

Advocate

KING COUNTY NURSES ASSOCIATION

FALL 2025

Continuing education
Shining Star awardees
Annual highlights

Expand your skills and refine your knowledge with KCNA

Join us for an important and informative Fall Summit, focused on the new impacts on health care with the passage of H.R. 1. Then join fellow nurses for a service project. **For all our event offerings visit kcnurses.org.**



King County Nurses Association

Fall Summit

Nursing, Ethics & the Health Care Cuts

New! Fall Summit — Nursing, Ethics & the New Health Care Cuts

Saturday, Nov. 22, 2025, 8:30 AM – 12:30 PM
Good Shepherd Center, 4649 Sunnyside Ave. N,
Rm 202, Seattle, WA 98103
2-hour Certificate of Completion*

Cost and registration

\$35 KCNA members, \$55 nonmembers,
\$15 students

Registration deadline:

Nov. 7, 2025, or until filled.

Event details may change; please
check updates at kcnurses.org.

Join us for a discussion on the nursing response to H.R. 1 and the ethical implications of these policy changes. We'll review recent resolutions from WSNA and ANA regarding how this relates to the established Code of Ethics for

Nurses. The recent passage of H.R. 1 into law means the U.S. health care system will face major changes, including deep Medicaid cuts that could leave 250,000 Washingtonians without insurance coverage. Those expected to be most affected include children, older adults and people with disabilities. At this year's Fall Summit, we will explore what these cuts mean for nurses and the ethical challenges ahead.

About the Presenters:

Justin Gill, DNP, APRN, RN, is an Urgent Care Nurse Practitioner in Everett and the current President of



Washington State Nurses Association (WSNA). He has a strong background in leadership and advocacy, especially through WSNA and ANA. He's received several honors, including the ANA Nurse Advocate Award and the AANP Advocate State Award for Excellence. Passionate about health policy, he believes nurses are uniquely positioned to address today's complex challenges and often encourages them to take on roles in politics, policy and health care reform.

Jamie Shirley, PhD,

RN, is a Teaching Professor at UW Bothell's School of Nursing & Health Studies and holds an adjunct appointment in the Department of Bioethics and Humanities at UW School of Medicine. She serves as Chief of Ethics Consultation Services at UW Medical Center-NW and as a Clinical Ethics Consultant at UWMC-Montlake. She co-designed the Certificate in Guardianship program through UW Professional & Continuing Education. Her work focuses on health care ethics and policy, particularly autonomy and dependency in practice.



Nurses in Action (pending approval): Help assemble cold/flu kits for Real Change newspaper vendors at the event.

*after event evaluation submitted

New president invites you to get involved

Dear KCNA Members,

Fall is a favorite season for many. For some, it's the leaves changing color; for others, the crispness of the air after the warm days of summer.



Nancy Wilder, RN, BA

And, then there is pumpkin spice... *everything*. Whether you're a fan or not, there is something comforting about the reliability of that old familiar flavor and aroma making an appearance every fall.

The one constant in health care this fall, and in every season, is that nurses care about patients and the health of the community. Regardless of where you find yourself on the political spectrum, the recent passage of H.R. 1 by the federal government will bring new challenges to nurses. KCNA is here to support nurses and the nursing community as we sift through its impacts. See the article on page 4 in this edition about the WSNA resolution to ANA and ANA's statement regarding passage of H.R. 1. Be sure to also read about how KCNA members engaged with ANA as delegates.

We encourage you to stay connected with KCNA and your nursing community. Look through this newsletter, subscribe to our e-newsletter and join us on social media. Be sure to also read about our new **Strategic Plan**, developed to guide us through 2030. There are also a variety of continuing education programs coming soon

to enrich your experience. I hope to see you in the audience!

As your newly elected KCNA Board President, I look forward to serving members in this new role. I am so grateful to be part of KCNA, an organization dedicated to encouraging and serving nurses. It is one of my greatest honors to help further the nursing profession and to support nurses who work so hard serving our community.

Joining me in this work are KCNA Board Officers: **Steven Simpkins**, Vice President; **Anne Poppe**, Treasurer; and **Hannah Jeong**, Secretary. **Chris Henshaw** also joins us as Past President. Those serving in the position of Member at Large on our board include **Alison Bradywood**, **Wendell Brunk**, **Carolyn Clark**, **Edna Cortez**, **Rachel Diller**, **Leigh Kalaman**, **Erik Lund**, **MaKenzie McLauchlan**, **Louise Peterson** and **Rosa Young**. Our fall board meeting will be in September.

Our newly elected Nominating Committee includes **Erin Michonski** as Chair and committee members **Emily Kay** and **Frankie Manning**. Their recruitment work will begin later this year.

Have you ever thought about serving on our board? Consider it if you want to gain professional skills and grow your network. Interest forms can be found at kcnurses.org under the Members/Getting Involved tab or email us at kcnurses@kcnurses.org.

Thanks to the Program Committee, we have a great lineup of upcoming events, including the **Fall Summit** and our popular **Nurses Book Clubs**.

Remember that members enjoy reduced rates and can earn a certificate of attendance to be used toward your license renewal.

In addition to our continuing education offerings, remember that members have access to additional benefits:

- **Professional Development Fund:** For members whose employers don't provide funds to attend continuing nursing education. Ten awards of \$500 each are available.
- **Community Grants:** Nurses partner with non-profits to meet community needs. General grants are available for \$500-\$1,250 and Elizabeth Thomas grants (children and families in diverse communities) for \$500-\$2,000.

I would also like to take this opportunity to honor our incredible Shining Star awardees as well as our 15 scholarship recipients. Be sure to read about them in this newsletter—you'll be inspired and proud to be a fellow nurse.

Please join me and commit to getting involved with KCNA. I look forward to seeing you at upcoming events.

Warmest regards,

—Nancy Wilder, RN, BA
President

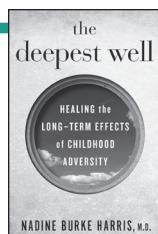
NURSES BOOK CLUB

KING COUNTY NURSES ASSOCIATION

Read along with KCNA, then gather online for our facilitated discussions. Books will be mailed following registration. Can't make the live event? All who register will receive a link to a recording.

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity

Saturday, Oct. 25, 2025, 9–10:30 AM via Zoom



Cost and registration

\$20 KCNA members,
\$40 nonmembers, \$15 students
Bring Your Own Book: \$10 KCNA members, \$30 nonmembers, \$10 students

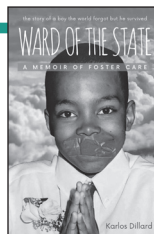
Registration Deadline: Oct. 15, 2025
1.5-hour Certificate of Completion*

In *The Deepest Well*, Dr. Nadine Burke Harris, a pediatrician, uncovered the profound biological impact of childhood trauma. Triggered by the case of Diego, a boy who stopped growing after a traumatic experience she explores how Adverse Childhood Experiences (ACEs) can alter brain development and increase the risk of chronic illness, substance abuse and early death.

Fall 2025

Ward of the State: A Memoir of Foster Care

Saturday, Dec. 6, 2025,
9–10:30 AM via Zoom



Cost and registration

\$20 KCNA members,
\$40 nonmembers, \$15 students
Bring Your Own Book: \$10 KCNA members, \$30 nonmembers, \$10 students

Registration Deadline: Nov. 21, 2025
1.5-hour Certificate of Completion*

Ward of the State: A Memoir of Foster Care tells the powerful story of Karlos Dillard, a young black boy from inner-city Detroit who endured severe neglect by his mother and abuse in the foster care system. After being removed from his home by the State of Michigan, Karlos found himself in foster homes that were even more traumatic. His journey is filled with pain, hunger and abuse, but also small moments of hope. Despite being told he was unloved and unwanted, Karlos' determination to find a loving family kept him going.

Book Club Facilitator:

Cheryl Cooke, PhD, DNP, PMHNP-BC, is a Psychiatric Nurse Practitioner, researcher, and teacher. A registered nurse for nearly 40 years, Dr. Cooke has served patients in clinical and private practice. She is a sought-after expert in race/racism, mental health, administration and health policy.



Leadership Skill: Knowing When to Look for Help

Thursday, October 16, 2025, 6–7:15 PM
via Zoom

Cost and registration

Free event

Registration Deadline:

Oct. 14, 2025

1-hour Certificate of Completion*

Good leaders recognize when it's time to seek new knowledge, skills or support. This event explores how turning to external resources can strengthen your nursing practice.

The event will begin with a presentation from **Patricia J. Devine, MLS, Director of Community Outreach and HEALWA** at the University of Washington. She will provide an overview of HEALWA, Washington state's digital access program that provides evidence-based clinical and educational resources to health care providers.

Next, experienced nurse mentors will reflect on the challenges they faced early in their careers, the paths they've taken, and the resources they wish they had known about then. A Q&A will follow, offering nursing students and new nurses the opportunity to gain practical insights from those who've walked a similar path.

Who should attend?

KCNA members, KCNA scholarship recipients and nursing students in King County.

Former KCNA Shining Star honored by WSNA

KCNA member and 2024 Shining Star Awardee **Kumhee Ro, DNP, APRN, FAANP, FAAN**, has been recognized with the 2025 WSNA Nurse Researcher Award. An associate professor at Seattle University and a primary care provider at a federally qualified health center, Dr. Ro is a trailblazer in nursing education, practice and advocacy.



Her influential research on faculty diversity led to the creation of the national Jesuit Nurse Faculty Network and the development of the BOLD Framework, which offers academic leaders' actionable strategies to diversify nursing faculty. She has also created tools to support underrepresented students and has tackled rural and primary care workforce challenges through policy research.

A former Robert Wood Johnson Foundation Health Policy Fellow, Dr. Ro continues to help shape national health workforce strategies through her advisory roles with federal

agencies and contributions to the National Academy of Medicine.

We are also proud to recognize these KCNA members who were honored with WSNA awards. **Anita Stull, BSN, RN**, recipient of the WSNA Honorary Recognition Award; **Kara Yates, BSN, RN, CPN**, recipient of the Joanna Boatman Staff Nurse Leadership Award; and **Patricia Blissitt, PhD, ARNP-CNS, CCRN, CNRN, SCRNP, CCNS, CCM, ACNS-BC**, recipient of the Leadership and Excellence in Practice Award. ***Congratulations!***

Shining Star Awardees

Join us in celebrating the 2025 Shining Star Nurse Awardees! Nominations for 2026 are now being accepted at kcnurses.org under the Members tab.

Chris Henshaw, EdD, RN, has over 25 years of experience as a nurse educator and over 40 years of experience as a nurse with a background in cardiac, med-surg and long-term care. Her career includes serving as Associate Dean at Seattle Pacific University, managing the residency program at Virginia Mason and working as an adjunct professor at Seattle Pacific University. Chris received her nursing education at Washington State University and Seattle University. Chris is the Past Board President of the King County Nurses Association, where she has also served as secretary and on several committees.



Annika J. Hoogestraat, BSN, RN, CCRN, IBCLC, is a career ICU nurse with 20 years at Seattle Children's Hospital. She has clinical experience in ICU, pediatrics, neonatal, cardiac and associated technology. She is the Co-Chair of WSNA at Seattle Children's, representing 2,200 nurses. Annika also recently helped write HB 1567, a first-of-its-kind bill establishing licensing requirements for health care administrators. While this bill ultimately did not pass this legislative session, it went much further than anticipated. Annika's nursing education is from Seattle University and Western Governors University.



KCNA members attend ANA Hill Day and Membership Assembly



KCNA members attended the 2025 American Nurses Association (ANA) Membership Assembly & Hill Day, held June 26–28 in Washington D.C. As ANA's highest governing body, the assembly brings together elected representatives from state associations, organizational affiliates and the board of directors to set policy and guide the professions strategic direction. Highlights included advancing rural healthcare and use of artificial intelligence.

King County Nurses Association 2024–2025 highlights

KCNA is a professional organization of registered nurses, committed to supporting members in education, advocacy and community services. Our core values are collaboration, innovation, social justice and community. The following is a summary of our work during the past program year (7/2024–6/2025):

Member Services

- **Communications:**
 - Newsletter *The Advocate* published three times a year.
 - *News2Use* e-newsletter distributed monthly.
 - Social media presence includes Facebook (748 followers) and Instagram (404 followers).
- **Member Benefits:**
 - Discounted continuing education and event rates.
 - Professional development funds: over \$3,000 distributed to members.
 - Health/community grants: \$4,000 assistance given toward members' projects to meet needs in our community.
 - Nurse awards as well as leadership opportunities (14 Board members and 19 committee/task force members).
- **Continuing Education Offerings:**
 - Fall Summit: "Health Equity & the Nurse Role," an in-person presentation.
 - District Meeting: "From Idea to Completion: How nurses can utilize KCNA Grants to make a difference."
 - Two Nurses Book Clubs: *The Black Angels: The Untold Story of the Nurses who helped cure Tuberculosis* and *The Heaven & Earth Grocery Store*.
 - Webinar: "Lead, Drive, and Thrive" webinar featuring ANA President Jennifer Mensik Kennedy and WCN Executive Director Sofia Aragon.
- **Annual Gala & auction:** Special event held in celebration of National Nurses Month; raised funds for nursing student scholarships.
- Development of the **KCNA 2025–2030 Strategic Plan**.

Outreach

- Booth at **WABON 2024 Conference: Voice and Vision—The Possibilities**.
- Booth at **WSNA Convention: Forward Together**.
- KCNA Scholarship Information Session for nursing students.
- MentorLink Virtual Mentoring Session: "*If I Only Knew Then What I Know Now*" offered to KCNA members, scholarship recipients and nursing students.
- Partnership with WSNA Regions to facilitate Nursing Education Series.

Community Collaboration

- **Health Projects:** Granted \$4,000 to members for projects that help meet unmet needs in our community. We provided funding for lactation consultant training for two nurses as well as funding for a Nurse Family Partnership project to empower disadvantaged new parents to reach their breastfeeding goals.
- **Neighborhood Health Special Interest Group** volunteered at the Seattle-King County Clinic and other community events.
- **Service Projects:**
 - Assembly of 400 cold/flu kits (\$1,200 value) for Real Change vendors at the Fall Summit.
 - Virtual donation drive facilitated by KCNA and other Regions at WSNA Convention.



CONTINUED ON NEXT PAGE

King County Nurses Association 2024–2025 highlights, continued

CONTINUED FROM PAGE 5

COMMUNITY SUPPORT: KCNA is committed to supporting grassroots organizations doing good work in our community. \$17,400 donated to 24 local nonprofits:

Nursing & Diverse Students

- Mary Mahoney Professional Nurses Organization
- Nursing Students of Washington State
- UW Nurse Camp
- Washington State Nurses Foundation
- Washington Women in Need

Seniors

- Asian Counseling & Referral Services
- Central Area Senior Center
- Pike Place Senior Center

Children & Youth

- Akin
- Friends of Youth
- New Horizons
- Roots
- Safe Crossing

Hunger

- Food Lifeline
- Teen Feed

Unhoused

- Atlantic Street Center
- Heroes for the Homeless
- Noel House, CCS
- Seattle/King County Coalition on Homelessness
- Sophia Way
- Union Gospel Mission

Domestic Survivors

- New Beginnings

Job Creation

- Fare Start
- Real Change

Nursing Students



KCNA works to inspire and support future nurse leaders:

- Awarded 15 scholarships at \$4,000 in 2024 and 15 at \$4,500 in 2025.
- Supported Mary Mahoney Professional Nurses Organization with two scholarships.
- Offered free/low-cost access to selected KCNA Programs.
- Connected with liaisons at 13 nursing schools. Distributed **The Buzz** e-newsletter.
- Sponsor of the Nursing Students of Washington State's Conference.

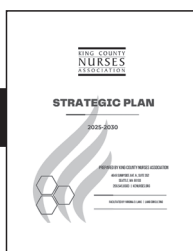


EVIDENCE-BASED INFORMATION FOR WASHINGTON STATE HEALTHCARE PROVIDERS

HEALWA is Washington's evidence-based online clinical library, offering nurses free access to clinical information and resources, including customized toolkits, clinical calculators and databases. Launched in 2009, HEALWA was created through a partnership between the University of Washington Health Sciences and the Washington State Department of Health. It remains the only program of its kind in the nation. These tools support high-quality, evidence-based practice and ongoing professional development. Funded through licensing fees, the services is available at heal-wa.org.

New KCNA Strategic Plan

KCNA is excited to share its new strategic plan for 2025 to 2030, now available on our website at kcnurses.org under the About KCNA/Mission tab. The plan outlines our three main focus areas: member services, operations and finances, and outreach and engagement. We invite you to explore the complete plan, to see how we're working to strengthen our organization and support our nursing community.



Your generosity empowers future nurses

CASH DONORS July 1, 2024 through June 30, 2025

King County Nurses Association is grateful to the following individuals for their support of our scholarship fund through individual donations and our fundraising auction. We are also thankful for the support of the Salal Credit Union.

Two Full Scholarships — \$9,000

SALAL
CREDIT UNION

Strategic — \$1,000 or more

Marjorie Batey
Richard Frith
Barbara Innes
Jim & Nancy Woods

Visionary — \$500 to \$999

Anonymous
Kathryn Anderson & Stan Shepherd
Alison Bradywood & Farrokh Farrokhi
Chris Henshaw
David Keepnews
Frankie Manning
Hilaire Thompson
Sue Vermeulen

Benefactor — \$200–499

Jennifer Bravo
Carolyn Clark
F. Luella Drevecky
Carol Sue Ivory
Pamela & Curtis Newsom
Mo West
Rosa Young

Sponsor — \$100–199

Judith Albers
Mary Lee Bell
Tyra Bell

Thomas Booze
Erin-Joy Bjorge
Lori Cross
Virginia Jackson, *in honor of Kathy Lavallee*
Gary Fey
Jennifer Graves
Paul Kunkel, *in honor of Mirna M. Meoño de Kunkel*
Antwinett O. Lee
April Millar
Evelyn Oen
Julius & Karen Pasco
Louise Peterson
Kumhee Ro

Barbara Smith
Jennifer Sooney
Heather Stephen-Selby
Teri Trillo
Nancy Wilder
Maddy Wiley & Bob Smithing
Emily Vinson

Partner — \$50–99

Sofia Aragon
Tara Barnes
Jean Dearn, *in honor of Dorothy Wichman, RN*

Shirley Gilford
Justin Gill
Lindsey Kirsch
Debbie Noble
Peggy Pomeroy
Galen Richards
Amy Ridley

Friend — up to \$49

Joanna Boatman
James Manning
Lora Vander Weil
Judy Delismon

WSNA responds to H.R. 1 passage

WSNA, alongside 14 other state and specialty nursing associations, co-authored a resolution responding to new federal policy threats posed by H.R. 1 and related proposals. The resolution, titled *Defending Nursing's Principles and Protecting Our Patients*, was overwhelmingly approved by the American Nurses Association (ANA) Membership Assembly, held June 27–28 in Washington, D.C.

The resolution calls for the ANA Board of Directors to take

immediate, visible, and sustained public positions in opposition to federal actions that undermine access to care, nursing workforce development, labor protections, and evidence-based practice. Proposed cuts to Medicaid and Medicare, attacks on science-based public health guidance, and rollbacks of diversity and inclusion initiatives were cited as urgent threats.

WSNA and its partners urged ANA to reaffirm its commitment to equity, public health, professional

autonomy, and patient-centered care—values that transcend politics. The resolution emphasizes that nurses have a duty to advocate not only at the bedside but also in policy spaces where decisions impacting patients and providers are made. The coalition includes associations from California, Oregon, Florida, Ohio, Illinois, and others, representing a unified voice across the profession.

Stay connected with KCNA!

Subscribe to *News2Use*, our monthly e-newsletter, and be the first to hear about upcoming events, member opportunities and KCNA news.. It's the easiest way to stay connected with what's happening in your nursing community. Sign up at kcnurses.org — click "Members," then "News," and hit "Subscribe" to get started.

KCNA calendar of events

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Oct. 25	Fall Book Club: The Deepest Well	3
Nov. 22	Fall Summit: Nursing, Ethics & the New Health Care Cuts	1
Dec. 6	Winter Book Club: Ward of the State	3
Jan. 15	KCNA 2026 Scholarship Information Session	
Feb. 19	KCNA Region Meeting: Workplace Safety	

Details and registration at kcnurses.org

KING COUNTY
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ASSOCIATION

4649 Sunnyside Avenue North
Room 352
Seattle, WA 98103

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King County Nurses Association is a professional organization of registered nurses, committed to supporting members and the communities they serve through education, advocacy and service.

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Nancy Wilder
Vice President
Steven Simpkins
Secretary
Hannah Jeong
Treasurer
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Carolyn Clark
Edna Cortez
Erik Lund
Leigh Kalaman
Louise Peterson
MaKenzie McLauchlan
Rachel Diller
Rosa Young
Wendell Brunk

STAFF

Executive Director
Jennifer Bravo
Member Services Director
Karen Muth-Pasco

**COMMITTEES AND
SPECIAL INTEREST GROUPS:**

Finance Committee
Neighborhood Health SIG
Nominating Committee
Program Committee
Scholarship Committee
Community Grant Task Force



printed on recycled paper

KCNA Event Cancellation/Refund policy: Attendees may request a refund up to seven days before the event date through Eventbrite only. Refunds will be automatically refunded to your original payment method only. Registrations cannot be transferred to others. Non-refundable fees from Eventbrite may be applied to attendees or paid for by KCNA. In the case of cancellation, attendees will receive a refund through Eventbrite, and non-refundable fees will be covered by KCNA.

KCNA: A Constituent Association (Region) of Washington State Nurses Association • 4649 Sunnyside Ave N, Rm 352 • Seattle, WA 98103
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The Advocate is published to inform KCNA members about issues and activities that affect their professional growth.