

# SMN News

Newsletter of the Southern Minnesota Nurses

August 2014

## **SMN Board**

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**Directors**

Linda Rossow

**SMNews Editor**

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

## **Community Events**

One of Southern Minnesota Nurses' main goals is to provide a presence in local community events. We participate in several fundraising walks, collect supplies, sponsor an annual Bowl-A-Thon to raise funds for specific causes and engage nursing students from five area colleges/universities in our meetings and activities. SMN also provides scholarships for mission trips and nursing education.

For members who are interested, we have lime green t-shirts that say "Southern Minnesota Nurses" so that we can have a presence at these events. If you want a presence of SMN members at an event in your community, let us know when and where something is happening. Contact Linda at [info@southernminnesotannurses.org](mailto:info@southernminnesotannurses.org) to make arrangements to get your t-shirt if you don't have one.

Our Christmas project this year will be to collect supplies for the Southern Minnesota Children's Museum. The flooding this summer destroyed many of its supplies. There will be a specific list of supplies that are needed or you can give a donation through SMN. More specifics will be included in the next newsletter. If you want to be a collection site, please let Linda know.

MSU Nursing Learning Community students will participate in the Walk to End Alzheimer's on September 13 if you want to join them at Sibley Park. You can register for the walk if you choose or make your donations directly to the Alzheimer's local association. SMN will register as an organization for the Making Strides Against Breast Cancer walk on October 11. You don't need to register online unless you prefer to make your donation there. Let Linda (email above) know if you plan to walk and if you need a t-shirt. Links for the events will be provided on the website.

Note that dates for the Bowl-A-Thon, Nurses Expo and May Banquet have been set. Mark your calendars and join us!

*Southern Minnesota Nurses presents:*

“Epilepsy and Seizures Update”

**Thursday, September 18, 2014 – 5:00-7:30pm**

**WOW Zone, Mankato**

**2030 Adams Street, Mankato, MN**

5:00 p.m. Meal

6:00 p.m. Presentation

**Speaker: Andrew Reeves, M.D.**

Dr. Andrew Reeves is currently a neurologist with the Mayo Clinic Health System, Specialty Clinic, Mankato. He completed his medical training at the Mayo Clinic College of Medicine, Rochester along with a residency in Neurology and a Fellowship in EEG/Epilepsy at Mayo Clinic, Rochester. His certifications include being Board certified by The American Board of Psychiatry and Neurology with added qualifications in clinical neurophysiology. He has special interests in epilepsy, autonomic disorders and syncope. His presentation will include an update on epilepsy and seizures.

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

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Complete this form and return to:

Linda Rossow 57201 238<sup>th</sup> Street Mankato, MN 56001 or  
interdepartmentally Linda Rossow BH unit 4<sup>th</sup> floor MCHS, Mankato

Make checks payable to: **Southern Minnesota Nurses**      Deadline: **9/15/14**

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

Facility: \_\_\_\_\_

Choose from the following:

- Presentation only** (arrive by 5:45pm)  
No charge for members, \$5 non-members
- Meal – soup/salad and beverage                      \$10
- Students**                      \_\_\_Meal    \_\_\_ No meal  
(No charge for student meal or CEs, but need to register)

**TOTAL ENCLOSED:** \_\_\_\_\_

## Southern Minnesota Nurses Membership

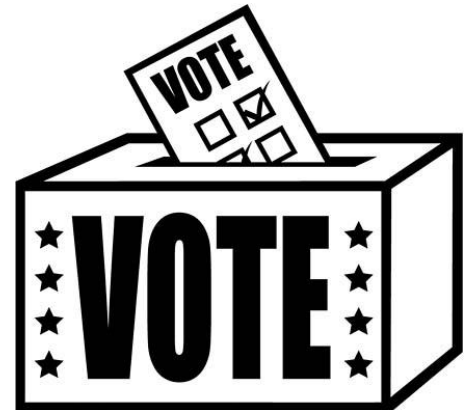
Nurses can join Southern Minnesota Nurses (SMN) at any time during the year, but membership always runs January – December. Check the newsletter cover for your personal membership expiration date.

Sustaining membership is a challenge for a volunteer organization like SMN and the organization can use your help in spreading the word to coworkers, colleagues and friends. It's also helpful if you renew right away instead of needing several reminders. Membership application forms are on the website. Current members just need to update information, especially email addresses; new members, please complete the application form fully.

In the fall of each year, we offer a special membership rate for members to renew for two years and new members to join for the remainder of the year and the next year. Membership rates for one year are \$20. If you choose the special rate, the two-year membership is \$30.

## Annual Election Information

Elections are held each fall for SMN board members and officers. Any SMN member who is current in his/her dues is eligible to serve. If you are interested, please self-nominate by October 15 by emailing the secretary at [kathkach@hotmail.com](mailto:kathkach@hotmail.com).



The ballot will be sent to all members electronically or by U.S. mail in November with a due date identified and where to return it. Membership will be verified by a person who is not on the ballot and then the votes will be counted by two members.

The following positions are needed:

- **President – to serve 2015 – 2017**

**President duties:** to be chairperson of the board, preside at all meetings, be an ex-officio member of all committees except the nominating committee. Assist with setting up CEUs, community events and other SMN activities or delegating work to the appropriate committees

- **2 Board positions – to serve 2015 - 2018**

**Board member duties:** help make decisions about the running of the organization, establishing an annual budget and disbursing monies for scholarships, events, etc.

*Southern Minnesota Nurses presents:*

“Sleep and Shift Work”

**Thursday, October 23, 2014 – 5:00-7:30pm**

**WOW Zone, Mankato**

**2030 Adams Street, Mankato, MN**

5:00 p.m. Meal

6:00 p.m. Presentation

Speaker: Umesh Vyas, MD, FAASM, Psychiatrist and Sleep Medicine Specialist

Dr. Vyas is currently the Inpatient Psychiatrist of the Inpatient Behavioral Health unit, Mayo Clinic Health System and the Regional Medical Director of the Sleep Disorder Center of the Mayo Clinic Health System and a Sleep Disorders Specialist. Dr. Vyas will present an overview of sleep, sleep disorders and circadian rhythm. He will then focus on shift work disorder – complications, management and tips to improve sleep.

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

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interdepartmentally Linda Rossow BH unit 4<sup>th</sup> floor MCHS, Mankato

Make checks payable to: **Southern Minnesota Nurses**      Deadline: **10/20/14**

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

Facility: \_\_\_\_\_

Choose from the following:

- Presentation only** (arrive by 5:45pm)  
No charge for members, \$5 non-members
- Meal – salad buffet and beverage                      \$10
- Students**                                      \_\_\_Meal    \_\_\_ No meal  
(No charge for student meal or CEs, but need to register)

**TOTAL ENCLOSED:**                      \_\_\_\_\_

# Calendar of Events



<b><u>Date</u></b>	<b><u>Event</u></b>
September 4	Dementia Conference* (members save \$40 on registration with special code)
September 13	Walk to End Alzheimer's (see article and website for updates/details)
September 18	Epilepsy and Seizures Update (see flyer and website for details)
October 3	Mu Lambda Nursing Research Forum*
October 11	Making Strides Against Breast Cancer walk (see article and website for updates/details)
October 14	SCCBI Annual Psychiatric Conference*
October 23	Shift Work Disorders (see flyer and website for details)

*Other CEUs are being worked on*

*SMN is looking for an opportunity to have presentations in Fairmont and New Ulm if anyone has any ideas*

Christmas project      Southern Minnesota Children's Museum\*

## **Spring 2015 Events**

March 22	Bowl-A-Thon, WOW! Zone, Mankato Fundraising for VINE and Nursing Scholarships
April 23	SMN Nursing Expo, Courtyard by Marriott, Mankato
May 7	Nurses Week Banquet

\* See website for specific details of time/location/cost  
[www.southernminnesotanurses.org](http://www.southernminnesotanurses.org)



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

## **CEUs – check them out!**

Several CEUs have been planned for this fall. The SMN Board decided to be a sponsor for the Dementia Conference so that members could attend for a significantly reduced rate. Membership does need to be verified by contacting [info@southernminnesotanurses.org](mailto:info@southernminnesotanurses.org). Current members are then provided with a code that can be used to register online for \$45 (instead of \$85).

We will have two presentations at the WOW! Zone. You can come for the meal and presentation or the presentation only. Invite friends or coworkers you think would be interested in the presentations – just remember to pre-register.