

# SMN News

Newsletter of the Southern Minnesota Nurses

July 2015

## SMN Board

Linda Rossow

**President**

Coni Rodgers

**Treasurer**

Kathy Kachelmyer

**Secretary**

Margaret Brewer

Shari Comnick

Margaret Duffey

Mary Milbrath

Joshua Pfarr

Pam Wolters

**Directors**

Linda Rossow

**SMNews Editor**

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

## From the president...

Do you need CEUs? Want to participate in your community in special events? Thinking about going back to school or on a medical mission? Check out this Southern Minnesota Nurses (SMN) newsletter or information on the website!

SMN is planning several CEUs or providing nursing CEUs for other organizations at several events this summer/fall – check out the calendar of events. The website will have specific information on

each event/CEU as it becomes available. Flyers for upcoming events will also be emailed out to members, mailed to facilities for posting or handed out at events. Please share information with your nursing coworkers or friends. Other disciplines are also encouraged to attend any sessions that have topics of interest.

At our annual meeting of members and the SMN board in June, members updated the Scholarship Criteria and Application forms. Check out the June SMN Board minutes and the new forms on the SMN website - [www.southernminnesotanurses.org](http://www.southernminnesotanurses.org)

Throughout this newsletter you can find opportunities to get involved and to give your input so SMN can meet your needs. Your help is also needed to increase membership and to let others know about meetings, conferences and community events. Thanks in advance for your involvement...

See you soon.

*Linda*



*Southern Minnesota Nurses and Mu Lambda Chapter present:*



Sigma Theta Tau International  
Honor Society of Nursing®

“Mankato Pediatric Respite Care”

**Thursday, September 24, 2015**

**Hosanna Lutheran Church – 105 Hosanna Drive, Mankato**

**5 – 6 pm (Salads) 6–7 pm (Presentation)**

**Speakers: Katie McDonald, RN and Megan Chase, RN**

Both Katie and Megan are recent graduates of MNSU’s BSN Nursing program. Katie was recently hired on at North Memorial Medical Center as an RN in the Oncology department. Megan accepted a job offer at Methodist Hospital on its Pediatric/Adult Medical Surgical floor. The nursing students were introduced through course work and discovered a similar passion for respite care. Over the course of the last year the two have worked to develop a viable company, completed their course work and entered the world of RN nursing and entrepreneurship.

Katie and Megan will be discussing their journey as student and RN entrepreneurs. They will cover the available resources for student entrepreneurs as well as the benefits, stereotypes and struggles.

**1.2 CEUs** provided for nursing; other disciplines may submit information to their respective boards for approval of hours.

.....  
**Complete this form and return to:**

Linda Rossow 57201 238<sup>th</sup> Street Mankato, MN 56001

Make checks payable to **Southern Minnesota Nurses.** Deadline: **9/21/2015**

Name \_\_\_\_\_ Phone \_\_\_\_\_

**Southern Minnesota Nurses members:**

\_\_\_ CEUs – no charge (presentation only)      \_\_\_ Meal - \$5      \_\_\_\_\_

**Non-members:**      \_\_\_ CEUs - \$5      \_\_\_ Meal - \$5      \_\_\_\_\_

**Nursing students**      \_\_\_ Meal      \_\_\_ Presentation only      \_\_\_0\_\_\_

Total: \_\_\_\_\_

## Madison East Center Bazaar – donations needed

Margaret Brewer and Mary Milbrath are coordinating SMN's participation in the annual bazaar at Madison East Center on Saturday, November 13, 2015. All proceeds from the items sold at the bazaar will be used to enhance the nursing scholarship fund. SMN is looking for donations from members and friends of SMN. SMN is a non-profit organization 501 (c) (3) so donations are tax deductible.

Sewn/quilted/knitted/crocheted items, crafts, jewelry, themed baskets or baked goods will be needed. Volunteers will be needed to help set up, take down and staff the SMN table at the bazaar. Monetary donations will also be accepted. Items for sale can be dropped off at Margaret's house whenever you have them ready – contact Margaret 507-381-6996 to make arrangements, if no answer, leave a message and she will return your call.

Please visit the SMN website ([www.southernminnesotanurses.org](http://www.southernminnesotanurses.org)) for the registration/donation form.

### Upcoming Presentations

SMN will continue with several presentations in 2015-2016 in our psychiatric series. The second presentation "Borderline Personality Disorder" will be presented by Sarah Minnick, MSN, RN, PMHNP – BC. Watch the website for future offerings in this series.

Mankato Pediatric Respite provides complete and competent family-focused respite care to families with medically fragile children.

The idea for Mankato Pediatric Respite came about through an MSU nursing class assignment. The assignment is called "The Family Follow Through Experience". Megan Chase and Katie McDonald were both paired with families from the Mankato Clinic who had medically fragile children. They identified the need for respite in both families. Megan and Katie were introduced in class and began working towards the goal of opening a Pediatric Respite service in the Mankato area. They are co-directors/owners of the non-profit organization and are supervised by members of a highly-qualified board. They are currently just finishing up a pilot run between students and families.

See the flyer for more information.

# Calendar of Events

## **Date**

## **Event**

August 13

SMN Psychiatric Series, Part II – Borderline Personality\*

September 12

Walk to End Alzheimer's (see website for updates/details)

September 24

SMN Mankato Pediatric Respite Care\*

October 2

Mu Lambda Nursing Research Forum – MSU, Mankato

October 6

Chesley Center on Aging – Dementia Conference

October 6-7

Nobel Conference on Addiction – Gustavus Adolphus College

October 13

SCCBI Annual Psychiatric Conference

November 13

4th Annual Integrative Approach to Psychiatric Mental Health Care (APNA)

*\* flyers included in this issue*

*Updated information, registration forms, flyers, etc. for community events and CEUs will be put on the website as the information becomes available.*

*If you have questions, contact: [info@southernminnesotanurses.org](mailto:info@southernminnesotanurses.org)*

*[www.southernminnesotanurses.org](http://www.southernminnesotanurses.org)*

*Southern Minnesota Nurses presents:*

“Psychiatric Series – Part 2: Borderline Personality Disorder”

**Thursday, August 13, 2015**

**Hosanna Lutheran Church – 105 Hosanna Drive, Mankato**

**5 – 6 pm (Salads) 6–7 pm (Presentation)**

**Speaker: Sarah Minnick, MSN, RN, PMHNP - BC**

Sarah Minnick moved to Minnesota in 2013 from the southeastern U.S. She has undergraduate degrees in nursing and psychology, as well as a Master’s degree in Nursing with a specialty of Psychiatric Nurse Practitioner. Sarah’s work experience includes working on an inpatient BH Unit and serving as adjunct faculty teaching mental health nursing. She is currently working as an independent contractor at an outpatient clinic managing psychiatric medications and providing individual psychotherapy for children and adults.

Sarah will discuss borderline personality disorder in her presentation. She will cover symptoms, diagnosis, treatment options and nursing interventions. Medication information will include off-label use.

1.2 CEUs provided for nursing; other disciplines may submit information to their respective boards for approval of hours.

.....  
***Complete this form and return to:***

Linda Rossow 57201 238<sup>th</sup> Street Mankato, MN 56001

Make checks payable to **Southern Minnesota Nurses**. Deadline: **8/10/15**

Name \_\_\_\_\_ Phone \_\_\_\_\_

**Southern Minnesota Nurses members:**

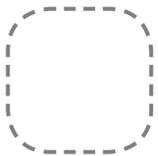
\_\_\_ CEUs – no charge (presentation only)      \_\_\_ Meal - \$5      \_\_\_\_\_

**Non-members:**

\_\_\_ CEUs - \$5      \_\_\_ Meal - \$5      \_\_\_\_\_

**Nursing students**    \_\_\_ Meal    \_\_\_ Presentation only    \_\_\_ 0

Total: \_\_\_\_\_



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

## Continuing Education (CEUs)

Southern Minnesota Nurses (SMN) will be providing several opportunities for continuing education presentations on a variety of topics beginning in August, as well as providing CEUs for fall conferences in Mankato.

Mu Lambda Chapter, STTI will host a Nursing Forum on October 2 at MSU, Mankato. The Chesley Center on Aging will host a Dementia Conference on October 6. SMN will again provide nursing CEUs and be a sponsor of the event since it allows our members to attend at a reduced price. The SCCBI annual psychiatric conference will take place on October 13 with SMN providing the nursing CEUs. All of the conferences are highly recommended and provide excellent presenters. Check out the website for details – [www.southernminnesotanurses.org](http://www.southernminnesotanurses.org).

Continuing education opportunities are included in this issue on the calendar of events for this summer/fall. Watch the website for future events, flyers and more details on speakers, locations, etc.