

# The Monitor

American Association of Critical Care Nurses  
Greater Milwaukee Area Chapter



## Dec/Jan '22 Ed. Board Members

President: **Jackie Klotz**  
President Elect: open  
Vice President & Education  
Co-Chair: **Jamie Uecker**  
Vice President Elect: open  
Education Co-Chair: **Kay Hoppe**  
Treasurer: **Diane Dressler**  
Treasurer Elect: **Kelly Carter**  
Secretary: **Jennifer Prom**  
Secretary Elect: **Lorrie Plotkin**  
Membership & Outreach:  
**Judith Mapalo**  
Membership & Outreach Elect:  
open  
Social Media: **Caroline Brandt**  
Social Media Elect: **Paula Mae  
Kuiper-Winiarski**

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## Message from GMAC President Jackie Klotz

As the year ended, I reflected on the year 2021 and can I say I'm exhausted?! The many nurses I've had the privilege to call colleagues, have experienced an overwhelming physical, social and emotional toll in the last year. Many of these nurses are experiencing anxiety, anger, exhaustion and burnout. I see you! The first step in our recovery - acknowledging burnout. As we all know, burnout can appear differently in each individual. I hope sharing my experiences could help any one of you! I first started talking to the people I trusted most, my nurses. In these conversations, I was able to examine my options of recovery. I started to take back control. I add self-compassion in my daily routines; I granted myself the same love and support I've given to so many. I created a list of things that bring me joy - my children, husband and my nurses. Through all of these interventions, I find myself continuously returning to our 2022 theme: **Rooted in Strength**.

*"Nurses are rooted in strength, forged in fire and growing in power. Rooted in Strength we create our new path forward as leaders in healthcare."*

Thank you to all of you for remaining compassionate, despite your exhaustion. Here is to rooting ourselves again in 2022!



## Board of Director Announcements

Please help us welcome the 2021-2022 GMAC Board of Directors. As they start their new term, feel free to reach out to them and let them know if you have any questions or concerns as well as suggestions for the upcoming year. Stay tuned for event dates including strategic planning and board meetings which are open to all members of the chapter. We would love to see you there. We still have a few board positions open and would love to hear from you if you are interested in serving with us.

President: Jackie Klotz

Secretary: Jennifer Prom

President Elect: OPEN position

Secretary Elect: Lorrie Plotiken

Vice President: Jamie Uecker

Social Media: Caroline Brandt

Vice President Elect: OPEN position

Social Media Elect: Paula Kuiper-Winiarski

Education Co-Chair: Kay Hoppe

Membership/Outreach: Judith Mapalo

Treasurer: Diane Dressler

Membership/Outreach Elect: Open Position

Treasurer Elect: Kelly Carter

Please consider volunteering to fill in one of the open positions still available on the current board of directors. We would love to have you. If you have any questions about the position, what it entails, or any other questions please feel free to reach out to any of the board members or visit the nursing networks site under ABOUT for details on each position. Thank you for your consideration.



## Treasurer's Report

GMAC has remained financially stable throughout the pandemic. We thank you all for sticking with us and being patient with us. We are all in this together!! Stay healthy and safe!

Diane Dressler

2021-2022 GMAC Treasurer

Wells Fargo Checking: \$9890.27

Wells Fargo Savings: \$40,293.42



## Calendar of Upcoming Events

Education Committee Meeting Dates Zoom 7:00 pm	Education Session Dates Zoom 7:30 pm	Board Meeting Dates Zoom 7:00 pm Open to all members and students	Monitor Publication Dates	Monitor Articles Submission Due to Caroline Brandt by for review and publication by all chapter members
3/8	February 24	2/8	March 1	2/15
4/12	April TBD	5/10	June 7	5/24
6/14				

## NTI Your Way 2022

**Register Now** for Live OR Virtual NTI - You choose which way you attend NTI this year

1. Attend **Live** in Houston, TX. May 16-18 ( pre conference May 15). Register here <https://www.aacn.org/conferences-and-events/nti/registration-fees?tab=NTI%20Houston>
2. Attend **Virtual** June 6-8. Register here <https://www.aacn.org/conferences-and-events/nti/registration-fees?tab=NTI%20Virtual>



## Social Media

Visit <https://milwaukeeaacn.nursingnetwork.com/> for up to date info on the chapter, events, registration and more!

Pass along any interesting events, education, updates to the social media team for publication  
Submit articles for publication in the Monitor



Milwaukeeaacn@gmail.com



@AACN.GMAC



AACN\_GMAC



Milwaukeeaacn.nursingnetwork.com



## Education Committee

Thank you everyone who attended the November Education Session with AACN President Beth Wathen! If anyone who attended would like a copy of her Self-guided Rooted in Strength Workbook, please email [Jaime.uecker@gmail.com](mailto:Jaime.uecker@gmail.com).

### COMING IN FEBRUARY!

Thursday, February 24, 2022 at 7:30 pm

Rich Gillard presents

Elevated Serum Lactate- it's not just about sepsis

More info to come via facebook and email!

Thanks for all that you do. Happy New Year

Jamie Uecker, Vice President and Co-Chair

Kay Hoppe, Committee Co-Chair



## Membership and Outreach

### Membership

Current Membership: 93

A few membership housekeeping reminders:

- AACN membership is required for any GMAC membership
- GMAC annual membership is \$37
- Students \$10
- Non membership fees per individual online sessions.
- At this time we will not be doing in person events due to AACN national recommendations to remain on line.
- New and renewing memberships can be completed on the GMAC website at <https://milwaukeeaacn.nursingnetwork.com/>
- Print membership cards from <https://milwaukeeaacn.nursingnetwork.com> Please share with colleagues about this amazing professional nursing organization!

### Ambassadors

GMAC continues to look for hospital ambassadors to assist with membership, outreach, and chapter education at your hospitals. If you are interested in hearing more about what these positions entail, please reach out to Judith Mapalo via Nursing Network.

### Outreach

We continue to look for opportunities to serve our healthcare professionals and community alike during these trying times. If you have an outreach opportunity that you would like to share with GMAC, please reach out to us through our contact page on Nursing Networks. We would love to hear from you if you are interested in assisting with, leading or working with outreach opportunities GMAC is focusing on. We would love to have your support.