



Spring 2024 NEWSLETTER ISSUE 16

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President's Message

Saying "thank you"!

I start with a formal "Thank you" to all the volunteers who helped with this year's Expo! I am grateful for each of you who attended our monthly meetings from September to April, the program committee for an excellent choice of speakers, the arrangements and extras on the big day, all the sponsors, all committee members, all comments and suggestions each month, coming on Thursday, April 25th, to help set up, coming early on Friday morning, and staying late after Expo on Friday afternoon to collect all items and pack things up! We have Patty who is invaluable to us! You are so valuable to us! We are grateful for your willingness to give your time, energy, and talents. Your support allows us to continue fulfilling our mission and serve our members.

If you want to volunteer to assist us next year and you didn't write it on your evaluation, let us know and we will find a spot for you!

We rely on our volunteers to fulfill our mission! We appreciate you!

Here is the list of our dedicated committed members:

Karen Lane - Chair
Jackie Aleksich - Posters
Donna Alton – Registrations/Signage
Sylvia Baker – Program (Speaker) Committee/SNN Treasurer
Alyson Broman Conn - Awards
Shayna Chiarelli - Arrangements
Sharon Garcia - Awards Committee/SNN President
Patricia Hrdlicka - Sponsorships
Melissa Knorr – Sponsorships
Melissa Knorr - Sponsorships
Vanessa Kolve – Registrations/Signage
Paige Medearis - Posters/Mentor to help transition arrangements
Christy Pohl - Arrangements
Michelle Regan - Program
Sarah Shanks - Scholarships
Karen Wilhelms - Program
Sarah Wright - Sponsorships
Shannon Lizer - Mentor for posters

I love being a nurse! I love this profession, even with all the challenges around safe work environments, adequate staffing, and feeling overworked. Our profession is one that is grounded in caring for others, looking out for a person's best interest, and giving selflessly while using evidence from science and the art of humanity. We use the art of being present with patients during the best and worst times of their lives, we are giving of our time, and we use our art of listening and the simple gesture of touch to let the patient know they are not alone.

As I look to all the new nurses coming up through the ranks and to those who've been here for years in one capacity or another, I say, "Thank you!" Thank you for teaching us to love our profession and to give back to those who will be filling our shoes in the future.

Stay healthy this spring/summer season and keep your work/home life in balance.

Happy Nurses Week everyone!

Sharon Garcia
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. It is only \$20 per year! Go to the membership page on www.statelinenurses.org today!

HAPPY NURSES WEEK!

Although this newsletter came out after Nurses Week officially ended, we want to wish all nurses a Happy Nurses Week!



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](#)

We Had Our 42nd Annual NURSES EXPO in Late April

Our Nurses Expo 2024 was a huge success - informative, exciting, and fresh! The attendance was high – we had several undergrad groups of students attend, as well as groups of nurses who registered and attended together promoting a warm networking atmosphere. We were at a new venue this year and were quite pleased with the completely renovated Cliffbreakers, now called Riverview Inn and Suites. We had a terrific lineup of speakers with continuing education offered, t-shirts, swag bags filled with sponsor goodies and literature, a photobooth for all of us to “Strike a Pose”, Raffles, and an exhibitor room filled with a variety of sponsors, both old and new. We also had Poster presenters, Scholarships, and Awards, and recognized them all at the end of the day.

Speakers:

We had two keynotes and three breakout sessions this year so we could include more diverse topics than in recent years.



Morning Keynote & Topic: Kristin Waite-Labott, BSN, RN, CARN, CPRC “Substance Use Disorder in Nurses: One Nurse’s Journey “



Afternoon Keynote & Topic: Sylvia Baker, MSN, RN, CPAN-Retired, FASPAN “Go with the Flo”

Breakout speakers:

- Ann Bunnell, APNP – Sexual Harassment in Nursing
- Olivia Matongo, MPH – New Advances in Alzheimer’s Treatment
- Nykole Jackson, BSN, RN, PHRN, ECRN, CEN, TCRN, CPEN, Human Trafficking: Unseen Epidemic
- Bonnie Holeton, BS, CRSS, and Jeanette Towns, Recovery Support Specialist
In My Own Voice: Implicit Bias
- Carrie Hamilton, MSN, RN, CCRN, NPD-BC, AI and Healthcare
- Linda Beagley, MS, RN, CPAN, FASPAN, The Relevance of Certification

Special Demonstration & Speaker

We had a special demonstration by the Forest City Nurse Honor Guard and Deborah Green gave a presentation. Thank you for showing us what you do to honor nurses.



NURSES EXPO SPONSORS

And a HUGE Thank you to all our Nurses Expo Sponsors this year! We could not have had such a wonderful Expo without all of You!

GOLD SPONSORS:



SILVER SPONSORS:



BRONZE SPONSORS:

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Mercyhealth
National Nurses United (NNOC/NNU Chicago)
Northern Illinois CPR and First Aid
Northern Illinois Hospice
Northern Illinois University, School of Nursing
Northern Illinois Vein Clinic/Gilvydis Vein Clinic
Northwestern Illinois Area Agency on Aging
Olivet Nazarene University
Olson Funeral & Cremation Services
Rochelle Community Hospital
Rosecrance Health Network
Serenity Hospice and Home
SSM Health
Western Governors University
Zeal Clinical Staffing

**And a SPECIAL THANK YOU to our Anonymous Refreshment Sponsor –
You provided our nurses with a very welcome boost! ☺**

Non-Profits at Nurses Expo:

This year our highlighted Non-Profit Charity was Rest In His Arms Angel Gowns



We asked our nurse attendees to donate to this worthy cause. To learn more about them go to their website <https://restinhisarms.com>

In addition, we had a special non-profit literature table to help with Community Connections.



Pictures from our Nurses Expo 2024



We awarded Scholarships to Four Students at Nurses Expo

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.

Perla Gonzalez, SNN Pre-License Scholarship Recipient

Mia Rudolph, RN, SNN BSN Scholarship Recipient

Crystal Gonzalez, BSN, RN, PCCN, SNN Graduate Scholarship Recipient

Vanessa Tellez, BSN, RN, SNN Doctoral Scholarship Recipient

Dr. Sarah Shanks, Scholarship Chair, presenting the scholarships.



Excellence Should 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.

Our winner for “Excellence in Nursing” was Heather Homick. Heather Homick, RNC-OB, IAP, C-EFM, Heather is a RN at Mercy Health System. Heather created the High Risk Moms Committee and is Chair of the Nursing Practice Council. Congratulations, Heather!



Sharon Garcia, Stateline Nurses Network President and Awards Co-Chair, with Heather Homick

This year we had TWO winners for “Distinguished Advocate for Nursing”.

Our first winner for “Distinguished Advocate for Nursing” was Deborah Green. Deb is a RN and is founder of the “Forest City Nurse Honor Guard”. Since founding the Forest City Honor Guard, Deb has honored "30 nurse colleagues at their memorial celebration services". She's made arrangements "with funeral directors, clergy, and families" and provided "emotional support to the family and friends". "What a beautiful, memorable, way to honor and thus advocate for nursing." Congratulations, Deb!



Deb with one of her nominators

Our second winner for “Distinguished Advocate for Nursing” was Julie Chirchirillo, BSN, RN, PCCN. Julie is a RN, Clinical Education Team Lead at Mercy Health System. In her planning and committee duties, Julie advocates for nurses on the front line. She "always keeps the bedside nurse in mind: how will an issue affect the rest of the shift, do we need a change workflow. She is one to weigh the benefits and risks. Congratulations, Julie!



Sharon Garcia with Julie Chirchirillo

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, we changed our policy and all poster presenters will be able to present and attend Expo FREE!!!

We had seven great posters presented. We had two qualified judges view the posters and choose the top Innovation 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. Jaclyn Aleksich, DNP, FNP-BC, and Paige Medearis, our Posters Co-Chairs, presented certificates to the following:

Julie Brosnan, DNP, RN, PEL-CSN – People’s Choice and Best Innovation Poster
Abby Antczak, RN, FNP-DNP – Best EBP/Research Poster



Congratulations and thank you to all our poster presenters for such insightful and informative posters!

Nurses remained the most trusted profession in the U.S.

Good news again!!

Nurses remained the most trusted profession in the U.S., while medical doctors dropped to the fifth spot, according to [Gallup's 2023 Honesty and Ethics poll opens in a new tab or window](#)

Out of 23 professions, 78% of surveyed adults rated nurses as having "very high or high" honesty and ethical standards, while 56% said the same for medical doctors. Nurses were trailed in the 2023 trust poll by veterinarians (65%), and engineers (60%) who placed second and third. Dentists (59%) and pharmacists (55%) rounded out the top six.

Keep up with STD updates!

CDC: STI cases eclipse 2.5M in the US

A CDC report found that the US recorded more than 2.5 million cases of sexually transmitted infections in 2022. Data showed new gonorrhea cases dropped for the first time in 10 years, while chlamydia cases held steady during the period, but total syphilis cases jumped 17% to 207,255, the highest since 1950.

How to retain staff

Effective nurse leaders can help retain nursing staff with three essential competencies.

- 1) A growth mindset to develop nursing staff's careers!
- 2) Emotional intelligence to help new nurses enter the professional world, and
- 3) Creativity and innovation in problem-solving can be learned when health care organizations support and encourage nursing supervisors/managers.

Lots of powerful words.... We are thankful our area has competent nurses!

Nurses' voices matter

Nurses' voices matter—to patients, to the community, to the profession, and to individual nurses like us! What is your hot topic? Nurses always have been...and will continue to be...at the forefront of healthcare. Pandemics, staffing levels, use of agency/travel nurses have resulted in consequences!' Hang in there if your department has staff shortages or find a job that has work/life balance! What you get paid is a big deal! If your employer has job inequities, gives you moral suffering/burnout, find a different job!! Now is the time for nurses to stand tall and proud for what they contribute to our patients, our employers, the community, and the nation's health!

Joint Effort to Eliminate Child Marrying

Who has heard of the issue of child marrying (early and forced marriage) in Malawi, Africa? The Co-Founder of the Clooney Foundation for Justice (CFJ), Amal Clooney; Former First Lady of the United States and Founder of the Girls Opportunity Alliance, Michelle Obama; and global philanthropist Melinda French Gates visited Malawi and South Africa are part of the joint effort to eliminate child marriage.

Nurse Joke “The Proud Husband”

A man speaks frantically into the phone, “My wife is pregnant, and her contractions are only two minutes apart!”

“Is this her first child?” the nurse queries.

“No, you idiot!” the man shouts. “This is her husband!”

Preventing Dementia

Maybe we are preventing dementia!

Adults who use the internet for two hours or less each day have about half the risk for dementia as adults don't use the internet, according to a study of 50- to 64-year-olds participating in the Health and Retirement Study. Findings from other studies suggest that regular internet use helps preserve memory, cognitive function and verbal reasoning. **Full Story:** [Medscape \(free registration\)](#) (2/22)

Nutritional Information

Six drinks to avoid – Soda, energy drinks, bottled water, sport drinks, alcohol, drinks with high amounts of sugar. It's also recommended to stay away from drinks that are too hot and drinks that are too hot!

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 news-letter and/or on our Facebook page! Or let us know about special nursing events, conferences, or specialty nursing weeks.

To share your news, email us at: Statelinenurse2013@gmail.com

Calendar of Events

May 15th, next Education event (we recently emailed our flyer)

October, attend Breast Cancer Walk

December, Rockhouse Kids, wrap presents event

As we fill in our calendar, expect emails with information and/or information on our website. If you have an event we can be involved in, let us know!

Our Stateline Nurses Network Members are in the process of voting for New Board Members

SNN is in the process of voting for up to two new board members. Below is the current Board, but please watch your email for information on the new board once it is available.

Thank you to our Board of Directors for making a difference!

Stateline Nurses Network Board (2024):

PRESIDENT

Sharon Garcia, MS, RN

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TREASURER

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

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