

e-Chapter News

Special Conference Edition 2019



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- All things New Orleans
- Join us in New Orleans from March 7 - 10 as we serve as Host Chapter for the 40th National Conference on Pediatric Health Care.



**Annual
e-Chapter
Member
Meeting
Thursday,
March 7,
7:30-9 a.m.**

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Letter from the President (2018-2019)

It is less than two weeks to the conference. This is a very exciting time for our chapter. There are several opportunities to network with other e-Chapter members.

Welcome Social: Please join us for the Welcome Social on **Wednesday evening from 7:00 to 8:30 pm**. A local jazz band will provide the musical entertainment. The e-Chapter has door prizes for those lucky people whose ticket is drawn. Please join us for a fun, relaxing evening before the conference begins



*Linda S. Frye, PhD, CPNP
e-Chapter President 2018-2019*

Annual Meeting: Our annual meeting is scheduled for Thursday morning, **March 7, from 7:30 until 9:00 am**.

e-Chapter T-Shirt



The annual meeting location can be found in your conference brochures or obtained at the registration desk when checking into the conference. **Our e-Chapter T-shirts will be distributed for those who pre-registered** for the meeting. The shirts look fantastic. We hope you plan to join us for a light continental breakfast, get to know other members, and help us set our goals for next year. The chapter will present **our first annual e-Chapter Awards** for PNP, mentor, student, and Founder's award. Congratulations to the winners who will be announced at the meeting.

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Chapter Activities

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Opening Ceremony: I personally would love to see a large number of our chapter members sit together at the opening ceremony and be recognized for serving as the host chapter. This would be a great opportunity to **wear your T-shirt** so you can stand out and show your chapter pride.

Poster or Podium Presentations: Please **send an email** to napnapechapter@gmail.com if you are doing a poster or podium presentation. We would like to recognize those members by posting their names at our host chapter.

Service Project: We are collecting **\$10 Walmart gift cards to support Covenant House New Orleans**. They provide crisis care to children and youth living on the streets by providing shelter, food, clothing, case management, and counseling until they find stable homes or family reunification when possible. They also provide health care, behavioral and mental health services, employment and job training, Youth Empowerment Project (education), services for victims of human trafficking, and street outreach to those remaining on the streets by providing food, water, and hygiene packets. The children and youth they serve include survivors of abuse, neglect, assault, rape, too old for foster care, runaways, human trafficking survivors, LGBTQ, poly trauma/PTSD victims, young mothers, formerly incarcerated, and addicts. Covenant House gives them the loving care and support necessary to begin the healing process and the foundation to build brighter futures.

Please help us provide support to Covenant House and the vulnerable/at risk youth in New Orleans. **You can bring your \$10 Walmart gift cards to the Welcome Celebration, e-Chapter Annual Meeting, or drop them in the donation box at the registration desk.**

Thank you in advance for your support and generosity,

Linda Frye, PhD, RN, CPNP

2018-2019 NAPNAP e-Chapter President & Membership Chair

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National Election March 1 – 29: Please Vote

The voting for NAPNAP's National Executive Board begins **March 1 and runs through March 29**. You can learn about the candidates by clicking on this link: <https://www.napnap.org/candidates>. Your vote and your voice are important, so please learn about your candidates and vote.

I am a candidate for president-elect and would appreciate your support. My goals for the position include **advocating for children and their families by working to decrease the stigma associated with mental health conditions**. Currently 1 in 5 children suffer from a developmental, behavioral, or mental health condition, but there is an 8-10 years delay between symptom onset and treatment. We can accomplish this goal by making the discussion about mental health and possible associated causes part of every office visit. Bringing mental health concerns out of the shadows and making it part of our routine conversations can lead to earlier identification, interventions, and improving the developmental, mental, social, and emotional health of our children.

To achieve the first goal, we need to work for all **APRNs to practice to the full extent of their education and within the full scope of practice of their license, decreasing the limitations and barriers to full practice**. Our full practice will provide increased access to health care, improve the value of the care received, and provide equity to those seeking care. APRNs have a proven record of providing outstanding care; now is the time for us to work together to overcome barriers and provide the best possible care for children and their families.

My other goals include continuing our collaborative efforts to expand existing resources and education opportunities to help us provide the best care, establish professional standards, performance measures, and ensure all children receive the best possible care. I also want to increase our member engagement in the community setting as pediatric health experts. The more exposure we have as pediatric focused experts talking to parent groups, city council meetings, addressing our legislators, etc., the stronger our voice becomes which may help us overcome the barriers we currently face.

I ask for your vote and support in my campaign for president elect,

Linda Frye, PhD, RN, CPNP

2018-2019 NAPNAP e-Chapter President & Membership Chair

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Member Spotlight Corner

We want to recognize our members!

If you are interested in sharing a recent accomplishment and telling the chapter about yourself, please send an email to the attention of Sarah Scheuermann at napnapechapter@gmail.com to be featured in our next newsletter.

Get Connected



Share your practice updates, clinical pearls, advocacy, and more on our Facebook page located at <https://www.facebook.com/groups/echapnapnap/>

Greetings e-Chapter members!

Here in Maine We are expecting another round of snow, sleet, and freezing rain tomorrow and an Arctic cold front moving in Tuesday. I can't wait to be in New Orleans where the average daytime temp during conference week should be 72 degrees and the average night time temperature is 55 degrees. This means you can head over to **Café du Monde and sit outside and sip coffee and eat beignets**. These treats were initially brought to Louisiana by the Acadians (settled in US from mostly central France). These were fried fritters, sometimes filled with fruit. Today, the beignet is a square piece of dough, fried with powdered sugar. In some areas of the US it is called fry bread. I think of it as a square donut.

New Orleans has a humid subtropical climate, it can be **very warm but also quite wet**. Make sure to bring a light (waterproof) jacket or an umbrella. The chance of showers in March is fairly high – a total of nine days of rain expected in March. However, at this time, it appears there is only one chance of showers during the conference-March 8th. You can check the [local weather report](#) before you travel.

I realize the conference is chock full of great presentations. If you decide to take a little **time off**, you may walk through the French Quarter (please do not wear your conference badges or carry your conference bag to tempt pick pocketing), visit the **Audubon Aquarium of the Americas** at 1 Canal Street, or visit the **Audubon Butterfly Garden** and **Insectarium** at 423 Canal St.

There are many great restaurants in NOLA. I have not eaten at any of them, but this is an up-to-date list of **NOLA's 15 Hottest Restaurants**: <https://nola.eater.com/maps/best-new-restaurants-new-orleans-nola-heatmap>

I love healthy food, but a trip to New Orleans is not complete for me without a half **muffuletta from the Central Grocery** in the French Quarter, which is located at 923 Decatur Street ([map](#)) and the phone number is 504-523-1620. Central Grocery is open from 9:00 am – 5:00 pm every day. Picture an Italian sub on a round bread with olive relish. Don't even consider trying to eat a whole sandwich. Split a half and wander over to the **Café du Monde for coffee and beignets**.

There are always the classics like Commander's Palace, Brennan's, Galatoire's, K-Paul's Arnauds, but rather than list them all, check of the list of 25 Classic Restaurants at <https://nola.eater.com/maps/new-orleans-25-classic-restaurants-must-try>. These restaurants have been around for decades and some for over 100 years.

There are many small hidden gems in New Orleans. Last visit, I found a dynamite **sushi bar** that was not advertised as a sushi bar, but it had great poke (raw tuna bowl) with mango and jalapeños. **There are also good Cajun, Creole, Vietnamese, and Thai restaurants**. Of course, there **are groceries two blocks from the Hyatt at Rouse's Market** where you can find food for your rooms. **NOLA is a city for foodies!**

Hannah Pressler, DNP, PNP-BC, AFN-BC

e-Chapter Past President & e-Chapter Education Chair