

Nurses for Single Payer Newsletter January 2018



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Welcome to Nurses for Single Payer!

We are a small, Portland-based organization of energized nurses who believe that health care is a human right. As an active coalition member of [Health Care for All Oregon \(HCAO\)](#), we focus on informing nurses about the active and growing campaign to bring universal health care to our state.

NFSP has a dynamic board and group of volunteers! Tom Sincic, FNP, HCAO President, is an NFSP founder and current Treasurer. Rachel Prusak, FNP, our board Vice President, is a candidate for Oregon State Representative, House District 37. And NFSP board member J.R. McLain, RN, serves on the ONA Cabinet for Health Policy. This past summer, we kicked-off our house party campaign, with networking and screenings of several healthcare documentary films.

I invite you to join you to join with us! How can you help?

Host a **NURSES NIGHT OUT**: a casual evening presentation, where one of our team will talk with you and your group of nurse friends about the momentum of this movement, and answer your questions about what a single payer system would look like for you and your patients. Be it in a living room, patio, or even at your local watering hole - **let's start talking!** This is a great, informal way to start the conversation about how nurses help make healthcare for all a REALITY.

Have a connection at a school of nursing, or other nurses groups? **Put us in touch!** **We love** to talk with nurses about alternatives to our current broken health care system, and help empower them to become advocates.

Check out the [Nurses for Single Payer website](#), sign up, and make a **donation**. "Like" the [NFSP page on Facebook](#).

Sign-up with [Health Care for All Oregon](#), the statewide coalition for universal care.

Attend one of our meetings on the 4th Monday of each month, 5-7 pm. We'd love to meet you! Contact us for address, since our meetings move! Next meeting: Jan. 22.

[Contact us](#) if you would like some iconic yellow Nurses for Single Payer buttons!

Regards and onward! From Carole Most MN, WHCNP (retired), NFSP Board President

Vote YES for HEALTHCARE in January Volunteer Now to Phone-bank and Canvass!

Nurses for Single Payer (NFSP) has endorsed Measure 101, along with dozens of other organizations. **This is a critically important measure.**

WHAT DOES MEASURE 101 DO? It will assure that 95% of Oregonians, including ALL children in the state, maintain access to healthcare, and it reduces premiums for those who buy their own coverage. The health care organizations and providers, who will finance this program through a provider assessment, support the measure, which is already in effect in 49 states. More info at [Yes for Healthcare](#).

WHAT IF IT FAILS? If the measure fails, state funding for healthcare will be cut by between \$210 and \$320 million, resulting in the loss of \$5 billion in federal funding, throwing the state budget and funding for the Oregon Health Plan into crisis. Currently, almost one in four Oregonians are covered by OHP, and healthcare for hundreds of thousands may be endangered if M. 101 fails.

WHAT CAN YOU DO? Click [HERE](#) to find and register for Measure 101 canvassing and phone banks statewide. No experience needed! Grab a friend and volunteer. In Portland, HCAO activists will be canvassing on Sat., 1/13 at 10 am at SEIU 49, 3536 SE 26. And there will be a [NURSE-organized canvass in Tualatin](#) on Saturday, 1/20 at 11 am in Tualatin - please consider joining this great group! And on Sunday morning, Jan. 7 in SE Portland there will be a fun [Parade for 101](#) with costumes and music, and some nurses may be marching as well!

Rachel Prusak, FNP Vice President of Nurses for Single Payer

Rachel is a dedicated family nurse practitioner in the Portland metro area, an active member of ONA/NPO, and a passionate supporter of universal healthcare. She has brought new energy and ideas to the board of NFSP in 2017.

Throughout 2017, Rachel fought against threatened cuts to healthcare, and supported Oregon legislation to increase access to healthcare. She is a strong believer in the role of nurses as health care activists, and has held house parties to educate and activate nurses about the movement. She has been an outspoken public supporter of Measure 101, leading a health care forum in West Linn along with Teri Mills, MS, CNE, RN.



Last October, in her keynote address at the HCAO meeting, Rachel spoke eloquently about the need for universal healthcare, and nurses leading the way. You can read the text of her inspiring speech [here](#).

Last November, Rachel announced that she will be a candidate for the Oregon State Legislature, running in House District 37 (Tualatin/West Linn).

Meet J.R. McLain, RN



J.R. is an emergency room RN, and a dynamic health care advocate who joined the NFSP Board in 2017. He has been outspoken in his support for Measure 101, speaking up at press conferences and in the media.

J.R. grew up in Alabama and Louisiana. Shortly after high school, he joined the US Navy, serving 8 years as a jet engine mechanic. After moving back to Alabama, he worked as a truck driver while getting married, starting a family, and his wife Dusti attending nursing school. J.R. started nursing school shortly after, and

graduated at the top of his class at University of West Alabama's Ida Pruitt School of Nursing. He has worked in cardiac telemetry, ICU, and Emergency Services. J.R. moved to Oregon in 2010 to work in the Emergency Dept. at Providence Portland Medical Center. J.R. also serves with the Multnomah County Health Corps, and the ONA Cabinet for Health Policy.

Meet Katie Strawn, DNP



Katie is the most recent member of the Nurses for Single Payer board. She moved to Portland this year, and has become active and involved in Oregon's movement toward single payer healthcare. Her career has focused on helping those most vulnerable to health disparities. She began nursing in neonatal intensive care, and then worked with the Peace Corp in Malawi, Africa, involved with a rural HIV clinic for young adults, and helping open Malawi's first ICU. After the Peace Corps, Katie received her Pediatric Nurse Practitioner Certification and completed her DNP in Tucson, Arizona. She has participated in numerous research projects, including contraceptive education interventions. Katie is now busy teaching at the University of Portland and the University of Arizona, and working as an NP at Reed College; she is also working on her FNP certification. Katie is

passionate that everyone deserves equal access to high quality healthcare, and NFSP is lucky to have her working with us!

2017: Nurses active in Portland and around the state

Here's a smattering of what nurse activists have been doing lately....

- The 52nd Medicare Birthday rally, sponsored by Jobs with Justice and HCAO, brought out many nurses and other advocates, as well as our giant Nurse Puppet!
- Rachel Prusak, NFSP Board VP, hosted two house parties for networking and screening health care films.
- Rachel Prusak and Teri Mills hosted a West Linn Health Care Forum
- NFSP was well represented at the 2017 HCAO Lobby Day in Salem, as well as Rep. Blumenauer's Single Payer event in Portland.
- Katie Strawn, DNP, brought a single payer program to a Clackamas Indivisible group
- Nancy Sullivan, retired nurse-midwife and NFSP founder, spoke at a rally to oppose ACA cuts
- Lauri Hoagland, FNP and HCAO board member, spoke at a health care forum in Ashland
- Nurses in Corvallis are organizing for universal healthcare within Mid-Valley Health Care Advocates (MVHCA)
- JR McLain, RN (NFSP board member) spoke at a Measure 101 kickoff press conference, and has been interviewed at KGW about the impact of Measure 101
- NFSP board members presented at a OHSU Health Equity Week event



- NFSP formally endorsed the Yes for Healthcare campaign, and nurses have been active in working for passage of Measure 101. Here are just six of the nurses who turned out for the M.101 kickoff canvass in Portland.



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