



## FALL NEWSLETTER 2020

### President's Message

For the first time ever, the Annual Course will be offered virtually. The course scheduled for May was postponed until November, and is now offered online. I like attending the conference in person for the educational component of classroom learning and the networking with other endoscopy associates. I also enjoy being able to attend the pre-conference offerings such as Regional Leadership and House of Delegates. For those not familiar with the Annual Conference, SGNA also offers activities and networking opportunities in the evenings. Exhibitors and sponsors are available to visit in the Exhibit Hall and offers another chance to expand your contacts and knowledge. I love to explore the host city as well. In Nashville, there was music and meeting country singer, Wade Hayes and actress Alicia Witt. In Seattle, I enjoyed exploring Pike Place and finding the perfect almond croissant. In New Orleans, it was being part of a parade and eating yummy beignets. And in Orlando, dodging the rain, speaking at the HOD, and going to the Magic Kingdom after the conference ended. This time, I may have to find a recipe for the original Hot Brown that was created for the guests of the Brown Hotel. Chef Fred Schmidt created this iconic sandwich in 1926. Guests would typically dine on ham and eggs after dancing all night. But the Chef looked into the pantry and viola, the Hot Brown was born as an open faced turkey sandwich with bacon and Mornay sauce. Looking forward to participating in the virtual conference and hoping to attend next year's annual course in Pittsburgh.

Karin Cierzan RN CRGN

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#### Save the Date MnSGNA Fall Conference

**October 9th and  
10th, 2021**

#### New on Facebook!

Feel free to share your  
resources and experiences.

## Staying Safe

Wow! How life has changed this year. I think we can agree that there are days when we feel like we are living in a Sci-fi movie. A year ago if some told you that you would be needing to wear a mask to be out in public or asked if you have a fever, cough, body aches, loss of taste or any “COVID” symptoms, not only would you think they had lost their mind, but you would have asked “What is COVID”?

No one has been untouched by this virus in some way. Many have experienced financial hardship, loss of or reduced hours at work, health issues and feelings of isolation. All of these can take a toll on anyone. Healthcare workers have a tendency to take on more of a burden. Many healthcare workers have been furloughed and had hours reduced leaving them feeling like they cannot do what they have trained to do, while other healthcare workers are working long hours under difficult situations. Those that continue to work have daily concerns: Will they have the proper PPE? Are the guidelines on PPE that we are following correct? They seem to change every day. And how do we prevent bringing this virus home to our families?

As the state opens up, we are learning a new way of life. Masks are a must for what appears to be long time. There is six feet social distancing, limiting the number of people gathering in one place and so many people behind plexiglass. We need to take a few minutes to take care of ourselves and families. Take this time to spend with your family, find a new hobby, clean your closets or start a home improvement project.

I can't wait for the day it is okay to greet someone with a handshake or hug. I really miss greeting my friends with a hug! Stay healthy and stay in touch with your friends and family. And treasure your coworkers.

**Remember we are in this together! Jill Bendiski-Minor RN**

Since the 2020 Annual Conference went virtual, and Louisville is in the past, we will move on to the anticipated 2021 Annual Conference in Pittsburgh, PA.

Pittsburgh is the 66th largest city in the United States. It is known as the “Steel City” because there are more than 300 steel-related businesses. It is also known as “The City of Bridges” because of it’s 446 bridges. The downtown is known as The Golden Triangle. Pittsburgh’s Strip District hosts many shops and specialty foods of the area such as pierogies, kielbasa, and Chipped chopped ham.

Points of interest include the Andy Warhol Museum, the Heinz History Center and the Carnegie Museum of Art and Natural History just to name a few. Pittsburgh offers free walking tours and the famous Falling Waters, a Frank Lloyd Wright designed house.

Hopefully, we will all be able to attend the conference in person next year. We look forward to all being together for a time of networking, learning, and exploring a new area, as well as finding new friends and seeing former ones.  
Geri Nelson RN CRGN

#### Looking Ahead to the MnSGNA Fall Conference

We are pleased to announce that we have rebooked The Park Event Center in Waite Park, Mn for our 2021 MnSGNA Fall Conference. It was a disappointment to the Board that we were not able to bring this amazing event to you this year. Our speakers were disappointed as well and many have expressed their desire to be included in the upcoming plans. The Park Event Center is a brand new complex and we are excited to have them host us October 9th and 10th, 2021. We showcased the St. Cloud/Waite Park area for you in last year’s newsletter. I want to remind people that although we were not able to bring you the

GI specific CE’s you needed this year; there are CE’s available in the Gastroenterology Nursing publication or at [www.gastroenterologynursing.com](http://www.gastroenterologynursing.com). Please feel free to share any other resources you know of on our fb page: mmsgna





