

THE CURRENT

DECEMBER 2010



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UPCOMING EVENTS

- January 13 1800-1930
Feed My Starving Children
- January 18 1730-2030
Bowling
- January 21 0930-1130
Feed My Starving Children
- February—Certification Study Group Starts 2/1
1230-1430
- March 19
Certification Dinner
- April 14-15
Certification Review
Debra Tuggle
- April 30-May 5
NTI Chicago

PRESIDENT'S MESSAGE BY LOUISE JACOBS

The new year is fast approaching and this gives me time to reflect on our chapter and most importantly on how well we are incorporating the AACN theme of the year Standing Tall.. Standing Tall means to recognize the unique and indispensable role nurses play. Recognize it, understand it, articulate it, own it, accept responsibility for it and celebrate it.

Stand Tall – own the outcomes of your work. The last five months has been a transition time for our chapter. One of the biggest transitions was changing our education to fit the needs of our chapter members. If you

remember in previous years education was provided to chapter members every other month along with a brief chapter meeting. The education was outstanding, but attendance was low. This fall the Board decided to Stand Tall and eliminate the every other month education and do a fall four hour mini-conference. The conference was held on November 12th and was attended by 67 participants. The evaluations were extremely positive and 4 CEUs were given. This was a positive move for our chapter and the Board has agreed to provide a similar conference next fall. We Stood



Louise Jacobs
President
Rum River Chapter AACN
2010-2011

Tall by changing how our education is delivered to our members. Thank you to Angelina Buerck and Karen

WANTED: VOLUNTEERS FOR CHAPTER ACTIVITIES

Opportunity #1: To help coordinate Rum River Chapter participation in Nurses' Week.

Any number of volunteers are welcome for this activity.

Opportunity #2: To be part of the Rum River Nominating Committee.

This activity is seeking two chapter members and counts for merit points for a scholarship. The first meeting will be in January.

Duties include:

- Seeking out members to serve on the chapter board the next year
- Develop a ballot in collaboration with the webmaster

If interested any of these please contact Jeanne Boespflug at
Jeanne.Boespflug@Allina.com.

Thank you for your assistance.



PRESIDENT'S MESSAGE CONTINUED

Schulz on leading this effort.

There is lots of upcoming education coming from our chapter this winter and fall. The certification study groups will be starting in February – please check our chapter website for dates/times etc..

This is being facilitated by April Lenzmeier. In April Debra Tuggle will be back for her two day certification review course.

Stand Tall – together we can do more. Another piece of our chapter work was to increase our work in community service and to increase the number of chapter members participating in community service. Sheila Micka has done an outstanding job in moving this forward. The Board decided that the chapter

would donate \$1000 for two families in need who reside in Anoka County. Currently we have chapter members purchasing and wrapping gifts for our two families. More community service activities are being developed please check out our website for further details.

Stand Tall – enjoy what you do. Our first chapter meeting was a picnic at Lions Park, which was something the chapter has never done before. We had 20 members attend and the chapter provided a picnic meal. Our next chapter meeting involves a brief meeting followed by bowling at the Super Bowl in Ramsey on January 18th. The Board wants members involved and to have fun at our meetings and during our

community service.

Stand Tall – be proud of what you do. The Board has decided to move forward with celebrating National Certification Day which is March 19th. The chapter will be providing dinner at a local restaurant for all chapter members who are certified. Keep March 19th open on your calendar, invites will be going out in February with more details etc.

I look forward to seeing all of you at our next chapter meeting on January 18th at the Super Bowl in Ramsey.

Happy Holidays and Stand Tall,

Louise

BOARD MEMBER PROFILE—APRIL LENZMEIER ACTIVITIES COORDINATOR AND CERTIFICATION STUDY GROUP

Tell us about your life outside of Mercy Hospital.

My husband Matt and I are busy raising Eden, 4 and Sophie, 3. I am also looking into MSN programs, so will maybe be going back to school soon.

We have a successful painting business called “Lakewood Painting” that I am getting more involved in.

I love gardening, reading, yoga and cooking. We all take care of two really big dogs, Nico and Henry, and a turtle named Fifi.

What would you be doing if you weren't a nurse?

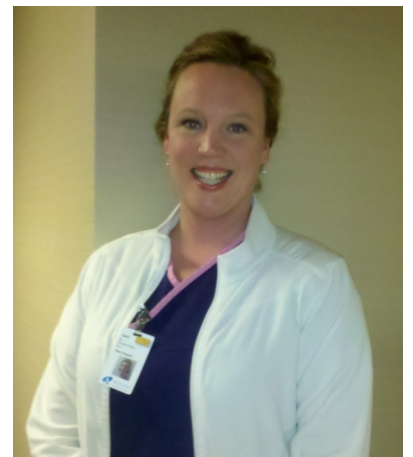
I would be mission traveling to Peace Corps or for Haiti relief organizations with my family. My dream job is news anchor or actress.

Describe your position in the chapter.

I have been active in the chapter for a couple of years now. I was doing the Newsletter. I am currently taking over the CCRN study group and activities coordinator. I am also part of the scholarship committee. I have been available to the board helping in other ways such as helping with food prep/setup and decorations for various chapter events.

Why did you volunteer to be active in the Rum River Chapter?

The AACN and Rum River Chapter have been a great opportunity for me to remain aware of critical care knowledge and opportunity that I would otherwise have missed out on. I enjoy being part of a group with a passion for critical care similar to my own. I enjoy getting involved in the community through RRC and I enjoy giving back to nursing through the CCRN study group, educational sessions and meetings/activities. It should be a great year.



COMMUNITY SERVICE PROJECTS

SHEILA MICKA—COMMUNITY OUTREACH COORDINATOR

The Rum River Chapter has chosen 5 community service events for the year.

We will be collecting money at each chapter event/meeting this year to donate to the Anoka County Food Shelf. The chapter has agreed to match our donation to a total of \$250 for the year. Let's meet this amount and challenge the board to increase the matching funds for next year!!! This project starts now and will continue throughout the fiscal year (until June of 2011). We collected \$130 at the education event in November-so we're off to a great start!

The second project will be the Christmas families. We have received two families from Anoka County. One family has 6 members, the other family has 9 members. All gifts have been purchased and were delivered to the social worker the week of December 6th. Thanks to all who helped with this service project. I know the families will be thrilled with their Christmas gifts.

The third project will be packaging food at Feed my Starving Children at: 401 93rd Ave NW, Coon Rapids, MN

The first date is: Thursday, January 13, 2011 from 6:00 PM to 7:30 PM. This

event will be hosted by Sheila Micka. Please contact her at: sheilamicka@comcast.net to sign up for this event. You can also sign up on face book under the Rum River Chapter Group or through the link on the Rum River Chapter website.

The second date is: Friday, January 21, 2011 from 9:30 AM to 11:30 AM. This event will be hosted by Lisa Winters. Please contact her at: li-sa.winter@allina.com to sign up for this event. You can also sign up on face book under the Rum River Chapter Group or through the link on the Rum River Chapter website

Children over the age of 5 are allowed to participate in this event. We welcome family members and friends to participate. We need at least 15 people at each event; but can accept many more. Please come join us to help package food.

The fourth project will occur in May (usually around Memorial Day Weekend). It requires 3 hours of time on a Saturday morning to assist with Stroke screening. This event takes place at Mercy Hospital. We usually only need 3 volunteers to help with this project. More infor-

Act as if what you do makes a difference. It does.

William James

mation about this event will be posted in the spring.

The fifth project for this year will be the bike safety camps. These are spaced throughout the summer, starting in mid June and ending in early August. More information is usually available after the 1st of the year. Our participation is divided into 4 hour intervals/day. Dates and times will be posted when they become available.

If you'd like more information about any of these projects or would like to volunteer to help with them, please contact: Sheila.Micka@allina.com or sheilamicka@comcast.net

MEMBERSHIP UPDATE

DEB FERGUSON—SECRETARY

The Rum River Chapter welcomes it's **newest members!**

- Tara Cheath
- Denise Cheney
- Jenny Filips
- Carmen Gilsrud
- Beth Guyer
- Cindy Lehman
- Nancy Nelson
- Jill Peterson
- Amy Rasmussen
- Katie Raymond
- Shayna Von Lehe

We are growing! RRC currently has a total of 80 members in the chapter.

National membership: If you need to renew your national membership, you can purchase a bulk membership from the chapter for \$69, a savings of \$9.

CONGRATULATIONS to the recently certified chapter members:

- Shannon Beck CCRN
- Teri Rennaker PCCN
- Miranda Foy PCCN

STAND TALL: CERTIFICATION STUDY GROUP

The Rum River Chapter of AACN is sponsoring a study group designed to help ICU and Progressive Care nurses attain national certification.

Study curriculum is based on the CCRN and PCCN testing blue print. The sessions are facilitated by CCRN and PCCN certified members.

The study sessions are intentionally scheduled every two weeks leading up to a two-day certification review course. This format maximizes the learning opportunity for individuals

seeking success in achieving certification.

The two day certification review course, April 14 and 15, is optional and requires additional fee and separate registration.

The CCRN credential is for nurses working at the bedside of critically ill patients. There are three separate CCRN exams: adult, pediatric and neonatal.

The PCCN credential is for nurses working at the bedside of acutely ill adult patients in the progressive care setting.

Certification Study Group

1230-1430

Mercy Hospital Classroom B

\$30 chapter members

\$40 non-chapter members

February 1

February 15

March 1

March 15

March 29

April 19

CERTIFICATION CELEBRATION - MARCH 19TH

LOUISE JACOBS—PRESIDENT

March 19, 2011 is Certified Nurse Day. In honor of this day, the Rum River Chapter is planning a dinner to celebrate all the certified nurses who are members of the chapter. It will be held in the early evening at a local restaurant.

Louise Jacobs is coordinating this event and needs a certified nurse volunteer to assist in the planning and coordinating. If you are interested, please let her know at Louise.Jacobs@Allina.com.



BOARD MEMBER PROFILE—LORI WEAVER

TREASURER

Tell us about your life outside of Mercy Hospital.

I have been married for 25 years to Tom, my high school sweetheart. I have two kids- Kathryn 21 and Jacob 18. We have a new puppy, Elina and two cats, Boots and Oreo

I keep busy attending activities at St. Olaf for my daughter Kate and band and theater activities with my son Jake.

I completed my CNML certification in March 2010.

What would you be doing if you weren't a nurse?

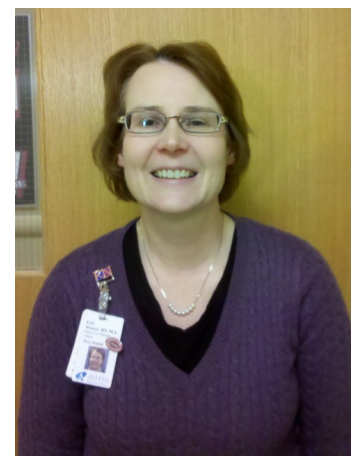
Not sure always wanted to be a nurse.

Describe your position in the chapter.

I am the Treasurer

Why did you volunteer to be active in the Rum River Chapter?

I wanted to get more involved in AACN after I finished my Masters degree in Nursing and Healthcare Leadership.



SCHOLARSHIPS VIA MERIT POINT SYSTEM

Purpose: To provide educational support for members of the chapter who have earned points throughout the year by participating in various chapter activities.

Every non-board chapter member has the opportunity to be reimbursed by chapter for participating in chapter activities up to \$100 per fiscal year (July 1st – June 30th).

Total amount of scholarship will be up to \$ 1000.00 for entire chapter per year. Dollars will be used for nursing education (books, DVDs, conferences etc.) Scholarship monies can be used towards registration, travel and lodging.

Scholarship funds will not be awarded until proof of conference completion (CEUs), and applicable registration, travel, and/or lodging receipts. Scholarships cannot be used for

expenses reimbursed by other sources.

Eligibility for scholarship monies is based on the Rum River Chapter Scholarship Point System. Scholarship points will be tallied at the end of June and subsequent scholarship certificates will be awarded and honored up to one year.

Open to any non-board chapter member.

Chapter members are accountable to document and maintain a record of Chapter involvement using the Rum River Chapter Scholarship Activities Tracking Form.

Applicants must submit the *“Rum River Chapter Scholarship Activities Form”* and *“Rum River Chapter Scholarship Application Form”* to Chapter Treasurer for reimbursement by June 30th.

Scholarship will be awarded upon review and approval of the Rum River Chapter Board.

Scholarship budget to be established by the Rum River Chapter Board at the beginning of each fiscal year and may be re-adjusted at the discretion of the Board depending on the treasury balance. If interested, please see the Rum River website for more details and the forms to complete.

www.rumriverchapteraacn.com

FINANCIAL UPDATE

LORI WEAVER—TREASURER

Checking	\$12,127
Savings	\$5,123
3 CDs	\$16,019

JANUARY CHAPTER ACTIVITY

APRIL LENZMEIER- ACTIVITIES COORDINATOR AND CERTIFICATION STUDY GROUP

January 18th, 2011! There will be an all chapter meeting and bowling event at Super Bowl located at:

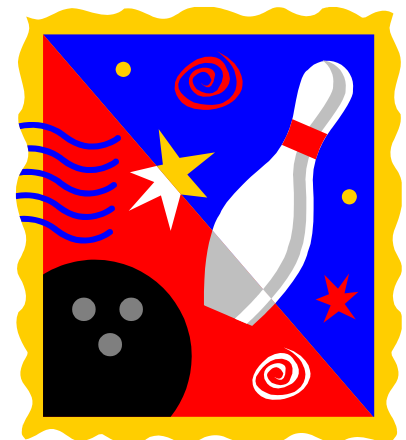
6720 138th Ave NW, Ramsey, MN, 55303.

Pizza, un-limited pop, cookies, and bowling (includes shoe rental) will be provided free of charge for all chapter members.

This event is open to families and guests of chapter members. Bowling and food fee for family members and guests is \$5.00/ person. Children too young to bowl - no fee.

The event starts at 5:00 PM with food and a brief 20-minute meeting immediately followed by bowling and fun! Bowling will end at 8:30 PM

In order for the chapter to appropriately provide funding and food for everyone an **RSVP is needed**. You may RSVP by responding to the Facebook invite you received or contact April Lenzmeier at April.Lenzmeier@Allina.com.



Contact Us

RUM RIVER CHAPTER AACN

Phone: 763-236-8356

E-mail: rrc@rumriverchapteraacn.com

Website: www.rumriverchapter.com

Facebook: Rum River Chapter AACN

2010-2011 Chapter Officers

President: Louise Jacobs

President-elect: Jeanne Boespflug

Past President: Sue Willoughby

Secretary: Debra Ferguson

Treasurer: Lori Weaver

Treasurer-elect: Mischa Adams

Education Chair: Angelina Buerck

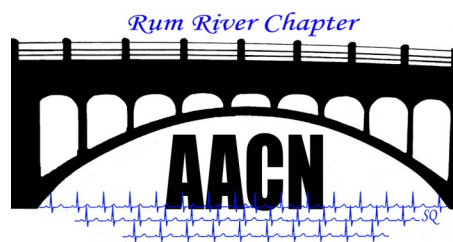
Webmaster: Karen Schulz

Newsletter: Pam Madrid

Community Service: Sheila Micka

Activities Coordinator: April Lenzmeier

Certification Study Group: April Lenzmeier



Our Mission Statement

The Rum River Chapter of AACN provides and inspires leadership to establish work and care environments that are respectful and healing. The key to Rum River Chapter's success is through its members. Therefore, Rum River Chapter is committed to providing the highest quality resources to maximize nurses' contribution to improving the healthcare of acutely and critically ill patients and families. As a community based association, the Rum River Chapter is committed to involvement in improving the health of the community through service projects and education. The Rum River Chapter strives to empower students to increase their knowledge of the critical care nursing environment.

Our Vision Statement

The Rum River Chapter is dedicated to supporting a healthcare system driven by the needs of patients and families where acute and critical care nurses make their optimal contribution.

RUM RIVER CHAPTER MINI CONFERENCE: MINI CONFERENCE-NOVEMBER 19TH



Stan Tall attended the Rum River Chapter Mini-Conference on November 19th. He was collecting money for the Anoka County Food Shelves. Did you know the chapter is going to match what he collected??



Dr. Brad Chmielewski, one of the Mercy Intensivists presenting at the Mini-Conference. Drs. Ken Olsen, John Tomlin and Paul Youngquist also presented topics. This conference was very successful and will be offered again in 2011.

The Current is looking for articles and pictures of members. If you have something you wish published in this newsletter, please forward to Pamela.Madrid@Allina.com.