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## **SPRING 2023 NEWSLETTER ISSUE 14**

[www.statelinenurses.org](http://www.statelinenurses.org) [statelinenurses2013@gmail.com](mailto:statelinenurses2013@gmail.com)

### *President's Message*

Hello everyone, spring has arrived!! Hope all are doing well with your health and being safe!

We had an awesome Expo on Friday, April 28th, 2023. We have a great group of us that worked together to make this Expo happen! If you want to volunteer to be on a committee for 2024, let us know! It is a group of great talent with a wide variety of nursing experiences (NICU, education, hospice, school nursing, quality review, traveling nursing; inpatient, pool staff, GI) and more!

At Expo, in your red bag that was given to you at registration you received a pair of "stoggle safety glasses". You can ask your eye doctor to put your prescription in them. I tried at my eye doctor place and they declined saying "my prescription may not fit in the frame/the frame may not be strong enough" but I don't think they knew about the "Stoggle" brand; I will try another place!

Keep up the Power of Positivity! Positive thinking is an opportunity to combat stress and improve coping!

We are grateful to each of you for your contributions and advancing our profession!

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Continue to stay healthy and be safe!

We are always looking to share ideas! What topics are you reading about? Let us know!

We have highlighted Expo here for you! Read on!

"Happy Nurses week" to all!

Sharon Garcia, MS, RN  
President, Stateline Nurses Network

### *What Is Stateline Nurses Network?*

The Stateline Nurses Network, NFP (SNN) is a not-for-profit group of nurses who seek to advance the profession of nursing through networking, collegiality, continuing education, and professional development.

We encourage every nurse to join their state's professional nursing organization to provide unity of message, goals, strategies, and resources. In Illinois, ANA-Illinois represents and supports the Nurse Practice Act, our state board of nursing, education of nurses, and societal and legal implications of our profession. Stateline Nurses Network serves as a valuable local resource to strengthen our voice, offer encouragement, and stimulate involvement in the profession of nursing.

Please consider joining our network. Go to the membership page on [www.statelinenurses.org](http://www.statelinenurses.org) today!

### *Like & Follow Us On Facebook*

Our Stateline Nurses Network has a great Facebook page! We invite all of you to follow & like our page, and like, share, and comment on our posts. Go to Facebook now and search for [@StatelineNurses](https://www.facebook.com/StatelineNurses)

### *HAPPY NURSES WEEK!*

We wish all of you a Happy Nurse Week, a well-deserved celebration of all nurses.



*We Had Our 41st Annual NURSES EXPO in Late April*

Our Nurses Expo 2023 was a huge success - informative, exciting, and fresh! We had a terrific slate of speakers with continuing education, offered t-shirts and swag bags (Thank you for sponsoring Beloit Health System!) filled with Sponsor goodies and literature, Raffles, and had an exhibitor room filled with a variety of sponsors, both new and old. We also had Poster presenters, Scholarships, and Awards, with recognition at the end of the day.

**Speakers:**

We had five fantastic speakers this year.

Doreen Timm, MSN, APRN/PCNS-BC



Kevin Adley, RPSGT, CCSH



Cindy Rowe



Dave Vella, State Representative, Illinois 68th District



Arlietta Hall, Certified Dementia Communications Specialist



**Thank you to our RAFFLE Sponsors!**



*And we could not have had such a wonderful Expo without all of our Sponsors!*

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Illinois Single-Payer Coalition
Northern Illinois University, School of Nursing
Northern Illinois Vein Clinic
Northwestern Illinois Area Agency on Aging
Olson Funeral & Cremation Services
Purdue University
Rosecrance Health Network

Saint Anthony College of Nursing
Serenity Hospice and Home
University of St Francis
Western Governors University

We also had several new sponsorships this year and would like to thank the following:

**Attendee Swag Bag Sponsor**



**Refreshment Sponsor**



*Pictures from Nurses Expo 2023*







We had a special presentation at Nurses Expo this year by the Forest City Nurse Honor Guard. Thank you for showing us what you do to honor nurses.



Once again we chose a charity for our Expo. We were pleased to have The Haven attend our Expo. We asked our nurse attendees to donate to their worthy cause.

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**THE HAVEN NETWORK**  
*Northern Illinois' Perinatal Hospice & Bereavement Center*

This year Stateline Nurses Network has chosen The Haven Network as their featured charity.

The Haven Network, located in Rockford, Illinois, was founded in 2004 to provide support, programs and services to moms, dads and families enduring the death of their baby. They provide immediate and long-term support for families experiencing an ectopic pregnancy, miscarriage, or stillbirth as well as families who have received a lethal diagnosis for their baby, SIDS, and early infant death.

Their goal is to facilitate bonding between parents and baby and help create memories through hands-on baby care. This includes providing parents as many opportunities as possible to parent their baby: bathing, dressing, making hand and foot prints along with photography are just a few of those opportunities. In addition, The Haven Network provides long-term support including: well-checks, in-person and online support group and individual and family grief counseling.

We will be collecting donations at Nurses Expo 2023 to support The Haven Network or donate ahead of time using the QR code below.



[www.thehavennetwork.org](http://www.thehavennetwork.org)

Please go to our Facebook page @StatelineNurses for additional pictures/posts about Nurses Expo 2023!

*We awarded Scholarships to Four Students at our Nurses Expo on April 28, 2023*

Each year, we offer four \$1,000 scholarships. We appreciate all who went through the scholarship process.

We had many worthy candidates, and it was a tough decision but our Scholarship Committee was able to choose the following to receive a scholarship this year.

## Paige Del Monico, SNN Pre-License Scholarship Recipient

**School:** Rasmussen University

**Program:** Bachelor of Science in Nursing

**Employment:** Mercy Health-Student Intern

**Certifications:** Certified Nursing Assistant

**Notables:** CNA at OSF Medical Center, Student Nurse Intern at Mercy Health-Medical Unit, Maternity Unit



## Amy Crum, BSN RN, PMHN-BC SNN Graduate Scholarship Recipient

**School:** Eastern Kentucky University

**Program:** Psychiatric Mental Health Nurse Practitioner

**Employment:** Advocate Health

**Certification:** Psychiatric Mental Health Nurse-Board Certified

**Awards:** Mary Barker Scholarship 2022, Live your Values Everyday 2019 & 2021, Suma Cum Laude



## Nicolet Rubin, BSN, RN, PCCN SNN Graduate Scholarship Recipient

**School:** Walden University

**Program:** Psychiatric Nurse Practitioner

**Employment:** OSF St. Anthony Hospital Professional Development Coordinator

**Certifications:** Progressive Care Certified Nurse, National Institute of Health Stroke Scale Certification

**Awards:** I am OSF Nurse: Nurse Empowerment Award, Interdisciplinary Excellence Awards: Structural Empowerment



## Abby Antczak, BSN, RN, SNN Doctoral Scholarship Recipient

**School:** St. Anthony College of Nursing

**Program:** Family Nurse Practitioner, DNP

**Research Focus:** Investigating if physical activity (based on the Oncology Nursing Society, Get Up, Get Moving (GUGM) program) paired with weekly nursing encouragement improves health-related quality in life and decreases overall levels of fatigue in those that are currently being treated with chemotherapy.

**Employment:** OSF St. Anthony Medical Center

**Awards:** I am an OSF Nurse, RN of Year Award



### *Excellence Needs to Be Rewarded!*

Each year we offer awards for both our Distinguished Advocate for Nursing and our Excellence in Nursing Awards. These awards are presented at our Nurses Expo and this year Alyson Broman Conn and Sharon Garcia, Awards Co-Chairs were happy to present plaques to the following recipients.

*Casey Jacobs Anthony: Distinguished Advocate for Nursing Award*



*Amber Gorman: Distinguished Advocate for Nursing Award*



*Poster Winners Announced at Nurses Expo this year!*

Every year we send out a Call for Abstracts to all nurses and nursing students in the Northern Illinois and Southern Wisconsin Area. This year, at Nurses Expo 2023, we had eight great posters presented. We had a trio of qualified judges view the posters and choose the top student poster and top Research/EBP poster. In addition, we asked our attendees to fill out a People's Choice Ballot. Winners were announced at the end of the day. Shannon Lizer, PhD, APRN, FNP-BC, FAANP and Jaclyn Aleksich, DNP, FNP-BC, our Posters Co-Chairs, presented certificates to the following:

*Research/EBP: Elizabeth Berris, RN*



*Best Student: Catharin Peters, BSN, RN*



*People's Choice: Rachele Becker, BSN, RN*



Congratulations and thank you to all our poster presenters!

*Organ on a Chip*

Has anyone heard of this new technology?

Organ on a chip refers to a microengineered biomimetic system which reflects structural and functional characteristics of human tissue. It involves biomaterial technology, cell biology and engineering combined together in a miniaturized platform. Several models using different organs such as lungs on a chip, liver on a chip, kidney on a chip, heart on a chip, intestine on a chip and skin on a chip have been successfully developed. The Food and Drug administration (FDA) has also shown confidence in this technology and has partnered with industries/institutes which are working with this technology.

Read the details at...

[Journey of organ on a chip technology and its role in future healthcare scenario - PMC](#)

### *Long COVID*

We need to keep learning about "long COVID". In this article patients with long COVID and their caregivers shared how the illness has impacted their lives, the treatments they've tried, and their hopes for recovery. The article discusses tracking biomarkers, such as those measuring micro-clotting, endothelial cell dysfunction, and T-cell disturbances or cytokines, which are tied to immune dysfunction. Read the details...

<https://www.medpagetoday.com/infectiousdisease/longcovid/104250>

### *Clinical Documentation*

This is a growing group of great talent with a wide variety of nursing experiences (clinical documentation, NICU, education, hospice, school nursing, quality review, traveling nursing, inpatient, pool staff, GI) and more!

### *Share your news with us!*

We are always looking for news about our fellow nurses! Share with us your national certification, published articles, graduations, awards received, or elected positions – all can be mentioned in our newsletter and/or on our Facebook page! Or let us know about special nursing events, conferences, or specialty nursing weeks.

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To share your news, email us at: [Statelinenurse2013@gmail.com](mailto:Statelinenurse2013@gmail.com)

***Our Stateline Nurses Network Members voted for Two New Board Members***

Thank you to our Stateline Nurses Network Members for voting in two new directors to our Board! Welcome Jean Kroupa, BSN, RN, and Michelle Regan, MSN, RN, CMSRN, PMGT-BC! Thank you to our Board of Directors for serving and making a difference!

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**Stateline Nurses Network Board (2023-24):**

**PRESIDENT**

**Sharon Garcia, MS, RN**  
[sg14784@gmail.com](mailto:sg14784@gmail.com)

**TREASURER**

**Phillip Troxel, RN-BS**  
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**SECRETARY**

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**DIRECTOR**

**Sylvia Baker, MS, RN, CPAN**  
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**DIRECTOR**

**Karen Lane, MSN.Ed, CCDS, RN**  
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**NEW DIRECTOR**

**Jean Kroupa, BSN, RN**  
[jkroupa@aol.com](mailto:jkroupa@aol.com)

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**NEW DIRECTOR**

**Michelle Regan, MSN, RN, CMSRN, PMGT-BC**

[michelle.regan08@gmail.com](mailto:michelle.regan08@gmail.com)

[Find Out More About  
Stateline Nurses Network](#)

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