

SMN News

Newsletter of the Southern Minnesota Nurses

January 2016

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Find us on the web at
southernminnesotanurses.org

From the president...

Happy New Year 2016! It's hard to believe another year is ending and a new year beginning...time to review what went well and what didn't, what we can change this coming year and what will change us. There always seem to be opportunities for us to be involved in our communities.



Please consider getting involved with the next SMN Bowl-A-Thon on March 13.

Teams can be composed of members, friends, coworkers, family members, etc. If you don't bowl, you might consider sponsoring a person or a team to bowl or just give a donation. Come to help with registration or to cheer on the bowlers! Everyone is welcome.

CEUs are being planned for April, but no dates have been set at this time. Watch the web site and your emails for updates. If you have a topic, speaker or location that you would like to have as a CEU, contact me at info@southernminnesotanurses.org

Plans for the Nurses Expo and Nurses Week banquet are underway. Both are going to be on May 5th at Gustavus Adolphus College. There will be several speakers on a variety of topics and at the end of the day Gustavus students will again be presenting their research in a poster session. Exhibitors will bridge the time between the Nurses Expo and beginning the celebration of Nurses Week. The plan is to offer several options for attending the day/evening activities. Please share the upcoming events with your friends and coworkers, invite them to be your guests and/or encourage them to join SMN.

Linda

SMN CHRISTMAS PROJECT

Southern Minnesota Nurses participated in the “Be a Santa to a Senior” program in December. Members from the hospital and faculty/nursing students from MSU donated many supplies. SMN received this thank-you from the area organizer for the program:

I just wanted to thank you for your generous donations to our “Be a Santa to a Senior” program. You made a lot of seniors happy this Christmas. Merry Christmas! Warm Regards, Kim

– Kim Hanson, Community Service Manager, Home Instead Senior Care

Southern Minnesota Nurses members get involved throughout the year in a variety of community projects. SMN has collected supplies for Affordable Housing, the Children’s Museum of Southern Minnesota, The Reach and others and has participated in the annual Alzheimer’s Walk and Making Strides Against Breast Cancer.

Members – if you have a special project that you would like us to consider, please contact SMN at info@southernminnesotanurses.org


Bowl-A-Thon Fundraiser

The 5th annual Bowl-A-Thon Fundraiser will be held on March 13 at Victory Bowl (see flyer for details). Each year Southern Minnesota Nurses chooses a new recipient(s) for the funds raised. This year the recipients will be CADA, Mankato and NUMAS Haus, New Ulm. CADA is a well-known women’s shelter in Mankato and NUMAS Haus is a homeless shelter currently under renovation in New Ulm. SMN underwrites the activity so that all the funds that are paid for registrations and given as donations are given to the recipients as designated by the donors (see form).

Community involvement is one of the tenets of Southern Minnesota Nurses. This activity is intended as an opportunity for families, friends and coworkers to participate in a fun activity with a focus on highlighting a specific community organization. SMN hopes you will join others by coming to bowl, cheer on those who are bowling and networking with others from the region in a common goal of supporting the work of these two organizations.

Previous recipients include Kids Against Hunger, MCHS Palliative Care, NAMI, Camp Sweet Life, VINE and SMN’s nursing scholarships.

Calendar of Events



Date	Event
March 13	Bowl-A-Thon Fundraiser Victory Bowl, Mankato
April CEUs	Pending – watch the SMN website for details
May 5	Nurses Expo / Nurses Week Banquet Gustavus Adolphus College, Saint Peter

Updated information, registration forms, flyers, etc. for community events and CEUs will be put on the SMN website as the information becomes available. If you have questions, please email info@southernminnesotanurses.org.

www.southernminnesotanurses.org

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.

SMN offers 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.



Bowl-A-Thon

Sunday, March 13, 2016

Victory Bowl

203 South Victory Drive, Mankato, MN 56001

All funds raised will go to CADA, Mankato and NUMAS Haus, New Ulm
(all funds raised go to the recipients, the cost of the event is paid for by Southern Minnesota Nurses)

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 15 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 15

Register by **March 5** to reserve your preferred time.

After March 5, please contact:

Linda at 507-345-1487

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

Southern Minnesota Nurses 2016 Bowl-A-Thon

March 13, 2016

Victory Bowl, 203 South Victory Drive, Mankato

CADA, Mankato and NUMAS Haus, New Ulm are 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. (Mail checks to Southern Minnesota Nurses, 57201 238th Street, Mankato, MN 56001.)

I want my donation to go entirely to CADA, Mankato. (Please make check out to **CADA**.)

I want my donation to go entirely to the NUMAS Haus, New Ulm. (Please make check out to **NUMAS Haus**.)

I want my donation to go to both organizations. (Please make check 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)

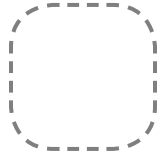
I provided a donation to CADA/NUMAS Haus through the 2016 Bowl-A-Thon fundraiser on March 13, 2016, at Victory Bowl.

\$ _____ was given on _____ by _____.

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

Southern Minnesota Nurses Board

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



Membership expires December _____

NUMAS Haus Update

Great news! NUMAS Haus (New Ulm) has received an anonymous donation of \$100,000 for building renovation and a \$20,000 grant for programming. Renovation is set to begin this month, with the official opening tentatively planned for this spring. NUMAS Haus will be the first emergency shelter for



homeless, single-mother families in Brown County. Once open to families, there will be opportunities for Southern Minnesota Nurses to support this project.