



Dr. ILDAURA MURILLO-ROHDE (1920-2010)

Education was always important to Dr. Ildaura Murillo-Rohde. Many in her family were physicians; however Dr. Murillo-Rohde chose a different path – nursing – and the profession is better because of her decision.

At the age of 25, she immigrated from her birth country of Panama to San Antonio, Texas to pursue her education and earn her nursing diploma from the Medical Surgical Hospital SON. New York City became her higher educational home as she earned her baccalaureate degree in Psychiatric/Mental Health Nursing (Columbia University), her master's degree (New York University, NYU) and proudly blazed the trail for all Latina nurses as “in 1971, she became the first Latina nurse to earn PhD from NYU.”^{vi}

During her years in San Antonio, Dr. Murillo-Rohde noticed the lack of Latina representation in nursing or the recognition of their contributions to the profession and to patient care. She would again notice this at the Federal level in the 1970s. With her expertise as a nurse, “psychotherapist, and marriage and family therapist, she impacted many academic institutions and stu-

dents. One of her important roles was as the Dean of the College of Nursing, SUNY Downstate Medical Center.”^{vii} Another of Dr. Murillo-Rohde's roles was as the 1975 founder of the National Association of Hispanic Nurses (NAHN) (which was formerly named the Spanish Speaking/Spanish Surnamed Nurses' Caucus).^{viii}

In recognition of her efforts on behalf of Latina/Latino nurses and the nursing profession, Dr. Murillo-Rohde was honored with a fellowship by the American Academy of Nursing and was member of the Class of 1994 Living Legends.^{ix}

As I close, I hope you will indulge two personal memories. Dr. Nettie Birnbach was my friend and a dear mentor who is never far. She helped me in myriad ways during my own doctoral journey – and I am thankful to her for that always. I met Dr. Carnegie at the 2007 AAHN Conference and was able to have a wonderful conversation with her where she shared some of the information I noted above.

I hope you have enjoyed this column. If you would like me to include more educators in subsequent columns, please let me know through email: membership@anany.org. ■

For references online: myamericannurse.com/?p=420731

Climate Conversations

Reducing Our Holiday Footprint

By Laurie Laugeman, BSN, RN, HNB-BC, HWNC-BC and Sarah Kaplan, MSN, RN-BC



It's September – a time when we transition away from summer fun and prepare for sweater season and pumpkins spice. But before we know it, the holiday season will be upon us. This festive time presents a valuable opportunity to think about and reduce

waste in our personal and professional lives.

The EPA estimates that individuals produce 25% of additional waste during the holiday season between Thanksgiving and New Year's Day. Some sources of this waste include packaging, unwanted gifts,

and food waste. The New York City Department of Sanitation (2023) reported that in 2022, New York City residents disposed of 86 million pounds of food in intact packaging and a total of 1.2 billion pounds of food. The USDA (2020) estimates that the average American family wastes 1,160 pounds of food annually. It's not only the physical item that is wasted – all the energy that went into the manufacturing, packaging, transportation, and storage has also been wasted.

For this edition's Climate Conversations, we'd like to share some tips for reducing waste during the holiday season while still maintaining the magic, tradition, and joy. If you've ever thought about the amount of waste that is generated during the holiday season here are some tips on how to reduce the impact. If we all make some small changes, together we

can have a big impact. This year let's add Earth to our Holiday List and turn December into Sustainability Season!

Gifts

- Share the gift of a meal – Make a dinner date or buy some specialty ingredients. Gift basket ideas can include non-perishables such as a Breakfast Basket with pancake mix, maple syrup, and ground coffee or an Italian themed basket with pasta, jarred sauce, and a bottle of wine.
- Embrace the idea of buying used items - thrift stores offer many treasures.
- Create a wishlist for family and Secret Santas to prevent giving and receiving gifts that aren't wanted.
- Give an experience with memberships to a museum, zoo or gallery.
- Donate to a charity or plant a tree in someone's name.

Gift Wrapping

- Considering the amount of packaging when purchasing items.
- Reuse packaging paper or newspaper to wrap gifts.
- Utilize reusable wrapping such as bags

or cloth bags.

- If you're purchasing decorations, choose items that can be reused and passed on.

Food Waste

- If you plan a potluck at work to celebrate the holiday season, have a sign-up list to reduce redundancies and make sure everyone knows how much food to prepare.
- Whether you're celebrating at work or home - guests can bring reusable containers to take leftovers home.
- Bring your own containers to restaurants for leftovers.

Travel

- When possible, carpool to events.
- Decide on designated drivers to get everyone home safely.
- Use mass transit to reduce impact.

New Traditions

- Connect with nature as a family. Plan a holiday walk or run around the neighborhood.
- On New Year's Day – visit state parks, trails, or historic sites as part of New York State's First Day Hikes initiative.

- Think about old traditions that you can let go of while creating new traditions.
- Incorporate necessity items into your traditions - such as buying everyone new pajamas at Christmas

This holiday season brings the opportunity to create new sustainable traditions while maintaining the magic of the season. Remember, even one or two small changes can make a big difference! Let's celebrate in a way that not only honors tradition but also gives back to our planet—a gift that will continue to benefit future generations, keeping the magic of the season alive for years to come. ■

References

Environmental Protection Agency. (2016). Green your holiday scene. <https://archive.epa.gov/students/web/html/holiday.html>

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US Department of Agriculture. (2020). Tips to reduce food waste at Thanksgiving. <https://www.usda.gov/about-usda/news/blog/tips-reduce-food-waste-thanksgiving>

Every Encounter Counts: What New York Nurses Should Know About Domestic Violence

By Lorien Castelle and Jennifer Clark, New York State Coalition Against Domestic Violence (NYSCADV)



Domestic violence is a silent epidemic, affecting tens of thousands of New Yorkers every year. As a nurse, you are not

only a caregiver—you are often the first trusted professional a survivor meets. Every patient interaction is an opportunity to screen for abuse, provide education, and connect individuals with life-saving support.

“Nurses are often the first safe person a survivor encounters. That trust is powerful—don’t underestimate it.”

— NYS Domestic Violence Advocate

Why Nurses Are Key in DV Prevention

Survivors don't always present with visible injuries. Some show signs such as anxiety, frequent unexplained visits, sleep disturbances, or chronic pain. That's why routine, compassionate screening in a private setting is essential—even when there are no obvious signs. It's also important to understand that legal definitions of domestic violence—such as those used in criminal statutes or protective order processes—