

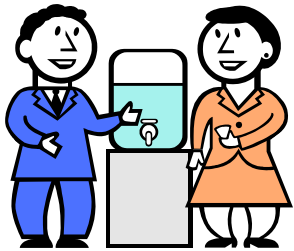
# Newsbreak

Registered Nurses  
Professional Association

Volume 28, Issue 9

## Breaks...Meal and Rest Periods...Are you Receiving them?

By contract, Section 8.3—Meal Periods and Section 8.4— Rest Periods, nurses are to receive a meal period not less than 30 minutes nor more than 1 hour, scheduled approximately at the mid-point of the day. Furthermore, nurses shall be granted and take a rest period of 15 minutes during each half shift of 4 hours of work.



age is being provided and that you are receiving a meal period and 2 breaks. If you find that relief has not been provided for your meal period/break, notify your Charge Nurse as soon as possible so coverage may be provided. If coverage is not provided, notify your Charge Nurse and note your missed break and/ or meal period on the Exception Form.

Each unit assigns breaks differently, but what is important is that cover-

On some units, nurses are told that it is okay if

a break is missed because they are paid for this time. This is not okay.

If you are not being paid for missed meal periods or not getting breaks, please complete the RNPA Ratios and Patient Care Issues Form and fax it to the RNPA office, 292-4729. If your unit does not have the form, you may download it from [www.RNPA.net](http://www.RNPA.net) under "Forms". We need documentation to resolve this problem.

If you prefer to contact the office, please do so, 292-6061.

Did you receive your 5% increase on your November 24th pay check?

### Save the Date

RNPA Sponsored CEU Class,  
Interpreting and Understanding Lab Tests  
Wednesday January 24, 2007

Tuition Reimbursement funds are exhausted for the 2nd quarter, the next window will open January 1, 2007



Wishing you  
Happy Holidays!  
From the RNPA Board

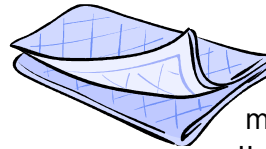
# Warm Coats, Blankets, and Toiletries Needed

Winter is here and no one should go without such a basic necessity as a coat, blanket, toilet paper, or soap!

RNPA is collecting clean, reusable coats and jackets to assist the One Warm Coat community service efforts. We are also collecting blankets, toilet paper, and soap. Coats of all shapes sizes are welcome and men's sizes are most needed. One Warm Coat is dedicated to distributing reusable coats, free of charge, directly to local children and adults. This is an easy way for you and your family to pass



RNPA is making donating simple.

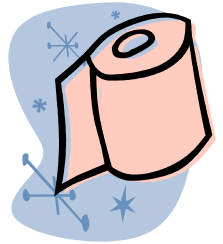


along items that you no longer need.

Just bring your clean, reusable coats and jackets, blankets, toilet paper, and soap to work from **December 30 through January 5th**. There will be containers located at Valley Medical Center at locations to be announced. For outlying areas, give your donation to your area representative

or drop your donation by the RNPA office. RNPA will take care of the rest. All donated items will be given to Sacred Heart Community Services for distribution.

One Warm Coat is a community service assisting in the collection of clean, reusable coats, and jackets for donation to local individuals free of charge. Since its inception in 1992, more than 400,000 coats have been provided to those in need at no cost.



## Per Diem and Extra Help

On December 1, 2006, RNPA met with Luke Leung, Deputy County Executive, Brian McKenna, Labor Relations Manager, Joan Smith, Director of Inpatient Services, and Melody Jones, Manager of Nursing Financing, and discussed submitting to the County, the working Per Diem/Extra Help nurses signatures cards collected by RNPA. The purpose of submit-

ting these cards is to request an election to bring the Per Diem and Extra Help nurses working throughout SCVHHS into our union.

The next step in the process is to evaluate the signature cards for eligibility. Once it is determined that sufficient interest is present, an election will be con-

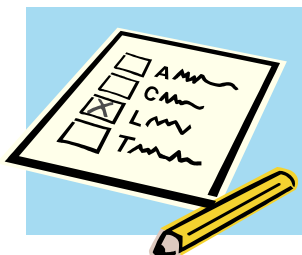
ducted by the State Mediation Conciliation Service.

RNPA is still collecting cards, so if you know a Per Diem/Extra Help nurse ask them to contact the RNPA office.



## Negotiations-Membership Survey

RNPA is preparing for Fall 2007 negotiations. In preparation for negotiations, the Negotiations Team is developing a preliminary negotiation survey that will be mailed to the mem-



bership in early January. It is important that you take the time to complete and return the survey. The survey may be returned by mail or faxed to the RNPA office by February 1.

(Fax 292-4729). Please make sure that RNPA has your correct mailing address.

