

2020 THE YEAR OF THE NURSE

This year, being a nurse means more than it ever has. The COVID-19 pandemic has placed nursing staffs firmly at the front lines in dealing with this novel virus: working endless shifts, quarantining from family and friends, and putting the health of others above their own. Registered Nurses (RNs) aren't the only ones tirelessly battling this disease; caregivers of every kind are going above and beyond for the health and wellbeing of Long Islanders.

In recognition of these selfless healthcare workers and the welldeserved expansion of Nurses Week to a month-long celebration in 2020, we offer the following special feature to honor the nursing profession and salute all healthcare workers across the area who continue to amaze and inspire us with their professionalism, dedication and humanity.

Long Island Nurses: Inspiring **Others and Each Other**

II healthcare workers have become heroes to us throughout the Coronavirus crisis, but nurses hold a special place in the heart of Long Islanders. Retired RNs have returned to help, nursing students have accelerated their educations with on-the-job training, and nurses everywhere have taken on more shifts and countered dwindling PPE (Personal Protective Equipment) with makeshift gear. Nurses are lifting our spirits with their commitment to patient care and lifting each others' spirits with daily singalongs and upbeat tunes and clap outs signaling post-COVID-19 discharges. Out of town nurses are also flocking to Long Island from across the country and upstate hospitals to offer their assistance.

Show Your Support

We all want to help acknowledge their achievements and show our gratitude for our local nurses and healthcare workers. Here are some of the ways Long Islanders are giving back and saying "Thanks!":

- Every night at 7:00 p.m., the time when most shift changes occur, New Yorkers can be heard clapping and cheering for the healthcare heroes who are giving it their all.
- Here on Long Island, hundreds of residents and local businesses have donated food and beverages to feed harried healthcare workers and first responders.
- The Navy's Blue Angels and Air Force's Thunderbirds paid tribute to medical personnel, first responders and other essential workers involved in fighting COVID-19 with a fly-by over area hospitals.

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adversity, continue to rise to the occasion and care for our communities in times like these.

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Save one life, you're a hero. Save a hundred lives, you're a nurse."

We Salute Our **Healthcare Workers During National Nurses Month**

Across our island, you care for us when we are ill and provide compassion in times when we are most vulnerable. You are the lifeline to our medical needs.

- unknown

Amid the recent struggles in the COVID-19 crisis, the critical role Long Island's nurses and healthcare workers play in our community takes on even further relevance and importance. We salute your selflessness and tireless efforts in keeping our resident's health and wellness as priority number one.

Island Federal and our Members thank you for your leadership on the frontlines during National Nurses Month and all year long.



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Long Island Nurses: Inspiring Others and Each Other

- Out east, farmers on tractors held a parade to commemorate healthcare workers.
- Parking lot concerts are entertaining area seniors.
- Families of veterans held a parade thanking caregivers outside the Long Island Veterans Home, and all over Long Island firefighters and residents are hosting impromptu parades honoring our healthcare heroes.
- Sarant Cadillac and GM are offering a First Responder Discount to current firefighters, police, EMT/paramedic or 911 dispatchers for special pricing on new Cadillac vehicles.

- Cleaning companies are using their disinfecting expertise to wipe down ambulances and vehicles used by essential workers.
- **AAA** is offering free road side assistance 24/7, regardless of membership, for local first responders and healthcare workers.
- Office buildings throughout Nassau and Suffolk are lit in blue in recognition of healthcare workers.
- Homeowners are proudly displaying signage to show their support, and homemade 'thank you' messages routinely line entries to hospitals, medical centers, nursing homes and assisted living facitilies.



Newsday

THANK YOU HEALTH CARE HEROES



Thank You.

ProHEALTH is proud to celebrate Nurse's Week in honor of our true heroes.

During this frightening and disruptive time, nurses continue to put others before themselves, working harder and staying stronger than ever before to keep our patients and communities safe. As the largest independent, multispecialty group in the tri-state, ProHEALTH is proud to be home to such a talented and compassionate team of nurses.

Florence Nightingale once remarked, "How very little can be done under the spirit of fear." Those words ring true today, and our nurses at the epicenter of the COVID-19 pandemic have remained faithful in their resolve. The World Health Organization designated 2020 as the "Year of the Nurse," a well-deserved distinction. We are humbled and honored to recognize our nurses for their expertise, their dedication and their indestructible spirit.



THANK YOU

To our nurses and all those who are working selflessly for our safety and health.



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SPECIAL ADVERTISING FEATURE

t's only fitting that 2020 has been declared the Year of the Nurse and the Nurse's Week celebration has been extended throughout the month of May. Here are a few ways you can celebrate our area nurses:

• The American Nurses Association has set up a Coronavirus Response Fund for Nurses supported by the American Nurses Foundation for RNs on the frontlines of the COVID-19 response. The national fund will address the identified, emerging needs of nurses and will focus on providing direct assistance to nurses, supporting their mental health — today and in the future. ensurina nurses everywhere have access to the latest science-based information to protect

themselves, prevent infection, and care for those in need. and drive the national advocacy focused on nurses and patients. To share your thanks and support for nurses on the frontlines you can make a donation to the American Nurses Foundation Coronavirus Response Fund: nursingworld. org/foundation/programs/ coronavirus-response-fund/ or, text THANKS to 20222 to make a \$10 donation.

- If you are well, consider making an appointment to donate blood at a Red Cross or other blood services donation center.
- Contact a local restaurant or caterer near your local hospital and arrange to have food delivered to hospital workers or first Responders. newsday. com/deliverli or, purchase a gift card for a local restaurant



or caterer and donate the amount to feed the front line. supportlocal.usatoday.com/ newsday/.

• Umbrella, a startup that provides services to seniors, is now recruiting thousands of volunteers to deliver essential items to the elderly that can't leave their homes due to shelter-in-place orders. The deliveries include contact-free groceries and prescriptions. The New York-based startup connects seniors with local providers, but in response to the Coronavirus outbreak it

waived its annual membership fee and began a volunteer platform to connect seniors to local volunteers.

• If you are a service business providing hair, nail or skincare services consider donating free "makeover" services for front line workers once you reopen. Or as an individual, purchase a gift card to your favorite salon and donate it to a local hospital healthcare worker. supportlocal. usatoday.com/newsday/.

Most of all, adhere to state and local guidelines to stay home and stop the spread.



C6

Gratitude.

FOR THE

healthcare professionals and workers

who give everything of themselves, and more.

FOR THE

parents

who teach in kitchen classrooms.

FOR THE

teachers

who miss their students.

FOR THE

people

who stock shelves with food, make deliveries, keep the lights on, and make sure we're warm.

FOR THE

volunteers

who bring hope and a smile.

For our neighbors. For our friends. For our communities. For everyone who stays home, but shows up to help, every day.

We are grateful.



HERE TODAY. HERE TOMORROW. HERE TO STAY.

C7



THANK YOU HEALTHCARE HEROES!

Anthony Boutin, MD, FACEP, FAAEM Interim President & CEO

Robert Detor Chairman of NHCC Board

Happy National Nurses Month!

www.numc.edu





The COVID-19 pandemic has directed the spotlight on the healthcare profession in general and nurses, specifically. According to the Bureau of Labor Statistics, nursing has been one of the fastest growing careers for a while now, averaging over 10% growth in employment annually, but post-COVID-19, recruitment is expected to soar. Here's why:

Desire to Help Others

Whether they're caring for patients at the bedside or fighting for patient rights, nurses are in the business of improving and saving has proven, nurses play a unique and significant role in shaping the health and wellness of the individuals, families, and communities they serve.

NASSAU COMMUNITY COLLEGE thanks the brave members of our faculty, student, and alumni community for their work on the front-lines.

- Nursing





2020: THE YEAR OF THE NURSE



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Nursing Now

Explore a Nursing Career

lives. As the recent pandemic

High Demand

Registered nurses, especially those with a BSN, are and will continue to be in high demand across the country. The U.S. Bureau of Labor Statistics expects registered nurse employment to grow 15% between the years 2016 and 2026, a much faster rate than the average for all occupations. As a result of the favorable press about the nursing profession, many purpose-driven Millennials are now saying "Wow. I want to do that."

Flexiblilty

Normally, RNs can choose to work on a full-time, parttime or on-call basis. Many healthcare employers have their nurses work three 12-hour shifts a week, which is great for those who don't mind long workdays to have four consecutive days off, and for working parents.



Diverse Opportunities

While hospitals have long been the largest employers of RNs, today's nurses can choose to apply their skills in any number of practice settings, from airplanes and cruise ships to schools and military bases. There are also more than 100 specialty areas to choose from, including forensic nursing, holistic nursing, informatics nursing, and travel nursing. The general belief is that even more nurses will be required in non-traditonal settings to monitor health, post-COVID-19.

Earning Potential

According to the U.S Bureau of Labor Statistics' (BLS) current Occupational Outlook Handbook, the median expected annual salary for registered nurses is \$68,450. Actual salaries vary greatly based on specialization, location, years of experience, and the opportunity to pick up extra shifts and work overtime. On Long Island, Indeed reports an average per hour rate of \$46.30 with an annual average of \$13,500 in overtime

"The journey through the nursing program at NCC was challenging and fulfilling, I would do it all over again. I am immensely proud to be an alumnus of Nassau County Community College."

NCC offers many health care programs including:

• Respiratory Therapy • Allied Health Sciences



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NASSAU 2020: THE YEAR OF THE NURSE

SPECIAL ADVERTISING FEATURE

Pursuing a Nursing Degree

ccording to study.com, those who wish to become nurses have two entry-level options in the field; they can become Licensed Practical Nurses (LPNs) or Registered Nurses (RNs). LPNs may earn a certificate to get started in the field. After earning that credential, LPNs can pursue an associate's or bachelor's degree to become a RN. To work in academia, research or administration, a master's or doctoral degree is typically required. There are also graduate certificates so that RNs can pursue an advanced nursing discipline

Enrollment requirements vary, but associate's degree programs typically ask for a LPN license. A RN license is necessary for the graduate programs. Other requirements often include current immunizations, basic life support certification and a background check. A nursing program blends general education and core nursing classes, but students gain experience through various clinical courses. Today, most schools are offering distance learning options to earn a degree.

Courses on Long Island

Within a 10-mile radius of Long Island, there are 22 public and private non-profit schools in New York that offer nursing programs. With so many local colleges and universities offering nursing programs, and high demand evidenced throughout the Coronavirus crisis, there's never been a better time to explore a career in nursing.

Select area schools offer undergraduate nursing degree programs and advanced registered nurse programs that will prepare students for work in traditional practices and healthcare facilities. Long Island is the ideal place to pursue a nursing degree, with many large hospital systems in Nassau, Suffolk and Queens who are looking to recruit.

Adelphi University offers nursing programs at the bachelor's, master's, and doctoral levels. The Bachelor of Science in Nursing (BSN) features three different pathways: a basic option for entry-level nursing students, an accelerated curriculum for licensed RNs, and a 14-month intensive program for those who have a bachelor's degree in another field.



The basic BSN program prepares students to pursue licensure in the state as well.

Graduate students can enroll in a Master of Science in Nursing program that features specialization options in nursing education, adult/geriatric nurse practitioner, nutrition, and nursing administration. Graduate certificate programs in adult health nursing, nursing administration, and nursing education are also available to students who already

have a master's degree and wish to specialize in an additional area. For students hoping to be involved in research and leadership roles in educational settings, the school has a PhD program in nursing. Doctoral students must have a master's degree in nursing to qualify for admission.

St. Joseph's College offers a stimulating environment to explore a career in today's fast-paced, high-tech healthcare system. They offer both a traditional four-year program for students looking to enter the nursing field, as well as a blended RN-BSN program with higher learning that prepares students for professional practice in traditional and non-traditional healthcare settings. Given the increasing healthcare demands of our population, experts predict that by 2020, the U.S. will need 1.2 million more professionally gualified nurses than our country is currently preparing. At St. Joseph's College, their mission is to help curb that shortage by offering a four-year, BS program for undergraduates.

Molloy College's Barbara H. Hagan School of Nursing and Health Sciences at Molloy College has a longstanding tradition of excellence in nursing and health professions education and

When we needed you, you were ready. Thank you.

We're incredibly grateful to the healthcare professionals and first responders caring for our community during this difficult time - and proud of the many students, alumni and members of the St. Joseph's community who stand among them.

Learn How to Apply for Fall 2020 sjcny.edu





We always recognize America's nurses for their compassion and expertise—and our nursing students preparing to enter this important profession-but never more so than during this coronavirus pandemic.

Because of our deep commitment to nursing excellence, our College of Nursing and Public Health ranks among U.S. News & World Report's Best Graduate Schools for 2021 and our emergency management programs are among the top five on the Guide to Online Schools' 2020 list for Best Online Colleges for Value.

- super-simulator
- Hudson Valley

See how we celebrate nurses past, present and future at Adelphi.edu/Nurse





SPECIAL ADVERTISING FEATURE



ADELPHI UNIVERSITY

offers a wide array of undergraduate. graduate, and doctoral programs that prepare students for delivery of health-related services. Grounded in Molloy College's philosophy of humanistic clinical practice. which promotes and respects the dignity and value of all people based on a tradition of study, spirituality, service and community, The Hagan School includes programs that prepares students for licensure as registered nurses, respiratory care providers, speech-language pathologists, nuclear medicine technologists or health service administrators.

Nassau Community College (NCC) and SUNY Empire State College (ESC) offer a Multi-Award Program with the awarding of the Associate in Science Degree by NCC and the Bachelor of Science in Nursing by ESC. The goal of the program is to prepare pre-licensure and post-licensure nursing students to practice safe and competent patient-centered nursing care in a variety of health settings and to optimize human health and wellness potential across the life span, within a rapidly changing healthcare system.

Adelphi Salutes National Nurses Week 2020: **Healthcare Heroes of the COVID-19 Outbreak**

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ADELPHI UNIVERSITY





2020: THE YEAR OF THE NURSE

HEKECOMM **HERE WITH** HUPE

Because you're here for us, we're here for you.

At Molloy, we're educating nurses on the front lines, the teachers strengthening our communities and the business leaders moving us forward. Because together, we will move beyond this moment and towards a brighter future for us all.

molloy.edu f 🎔 🖸 🗖 in

- If you are an LPN or RN,
- Participate in free professional webinars on current topics and those that will expand your listening, empathy, teamwork, problem solving, and flexibility.
- Volunteer as a mentor in your organization or nursing college.
- Identify nurses from other and learn from their professional development stories and advice

sition into a new career, nursing is a great option. Full-time accelerated protrack their way to becoming a RN. Adelphi University is just one of many schools that offer an accelerated program – 14-months vs. four years — to complete an undergraduate nursing program.

Transitioning to nursing from an altogether different industry allows you to leverage past experiences that other nurses may not have. Intrapersonal skills, technological savvy, communication prowess and stress management are just a few things you develop throughout a professional

SPECIAL ADVERTISING FEATURE

Already a Registered Nurse? Here's How to **Excel in Your Career**

s a registered nurse, as in all professions, excelling in your career becomes a top priority. Advancement can mean specialization and financial reward. The American Nurses Association has a few tips to help you succeed:

consider continuing your education to earn a BSN.

skills like communication,

specialties, nurse educators and innovators, or a nurse leader in your community



Nursing as a **Second Career**

f you are looking to trangrams allow students to fast



career that can be brought to bear as a registered nurse. While starting a second career may seem daunting, being able to apply your past experiences can give you an advantage and help jumpstart your healthcare career.



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A heartfelt thank you to all of our loyal companions at Home Companion Services for caring for our most vulnerable population; the elderly and physically challenged. Your dedication, commitment and courage during this most difficult time deserves our deepest gratitude and admiration.

Dr. Ed Scher, President



Newsday



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Send our health care heroes a message of thanks

Long Island health care workers are on the front lines battling the coronavirus and saving lives every day.

Send your message of support by sharing a video tribute today. newsday.com/thanks

Financing a Nursing Career

C14

tudents can finance nursing school tuition in several ways. Because of a nursing shortage, many states offer grants or loan forgiveness programs to draw more individuals into the profession. Students can also apply for scholarships, loans, grants, and work/study opportunities, and aid is also available from private lenders and local banks.

FAFSA

All students looking to enter a nursing program need to fill out the FAFSA. Even if you don't think you'll need loans to pay for school, the FAFSA will determine if you qualify for any need-based assistance. The government will use the FAFSA to calculate your financial need based on the information you provide. It'll calculate the amount you can be expected to contribute based on your income and other financial factors. You won't know what assistance you qualify for until you fill out the FAFSA

Scholarships

There are many different scholarships available for students going into nursing. Some of these are open to most potential students, while others are designed for those with specific specialties, cultural identities, medical situations, and more.

Bank Loans

Private student loans are available from banks, credit unions, and some schools. Unlike federal loans, these can have high interest rates, and you won't have as many options for ways to pay them back. Many private education lenders are willing to fund your expenses.

Each private lender sets its own credit and income gualifications that borrowers must meet. You might have to start repaying the loan immediately, rather than waiting until you finish your nursing degree. However, there are private lenders that offer a grace period and allow you to

postpone payments until after graduation. If you don't meet the criteria for a private student loan on your own, a co-signer can help. With a qualified cosigner or a parent with access to a HELOC (Home Equity Line of Credit), you can get the loan you need to fund your education.

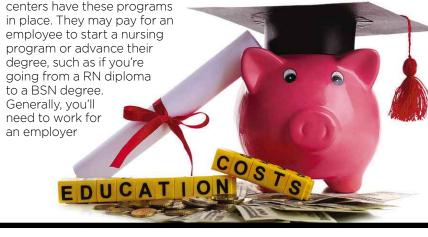
Tuition Reimbursement

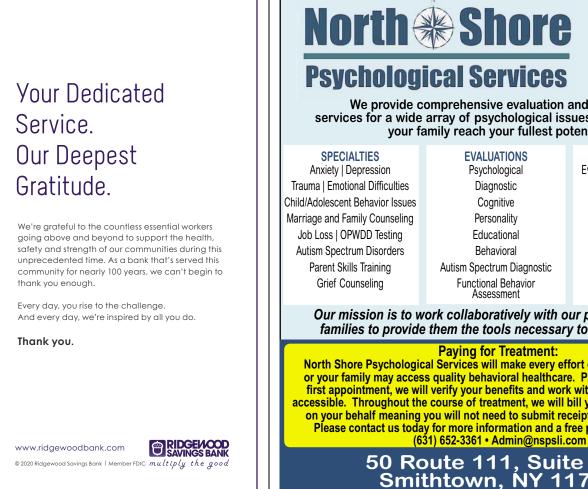
In some cases, tuition reimbursement through your employer may be possible. Many large employers such as hospitals or medical centers have these programs in place. They may pay for an employee to start a nursing program or advance their degree, such as if you're going from a RN diploma to a BSN degree. Generally, you'll need to work for

for an agreed amount of time before they'll reimburse your education.

Hospital Programs

Some hospitals have their own nursing programs. If you're accepted, these programs are generally free to attend, as long as you agree to work for the hospital for a set amount of time following graduation. Keep in mind that these programs normally grant diplomas, not degrees.





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The Importance of the School Nurse Today

ften overlooked, the school nurse is an important defense against disease at the classroom level. But not all schools have a full-time nurse, or one at all, and more than a third of U.S. school nurses rotate between three or more schools. As a result of the Coronavirus crisis, more schools are moving to mandate permanent, full-time nurses or schoolbased health clinics.

With new protocols expected for a return to school in the fall, the school nurse's job takes on even more importance for public health. In addition to staying current on information from reputable sources like the Centers for Disease Control and Prevention and state and county health agencies, they can oversee their school's tactics for limiting the spread or second wave of the virus, through handwashing demonstrations and talking to parents. And their health expertise can help administrators make important decisions about limiting large group gatherings or ramping up cleaning schedules. School nurses can act as a liason with parents and answer healthrelated questions. They can also review health records to ensure that students are

up-to-date on their routine



childhood vaccinations, including for influenza, and enforce any new protocols put in place for the return to school, such as temperature checks. Equally as important, school nurses can review, or create, a school or district's communicable disease plan – a must in every emergency preparedness plan going forward. THE REF. DIST.

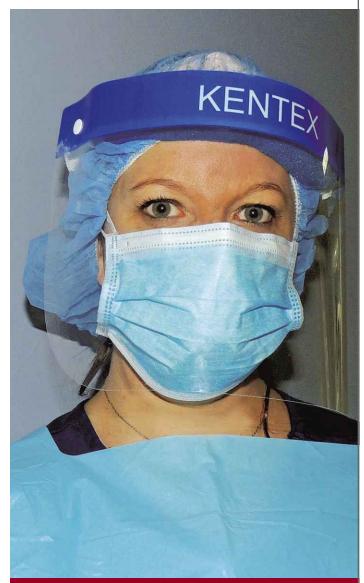


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A SPECIAL THANK YOU to the nurses who support the good health of our community.

This year with COVID-19 affecting millions throughout our country nurses continue to go above and beyond to deliver care and compassion with great courage and spirit to patients and their families. Every day they leave their homes and their families to contribute their time and their skills to help fight the good fight.

Please share your thanks and compliments on our Facebook, Instagram and Twitter pages and include the hashtag **#StonyBrookStrong** so our nurses can be sure to see th



To learn more, visit elih.stonybrookmedicine.edu

Eldercare Nursing

nother area of nursing whose importance has come to light during the Coronavirus crisis of 2020 is elder care. Given their congregate nature and resident population served (e.g. older adults often with underlying chronic medical conditions), nursing home populations have been at the highest risk of being affected by COVID-19. Nurses who care for the elderly in nursing homes and assisted living facilities have been tasked with maintaining resident health as well as offering companionship to these quarantined seniors. In recognition of their efforts, tens of thousands of skilled nursing facility workers in California were given "Hero Awards," thanks to a \$25 million donation from Facebook.

Overview of Nursing Facility Nurse Types

There are basically three types of nurses in a nursing facility: Registered Nurse (RN), Licensed Practical Nurse (LPN), and Certified Nursing Assistant (CNA),



and sometimes a Nurse Practitioner (NP). Also, a RN who takes specialized graduate courses in geriatric care and obtains a certificate or degree are designated as a Gerontological Nurse. Depending on the level of care rendered to its residents, the nursing home may employ all three nursing types or sometimes just CNAs and one or two RNs. In any case, each type of nurse has their own job description and different level of responsibility.





In celebration of **National Nurses Month**, AAA is offering nurses and front-line healthcare workers 50% off annual membership for any coverage level, plus a FREE second driver!



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Products and services may vary by location and are subject to eligibility requirements. Offers, discounts, rates and terms subject to change without notice. Associate memberships are available only to those residing in the same household as the Primary member. Offer of free Associate memberships cannot be combined with any other offer and is available for new Associate enrollment only. Insurance is offered through AAA Northeast Insurance Agency, Inc., Providence, RI. Plymouth Rock Assurance® is a brand name and service mark used by separate underwriting, managed insurance, and management companies that offer property and casualty insurance in multiple states. Each company is a separate legal entity that is financially responsible only for its own insurance products. Actual coverage is subject to the language of the policies as issued by each separate company. In New York, auto insurance is underwritten by Plymouth Rock Assurance Preferred Corporation and Plymouth Rock Assurance Corporation of New York, Garden City, NY. In New York, home insurance is underwritten by Palisades Property and Casualty Insurance Company, Woodbridge, NJ. Applicants are individually underwritten and some may not qualify based on driving history or other factors. All loans offered through AAA Northeast Bank. Other rates and terms available. Rates and terms subject to change without notice. Some restrictions apply. All loans are subject to credit approval, appraisal and satisfactory title examination where applicable. Consult your tax advisor regarding the tax deductibility of interest.

Thank You, Nurses

For putting the welfare of others first. For making sacrifices every day. For being on the front lines for our residents.

We can't thank you enough for the comfort, compassion, and care you provide our residents and their families every day. Your tireless efforts make it possible to deliver the high-quality personalized care and response we're able to provide in the fight against COVID-19. This year, more than ever, we thank and celebrate all of you.

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