

SMN News

Newsletter of the Southern Minnesota Nurses

October 2016

From the president...

SMN Board

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Find us on the web at
southernminnesotannurses.org

It's been a busy fall with several continuing education opportunities on a variety of topics. Southern Minnesota Nurses (SMN) has presented several CEUs with other organizations – Advanced Pain Management, Mankato Clinic, Mayo Clinic Health System, Mu Lambda Chapter, STTI and New Ulm Medical Center. Plans are underway for the Nurses Expo on April 27, 2017, with a sponsorship from Mayo Clinic Health System, Mankato. Most of the speakers have confirmed their availability and topics. Please thank the sponsors and presenters for making it possible to offer these opportunities to nurses in our region and anyone else who is interested in the topics presented.

The upcoming CEU flyers are included in this issue. If you are coming for only the presentation, you may register by email at info@southernminnesotannurses.org. Otherwise, send your registration and payment via U.S. mail (see flyer for address).

SMN members and nursing students participated in the Alzheimer's Walk and Making Strides Against Breast Cancer this fall. Members are being asked again to participate in the "Be a Santa to Seniors" sponsored by the area long-term care and home care facilities. If you are interested (see the flyer for items) and drop your items off at Home Instead Senior Care on Madison Avenue. MSU students and faculty are also providing a drop off site at the School of Nursing. For collection dates: www.southernminnesotannurses.org. In addition to the collection of items, volunteers to deliver the Santa bags to individuals are needed. If you have a group of friends who would like to personally deliver them to the recipients between December 20-23; please contact Kim Hanson at Home Instead Senior Care at 507-550-1395.

Along with our national election, SMN also needs to elect/re-elect board members and officers of the organization. Current members are receiving a ballot in this newsletter. See the ballot for where to return it – one member will verify membership (from your return name/address) and remove your ballot – another member(s) will count your votes. The secretary will then notify all those on the ballot with the results. Election results will then be posted on the website. Please take time to vote.

Linda

2016 Southern Minnesota Nurses Election Ballot

Treasurer: _____
(write in)

_____ Coni Rodgers

Secretary: _____ Kathy Kachelmyer

(write in)

Board members (vote for 2):

_____ Krista Gowans

_____ Mary Milbrath

_____ Josh Pfarr

_____ Sheila Phillips

BALLOTS ARE DUE BY OCTOBER 25.

Your name and return address
MUST be on the envelope in
order to verify membership or
your ballot will not be counted.



Linda Rossow
5720I 238th Street
Mankato, MN 5600I

Southern Minnesota Nurses presents:

“Healthy Living for Your Brain and Body”

Thursday, October 27, 2016

Oaklawn Rehab Center – 201 Oaklawn Avenue Mankato, MN

Meal: 5:30 pm

Presentation: 6 pm

Speaker: Debbie Richman, BS, ACC

Debbie is the VP of Education and Outreach for the Alzheimer’s Association, MN-ND. Her professional career has been focused in senior services primarily in the area of program development and education/training for staff, family and community.

This class will explore the lifestyle habits that can be adopted to help maintain or potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

This training is sponsored by the Mankato/North Mankato ACT on Alzheimer’s initiative. While aimed at nursing, all disciplines or anyone interested is welcome to attend with pre-registration required.

1.2 Contact Hours provided for nursing in accordance with the Minnesota Board of Nursing requirements; **1.0 clock hour for other disciplines may be submitted to the various boards.**

Complete this form, send check and return to:

Linda Rossow 57201 238th Street Mankato, MN 56001 Members and students may email me to register if coming for the presentation only rossowlj@hickorytech.net

Make checks payable to: **Southern Minnesota Nurses** Deadline: **10/24/16**

Name: _____ Phone: _____

Facility/School_____

Choose from the following:

- Members __presentation only: no charge (register by email above) __meal \$5**
- Non-members __presentation only - \$5 for CEUs; __\$5 meal**
- Nursing Students - no charge (may register by email above) __meal __no meal**

TOTAL ENCLOSED: _____

Southern Minnesota Nurses presents:

Opioid Update: Understanding and Implementing CDC Guidelines

Thursday, November 3, 2016 – 5:30-7:30pm

Madison East Center, Mankato

Conference Room (south side behind Advanced Pain Management), Mankato, MN

5:30 p.m. Meal

6:00 p.m. Presentation

Speaker: Nileshkumar Patel, M.D.; Medical Director, Advanced Pain Management

Nileshkumar Patel, MD, is board certified in pain management and anesthesiology. Dr. Patel is well versed in the practice of pain management. As a national and international lecturer, Dr. Patel has served as a teacher and mentor in academic settings. His résumé includes academic instruction, as well as cadaveric teaching, both nationally and internationally, including in Scotland, Korea and at Harvard Medical School, as well as at the Cleveland Clinic in 2011; in Hungary and England in 2009; and in Australia, Singapore and Malaysia in 2008. In addition, Dr. Patel is extensively published, with more than 25 original peer-reviewed publications.

Dr. Patel completed his residency training at Case Western Reserve University in Cleveland, Ohio, where he also served as chief resident. In addition, he completed his fellowship in pain management at the Cleveland Clinic Foundation, where he was also on staff.

Dr. Patel believes in providing patients with minimally invasive treatment options and working with each patient individually to identify and treat the source of their pain. He has a particular interest in treating whiplash and offering minimally invasive outpatient surgical options for patients with lumbar disc herniation and stenosis.

Sponsors: Advanced Pain Management (presentation) Mankato Clinic (venue)

1.6 Contact Hours provided for nursing in accordance with the Minnesota Board of Nursing requirements.

Complete this form and return to:

Linda Rossow 57201 238th Street Mankato, MN 56001 Members and students may email me to register – give name and meal or no meal please rossowlj@hickorytech.net

Make checks payable to: **Southern Minnesota Nurses** Deadline: **10/31/16**

Name: _____ Phone: _____

Facility/School _____

Choose from the following:

Presentation only (arrive by 5:45pm)
CEUs - \$5 for non-members _____

Meal – \$5 _____

Students ___Meal ___ No meal **(no charge for students)**

TOTAL ENCLOSED: _____



Be A
Santa
to a
Senior

Join Southern Minnesota Nurses in a give to your community event by donating to the Be a Santa to a Senior Project.

Items needed include:

Hand / body lotion

Body wash

Reading Glasses

Large Word Finds

Jig Saw Puzzles (large pieces)

Gift baskets with coffee, tea,
cookies or candy

Prepaid phone card

Stamps / Stationary

Magnifier

Playing Cards

Cat or Dog treats

Cologne or Perfume

Wrapping paper / Bags

Items can be dropped off at Home Instead Senior Care
1059 Madison Ave. Mankato from 8:30 am to 4:30 pm
between November 25th and December 10th. If you have
questions call Linda Rossow at 345-1487.

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



Membership expires December _____

Calendar of Events

Date

Event

2016

October 27	Healthy Living for Your Brain and Body (see flyer)
November 3	Opioid Update: Understanding and Implementing CDC Guidelines
Nov.–Dec.	Collection for “Be a Santa to a Senior”

2017

March (TBD)	Bowl-A-Thon Fundraiser (Recipients: Camp Oz, Royal Kids Camp, The Reach and Nursing Scholarships)
April 27	Nurses Expo – all-day conference at Gustavus Adolphus College
May 11	Nurses Week banquet at Gustavus Adolphus College

