



Fall 2023 NEWSLETTER ISSUE 15

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President's Message

Hello and yes, we are nearing the end of the 2023 calendar year! Time certainly is flying!

So many topics in nursing these days—how do we keep track of it all? Nurse led interventions, political issues in nursing, joint commission, racism in nursing, required education for registered nurses 2024 re-licensure, what college to choose for online degrees, compliance, quality, work smarter, IT, AI, mental health, pain management, social connections, fighting misinformation, patient care, preventing falls, mindful communication, constructive feedback, nonverbal communication, honest conversations, nursing podcasts, how your patients affect you and your colleagues personally, school nurses, are we giving enough discharge planning instructions to our patients and caregivers, hospice care, assessing the culture of your unit; the list can go on and on and on!! I do my best to read up on many of these topics and hopefully you can too.

If you have a special interest or a place where you get your updates let us know and we can pass it on to our members.

Stay healthy this holiday season and keep your work/life balance.

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 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. Tag your nursing friends! All of this is called "the Glitter Effect". Help us help our nursing community grow and become stronger. Go to Facebook now and search for [@StatelineNurses](https://www.facebook.com/StatelineNurses)

Planned 2023 & 2024 Events Come join us!

Saturday, December 16, 2023 – Gift Wrapping Party (see below)
Friday, April 26, 2024 – Nurses Expo (see info later in this newsletter)
October 2024 – Breast Cancer Walk (details to come soon)

****We have signed up as a group to assist with gift wrapping!***

Rock House Kids wrapping party
Saturday, December 16, from 0800-1130.
Here is the website link for more information.

<https://rockhousekids.org/events/annual-wrapping-party/>

Let us know if you want to join us or RSVP on your own!

Get to Know/Meet One of Our SNN Members



Patricia Hrdlicka, BSN, RN

Patricia joined the Stateline Nurses Network in 2022. This year she is a member of our Expo Sponsorship Committee. We asked her to answer the following questions so we could learn a bit about her.

If you could, please tell us a little bit about where you are from, where you work, and/or your education.

- I am from the Rockford area
- I work at Serenity Hospice and Home as a RN
- I earned my BSN from Rockford College, known now as Rockford University

Do you follow any sports teams?

- Nope, I don't care to watch any sports unfortunately :)

Tell us about a place you have visited?

- A passion of mine is travel. I love seeing the world, meeting new people, and immersing myself in different cultures. Recent places that I have traveled to in 2023 are: Cancun, Mexico; Santa Fe, New Mexico; Tamecula, California, with visits to San Diego and Anaheim; and a road trip through Ireland visiting Dublin, Kilkenny, Killarney, Dingle, Galway and more. I hope to travel to Argentina in 2024.

Do you prefer cooking or going out for your favorite meal?

- I prefer going out for my favorite meal.

What's your favorite way to spend your day off?

- I enjoy spending time with my husband and my children. I also enjoy scrapbooking.

What is one of your favorite childhood memories?

- One of my favorite childhood memories would be our yearly family vacation to Hayward, Wisconsin. My whole family and I would stay at a resort located right on the lake. Our time there was spent playing games, fishing, boating, swimming, and just spending time all together.

How Are Your Staffing Levels?

Click below for information on this important topic.

https://www.myamericannurse.com/mitigating-the-nursing-shortage-crisis-a-nurses-perspective/?partnerref=Nurselilne+20231017&utm_source=sfmc&utm_medium=email&utm_campaign=Nurselilne+20231017&utm_term=Mitigating+the+nursing+shortage+crisis%3a+A+nurse%e2%80%99s+perspective&utm_id=106721&sfmc_id=11568275

We Sponsored the Snack Table & Exhibited at a Local Pain Conference

Stateline Nurses Network was at the Northern Illinois Pain Resource Nurse & HPNA Pain Conference on November 1st as both the snack table sponsor and manning an exhibitor booth. We were able to talk to several nurses as well as the other vendors.



Healthy tip of the day - we welcome comments!



Who packs a lunch for the workday? Do you pack two meals when you work 12 hours? Recent articles say eat before and during your shift to give you the needed energy to sustain your body (i.e. yogurt, nuts, energy bar). It's probably best to avoid those energy drinks; rather eat a balanced bite before heading to work, which will give you more energy, and then eat healthy snacks or your lunch during your shift. I suggest you reduce your intake of processed foods. There is research on sugar-sweetened beverages that you can check out. Prioritize taking even a short break during your shift and offer to cover your co-workers' work so he/she can eat healthier too.



Flu season

Who has the latest and greatest updates on how flu and COVID are going to affect our work for the rest of the year and into next year?

CDC says.... For the first time in U.S. history, vaccines for all three major respiratory viruses – COVID-19, flu, and RSV – will be available this fall. Making sure that you are up to date on the vaccines recommended for you is an important strategy to prevent severe disease and protect yourself and others around you. Higher levels of vaccination across the population will also help reduce the number of hospitalizations and risk of hospital strain.

CDC expects this year will be similar to last year in terms of the total number of hospitalizations from COVID-19, RSV, and flu. As with last year, the total number of hospitalizations this year is expected to be higher than what we as a nation experienced prior to the COVID-19 pandemic.

Read more at <https://www.cdc.gov/respiratory-viruses/whats-new/2023-2024-season-outlook.html#:~:text=CDC%20expects%20this%20year%20will,to%20the%20COVID%2D19%20pandemic.>

Alzheimer's disparities tied to racism, discrimination

Hispanic adults ages 65 and older in the US are 1.5 times as likely to have Alzheimer's disease or other dementias as white people, and Black people are about twice as likely as white people to have Alzheimer's disease or other dementias, according to a report from the Alzheimer's Association. The report identifies structural racism and discrimination combined with a higher prevalence of chronic health conditions, such as diabetes and cardiovascular disease, as factors that contribute to the disparities. **Full Story:** [CNN](#)

Humor is supposed to improve our well-being!

Our profession is challenging and humor in challenging situations can activate positive physical and emotional responses. We might even be able to learn from it.

Maybe you have seen these on Facebook—we thought this would bring you a smile!

Scare a nurse in 5 or so words

.... you are getting an admission!

.... Your patient has bed bugs...

.... "I didn't finish my antibiotics"



It will be Thanksgiving soon, so here is a joke to maybe make you smile!

What sound does a turkey's phone make?

Wing Wing!

Promote professionalism to improve effectiveness in health care

A small percentage of physicians, nurses and other health care professionals have patterns of unprofessional conduct such as disrespect and aggression, says Dr. Gerald Hickson of the Vanderbilt University School of Medicine, and unprofessionalism can interfere with health care teams and effective patient care. A plan to promote professionalism requires making professional standards known and begins with staff onboarding, wellness resources, frequent feedback and termination when necessary. **Full Story:** [Patient Safety & Quality Healthcare](#)

SAVE THE DATE!

42nd Annual Nurses Expo

Friday, April 26, 2024

- ◆ Keynote & Breakout Speakers ◆ CEs ◆ Sponsors ◆ Exhibits ◆
- ◆ Awards ◆ Posters ◆ Scholarships ◆
- ◆ Breakfast/Lunch Served ◆ Raffles ◆ Swag Bags ◆

New Location!

**Riverview Inn & Suites—Rockford, IL
(Newly Renovated/formerly Cliffbreakers)**

More information coming in late December and early January—watch your email!

Share your news with us!

We are always looking for news about our fellow nurses! Share your national certification, published articles, graduations, awards received, or elected positions. Or let us know about special nursing events, conferences, or specialty nursing weeks. If you are involved in a fundraiser or any event, let us know, and we will get your information to others who might want to join you! Your pictures and stories are welcomed! We can feature your stories in our next newsletter, on our website, and/or on our Facebook page!

To share your news, email us at: Statelinurse2013@gmail.com

Stateline Nurses Network Board (2023-24):

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

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