

UC San Diego

Spring 2016 - UC San Diego Health Journal of Nursing: The Unique Power of Nursing

Title

Pie in the Sky

Permalink

<https://escholarship.org/uc/item/3g64k7vw>

Journal

UC San Diego Health Journal of Nursing, 9(1)

Author

Hutchinson, Chad, MSN, RN

Publication Date

2016-04-01

Peer reviewed



Holiday wreath making
Wreaths were passed out to hospitalized stroke survivors over the holidays with an inspirational message of hope.

outcome of success.

The SSSG topics change monthly, topics are handpicked by our members. We offer education and open discussion; we have covered stroke education, pain management, speech therapy, physical therapy, and nutrition. We also have held group sessions that are just for fun and socializing. Over the holidays, during our group session, we sat around a table listening to holiday music, socializing, and crafting wreaths of sage, lavender, rosemary, and twine. These wreaths were passed out in the hospital to stroke survivors

that were hospitalized over the holiday season, with a simple message “Made with love, by the hands of Stroke Survivors.” We also recently had a SSSG Summer Luau, members wore aloha print and were given Hawaiian leis. We ate, socialized, played games, took photos, hula danced in our chairs, and laughed. Our SSSG has also gained notoriety in the community and has made ties with other local stroke survivor support groups. Our SSSG was invited to Alvarado’s “Comebackers Club” picnic and free concert in the park. Several of our members joined the fun and made



Summer Luau and best Aloha print outfit contest for Stroke Support Group members.

new connections and friends with other stroke survivors.

Being able to reach out to the community has had a tremendous impact on people’s lives. One member that comes to mind is widowed, without children and family. He was forced into retirement after his stroke left him with a speech and physical deficit. He has expressed extreme loneliness due to isolation and the loss of friendships after his stroke. The SSSG has become his family. Come rain or shine, since his first meeting with us, this member has not missed a session. We have watched his spirits lift and friendships blossom with other group members. Because many stroke survivors are at high risk for depression, I believe this group offers a guiding light for those in a dark place.

Since our one year anniversary we have been able to retain members. Attendance varies from month to month, but averages between approximately six and twelve members. Monthly reminder emails are sent out. We personally reach out to those who have been absent for more than 2-3 group sessions, passing on the message of hope and reminding them that their presence is missed and their SSSG family cares for them. Directly aligned with the UCSDHS mission, the SSSG is dedicated to deliver a continuum of care through commitment to the community. We look forward to growing, servicing the community, and helping to inspire people’s lives.

REFERENCES:

Successful Stroke Support Groups: Our guide to organizing successful stroke support groups. (January 2014). *American Stroke Association*, p. 1-28

PIE IN THE SKY

By: Chad Hutchinson, MSN, RN, ONC

The mission of Mama’s Kitchen is: “At Mama’s Kitchen we believe that everyone is entitled to the basic necessity of life — nutritious food”. As a community-driven organization, they provide nutrition support to men, women, and children affected by AIDS or cancer, this is a population that is very vulnerable to nutritional deficits. Founded in 1990, Mama’s Kitchen has provided in excess of 7 million meals to their clients. These meals provide 100% of their nutritional needs, and also provides their bodies with necessary nutrients to allow medications to work effectively. This service is available at no charge to the client.

During my time as an RN at UCSD I have seen the organization’s commitment to community outreach. I also had occasion to care for patients at UCSD who were recipients of Mama’s Kitchen’s services. They spoke highly of Mama’s Kitchen and the importance of the meals that were delivered to them in times of great need. Based on this strong recommendation I looked into how I could lend a hand.

Each year their biggest fundraiser is “Mama’s Pie in the Sky”. This creative event gathers thousands of pies baked by local hotels, casinos, restaurants and bakeries, and sells them through pie-selling teams and individuals. The pies are picked up the day before Thanksgiving at Wells Fargo or the Unitarian Universalist Church across the street from UCSD in Hillcrest. Each pie

sold provides 7 hot meals delivered to those in San Diego in need.

I supported this event for several years as a pie-buyer, and then used our shared-governance model to get our unit more involved by starting a UCSD 8th Floor pie-selling team. We have supported this great organization for three years. We now have dedicated buyers who look forward to supporting this special organization every year. We make announcements through email, promote at the BONES Symposium, and set up at tables in the cafeteria. Some of our past pie sellers include Leah Yoshisaki-Yusi BSN, RN, ONC, Melanie Nelson BSN, RN, ONC, Heather Gugin BSN, RN, ONC, Dennis Gerrits BSN, RN, ONC, and Michelle Perry BSN, RN, ONC. Last year Mama’s Kitchen raised \$111,599 at this event. That equals over 31,000 hot meals! In addition to supporting this event, our unit also hosts a food drive to fill their food pantry. Rommel Fong BSN, RN, ONC works with Mama’s Kitchen to deliver a barrel that we keep in our break room between Thanksgiving and Christmas, and we fill it up! It’s wonderful to have the opportunity to support an organization that is local, provides grass-roots help to those in need, and end up with a pie, too! This isn’t just “Pie in the Sky” philosophy, it is the community in action filling a need and we here at UCSD are proud to be standing on the front lines to help address that need.

Anyone who would like to

participate in the 2016 team is invited to contact me. The 2015 #1 pie selling team sold 225 pies. I believe UCSD can exceed that next year!



Chad Hutchison MSN, RN, ONC has been a proud nurse at UCSD since 2005. He has been the Nurse Manager of the 8th Floor Orthopedics/Surgery unit for 6 years.”