

# SMN News

Newsletter of the Southern Minnesota Nurses

February 2015

## SMN Board

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Find us on the web at  
[southernminnesotannurses.org](http://southernminnesotannurses.org)

## Spring is coming!

This time of year I always try to push the clock forward. Though I am not a fan of daylight savings time, I love spring and get tired quickly of being cooped up related to the cold temperatures.

Just wanted to remind members what Southern Minnesota Nurses is all about – continuing education (CEUs), community events, scholarships and engaging students and members through networking.

Past community events include participating in the:

- Alzheimer's Walk
- Making Strides Against Breast Cancer

Collections of supplies for:

- The Reach (homeless youth)
- Partners for Affordable Housing (Welcome Inn and Teresa's House homeless shelters)
- Hope Lodge
- Wellcome Manor
- Children's Museum of Southern Minnesota

Fundraising for:

- Kids Against Hunger
- Camp Sweet Life
- NAMI
- MCHS Palliative Care
- SMN Nursing Scholarships



Check out the upcoming events, share the information with your nursing friends and coworkers or anyone else who you think would like to come to our meetings, events, etc. SMN needs your input and direction for the upcoming year.

A graphic for 'Bowl-A-Thon' featuring the text 'Bowl-A-Thon' in large, bold, red letters with a white outline. The text is set against a background of several white bowling pins and a grey bowling ball, all rendered in a 3D style with soft shadows.

# Bowl-A-Thon

## **Bowl-a-thon Fundraiser Coming in March**

It's not too late to join us for the Bowl-a-thon fundraiser on March 22 at the WOW Zone Family Entertainment Center 2030 Adams Street, Mankato. You can come to bowl, to cheer the teams on or to volunteer.

Door prizes will include gift cards, memberships for SMN and VINE and a variety of donated items.

If you have previous commitments, you can still donate. Funds raised can be designated for VINE's warm water exercise pool and/or the SMN Nursing Scholarship Fund. All funds (including the team fees) will be distributed to VINE and SMN's Scholarship Fund. Donations are tax-deductible.

Registration and donation forms can be found on the SMN website - [www.southernminnesotanurses.org](http://www.southernminnesotanurses.org)

## **Southern Minnesota Nurses Scholarships**

SMN selected four nursing scholarship recipients. The \$500 scholarships will be awarded this spring.

- Heidi Ihe – Gustavus Adolphus College
- Judith Kant – South Central College – North Mankato campus
- Mariia Karvonen – South Central College – North Mankato campus
- Beth Revels – South Central College – Faribault campus

In addition to annual scholarships, SMN supports student participation in meetings and fundraising activities by paying any associated fees. Annually there are approximately 300 students from Gustavus, MSU, Presentation, Rasmussen and South Central who participate in our community events and meetings.

## Registration

Name \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Facility: \_\_\_\_\_  
 Check One:  Member  Guest

**Conference Costs:**

**Member**

Full Conference  
 Before March 20<sup>th</sup>  \$100.00  
 After March 20<sup>th</sup>  \$110.00  
 Retired Member  \$65.00  
 Attending April 21<sup>st</sup> Only  \$35.00  
 Attending April 22<sup>nd</sup> Only  \$55.00  
 Attending April 23<sup>rd</sup> Only  \$35.00  
 Attending Banquet Only  \$35.00

**Guest**

Full Conference  
 Before March 20<sup>th</sup>  \$115.00  
 After March 20<sup>th</sup>  \$125.00  
 Attending April 21<sup>st</sup> Only  \$40.00  
 Attending April 22<sup>nd</sup> Only  \$65.00  
 Attending April 23<sup>rd</sup> Only  \$40.00  
 Attending Banquet Only  \$35.00

TOTAL of \$\_\_\_\_\_00

Please make check payable to:

**MLPNA/FSCME Local 105**

Please return this form and payment to:

Kathy Beckman  
 211 1/2 N. 27<sup>th</sup> Avenue W.  
 Duluth, MN 55806



Kathy Beckman  
 211 1/2 N. 27<sup>th</sup> Avenue W  
 Duluth, MN 55806



## 69<sup>th</sup> Annual LPN Conference



**April 21-23, 2015  
LPN CONFERENCE**

Minnesota Licensed Practical  
Nurses Association

MLPNA/AFSCME Local 105  
Web site: [www.mlpna.com](http://www.mlpna.com)



### Conference Schedule

**Tuesday, April 21<sup>st</sup>**

11:00a - 11:30p Guest Registration  
 11:30a - 12:30p Lunch, On Your Own  
 12:45p - 2:15p Basics of Alzheimer's  
 Disease, Jenna Herbig  
 2:30p - 3:45p Shirley Brekken: MN Board  
 of Nursing Update.  
 6:00p - ?? Hospitality Night

**Wednesday, April 22<sup>nd</sup>**

8:00a - 9:00a Registration & Connecting  
 9:00a - 10:00a Multiple Sclerosis: Research  
 and Coping, Martha Cincoski  
 10:00a - 10:15a Break  
 10:15a - 11:45a Aroma Therapy  
 11:45a - 1:00p Lunch, On Your Own  
 1:00p - 2:30p Leadership and Ludefisk,  
 Einer Otterson aka Lowell  
 Johnson  
 2:30 - 2:45p Break  
 2:45 - 3:45p Workplace Violence in  
 Healthcare Settings  
 3:45p - 4:30p Happy Hour  
 6:00p - 7:00p Banquet

### Conference Schedule

**Thursday, April 23<sup>rd</sup>**

9:00 - 10:00am Registration & Connecting  
 10:00a - 11:00p LPN News Update,  
 Tara Erickson  
 11:00 - 11:30p Guest Closing Session  
 11:30 - 12:30p Members By-Law Voting  
 12:30p ..... 2015 Conference Closing  
 Door Prizes

Coffee, Tea and Water available FREE  
throughout the conference.

Scrubs Direct LLC will have a booth onsite  
during the conference; TBD  
For advance viewing:  
<http://www.midwestscrubsonline.com/>

### Event & Hotel Information

Mermaid Event Center and  
 AmericInn Hotel & Suites  
 2200 Hwy 10  
 Mounds View, MN  
 Phone: 763-786-2000  
 Conference Room rates:  
 \$89.95 + tax, includes a  
 Microwave and Fridge.  
 -Indoor Pool and Hot Tub-



Tuesday, April 23<sup>rd</sup>  
Hospitality: 80s Theme

Wednesday, APRIL 22<sup>nd</sup>, 6 PM  
*Banquet*  
And  
Entertainment!

On Site: Bar/Restaurant with  
Bowling Alley, Billiards and Darts  
In a FUN Atmosphere!

Of course LOTS of great  
shopping nearby.



# NPSNetwork

Nurses Peer Support Network

NPSNetwork (Nurses Peer Support Network) is a newly formed non-profit organization in Minnesota for nurses who are living with the disease of addiction and seeking support in recovery and/or professional re-entry.

## Mission

### *NPSNetwork provides:*

- Meaningful peer support for nurses with substance use disorder in a safe environment with the purpose of giving hope and healing to the individual nurse.
- Education and outreach about substance use disorder in nursing to promote safety to the public.

## Vision

- All nurses in Minnesota will have access to community-based peer support for substance use disorder.

## Values

### *NPSNetwork is committed to the following values to guide our mission and fulfill our vision:*

- Hope, acceptance, mutual respect, honesty, trustworthiness, non-judgment, competence, and safety.

## Peer Support Group Meeting Locations

### **Midtown Clare Housing**

3101 23rd Ave South  
(23rd Av S & E 31st St)  
Minneapolis, MN 55407  
1st and 3rd Thursdays: 6:30-8:00pm

### **Minnesota Recovery Church**

253 State Street  
St. Paul, MN 55107  
1st and 3rd Mondays: 7:00-8:30pm

### **Minnesota Recovery Connection**

822 S. 3rd Street, Suite 101  
Minneapolis, MN 55415  
2nd and 4th Mondays: 6:30-8:00pm

### **Bethlehem Lutheran Church**

720 South 2nd Street  
Mankato, MN 56001  
3rd Tuesday: 7:00-8:00pm

## *Nurses Helping Nurses*

*For more information about the NPSNetwork:*

612-508-3709 • [www.npsnetwork-mn.org](http://www.npsnetwork-mn.org)

NPSNetwork has applied for 501(c)3 status.

# 2015 Southern Minnesota Nurses Expo

This year the Southern Minnesota Nurses Expo will be sponsored by Mayo Clinic Health System and The Glen Taylor Nursing Institute for Family and Society. There will be several exhibitors for participants to interact with during breaks.

Join us on April 23rd at the Courtyard by Marriott (901 Raintree Road, Mankato). There are a variety of presentations planned throughout the day. Topics include cancer/nutrition, heart disease, back care, incivility, dieting versus movement, lifestyle changes, sleep deprivation and The New Ulm Heart Project. Participants will choose four presentations for 7.2 nursing CEUs (6 contact hours for other disciplines).

Southern Minnesota Nurses members will be able to attend the conference at a reduced rate. Not a member? Join now for \$20 annually. Applications are on the website.

## GOLD SPONSOR:



**MAYO CLINIC**  
**HEALTH SYSTEM**

## BRONZE SPONSOR:



The Glen Taylor  
**NURSING INSTITUTE**  
for **FAMILY and SOCIETY**  
MINNESOTA STATE UNIVERSITY, MANKATO

## 2015 – 2016 Continuing Education (CEUs)

During the coming year, there will be a series of presentations with a psychiatric focus. Presenters will provide information on area resources and specific diagnoses. Presentations will occur in New Ulm, Fairmont and Mankato. Watch the website and emails regarding dates.

If you have another topic or a speaker that you would like to hear, please email your request to Linda at [info@southernminnesotanurses.org](mailto:info@southernminnesotanurses.org) or by regular mail to Linda Rossow, 57201 238th Street, Mankato, MN 56001.

## Community Events and Fundraising

Every year, Southern Minnesota Nurses offers numerous opportunities for members to become involved in their communities. Do you have something that you would like SMN to participate in – collecting supplies, making donations, participating in a walk to raise funds? If so, please send details of your request, including the name of the project or group that will benefit, contact information, etc., to Linda via email at [info@southernminnesotanurses.org](mailto:info@southernminnesotanurses.org) or by regular mail to Linda Rossow, 57201 238th Street, Mankato, MN 56001.

Linda Rossow  
SMNews Editor  
57201 238th Street  
Mankato, MN 56001

Membership expires December

# Southern Minnesota Nurses

(SMMN)

We Care for You

Networking CEUs Scholarships Community Events

## Upcoming 2015 Events

March 22

### Bowl-a-thon fundraiser

WOW Zone  
Family Entertainment Center  
2030 Adams Street, Mankato, MN 56001



April 23

### Nurses Expo

Courtyard  
by Marriott

Mankato

#### Potential topics include:

diabetes, women and heart disease, cancer and food, nutrition, Heart of New Ulm project update, conflict management

#### Sponsor:



May 7



### Nurses Week Banquet

Gustavus Adolphus  
College

St. Peter

#### Come help us celebrate!

Exhibitors, door prizes, student research posters and a great meal



SouthernMinnesotaNurses

Learn more about each event, registration and cost:  
[www.southernminnesotanurses.org](http://www.southernminnesotanurses.org)

For questions or more information,  
contact Linda at: [info@southernminnesotanurses.org](mailto:info@southernminnesotanurses.org)

