Why Give THE Gift of Nursing?

“Philanthropy is taking a stand. Nurses and the nursing profession need more resources to create better ways of caring for the sick and the can-be-healthier.”

KATE JUDGE
Executive Director

“Supporting nursing and nurses is the very best way to advance the health of the nation going forward. Giving of our time, money, and our passion for healing and care assures nurses continue to light the way toward a truly healthy nation.”

TIM PORTER-O’GRADY
Chair, Board of Trustees

“Philanthropy matters because it says that what nurses do matters. It helps our extraordinary profession to truly make the greatest difference it can.”

MARLA J. WESTON
Chief Executive Officer

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For years, the Foundation has called for more nurses to serve on boards at organizations like Dana-Farber Cancer Institute, which recently welcomed its first nurse-trustee.

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The Foundation has granted more than $5 million toward innovative nursing research projects, including a tool to assess the risk for strain amongst Parkinson’s caregivers.

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Sally Cohen spent a year studying bullying as the National Academy of Medicine’s Nurse Scholar-in-Residence—one of dozens of scholarships made possible in part by the Foundation each year.
Invalid
Growing up in the Philippines, Laurene Elauria Johnson, MSN, RN, CDP, dreamed of becoming a nurse, but she knew that education was out of reach. She couldn’t have imagined that one day, in another country, she would not only achieve that goal, but be named Nurse of the Year.

After moving to the United States in 1981, Johnson started as an assistant in a nursing home and eventually earned three nursing degrees. She found her calling while completing clinical hours at the Department of Veterans Affairs, and she now works at the VA center in Coatesville, Pennsylvania.

**INSPIRING QUALITIES**

Johnson’s nursing excellence, work ethic, decision-making ability, and boundless compassion caught the attention of colleague Mary Grier, who donated in her honor to the American Nurses Foundation’s Honor A Nurse program. Donations through the program recognize the achievements of hundreds of nurses annually while helping the Foundation sponsor research, scholarships, and programs that elevate nursing and nursing. Each year, the Foundation chooses a standout nominee like Johnson as Nurse of the Year.

“I am very proud of Laurene for her endless dedication, devotion, and professionalism,” wrote Grier, which extends “not only to her patients at the VA, but also to the nursing profession.”

**A RESPONSIBILITY TO SERVE**

Johnson is pleased for the recognition, but she isn’t done yet. Active in research, committee work at the VA, and continuing education, Johnson believes it is her responsibility to give back to veterans. “We sleep in peace every night while they fight for our freedom,” she says.

Nurses face a demanding work environment, safety challenges, and high levels of stress. This can lead to anything from poor personal health to injury to simply burning out and being unable to continue—at a time when the nation is already heading toward a nursing shortage.

To keep nurses healthy, safe, happy, and working, the American Nurses Foundation and sponsor Sage Products introduced the Healthy Nurse, Healthy Nation™ Grand Challenge in 2016, aimed at getting nurses and their employers to focus on health and self-care.

**A TROUBLING PATTERN**

“A lot of times nurses don’t care for themselves as well as they care for other people,” notes Regina S. Cunningham, CEO of the Hospital of the University of Pennsylvania. A survey by the American Nurses Association (ANA) bears this out, with 68 percent of nurses saying they put their patients’ health before their own. In addition, 82 percent of nurses said they were at significant risk for workplace stress, a quarter had been physically assaulted by a patient or patient’s family member, and more than half regularly came in early, stayed late, or worked through break.

Olivia Petzoldt, a registered nurse at Morristown Medical Center in New Jersey, recalls “hitting the wall” of burnout and realizing that she couldn’t keep going this way: “I said, ‘I don’t have the energy to do the job that I love anymore.’ And that was when I realized I needed to make a change.”

**TOOLS FOR IMPROVEMENT**

The Healthy Nurse, Healthy Nation™ website helps nurses assess their own health and identify areas where they might be vulnerable. It guides them through goal-selection and challenges them to improve their health in five key areas: activity, rest, nutrition, quality of life, and safety. The site also features a forum for nurses to discuss, help each other, and engage in some healthy competition to meet their goals. Healthy Nurse, Healthy Nation™ also works with partners such as nurse associations and employers, who make specific commitments to help improve the health of nurses—for example, by providing healthier foods in the cafeteria.

“We all know what we’re supposed to do to be healthy, but it’s difficult to apply what you know into actual practice,” says Marla J. Weston, CEO of ANA Enterprise. The ripple effects of doing so will extend much further than the individual nurse. “As nurses learn how to do that, they can teach their patients, friends, and family.”

**IN 2016, 267 DONORS HONORED NURSES.**

Join them today by submitting a donation in honor of a nurse at givetonursing.org/honoranurse.
At an oncology center like Boston’s Dana-Farber Cancer Institute, nurses are an indispensable part of the care continuum. At any given moment, you can find them administering medication, easing family members’ concerns, advocating for patients, and guiding treatment with their broad, interdisciplinary perspective. And yet, until longtime nursing leader Karen Daley, PhD, RN, FAAN, joined the Dana-Farber Board of Trustees in 2015, the esteemed Institute had never had a nurse on its board.

“That’s the world we’re trying to break into,” says the former American Nurses Association President of the lack of nurses on boards—and the efforts of the American Nurses Foundation and the Nurses on Boards Coalition to change the phenomenon. “It’s challenging because people don’t understand the potential contributions and different perspectives that nurse leaders bring to the conversation.”

Providing a distinct viewpoint can sometimes mean directing the conversation into new channels. On Dana-Farber’s Quality Improvement/Risk Management Committee, which deals with patient safety, Daley encouraged her colleagues to take a deeper dive into the center’s data on “near misses”—instances when a medical error was averted. She believes that examining these almost-problems can help reveal patterns that can inform efforts to reduce misses—instances when a medical error was averted. She believes that examining these almost-problems can help reveal patterns that can inform efforts to reduce misses—a veteran nurse leader who serves on multiple non- and for-profit boards, the best part is “helping organizations and enterprises make a positive difference in people’s lives.”

The experience has also helped Salmon—pictured at far right, seated, with fellow members of the Grifols, Inc. Board of Directors—promote the value of nursing and nurse leaders.

“The opportunities I have had to make a difference throughout my career have often occurred because I view nursing as my way of making a difference in the broader world,” she says. “This has allowed me to help others understand that nursing is a valuable toolkit that enables me and others like me to make the world a better place.”

**KAREN DALEY**
Former President, American Nurses Association

**BOARD APPOINTMENTS**
Trustee, Dana-Farber Cancer Institute
Trustee, American Nurses Foundation

**EDUCATION**
BSN, Curry College
MPH, Boston University
School of Public Health
MS, PhD, Boston College

**CHANGING THE CONVERSATION**

**VALUE WISDOM**
When Daley speaks, people listen, says Robert Sachs, a Trustee (and cancer survivor) who chairs the Committee. “Other Trustees on the Committee are mindful of her background, so I think it gives extra weight when she speaks. She brings a wisdom that is very helpful to have at the table.”

Sachs and others can bring a patient’s outlook to board proceedings—another crucial voice in the health care realm. As the medical professionals who spend the most time with patients, Daley says that nurses can act as an important bridge between the needs of patients and those of the organization.

“Based on direct contact with patients in a 24/7 caregiver role, nurses develop an incredibly unique and informed perspective that we bring to care, and I believe it belongs in the leadership arena,” Daley says. “We understand both the patient experience and the organization.”

**LEADING BY EXAMPLE**
Board involvement of nurses like Daley can also inspire other nurses to step up. “It sends a strong message to the nurses who work at Dana-Farber that someone who’s a leader in their profession is a member of the board,” says Sachs.

Still, Daley cautions that board roles can be intimidating and recommends that nurses seek to enhance their ability to contribute meaningfully by developing their leadership and governance skills. The Coalition offers programs that aid nurses in this capacity.

When Daley joined the Dana-Farber board, then-President Edward Benz, MD, told her how delighted he was to finally have a nurse in the mix. “I hope I’m not the last one,” Daley told him. If the Foundation and Coalition’s dogged pursuits have anything to do with it, she won’t be.
When Maryann Abendroth’s mother developed Alzheimer’s disease, she got a window into the experience of caring for a chronically ill loved one. “The doctors treating my mom were very focused on her,” says Abendroth, PhD, RN, an associate professor of nursing at Northern Illinois University. “There was no effort to ask me: how are you doing? Or observe, maybe you’re not doing well, or you seem stressed out, or you could talk to someone.”

With experience as both a caregiver and a nurse, Abendroth developed the CSRS-10, a tool for nurses to assess the risk for strain on caregivers of persons with Parkinson’s disease, a population she has studied since graduate school. Recruiting an adequate sample of caregivers to test the tool’s effectiveness, however, proved challenging.

CONTINUED EXPLORATION

Now that nurses have a surefire way to quickly identify which Parkinson’s caregivers are at risk for strain, Abendroth plans to explore which interventions—yoga, for example—might help relieve their stress, and how to prevent the strain before it starts.

“The ultimate outcome is a better quality of life for caregivers,” says Abendroth. “When you allow their voices to be heard, you can see relief in their eyes. It’s very difficult to care for someone who you know isn’t going to get better.”

As a PhD candidate in the late 1980s, a nursing research grant from the American Nurses Foundation helped Maura Ryan study the relationship between loneliness, social support, and decline in cognitive function in elderly hospitalized women. In gratitude, she created the Maura C. Ryan, PhD, GNP, Gerontological Nursing Research Fund, which has supported Maryann Abendroth’s work with Parkinson’s caregivers, and, more recently, the research of Jessica Rearden, PhD, RN, on end-of-life transitions among older adults with cancer.

“Nurses especially understand that the Foundation’s research arm is a springboard that helps us advance our research in the name of better health care,” says Abendroth. “Maura Ryan’s story of paying it forward is so inspiring.”

A COMMUNITY OF SCHOLARS

“The residency was a once-in-a-lifetime opportunity to work with renowned experts in the field,” says Cohen, a clinical professor at the NYU Rory Meyers College of Nursing. She became acquainted with a committee of scholars focusing on bullying, one of many critical issues being addressed by the National Academy of Medicine, which brings together professionals in health, science, and medicine to inspire positive action and policy change.

Cohen served as consultant to the bullying committee, bringing skills for which nurses are known: problem-solving, thinking across domains, and navigating complex systems. Her projects included writing a comprehensive review of state, federal, and local bullying policies, which the committee used in its work.

AN ESSENTIAL LINK

Cohen quickly realized that nurses must have a strong voice on youth bullying and its impact on health across the lifespan. Together with Emory University’s Angela Amar, PhD, RN, FAAN, a nurse on the committee, Cohen emphasized the value nurses can bring as “a link between educators, the health care community, parents, and the public.”

Cohen’s work on the bullying policy report brought into focus the importance of an interdisciplinary approach—one that integrates health care, education, and juvenile justice—in combating this widespread problem. The ideal goal, Cohen says, is a cross-disciplinary infrastructure that helps children—those who are bullied, those who bully others, and those who witness peer bullying.

The committee’s work culminated in a widely disseminated report entitled Preventing Bullying Through Science, Policy, and Practice. Now more than two years beyond her residency, Cohen credits the experience with shifting her viewpoint and inspiring her to continue studying the topic: “It changed my whole thinking on conflict, violence, and communities. I want to take a 360-degree view and look at how different perspectives diverge or align, in order to improve outcomes and education.”
# 2016 FINANCIALS

## STATEMENT OF ACTIVITIES

### REVENUE
- Contributions: $1,497,000
- Other Income: $15,000
- **Total Revenue**: $1,512,000

### EXPENSES
- Programs: $1,721,000
- Governance: $137,000
- Fundraising: $200,000
- **Total Expenses**: $2,058,000

## STATEMENT OF FINANCIAL POSITION

### ASSETS
- Cash and Cash Equivalents: $23,000
- Pledges Receivable: $715,000
- Due from Related Organizations: $216,000
- Investments: $5,521,000
- Property and Equipment, Net: $3,000
- **Total Assets**: $6,478,000

### LIABILITIES AND NET ASSETS

#### LIABILITIES
- Accounts Payable and Accrued Expenses: $94,000
- Grants Payable: $27,000
- Due to Related Organizations: $1,612,000
- Deferred Rev: $10,000
- **Total Liabilities**: $1,743,000

#### NET ASSETS
- Unrestricted Net Assets: $153,000
- Temporarily Restricted Net Assets: $2,257,000
- Permanently Restricted Net Assets: $2,325,000
- **Total Net Assets**: $4,735,000

- **Total Liabilities & Net Assets**: $6,478,000

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Based on 2016 financial statements. A copy is available upon request by calling the Foundation office at 301-628-5227.

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## STAFF

- **Kate Judge**: Executive Director
- **Elizabeth Franzino**: Director of Development
- **Kevin Cavanaugh**: Corporate and Foundation Relations Manager
- **Elise Saks**: Donor Relations Associate
- **Allison Nordberg**: Project Manager, Nurses on Boards Initiative

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