

LIVEWELL NURSING

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NURSE'S NOTES

Denise Foster, CNO



“For it is in giving that we receive.”

— Saint Francis of Assisi

Research is challenging the long-held belief that human beings are selfish. In fact, there is a growing body of scientific evidence that human beings are evolving to become more compassionate and collaborative. In our quest to survive, it is essential that we help one another. Human societies benefit from the generous behavior of others. Across cultures and age groups, those who are generous of their money and time report higher levels of happiness (Park et al., 2017). Through the act of giving, people are not only happier, but they are also healthier. As noted by Post (2005), there is a “strong association between kindly emotions and happiness, health and longevity”. According to Dr. Jean Watson (American Nurses Association, 2021) the act of caring is foundational to nursing. A fundamental element of nursing is that empathetic caring is given freely and wholly to promote the well-being of others. There are structures in the brain that are dedicated to empathy so that you see things from the perspectives of others. While it might be obvious that empathy benefits the receiver, it is also true that empathy benefits the giver. People who practice empathy and generosity have better relationships and tend to be more successful in the workplace. Of course, intention is important, so empathy needs to be directed to really work. When we intend to do good, we not only give, we receive. Who doesn’t love a win-win situation?

References: American Nurses Association (2021). Nursing scope and standards (4th edition). American Nurses Association.

Park, S. Q., Kahnt, T., Dogan, A., Strang, S., Fehr, E., & Tobler, P. N. (2017). A neural link between generosity and happiness. *Nature communications*, 8, 15964. [Link](#).

Post SG. (2005). Altruism, happiness, and health: it’s good to be good. *Int J Behav Med*, 12(2):66-77. doi: 10.1207/s15327558ijbm1202_4. PMID: 15901215

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UPCOMING TRAININGS & DATES

CPR for Health Care Providers is an in-person class taking place on Thursday, December 8th at 9:00am - 11:30am and 2:00pm - 4:30pm. Register via LMS.



SUBMISSIONS

Please e-mail submissions (articles, ideas, photos, trainings, dates, accolades, local or national news, etc.) to Sara.Wilson@sdcounty.ca.gov

For consideration in the next issue, please submit entries by close of business on Monday, December 12th.

Submission limits: 125-275 words

One Safe Place Gives to the North County Community

By Stacey Sundling, BSN, PHN, RN – Nurse Family Partnership

The North Coastal Region’s MCH and NFP Public Health Nurses recently had the honor of touring an inspiring new safe haven, appropriately named One Safe Place, The North County Family Justice Center. This collaborative effort has been many years in the making and is a much-needed regional support center for those who suffer from victimization and who need safety or resources. As you walk into this building, discretely built in a commercial plaza in San Marcos, you immediately feel safe and welcomed. There are friendly staff, security, and an inviting, colorful décor. There’s a snack bar, comfortable furniture, and private rooms for rest and consultations. A fun playroom is provided for childcare so that adults can take care of business that needs attention. The center even offers snacks for pets, free clothing, a kitchen for cooking classes, as well as therapy rooms for counseling. Many victims may have a long road ahead of them, and One Safe Place offers them a comfortable and pleasant supportive environment during a critical time of healing. The County of San Diego District Attorney’s Office partners with several organizations providing supportive services on-site (such as CalFresh and Child Support), and there are other partners with permanent offices as well, such as Palomar Health and law enforcement; this offers convenient “one-stop shopping” to assist victims with multiple needs. As we enter the holiday season, One Safe Place offers a shining example of the Spirit of Giving and the collaborative work that can be done with our community partners. Please take a moment to visit our [website](#) and learn more about our services.



North Coastal Public Health Nurses visit One Safe Place.
Top row (L to R): Stacey Sundling, Kathryn Kerr, Robin Anderson, Tracey Purvis, Cassidy Mayer, Kayla Bisbal.
Bottom row: Liza Macatula, Jessica Gaylord, Jing Jing Wallace, Jillian Cruz, Jessica Watson.

CECO San Diego County Employees’ Charitable Organization

By: Davina Trejo-Valdez, Admin Analyst I

Usually, people think about giving when it comes closer to the holidays but CECO, the San Diego County Employees’ Charitable Organization, gives employees and retirees an opportunity to give all year by becoming a member. Listed below are the different ways to help support local non-profits as well as County employees and retirees in need. If interested in learning more about CECO and how you can help please check the [CECO website](#) or reach out to me, [Davina Trejo-Valdez](#), MCS CECO representative.

- Make recurring payments or one-time donations through automatic paycheck deductions, cash, check, PayPal, or DonorBox platform
- Select ‘San Diego County Employees’ Charitable Organization’ on Amazon Smile and/or PayPal Giving Fund
- Fundraise
- Share information with others about CECO’s efforts and impact on the community

Thank you for all that you give!



Giving With Edgemoor

By Jana Welsh, RN

Florence Nightingale was once quoted as saying, “nursing is the gentle art of giving”. All nurses, despite the setting, give their dedication, expertise, passion, skill, and heart to their patients. It’s in giving that we heal body, mind, and spirit of those in our care. At Edgemoor DPSNF, our nurses give their time to help raise awareness and funding for Huntington Disease (HD), a debilitating neurological disease that several of our residents have been diagnosed with.

HD is an autosomal dominant genetic disease that doesn’t discriminate between males and females. In being dominant that means the gene is powerful—if you get one copy from either parent, you will have the disease. If a person has HD and has a child, the chance they pass it onto their child is 50%. The disease can start in infancy (juvenile onset), in old age, or any time in between. HD is a progressive neurological disease that effects the brain and signs of HD include problems with thinking, controlling mood and behavior, and unusual movements of the arms, legs, face, and trunk. People cannot move their eyes without moving their face, and their tongue tremble.

As of today, there is no known cure. Undiscouraged, each October, a team of Edgemoor staff members participate in the San Diego Team Hope Walk to help raise awareness and funding for Huntington’s Disease Society of America. In giving their time they are practicing the art of giving and caring, the root of our nursing practice.



(Left to right) Betty Gamban, Alem Gebrehiwot, Merlyn Trinidad, Mercy Asanas, Phoebe Pascua, Michelle Tello, Brenda Fernandez, and Lydia Contemprato at the 10/22/2022- San Diego Team Hope Walk for Huntington’s Disease of America.

“Remember that the happiest people are not those getting more, but those giving more.”

— H. Jackson Brown Jr.