



Fall 2026 NEWSLETTER ISSUE 21

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President's Message

Hello all!

Happy fall! I gave Google/ChatGPT "a go" to see what the fall message from me would look like...See the italicized letter below!

As the crisp air and vibrant colors of fall surround us, I'm reminded of the resilience, dedication, and compassion that define our nursing community. Just as the seasons change, so too does our profession—constantly evolving, adapting, and growing to meet the needs of those we serve.

This season is a perfect time to pause and reflect on our shared accomplishments. From celebrating new certifications and advanced degrees to welcoming new members and honoring years of service, each milestone strengthens the fabric of our group. Your commitment—whether at the bedside, in the classroom, in leadership, or in advocacy—continues to inspire and uplift.

Let's also remember that fall is a season of gratitude. I am deeply thankful for each of you—for your skill, your heart, and your unwavering dedication to excellence in nursing. Together, we are not only caring for patients but also shaping the future of healthcare.

As we move toward the close of the year, I encourage you to take time for self-care, connect with one another, and celebrate the small victories along the way. Our work is demanding, but it is also profoundly meaningful—and we do it best when we support each other.

Wishing you a season filled with warmth, reflection, and renewed energy.

*With appreciation,
Sharon Garcia, President*

Interesting! The message looks great!!! Lots of positive vibes! But you can tell it is not me doing the writing. Be sure to vote in the upcoming election and get your recommended vaccines. Keep up with all the healthcare changes we are experiencing! Let us know any ideas you have for articles for our next newsletter.

Sharon Garcia, MS, RN
President, Stateline Nurses Network

What Is The 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.

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 are also on Instagram! And we have a website with lots of information - www.statelinenurses.org

Please consider joining our network. **It is a bargain at \$20 per year!** Go to the membership page on www.statelinenurses.org

Mental Health "For You" Corner

We have a monthly women's group meeting thru NAMI. Here is the link if you are interested.

[Strength Circle: Women's Depression Support Group - NAMI Northern Illinois](#)

Remember to check out "Don't Clock Out"

[Don't Clock Out - Peer Support for Healthcare Workers](#)

Here are some words of support from their recent newsletter:

Hoping you are well and cared for in this moment!

When you are feeling down, create a "brag book", or a list of your strengths and/or past accomplishments that you can look at for reassurance when you are doubting yourself.

"Do NOT let this job define you."

Topics/Themes that you may need to have in hand:

- Navigating accommodations after workplace injury
- Feeling isolated when transitioning in time from RN to Advanced Practice Provider,
- Feeling unsafe in transport situations and not feeling supported

Do you sometimes feel this way?

"I am an empathetic person but I feel it wanes when I am exhausted or at my limit!

Remember: Do NOT let this job define you."

Reflections to consider:

- Write down the things you notice are not working for you in your role, what are your red flags? Use this for a safety plan AND potentially to formulate questions to ask in future interviews
- Who and/or what are your resources? Do you have a support system? What would it take to start building one?

- Do you feel safe in your role/workplace environment? What feels/is unsafe? What are your red lines or signals it may be time to leave to preserve yourself?

Interested in joining Don't Clock Out's virtual, weekly peer support group?

"Don't Clock Out" meets via zoom every Monday at 5 pm PST / 8 pm EST. 

\$10 donation is suggested, but no one is turned away from their groups for lack of funds.

Join their peer support groups (it's easy) by visiting <http://www.dontclockout.org/peersupportgroups>
For more information on how to support Don't Clock Out, email info@dontclockout.org



Will Excessive AI Hurt Us?

Could "brain rot" be affecting the next generation of nurses? A study in our September issue explores the relationship between excessive AI use and cognitive deterioration among nursing students. Check out this blog post for more highlights from AJN's latest issue: <https://ajnoffthecharts.com/brain-rot-in-nursing-students-and-other-september-issue-highlights/> #nursing

As Nurses...learn all you can about Artificial Intelligence (AI)

Oh my! The importance of involving nurses in the selection, design and implementation of artificial intelligence platforms is so important.

Stay informed! It's already used in multiple areas of nursing practice.

Who knows about these:

Otter.ai
Fireflies.ai
Granola
Reclaim.ai
ChatGPT.ai

Learn how these tools are used, how the data is being used, how the models are being "trained".

We are on the front lines with the technology!

Remember, the nurse at the bedside is responsible for the outcome of the patient and this does not replace the RN's professional judgment.

What Is the ILPQC?

The [Illinois Perinatal Quality Collaborative \(ILPQC\)](#) is a statewide network that works to improve health care and health results for mothers and babies in Illinois. The ILPQC:

- Started in 2012 to stop preventable maternal and infant deaths.

- Connects hospital teams, doctors, nurses, patients, public health leaders, and lawmakers.
- Uses data and proven medical guidelines to make birth safer. [[1](#), [2](#), [3](#)]

Key Initiatives

- Equity and Safe Sleep for Infants (ESSI): Started in late 2023 to improve safe sleep practices and reduce newborn risks.
- Birth Equity (BE): Started in 2021 to help hospitals spot and fix racial and social unfairness in care.
- Perinatal Mental Health Initiative: Helps screen, treat, and support mental health needs during and after pregnancy.
- Promoting Vaginal Birth (PVB): Works to lower unnecessary primary cesarean (C-section) deliveries safely.
- Patient and Family Engagement: Helps hospitals include families in care decisions and quality improvements

We should be most interested in their Perinatal Mental Health Initiative that helps screen, treat, and support mental health needs during and after pregnancy.

They are having an annual Conference:

[Illinois Perinatal Quality Collaborative 14th Annual Conference Tickets, Tuesday, November 10 • 8 AM - 4:30 PM | Eventbrite](#)

For information, contact:

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Who uses hashtags?

Here are hashtags we use:

#PainMedicine
 #Opioids
 #EvidenceBasedMedicine
 #Anesthesiology
 #HealthPolicy
 #ThePowerOfNurses™
 #LaborDay
 #nurse
 #nursing
 #mentalhealthsupport
 #ptsd
 #pandemic
 #healthcare

Mental Health Hashtags

#YouAreNotAlone
 #ItsOkayToReachOut
 #MentalHealthSupport

Let us know which ones you use!

STATELINE NURSES NETWORK
PAIN RESOURCE COMMITTEE

PASSION FOR PAIN MANAGEMENT

Friday 11/13/26

NIU Conference Center
8500 East State Street
Rockford, IL 61108

-  Earn 6.0 Nursing Contact Hours
-  Exhibitor Networking Opportunities
-  Includes Continental Breakfast & Lunch
-  Donate Crazy Socks for US Pain Foundation

SCAN THE QR CODE
FOR EVENT UPDATES



**Celebrate our
22nd Annual
Nursing
Conference**

OUR SPEAKERS

-  **Leelach Rothschild, MD**
Compassion Re-Imagined: The Heart of Healing
-  **Isabella Rodriguez, Rph. Pharm.D**
Compounding Pharmacy in Pain Management
-  **Rachel A. Zentner, LPC, MSE, SAS**
Holding What Hurts: Grief & Chronic Pain
U.S. Pain Foundation
-  **Julian Chestnut, BS chemE, DVM, DO, FACA, DABA**
Treatment of Tic Douloureux by Way of Microvascular Decompression
-  **Justin Drogos, PT, DPT, NCSe**
Leveraging Humor as a Healthcare Survival Tool

Questions? Please reach out to statelinenurses2013@gmail.com
or visit the SNN website by scanning the QR code above

Calendar of Events

Saturday, October 3, 2026	American Cancer Society Making Strides of Rockford, Breast Cancer Walk, at Rock Valley College, Rockford, IL
Friday, November 13, 2026	Pain Resource Committee All Day Conference "Passion for Pain Management" – watch your email for invitations, go to our WEBPAGE for updates – or check out our Facebook Page for details! (See our flyer in this newsletter)
Saturday, December 12, 2026	Rock House Kids, gift wrapping
Friday, April 23, 2027	Nurses Expo – Save the Date and information on our website and Facebook page will be available soon!

Stateline Nurses Network Board (2026-2027):

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Find Out More About
Stateline Nurses Network

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