

The Monitor



American Association of Critical Care Nurses - Greater Milwaukee Area Chapter

Message from the President – Lori Grade



2018-2019 Board Members

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- Member At Large (Social Media):
Jessica Panfil
- Member At Large (Outreach): Carrie
Brandt, Jackie Klotz
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- *Interested in becoming a board
member? Let us know! Email us at
milwaukeeaaaacn@gmail.com*

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Over the last few months I've been following the revelations of many women who, having been silent for many years, finally found their voices and shared their experiences of trauma. The #metoo movement has been painful, but also inspiring. When a woman stepped forward, she not only told her story and brought to light something that had previously been hidden, but in doing so she fueled the courage of the next person: of someone else who had been victimized but had up to now held her silence. Their voices truly were their strength, and together they have made an impact which is likely to forever change the landscape for women going forward.

It took courage for those women to speak up, and in doing so they set an example for all of us. We should not allow harms done, whether to ourselves or to others, to be tolerated because we are afraid to speak up. And this is true whether the injustice is as serious as sexual harassment or as common as bullying in the workplace.

Did you know that October is National Bullying Awareness Month? Bullying happens far too often in our workspaces. It can be physical in nature, but much more often it is words and conduct that are used to hurt the victim, and the bullying can be by an individual or by a group of people. Bullying can take the form of hurtful words, but it can also be the result of shaming or even intentionally excluding someone.

Message from the President, continued – Lori Grade

Voices have such power: used for good they can build up, they can encourage, and they can speak life into other people. Voices also have the power to diminish others, to cause damage and a world of pain. Something we often forget is that voices which remain silent when they see hurts and wrongs are not neutral, but to the contrary they enable the hurts and wrongs to continue.

In our workplaces, how are you using your voice? When we see someone on the receiving end of anger, or bullying, do we act as a bystander, or do we stand with our colleagues to show our support and solidarity? When novice staff are put in situations that don't encourage their success and development, do we speak up about it? When our units have policies that aren't supportive of our practice and help lead to burnout, do we speak up and share that impact?

I encourage each of us to be “upstanders”—people who rally around someone being treated badly, to show support and be encouragers. Use your individual voice to build up your co-workers, encourage and inspire your novice staff, and speak life into those you work with.

Use your collective voice as well, to help those in leadership hear the experience of those at the bedside and beyond. If we don't speak up, who will?

Lori Grade

GMAC President 2018-2019



*“We can create the workplaces we want and need
when we use our voice. Let’s confidently step
into our strength.”*



Lisa Riggs

Treasurer's Report- Ashley Haehle



We start another season off financially strong!

Vendors at our education meetings help to significantly offset costs.

In addition, our raffle basket at the September meeting raised \$145.00 for an NTI Scholarship!

Congratulations to Laurie Johnson who was the lucky winner of the Badger themed raffle basket.

As always, we take your investment in GMAC seriously, and work hard to make the most of it!

Wells Fargo Checking: \$13,199.89

Wells Fargo Savings: \$10,581.73

Baird Investment: \$21,840.33

Paypal: \$1,427. 31

Social Media- Jessica Panfil



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MILWAUKEEAACN.
NURSINGNETWORK.
COM

Visit
milwaukeeaacn.nursingnetwork.com to
register for ALL events!!!



Education Committee- Beth Hammer and Patrick McNally



Chapter Education Programs 2018-2019

Education programs are scheduled for the following dates:

November 8, 2018

February 12, 2019

April 11, 2019



Location: Ascension-Wheaton Wauwatosa

201 N. Mayfair Rd., Wauwatosa, Conf. Rm 5A&B (*Free parking*).

Registration and Light Dinner at 5:30 p.m. Presentations 6:00-7:00 p.m. and 7:30-8:30 p.m.

Be sure to visit the AACN-GMAC website for specific topics and speakers as well as to complete evaluations after each presentation to receive CEs: <https://milwaukeeaacn.nursingnetwork.com>

November 8, 2018

6:00-7:00 Caring for Individuals Who Have Experienced Sexual Trauma. Presentation will also include discussion about Human Trafficking which is a significant problem in Wisconsin, in both urban and rural communities.
Deb Donavan, RN
Sexual Assault Nurse Examiner (SANE) Program

7:30-8:30 Joy in the Workplace
Linda Bay, MSN, RN, ACNS-BC,
Nurse Consultant, Office of Inspector General-Healthcare Inspections
Special thanks to our confirmed sponsors: Merck, and FMLH Nurse Recruitment



Bring cash to buy raffle tickets on a basket themed “A Night In” that you will have the opportunity to win!

Education Committee, cont'd

February 12, 2019

6:00-7:00 *Mechanical Circulatory Support Devices Across the Lifespan*
Presenters will cover both pediatric and adult perspectives.
Heidi Wellner, BSN, RN
Children's Hospital of Wisconsin
Adult present TBC

7:30-8:30 *Managing Cardiogenic Shock*
Dr. Joyce
Froedtert & the Medical College of Wisconsin Hospital

The Education Committee is looking for new members to support the 2018-2019 sessions and plan the 2019-2020 sessions. There are a variety of jobs within the committee ranging from identifying topics, speakers & vendors to post session evaluations and CE certificates.

Contact Patrick (Patrick.McNally2@gmail.com) or Beth (bungalowhome@Sbcglobal.net) with any questions and if you are interested in helping out!



Chapter Education Programs 2018-2019

Education programs are scheduled for the following dates:

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Outreach- Carrie Brandt

Sojourner Family Peace House

Please help us support our Fall 2018 Outreach Charity. Sojourner helps to support women, children and families of domestic violence in the Milwaukee area.

How can GMAC help? Help us donate to those in need in 1 of 3 ways.

1) Bring cash donations that we will donate use to purchase items either option 2 or 3 below.

2). Amazon Wish List

- It's now easier than ever to support the Sojourner Gift Drive through our Wish List on Amazon.com. Simply enter our name—Sojourner Family Peace Center—into the search bar at Amazon.com, select the items you would like to donate, and add them to your cart. Once you have purchased the items, Amazon will ship them directly to our facility! Please include your name/GMAC and address in the notes sections so we can properly thank you.

3) Sojourner Family Holiday Drive. Please purchase and bring with you to GMAC November education meeting whichever number of NEW items you would like below (used items accepted if noted below).

Families

Dish sets

Pots and pans

Utensils

Small appliances: microwave, toaster, coffee pot, crockpot

Gift cards: gas, Target, Kohl's, Walmart, Pick 'n Save

Gift cards for activities: movies, bowling

Books and gift cards to book stores

Gift wrap supplies: paper, bags, and ribbon

Adults

Winter coats and boots: for men and women (gently used items accepted)

Gift cards: Boston Store, TJ Maxx, nail salons, iTunes

Restaurant gift certificates: Subway, Cousins Subs, Chipotle

Gift sets: makeup, soap and lotion, cologne, stationery

Sleepwear: bath robes (size M–3XL), pajamas (size M–3XL) and non-skid slippers (size M–XL)



Tween and Teen

Winter coats and boots (gently used items accepted)

Sports equipment: basketballs, footballs, skateboards

Active wear

Sports-themed clothing

Gift cards: iTunes, Forever 21,

Charlotte Russe, Discovery, American Eagle, DSW,

Old Navy, Burlington Coat Factory,

Kohl's, TJ Maxx, Target, Walmart

Board games, puzzles, playing cards

Outreach, cont'd- Carrie Brandt

Children

Winter coats and boots (gently used items accepted)
Learning shop: toys or gift cards
Dolls: American Girl, Build-a-Bear, Barbie—especially dolls of color
Model and craft kits
Art supplies: jewelry making kits, painting sets painting sets
Play sets: kitchen, doctor, building, science kits, legos
Personal music devices and handheld video games
Headphones and ear buds
Sleepwear

Infants and Toddlers

Winter coats and boots (gently used items accepted)
Toddler toys: busy boxes, push toys, building blocks
Infant formula
Pull-ups, disposable diapers (sizes 3, 4, 5)
Baby wipes
Pacifiers and rattles
Bottles and sippy cups
Baby lotion and shampoo

Fight For Air Climb 2019



FIGHT FOR AIR
CLIMB 

Winter 2019 Outreach program. Please let us know if this program is of interest to you or not. This is something new that we are trying as a chapter and want to ensure that it will be a successful outreach. We would love to hear from you!!

When: Saturday, March 9, 2019

Time: 6:30am - ??

Where: US Bank Center Milwaukee

Goal: create 1 or more GMAC team(s) to climb 47 floors, 1047 stairs and raise funds to support lung cancer

- Whether you are climbing alone or with friends and family, for a healthier lifestyle or in honor of all those who are affected by lung disease, you will achieve a sense of personal accomplishment when you reach the top. Defeating the physical challenge and reaching the height of your fundraising potential will be a gratifying experience. Every Step Counts as we move forward in our fight for healthy lungs and clean air!

- Contact Carrie Brandt and/or Jackie Klotz if your interested in helping to form team(s), create team spirit gear, participating or helping to raise funds for Team GMAC! Email milwaukeeaen@gmail.com today.

Membership- Carrie Brandt

Current Membership: 104
Previous Membership: 122

September Education Session Attendance
2018: 39
September Education Session Attendance
2017: 55

YOUR MEMBERSHIP MATTERS

Membership Notes

- All bulk memberships from September have been sent into national and you should have received confirmation of processing from AACN by now. If you have not, please let us know.
- Initial and renewal membership for GMAC continues to be done online at milwaukeeaacn.nursingnetwork.com
 - AACN membership is necessary for local membership
 - GMAC membership \$36.50/year
 - Student membership \$16.50/year
 - Guest fee at education session \$20.00 cash or \$21.50 credit cards
 - Checks no longer accepted
- New members at education sessions will be asked to complete registration and payment on Nursing Networks at the education session. Renewing members will also be asked to complete renewal prior to entering session.
 - Encourage coworkers who may be new to GMAC to sign up prior to coming to the education session. If they have questions we can answer them at the membership table, refund memberships, etc.
 - It can take upwards of 15 minutes to complete registration if you do not have all the required information necessary at your fingertips

Thank you for your understanding as we continue our 2nd year with electronic membership. If there are any questions or concerns, please feel free to reach out to membership through the nursing network site or to milwaukeeaacn@gmail.com

Important Dates



Submission Deadline	Dates of Distribution	Educational Meetings	Board Mtgs	Educational Board Mtgs
August 20 th	Sept 3rd	Sept. 11th	Aug 9th	Oct 22nd
October 15 th	Oct 29th	Nov. 8 th	Oct 16 th	*More to come!
Jan 21st	Feb 4th	Feb. 12th	Jan 15 th	
Mar 18th	April 1st	April 11 th	Mar 19 th	
June 24th	July 8th		May 7th	

Submit all articles to: milwaukeeaacn@gmail.com

All members are welcome to submit an article of interest but are subject to the same deadlines