

## Foundation names 2016 Nurse of the Year

It's been said that the true test of character is what a person does when no one is watching. This statement describes the American Nurses Foundation's Honor a Nurse 2016 Nurse of the Year, Laurene Elauria Johnson, MSN, RN, CDP.

For nearly 3 years, Johnson supervised Lead Health Technician Maria Grier at the Department of Veterans Affairs in Coatsville, PA. Each day, Grier observed Johnson's compassion for her patients, her employer, her coworkers, and herself. In the nomination, Grier described Johnson's "innate desire to help and care for people in their time of need. I admire her patience, warmth, and compassionate heart, caring for our national heroes in mental health at Coatsville's Veterans Medical Center."

"Hundreds of deserving nurses were honored through the Foundation's program last year. However, Maria Grier's tribute to Laurene Elauria Johnson spoke precisely to the purpose and intent of Honor a Nurse," said American Nurses Foundation Chair Tim Porter-O'Grady, DM, EdD, ScD(h), APRN, FAAN, FACCWS. "We are thrilled to recognize her dedication to nursing and inspirational leadership."



Laurene Elauria Johnson

Johnson said it was both a privilege and an honor that Grier chose to recognize her. As a child growing up in the Philippines, Johnson dreamed of becoming a nurse, but education was out of her reach financially. In 1981, when Johnson and her family moved to the United States, she was hired as a nursing assistant in a nursing home. She subsequently obtained her LPN, RN, and MSN.

Johnson completed her clinical hours at the Department of Veterans Affairs, and found her calling to help veterans in their times of need. Johnson believes it is her responsibility to give back to the veterans because thanks to them,

"we sleep in peace every night while they fight for our freedom."

The Foundation created the Honor a Nurse program to recognize nurses' extraordinary contributions to health care. Nurses who have been honored qualify for the Nurse of the Year award. For more information and to honor a nurse, visit [www.givetonursing.org/honoranurse](http://www.givetonursing.org/honoranurse).

## Focus on combatting stress

ANA is declaring 2017 to be the Year of the Healthy Nurse. Join us as every month we tackle specific wellness issues where all of us can improve. In April, turn to the following resources to help manage stress and maintain work-life balance.



### Online courses and articles from ANA's Nursing Knowledge Center

(<https://learn.ana-nursingknowledge.org>)

- *Nutrition for nurses: Healthy eating and shiftwork*
- *Cultivating mindfulness online course*
- *How can nurses encourage patients to live healthy lives (April 27 webinar)*
- *Civility: Conversations to inspire and promote a more civil workplace (American Nurse Today continuing nursing education article)*
- *Living & working mindfully: Exploring mindfulness techniques for self-care, leadership & nursing practice*

### Online courses from ANA Leadership Institute™

(<https://learn.ana-nursingknowledge.org>)

- *Dealing with fatigue: Strategies for nurse leaders*
- *Practicing resiliency in times of increasing change: Build your team*
- *Success under stress: Leading a stress-free environment*

### Resources from ANA NursesBooks

([www.Nursesbooks.org](http://www.Nursesbooks.org))

- *Bounce forward: The extraordinary resilience of nurse leadership*
- *Mindfulness and YOU: Being present in nursing practice*
- *Information overload: Framework, tips, and tools to manage in complex health-care environments*

