

# The Monitor

American Association of Critical Care Nurses  
Greater Milwaukee Area Chapter



## 2019-2020 Board Members

President: **Jennifer Prom**  
President Elect: **Patrick McNally**  
Vice President & Education Co-Chair: **Deb Casper**  
Vice President Elect: **Val Kolmer**  
Education Co-Chair: **Beth Hammer**  
Treasurer: **Kathrine Barry**  
Treasurer Elect: **Jamie Uecker**  
Secretary: **Kristin Anagnostopoulos**  
Membership & Outreach: **Jackie Klotz**  
Social Media: **Elisabeth Stewart**

## Inside this issue

Message from Jen	1-2
Social Media	2
Treasurer's Report	3
Membership	3
Education	4
Outreach	5
Calendar & Events	6



## Unstoppable

AACN 2019-2020 Theme

*Unstoppable is knowing if we get knocked down, we get up again. It's using our unique talents to expose inefficiencies and celebrate positive, innovative solutions, no matter how small.*

~ Megan Brunson, AACN President

## Message from GMAC President Jennifer Prom



New Year, New Decade and New Year's Resolutions. It sounds clique to focus on health just at the New Year time but there was a boot camp offering a 6-week trial at a nice discount. A couple friends reached out to get me to sign up, so I said why not. I usually give up new diets and intense fitness routines after 3-4 weeks so 6 weeks will be a test for me. I'm 3 weeks in and have gotten up at 4:50am for the 5:30 class. I have never in my life gotten up early to work out, not even once. This year seems different, not sure what it is year, but I'm feeling like I might keep this up. It's ironic that this year's theme is Unstoppable and so far, that is how I feel. I just need to figure out my nutrition to match my workouts. I feel if I get this down, I can also set a good example



## Message from GMAC President Jennifer Prom, continued

for my kids and get them eating better as well. I feel like after I make this goal a habit, I can turn to something else to incorporate. New habits can be anything. My cousin decided to read one book a month as her new year's goal. What is making you Unstoppable this year?

As nurses we are always pushing ourselves, especially this time of year as we see the flu and pneumonia season take hold. We try to make changes within ourselves in the spirit of the New Year while working extra and going the extra mile to take care of others. Many of us are also caring for our families whether it is our kids, our parents, extended family, friends, and fur babies. We especially become Unstoppable this time of year trying to balance it all.

If you are looking for a different kind of New Year's resolution, consider volunteering. It is that time of year to start thinking of board member nominations for next year. Instead of shying away from volunteering, I encourage you to take a leap of faith into this New Year and step outside of your comfort zone. As an elect member, you have the opportunity to learn the role for a year and be part of a great team. You are not alone in your board role, you will have support from so many others that have filled those shoes. This could be your moment to Be Unstoppable as you forge forward into a new chapter in your life as a member of the board.

"She was unstoppable. Not because she did not have failures or doubts, but because she continued on despite them." — Beau Taplin

*Jen*

Jennifer Prom, MSHA, BBA, BSN, RN, NE-BC



## Social Media – Elisabeth Stewart

Visit <https://milwaukeeaacn.nursingnetwork.com> to  
register for ALL events!  
And Find Us Here on Social Media



[milwaukeeaacn@gmail.com](mailto:milwaukeeaacn@gmail.com)



AACN\_GMAC



@AACN.GMAC



MILWAUKEEAACN.  
NURSINGNETWORK.COM



## Treasurer's Report – Kathrine Barry

### The Treasurer's Chest

The raffle basket at the November Education meeting was donated by the chapter and was full of Unstoppable themed swag from NTI... and I won it!!! (Swear I didn't cheat!!) Don't forget to keep bringing your cash to the meetings! And we still need a volunteer to bring the basket for February... It has been talked about that we would all like to see an actual amount for our 'education fund' but have never tracked it separately. So, I have backtracked as far as I was able, and am waiting on a decision from National as to how it should be accounted for- after all- they are the ones who turn the documents into the IRS. So soon we will have a better way to track it! Any other suggestions or comments, bring them my way! Thanks! This job couldn't be done without the support of others, and I want to say thank you again for it.

### I & O's

Wells Fargo  
Checking \$15,662.54  
Savings \$10,585.70

Baird Investment  
\$22,208.39



## Membership – Jackie Klotz

### Believe it or not, Elections are Here!

It is time to begin submitting nominations for the 2020-2021 GMAC Board. Please click [HERE](#) to nominate yourself or another individual for an open position. If you are nominating another individual, please inform them! No surprises! Elections will take place at the April 23<sup>rd</sup> educational meeting.

### Membership Update

Current Membership: 88

#### Membership Reminders:

1. We have transitioned to an all-electronic membership at this time. Please visit <https://milwaukeeaacn.nursingnetwork.com> to join or renew membership today. Yearly GMAC membership \$37 and student membership \$10.
2. Cash will be accepted for guests and students at the education sessions. Fees are Guest \$ 21 and student \$10.
3. Print membership cards from <https://milwaukeeaacn.nursingnetwork.com>
4. Please share with colleagues about this amazing professional nursing organization!
5. Changes to Bulk Membership: Click [HERE](#) for details



## Education Committee

### Chapter Education Programs 2019-2020

*We appreciate your pre-registration for programs via chapter website:*

<https://milwaukeeaacn.nursingnetwork.com>

**Location:** Ascension/Wheaton Wauwatosa, 201 N. Mayfair Rd., Wauwatosa, Conf. Rm 5A&B

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

**February 18, 2020**

#### **Safe Work Environments**

*Gina Dennik-Champion, MSN, RN, MSHA, WNA Chief Executive Officer / Lobbyist*

#### **FMLH BERT Team**

*Danielle Wojtanowski, RN, BSN, CCRN*

#### **Supraventricular Tachycardias: What Causes Them & How Do We Make Them Go Away?**

*Beth Hammer, MSN, RN, ANP-BC, Zablocki VA Medical Center*

**April 23, 2020**

#### **Narcotic & Opiate Impact**

*Laura Reid and DEA Team*

#### **Topic TBC**

*Hematology or Nerve Block topic pending confirmation*

One benefit for AACN-GMAC members is free CEs for monthly education sessions. Every effort is made to obtain required information from speakers to obtain CE approval from AACN prior to the session. There may be times when we are unable to complete the process prior to the scheduled session. If /when that occurs, AACN-GMAC will offer attendees Continuing Education Recognition Points (CERPs). CERPs are recognized by the AACN Certification Corporation and fulfill educational requirements for certification. Synergy CERP is a program exclusive to AACN for nurses wishing to recertify through AACN.

Please visit the AACN-GMAC website for specific topics, speakers and handouts (when provided):

<https://milwaukeeaacn.nursingnetwork.com>

### **Special Thanks to Our Sponsors!**

We greatly appreciate our sponsors for upcoming Education Session:

**Chiesi USA, Inc. & Merck Medical**

In addition to bringing our members information to improve their practice, our sponsors help support education programs by offsetting expenses. Please stop by their tables at the next education session.

### **JOIN THE EDUCATION COMMITTEE!!!**

Next Education Committee meeting is on February 24, 2020, 6:30-8:00 pm, Panera at Mayfair Mall.



## Outreach Opportunities – Jackie Klotz

### **VA Fischer House** [www.fisherhousewi.org](http://www.fisherhousewi.org)

We will be volunteering at Meal Train Plus at the VA Fischer House in March. Meal Train Plus is located at the Zablocki VA Medical Center in Milwaukee, Wisconsin. The VA Milwaukee Fisher House provides a "home away from home," allowing Veteran's families to be together during extended treatments or hospitalizations. The home is a 13,000 square foot facility with 16 private guest suites. The Fisher House provides meals to its guests by having volunteers bring and prepare meals. When a loved one is injured or ill, the Fisher House unites families and relieves the financial and emotional burden of being away from home. Please join us in providing a meal away from home! Finalized dates and times available at the upcoming Education session on February 18, 2020.



### **GMAC is always looking for Outreach Projects!**

If you have any suggestions on how we can donate our time, talents, monetary etc., we would love to hear from you! If anyone is interested in joining the Outreach Committee, please feel free to email Jackie Klotz at [milwaukeeaacn@gmail.com](mailto:milwaukeeaacn@gmail.com) for more information!





## Calendar & Events

### Special Screening of Film: Gen Silent

6-8pm on Tuesday, March 10, 2020, at Zao MKE Church

Click [HERE](#) for more details!

### 9th Annual Great Lakes Palliative Care Conference

Thursday, May 7 and Friday, May 8, 2020 at Grand Geneva Spa & Resort

Click [HERE](#) for more details!



### Save the Date! • NTI 2020 INDI!

Sunday, May 3, 2020 at 8:00am ET through

Thursday, May 7, 2020 at 5:00pm ET

To apply for a GMAC Scholarship, fill out the application [HERE](#).

### June Dinner – More Details Coming Soon!

GMAC Events			
Monitor Distribution	Educational Sessions	General Board Meetings	Educational Board Meetings
09/09/19	09/10/19	10/10/19	10/21/19
10/28/19	11/14/19	01/09/20	
02/03/20	02/18/2020	03/12/20	02/24/20
03/30/20	04/23/2020	05/14/20	More to Come
07/06/20			
<b>TIME:</b>	1730-2100	1800-1900	1830-2000

- Educational Meetings
  - Location: Wheaton Franciscan Healthcare-Wauwatosa, 201 N Mayfair Road, Wauwatosa, Conference Center, Rooms 5A & 5B
  - Registration 5:30-6:00pm
  - Presentations: 6:00-7:00pm & 7:30-8:00pm
- Board Meetings
  - Location: Corner Bakery Café at the Mayfair Collection, 11500 W Burleigh St #102, Wauwatosa, WI 53222