



Fall 2025 NEWSLETTER ISSUE 19

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President's Message

Fall is here! Since our last newsletter, we have been busy.

- We have been having support groups! Members were sent flyers on dates/ times over the summer and early fall and the flyers have been posted on our Facebook page and on Instagram. Read more in the article in the newsletter. Watch for 2026 dates!
- We attended the Breast Cancer Walk.
- On October 1st, we had a sponsor table at the first Emergency and Trauma Conference that Mercyhealth hosted (Donna Alton assisted at the table). We made lots of connections.
- We had our fall PRC Pain Management Conference on Friday, November 14th! This was our first full day Pain Resource Conference, since NIPRN merged with Stateline Nurses Network. It was a great education day! Click [HERE](#) for more details & pictures!

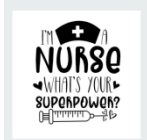
This newsletter is full of interesting articles and resources. Find out about our upcoming 44th Nurses Expo Conference, and get to know Pamela Moore, the newest member of our SNN Board.

See our calendar below for dates of upcoming events, including our Nurses Expo in April 2026.

Keep up to date on what's happening in nursing and our area! Be involved!

Stay safe,

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



Like & Follow Us On Facebook

Our Stateline Nurses Network has a great Facebook page and we are on Instagram! 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](#)

Get to Know our Newest Stateline Nurses Network Board Member

Get to know Pamela Moore!

We welcome Pamela to our Board. Pamela earned her ADN from Kishwaukee College of Nursing and her BSN from Chamberlain College of Nursing.

Pamela has worked in a Skilled Nursing Facility, both as staff RN and ADON, in a hospital in the medical surgical unit, clinical decision unit/emergency department, and critical care unit, in a hospice, and currently is working for Medical Pain Management Services.

Between her work on the Board of Directors of Chicago Metropolitan Chapter of ASPMN, a peer reviewer for the Journal of Pain Management Nursing, Board Member of SNN, and chair of the Pain Resource Committee of SNN, she doesn't have much time for hobbies. Before nursing she loved to cross stitch and was beginning to learn to knit. One day she hopes to return to these. She does try to take a nightly walk with her cat, Alise, who is her baby, in her stroller.

Pamela's favorite place to visit is Englewood, Florida. She has two favorite restaurants there and of course, Englewood Beach. She also really enjoys attending the national conference for ASPMN; it is very important to her to attend yearly.

Pamela recently passed the board certification exam in Pain Management! Way to go!

Welcome to our Board, Pamela!!

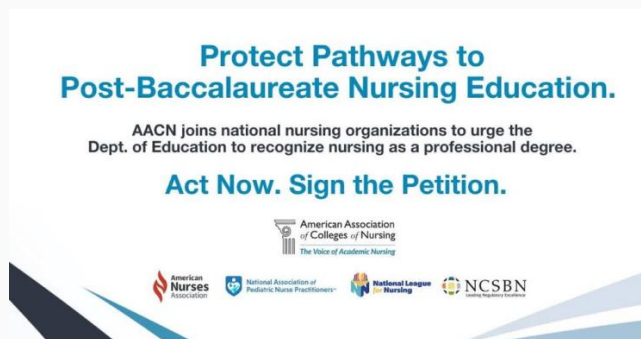
Nursing Issue--No longer a profession

The One Big Beautiful Bill Act (OBBBA), hinged "nursing" on a narrow regulatory definition of "professional degree." The U.S. Department of Education used 1960s-era definitions of "professional" and "graduate" degrees to determine future school loan dollar limits. This framework now excludes nursing from the "professional degree" category, which strips nursing programs of key financial advantages and, in practice, downgraded the status of a nursing degree in federal policy. Under OBBBA, graduate students are capped at \$100,000 in federal loans, while students in "professional degree" programs can borrow up to \$200,000 and access more favorable repayment terms.

Nursing, along with physician assistant, physical therapy, social work, and education, were all left off the list of recognized professional degrees, while medicine, dentistry, law, veterinary medicine, theology, and a few others were included. This reclassification means many advanced nursing students will hit loan caps before they can finish expensive programs—effectively redefining nursing as something less than a professional field in federal lending rules.

This move stems from an effort to rein in student loan debt and tuition costs as part of the One Big Beautiful Bill Act; however, it means that post-baccalaureate nursing students would only be eligible for half the amount of federal loans as graduate medical students. This proposal applies to advance practice, not entrance into practice education.

AACN along with other professional organizations (ANA, NCSBN, NLN, and others) created a petition submission opposing this department of education/nursing profession status. Read more details by clicking the link below/sign the petition.



<https://ana.quorum.us/campaign/professionaldegreepetition/>

Nurses Support Group

Remember Jeanette Towns, our keynote speaker from Expo 2025? She is employed by the National Alliance on Mental Illness-better known as NAMI Northern Illinois. As she was presenting, she came to the realization that a nurse's support group is much-needed. She met that goal of providing us with a support group! It is a means of support outside of work. This support group is not aligned with any of your employers/work settings. It is strictly confidential, non-medical, and peer-led. The purpose is to give us a place to relieve job stress, to aim for better coping skills, and to receive group wisdom from those who care. Whether you are dealing with secondary trauma, depression, PTSD, work burnout or any other issues that affect your mental health, we're here to support you. It is a place you can go when you just need a safe place to talk. Over the past several months, we met in person at the Nordlof Center in person and virtually July-November.

We want your feedback so that we can continue our support group.

Any questions? Please contact: Jeanette Towns at jeanette@naminorthernillinois.org, Sharon Garcia at: sg14784@gmail.com, or Deb Whinnery at phowin@yahoo.com. Thank you for joining us in this endeavor!



ALS Diagnostic Research

This is exciting!

An NIH research team identified proteins in the blood that can accurately detect amyotrophic lateral sclerosis (ALS) long before symptoms emerge. The discovery may offer the first definitive ALS diagnostic test and a promising way to track disease progression in clinical trials. <https://bit.ly/4mtVeYE>

Stateline Nurses Network Display

We will have a display at Cherry Valley Library in March 2026. The library has glass enclosed shelves (that are locked) where we can place items or display information. If you have ideas or nursing items, let us know.

Credentials and how to display them

(Per a LinkedIn post)

How we present our credentials is more than just formality — it reflects our professional identity, builds patient trust, and ensures clarity in interprofessional collaboration.

According to the American Nurses Credentialing Center (ANCC), credentials should be listed in the following order:

1. Highest degree earned (e.g., BSN, MSN, DNP, PhD)
2. Licensure (e.g., RN, LPN/LVN, APRN)
3. State designation/regulatory title (e.g., NP, CNS, CRNA, CNM)
4. National certifications (e.g., CCRN, CEN, OCN)
5. Awards and honors (e.g., FAAN, FAANP)



Correct examples:

- Jane Doe, MSN, RN, CCRN
- John Smith, DNP, APRN, FNP-BC, FAANP



Incorrect example:

- Jane Doe, RN, CCRN, MSN

(Here, in the incorrect example, the degree is listed last, which is not the recommended format.)

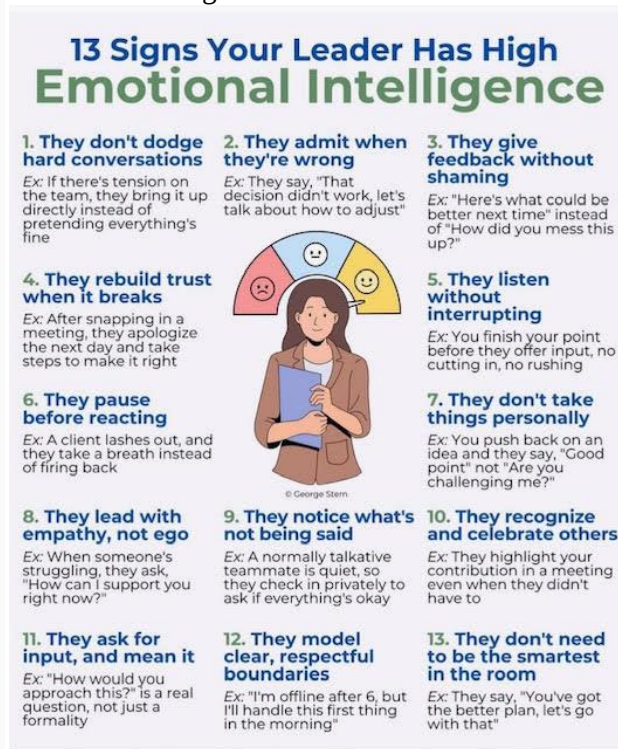
It's also important to list only the highest earned degree (for example, if you hold a BSN, there's no need to include an ASN). Credentials should be presented consistently across professional documents, name badges, and electronic signatures.

By following this standard, we maintain consistency, strengthen professional recognition, and uphold the credibility of the nursing profession.

Emotional Intelligence

(Per a LinkedIn post)

Ways to know if your leader is emotionally intelligent! 13 signs to show if your leader has high emotional intelligence.



Wisconsin Peer Alliance for Nurses offers Mental Wellness Peer Support Meetings

[WisPAN – WisPAN is Wisconsin's peer support organization for nurses with substance use disorder run by nurses in recovery from substance use disorders.](#)

These mental wellness group meetings offer a confidential safe space for all nurses to tell their stories, listen to others, and build connections within a culture of support where you can develop resilience and conquer burnout.

They meet every **Wednesday at 7PM central** time.

All meetings are held via Zoom, are confidential, and are free.

Contact them for the confidential meeting link!

[Contact Us](#)

IASP Pain Resource Center

International Association for the Study of Pain (IASP) has a Pain Resource Center for all those interested in educational offerings and resources. [IASP](#)

Here you can explore unique educational offerings and find resources to assist you in your career. IASP offers a variety of high-quality, timely, and relevant opportunities for learning.

American Nurses Enterprise celebrated Nurses

(Per American Nurse Enterprise)

This past Labor Day, American Nurse Enterprise celebrated nurses.

5 million strong and growing — Nurses make up the largest segment of the U.S. Healthcare workforce but nursing is more than a career – it's a calling.

Nurses show up and work their shift! Through every challenge—they're there with steady hands and caring hearts, contributing to the health and wellbeing of our communities. Thank you to all nurses for your dedication to patients, the profession and representing the very best of what it means to serve others through work.

Evening Therapy Programs offer vital support for busy nurses

Evening therapy programs provide essential mental health support for nurses by offering flexible scheduling that accommodates their demanding work hours. These programs include individual counseling, group therapy, and skill-building workshops, making mental health care accessible without interfering with nurses' shifts. This flexibility is crucial for nurses seeking support while managing their professional responsibilities. **Full Story:** [Minority Nurse online](#) (4/17)

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

Who uses hashtags?

#PainMedicine
#Opioids
#EvidenceBasedMedicine
#Anesthesiology
#HealthPolicy
#ThePowerOfNurses™
#LaborDay

Let us know which ones you use!



Calendar of Events

Rock House Kids Gift wrapping!

Saturday, December 13, 2025

1325 7th Street
Rockford, IL 61104
815-962-5067

All nurses are welcome at this fun and festive day!

Rock House Kids began in 1999 with a nine-year-old boy who was running away from a dangerous home situation. Our Founder assisted him with food, clothing, school support, and other items that he needed. Soon after, his friends joined him and, over the years, RHK has grown to be a safe haven for neighborhood children.

Nurses Expo is coming...Mark your calendars!

Friday, April 24, 2026

We are in the midst of planning our 2026 Nurses Expo. Save the Dates will be emailed in early January. If you are interested in being a sponsor or exhibitor, please contact us at statelinenurses2013@gmail.com.

Awards, Posters, and Scholarships are already open! Nominate a worthy nurse - present a poster, or apply for a scholarship to continue your education. Go to <https://statelinenurses.org/nurses-expo-2026/> for information and forms!

Registration for Nurses Expo will open in late January!

2026 Dates to be Determined



Nurses Care
Support Group

A safe, judgment-free space for nurses to connect, share, and recharge. Whether you're feeling overwhelmed, burned out, or just need to talk—we're here for each other. Open to all RN's, LPN's and CNAs.

- Reduce stress and prevent burnout
- Share stories, tips, and real talk
- Build community and resilience
- Learn from peers and guest speakers

2026 Dates and Times to be determined

If you are in need of a reasonable accommodation in order to fully participate in this event, please call 815-962-2479, Ext. 3



Attend in person or virtually via Zoom. Scan above for more information.



Stateline Nurses Network Board (2025):

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

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