

SMN News

Newsletter of the Southern Minnesota Nurses

January 2014

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Find us on the web at
southernminnesotanurses.org

Save the Date! Southern Minnesota Nurses Expo to Be Held on April 10

The annual Southern Minnesota Nurses Expo will be held on April 10, 2014, at the Courtyard by Marriott in Mankato. Participants will be able to choose four (4) presentations to attend during the conference (7.2 CEUs). Four potential presentations will focus on children/adolescents – autism, diabetes type I, family-centered care – and four will cover a variety of potential topics – stroke, chiropractic care, aquatic therapy, weight loss. Topics can be mixed or matched depending on interests. Registration forms will be available by February 15.

Watch the SMN website (www.southernminnesotanurses.org) for the most up-to-date information, registration forms, etc.

Creating a Tag Line

At our annual meeting in July, it was suggested that as an organization we need to have a “tag line.” Currently, in advertising it simply states,

Southern Minnesota Nurses

CEUs Community Events Scholarships

The following tag lines are proposed:

- Southern Minnesota Nurses: We Care for You
- Southern Minnesota Nurses: Supporting Our Nurses Caring for You

Which do you prefer? Please vote on the ballot included in this issue.

2014 Annual Bowl-A-Thon Fundraiser Details

The Southern Minnesota Nurses (SMN) annual Bowl-A-Thon Fundraiser is being held on February 16 at the WOW! Zone Family Entertainment Center in Mankato. Recipients of the funds raised include National Alliance on Mental Illness (NAMI), Mankato Chapter and the Mayo Clinic Health System Palliative Care program. If you like to bowl or just want to have a fun time with friends, family or coworkers, please put together a team and come bowl. If you don't want to bowl, please consider a donation or sponsor a team. You can always come to cheer on the teams or volunteer to help for the event. You don't have to be a nurse to participate.

All of the money for a team to bowl and all donations will be given in total to the recipients. These monies are all tax deductible. Southern Minnesota Nurses will pay all the expenses. Those teams registered by February 1 will be in a special drawing for a \$50 pizza gift card. Prizes will be awarded throughout the day. You will find the registration and donation forms in the newsletter. Please complete both now while you are thinking of it!

Nurses Week Banquet May 8 at Gustavus Adolphus

SMN will celebrate Nurses Week with its annual banquet on Thursday, May 8, at Jackson Center - Gustavus Adolphus College. There will be exhibits with door prizes and Gustavus student nurse research poster presentations from 4:30–5:30 pm. A welcome begins at 5:30 pm with the awarding of door prizes and recognition of scholarships. Watch the SMN website (www.southernminnesotanurses.org) for more details and registration information.

Mu Lambda's Annual Book Discussion

Mu Lambda's annual book discussion is fast approaching! This year's discussion will be on the book *The Strength in What Remains* by Tracy Kidder, which depicts the true story of a young man's will to survive and help the people of his native land of Burundi, Africa.

According to the author's website, the book tells the story of Deo, whose strength remains despite living through various adversities. As a medical student in war-torn Burundi, he leaves a life of promise and finds himself homeless and struggling to survive in the streets of New York City. Through a twist of fate, Deo attends Columbia University, where his dream to enhance and empower the people of his native country truly begins to unfold.

Students, faculty, and Mu Lambda members are invited to come and discuss this remarkable book on January 23 from 5:30-7:00 pm at Old Country Buffet, located at 1861 Adams Street in Mankato.

Southern Minnesota Nurses Ballot

January 2014

Treasurer: Coni Rodgers (VOTE FOR ONE)

write-in _____

Secretary: Kathy Kachelmyer (VOTE FOR ONE)

write-in _____

You must ask the person's permission before putting his/her name down as a write-in.

Board members (three-year term 2014–2017): (VOTE FOR TWO)

Pam Wolters

Margaret Duffey

write-in _____

write-in _____

You must ask the person's permission before putting his/her name down as a write-in.

Tag line (see January newsletter for more details): (VOTE FOR ONE)

Southern Minnesota Nurses: We Care for You

Southern Minnesota Nurses: Supporting Our Nurses Caring for You

BALLOTS ARE DUE BY JANUARY 20, 2014.

RETURN BALLOT TO:

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 56001



Bowl-A-Thon

Sunday, February 16, 2014

Wow! Zone Family Entertainment Center

2013 Adams Street, Mankato, MN 56001

All funds raised will go to NAMI (National Alliance on Mental Illness) and MCHS Palliative Care

Cost is \$25 per individual (4-5 individuals per team)

Includes 2 games of bowling with shoes, snacks and eligibility for door prizes

Friends and family welcome! Teams that sign up by February 1 will enter a drawing for a \$50 gift card.

Sponsored by

Southern Minnesota Nurses

www.SouthernMinnesotaNurses.org

TEAM REGISTRATION

Please choose one: Co-Worker Team Family/Friend Team Student Team

Session 1 (11:00-12:30PM) Session 2 (1-2:30) Session 3 (3-4:30)

Team Name: _____

Team Captain: _____

Phone: _____ Email: _____

Team Members (in addition to captain):

1. _____ 2. _____

3. _____ 4. _____

Early bird registration February 1

Register by **February 9** to reserve your preferred time.

After February 9, please contact:

Linda at 507-345-1487

Please mail payment & form to: Southern Minnesota Nurses, 57201 238th Street, Mankato, MN 56001

SMN 2014 Bowl-A-Thon DONATION FORM

February 16, 2014

WOW! Zone Family Entertainment Center
2013 Adams Street, Mankato

Southern Minnesota Nurses, NAMI and Mayo Clinic Health System (MCHS) Foundation are all non-profit organizations and donations to each are tax deductible. For this fundraiser, you may designate your donation to either organization or both. Please mark your designation below and make your check out as indicated. If you are giving cash, give it directly to Linda (BH) with your donation slip in an envelope. (Mail checks to Southern Minnesota Nurses, 57201 238th Street, Mankato, MN 56001.)

I want my donation to go entirely to NAMI local chapter. (Please make check out to NAMI - Mankato.)

I want my donation to go entirely to MCHS Palliative Care. (Please make check out to MCHS Foundation, designated for Palliative Care.)

I want my donation to go to both organizations. (Please make checks out to Southern Minnesota Nurses. The monies will be split 50/50.)

*This event is underwritten by Southern Minnesota Nurses. All monies paid by teams to bowl and all donations will go to the fundraising recipients. No goods or services were provided for this gift.

Name: _____ Phone: _____

Address: _____

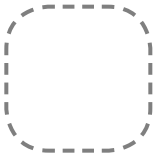
(Your name/phone/address will not be shared; it is just for record-keeping purposes)

(This is your receipt; please cut at the dotted line and keep for your records.)

I provided a donation to (Southern Minnesota Nurses/NAMI/Palliative Care MCHS) through the 2014 Bowl-A-Thon fundraiser on February 16 at WOW! Zone Family Entertainment Center in Mankato, MN.

\$ _____ was given on _____ by _____.

Thank you for your generous donation. No goods or services were provided for this gift.



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

Calendar of Events

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|-------------|--|
| January 23 | Mu Lambda book discussion “Strength in What Remains” – Old Country Buffet |
| February 16 | Bowl-A-Thon: Fundraiser for Palliative Care and National Alliance for Mental Illness |
| April 10 | Nurses Expo 2014 – Courtyard by Marriott, Mankato |
| May 8 | Nurses Week banquet – Gustavus Adolphus College, St. Peter |

See articles in this issue for more information about these events.