of nurses aged 45 to 60 say they have done little to prepare themselves financially for retirement? The purpose of this workshop, hosted by the Women’s Institute for a Secure Retirement (WISER), is to help nurses take care of themselves financially. Topics covered include: Why retirement planning is critical, especially for nurses (most of whom are women); how to manage your income and debt; what some of the biggest money mistakes are that keep you broke; and the basics of retirement planning, saving, and investing. No matter where you are in your nursing career, it is never too early or too late, to make smart decisions for your retirement. You spend your working years taking care of others. Take some time to care for yourself by attending this important workshop!

WISER is a nonprofit organization that has been educating nurses across the country through its Nurses’ Investor Education Project, a multi-year project in partnership with the American Nurses Association.

**Vermont’s Nursing Heroes Reception:**

**Thursday, 5:30pm**

On behalf of the Vermont Organization of Nurse Leaders (VONL), we cordially invite you to join us in celebration as we honor Vermont’s nursing heroes — those in active military service and the many who responded above and beyond in the aftermath of Tropical Storm Irene.

With the generous sponsorship of Fletcher Allen Health Care, the evening reception will be held in conjunction with VONL’s Annual Nursing Summit on Thursday, April 18 beginning at 5:30pm at the Stoweflake Mountain Resort.

Honorees have done so much for our fellow Vermonters and for our country. This is our opportunity to say thank you.

**Keynote Speaker:**

Dr. Claire Caruso is a Research Health Scientist at the National Institute for Occupational Safety (NIOSH) and Health of the Centers for Disease Control and Prevention. She earned her PhD in Nursing from the University of Michigan, focusing on health and safety risks associated with shift work and long work hours and the underlying sleep and circadian rhythm research.

Dr. Caruso has studied and worked on this topic for over two decades, generating 26 publications on the topic including government documents, peer-reviewed journal papers, book chapters, and other types of publications. Google Scholar lists 470 citations for ten of her publications on work hours. On this topic, she was the lead investigator for five research or public health practice awards and a co-investigator for a sixth project. At NIOSH, she serves as one of the main content experts for work schedule, sleep, and fatigue issues. Frequently sought for consultation, Caruso has given over 45 presentations on the topic.

She has worked internationally with Industry and professional organizations to develop educational programs and deliver presentations. Examples include:

a) Working with PPG Industries, to develop educational materials presented across multinational sites about sleep and work hour issues;

b) Presentations for the Joint International Conference on Occupational Health Nursing and the Asia Conference on Occupational Health Nursing in 2010 in Japan; and presentations for the Working Time Society, an international society of work schedule researchers.

She recognized that a critical need to reduce the risks linked to work schedules and fatigue in the workplace was tailored training programs for workers and managers.

Her current projects include developing and evaluating sleep and work schedule training programs for manufacturing, mining, nursing, retail, and trucking. The education products are being developed through a careful process of external expert input, stakeholder feedback, and pilot testing. The products will be web based and free of charge which will increase the reach to workers and managers nationally. She led the development of a comprehensive online training program for nurses which is currently undergoing final review for release to the public.
REGISTRATION, CANCELLATION POLICY:

Best registration rates come to those who register by Tuesday, April 9. Participants who are current VONL members receive a reduced registration rate. (See registration form for associated fees)

There is a $25 Summit cancellation fee. No refunds after April 9, however you may send a substitute in your place without penalty. All refund and substitute requests must be made in writing to:

Martha Buck at VAHHS
Fax: 802.223.0364 | Martha@vahhs.org

There are two registration payment options available:

1) by check: use the registration form on the last page of the e-brochure

2) by credit card: register on line at [click here]. Once registered, you will be directed to another site to pay through PayPal.

CONFERENCE SITE, ACCOMMODATIONS:

1746 Mountain Road (Rt. 108), Stowe, VT

The 2013 VONL Summit will be held at the Stoweflake Mountain Resort & Spa on Thursday and Friday, April 18-19, 2013. A block of overnight rooms have been reserved and are available for participants the nights of April 18 and 19. To obtain the reduced rate of $129 + tax (per night, single/double), call:

800 253-2232 or 802 253-7355

You must specify that you are attending the VONL Conference in order to receive the reduced overnight room rate. Deadline for securing the reduced rate is: Monday, March 18.

The Stoweflake is a AAA Four-Diamond resort with an abundance of amenities, including their world class spa, state-of-the-art fitness facilities, two award-winning restaurants and luxurious accommodations. For Spa services, please contact the Resort at least one week in advance.

www.stoweflake.com

DIRECTIONS TO THE SUMMIT:

FROM I-89: Take Exit 10, Waterbury/Stowe/Rt. 100. Turn onto Rte. 100 at the end of the exit ramp toward Stowe. Continue for ~ 11 miles. Turn left at the blinking red light in the village onto Rt. 108/Mtn. Road. Continue on Rte.108 for ~ 2 miles - the Stoweflake will be on the right.

CONTINUING EDUCATION:

This activity has been submitted to the Vermont State Nurses Association-Inc. to award contact hours. The Vermont State Nurses Association Committee on Education is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Please call Julie Basol at JNB Marketing, LLC for more information about contact hours: 802.598.7472 or Julie@goJNB.com

VONL Membership

VONL dues for 2013 must be paid by April 9 in order to receive the lower, member registration rate. A 2013 membership form is available on the last page of the e-brochure.

Not sure of your VONL membership status?
Contact Martha Buck
Martha@VAHHS.org

A full membership application and information can be accessed on line at

www.VONL.org

Full 2013 membership renewal: $100;
New member: $75

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This activity has been submitted to the Vermont State Nurses Association-Inc. to award contact hours. The Vermont State Nurses Association Committee on Education is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

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## Preliminary Program

### Thursday, April 18

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<th>Time</th>
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| 4:00 pm | Pre-Summit Workshop, Non CE-Event: Retirement Security for Nurses: Time to Focus on Your Financial Health  
Women's Institute for a Secure Retirement                                                                 |
| 5:30 pm | Reception: Vermont’s Nursing Heroes  
Sponsored by Fletcher Allen Health Care                                                            |

### Friday, April 19

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<th>Event</th>
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| 8:30 am | Welcome, overview of day, introduce keynoter and relevance to our profession  
Annie Moore-Cox PhD, RN, President, VONL                                                        |
| 8:45 – 10:00 am | Keynote: Work Schedule & Work-Related Fatigue Findings: Implications for the IOM Future of Nursing  
Claire C. Caruso, PhD, RN  
National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention |
| 10:00 – 10:30 am | Morning Break with Exhibitors                                                                    |
| 10:30 – 11:45 am | Concurrent Session A:  
Nurses as Lifelong Learners and Leaders: Options for Advancing Learning & Professional Growth  
Rosemary L. Dale, EdD, APRN  
Chair, Department of Nursing  
University of Vermont  
Ellen Ceppetelli, MSN, RN, CNL  
Director of Nursing Education  
Castleton State College  
Anna Gerac, MSN, RN  
Director, Nursing Education Program  
Vermont Technical College  
Facilitator: Beverly Partington MS, RN-BC  
Nurse Educator Central Programs  
Fletcher Allen Health Care |

**Concurrent Session B:**  
Leading With Purpose: Quality, Measurement, Improving Outcomes  
Lori Notowitz, RN, MJ, CPHRM  
Patient Safety Director  
Fletcher Allen Health Care

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<td>11:45 - 1:00 pm</td>
<td>Lunch, Exhibits, Posters, Networking</td>
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| 1:00 – 2:30 pm | Panel: Nurses Leading Change and Transforming Health  
Elizabeth Hallock Steckel, BSN, RN, CCM  
Blueprint Project Manager  
Fletcher Allen Health Care Community Health Improvement  
Kristin Novak, MSN, RN  
Assistant Manager, Community Health Team  
Fletcher Allen Health Care  
Judy Audette, MSN, RN  
Facility Telehealth Coordinator  
US Department of Veterans Affairs  
WRJ Medical Center  
Margaret E. Wilson, BSN, RN, MPH  
Chief of Public Health Nursing  
Vermont Department of Health  
Moderator, Anne Ireland, MSN, RN, AOCN, CENP  
Director, Clinical Practice and Innovation  
Fletcher Allen Health Care |
| 2:30 – 3:00 pm | Afternoon Break with Exhibitors                                                                  |
| 3:00 – 4:00 pm | Panel: Vermont’s CNOs: Poised to Lead the Future - Workplace Success & Challenges in 2013  
Sandra L. Felis, MSN, RN  
Senior Vice President, Patient Care Services; Chief Nursing Officer  
Fletcher Allen Health Care  
Carol Conroy, MSN, RN, MBA, CNOR  
Vice President, Operations; Chief Nursing Officer  
Southwestern Vermont Medical Center  
Pat Donehower, MSN, RN  
Vice President, Clinical Services  
Visiting Nurse Association of Chittenden & Grand Isle Counties  
More invited guests to be announced. |
| 4:00 – 4:30 pm | Session: Leading with Technology: Transforming Nursing through Social Media  
Julie Jones, MS, RN  
Clinical Informatics Specialist/RN Staff  
Fletcher Allen Health Care  
Capstone & Evaluations |
REGISTRATION, PAYMENT:
Complete this registration form and send along with payment to:

Mail to: VAHHS—VONL Summit Registration
148 Main Street Montpelier, VT 05602

Payable to: Vermont Association of Hospitals and Health Systems (VAHHS)
For the best rates, register by Tuesday, April 9.

Credit card payment option online at: www.VONL.org

Name/Credentials: ________________________________________________________________

Position Title: ____________________________

Organization: ________________________________________________________________

Address: _________________________________________________________________

City/State/Zip: ________________________________

Phone: _______________________________________

Email: _______________________________________

REGISTRATION OPTIONS *

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<td>Non Member *</td>
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Questions? Contact:
Julie Nelson Basol, Summit Coordinator
802.598.7424
Julie@goJNB.com

* In order to receive the member rate, 2013 dues must be received by or current as of Tuesday, April 9.

Your registration includes all Summit activities. To assist us in our planning efforts, please indicate which events you plan to attend as follows:

☐ PRE-SUMMIT WORKSHOP: RETIREMENT SECURITY Thursday, 4:00PM
☐ VERMONT NURSE HEROES RECEPTION Thursday, 5:30PM

CONCURRENT SESSION Fri., 10:30-11:45AM ☐ A1 Nurses as Lifelong Learners & Leaders ☐ A2 Leading with Purpose

If you require special accommodations or have additional needs in order to participate, please check this box. Indicate your requests in writing and include with your registration form.
# 2013 Membership Application

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Please describe major areas of responsibility:

Please indicate committee interest:

- [ ] Public Policy
- [ ] Membership
- [ ] Education
- [ ] Research
- [ ] Public Relations/Communications

Are you a current member of the AONE?  
- [ ] Yes  
- [ ] No

Signature: _____________________________________________  Date: _________________

New Member, $75  
Renewal: $100

*Please make checks payable to VONL. Mail completed application form to:*

VONL  
c/o Martha Buck VAHHS  
148 Main Street  
Montpelier, VT 05602

VONL Membership Form also available online at [www.VONL.org](http://www.VONL.org)