

Sharp Lines

Summer 2022 Newsletter

Officers

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Zelika Hargrove, MSN, RN,
CNOR, CSSM, NPD-BC

PRESIDENT-ELECT

To Be Announced... (VACANT)

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NOMINATING COMMITTEE

Ann Elliott BSN, RN

Jessica Ooms, RN, CNOR

Sheila Walker, BSN, RN, CNOR

Message from the President:

Greetings Richmond Chapter!

Welcome to summer! Hot days, evening breeze, cook-outs, beach scenes, water activities, family gatherings, celebrations and joyous vacations. We have a little break before the next chapter meeting but our Board of Directors continues to be steadily busy planning events and education sessions for the 2022-2023 term year.

We have decided to adopt National's theme of "No Limits" to pull this chapter through another year. Over the last two years, I've learned that we can push beyond the limits to make things happen when we work together. We've had CE offerings for each chapter meeting, launched Nursing Network, hosted a holiday party, enjoyed a TopGolf outing, sent delegates to Expo, and wrapped up the year with new officers installation at Maggiano's. As we continue to play within the rules of COVID, yet push beyond the limits of expectations we plan to relaunch the Annual Golf Tournament in September, host the fall VCORN Workshop in November and yes, have a holiday party in December!

We will kick-off the 2022-2023 year with a Committee Recruitment event in August. This will be a great opportunity to collect points for the 2024 delegate selection.

Hope to see you all September for our in person chapter meeting at Henrico Doctors Hospital.

Enjoy the summer!

Zelika Hargrove, MSN, RN, CSSM, CNOR
President, AORN Richmond Area Chapter



Relaxing Summer Activities Ideas:

- The beach/lake
- “Stay-cation” (Do nothing, at home)
- Massage
- Binge watch shows/movies
- Summer reading (enjoy your favorite book or books)
- Enjoy time with family
- TRAVEL
- Participate in a fitness program
- Camping, hiking, biking
- VOLUNTEER!!

Recognition & Celebrations

Nominate a colleague for the Mary C. Evans Award!

Please consider nominating members in the future! Nomination forms may be found on ORNurseLink.

“The Mary C. Evans Scholarship Award was established to recognize a Registered Nurse who has made a significant contribution to the growth, progress, and welfare of the AORN Richmond Area chapter”.

For MORE information regarding Mary C. Evans Award please contact Donna Winderweedle (deewind440@aol.com), Awards Committee Chair.



Got good news? Have a reason to celebrate?

We want to hear from you!!!

Submit your newsletter information to Nicole Meredith via: rvaarn@yahoo.com



A Day at the Beach



CRAB
FLIP FLOPS
JELLYFISH
LIFEGUARD
OCEAN
PAIL

PICNIC
SAND CASTLE
SHOVEL
SNORKEL
SUNBLOCK
SUNGLASSES

SURFBOARD
SWIMSUIT
TOWEL
WAVES



Chapter Member Spotlight



Denise VanBuren, MBA, BSN, RN, CNOR

Denise VanBuren is the new Senior Nursing Director for the Ambulatory Surgery Center to VCU at Short Pump. After holding every nursing position in the operating room, from scrub tech to Director of Surgical Services, in a small acute hospital in the New York Hudson Valley, she assisted in the opening and successful operation of a free-standing, private orthopedic ambulatory surgery center in 2013, as the Administrator. The need to learn how to run a multi-million-dollar healthcare business pushed her to pursue a BS and MBA with healthcare concentration; completed in 2017. Her quest for knowledge has resulted in certifications in operating room nursing, orthopedic nursing and ambulatory surgery center administration.

Denise enjoys combining her love for perioperative services and the creation of a high quality, safe patient experience, with the accomplishment of a financially viable facility. She believes in teamwork and an all-for-one approach to promote efficiency, which she finds translates to high performance and job satisfaction for everyone.

Denise's entire family has relocated to the Richmond area from New York and they could not be happier with this decision. Personally, she continually challenges herself to learn more and try new things. Most recently that has been defined by attempting obstacle courses and zip-lines with her 12-year-old gymnast granddaughter and finally winning her first amateur auto race in 2018 with SCCA in a 1990 Acura Integra.

CONGRATULATIONS Denise VanBuren for your recent promotion from Nursing Director to Senior Nursing Director!!!

If YOU would like to recognize a member of the chapter, please submit your contact information to:

rvaaorn@yahoo.com

Local & National News

Have a reason to celebrate? We want to hear from you!! Please send your information to

Rvaaorn@yahoo.com



Announcement: Save the Date- Fall VCORN Workshop

The Richmond chapter will host the fall VCORN workshop, Saturday November 5, 2022.

<https://aornrichmond.nursingnetwork.com/nursing-news/189966-save-the-date-fall-vcorn-workshop>

Submitted by

The Education Committee...

Save the Date



**VIRGINIA COUNCIL OF PERIOPERATIVE
REGISTERED NURSES
(VCORN)
WORKSHOP & MEETING**

PREPARING FOR YOUR FUTURE

NOVEMBER 5, 2022

More information to come.

Stay tune to AORN Richmond Area Chapter

<https://aornrichmond.nursingnetwork.com/>



[View the full content of this announcement and its attachments on AORN Richmond Area
Chapter 4702 website
https://aornrichmond.nursingnetwork.com/](https://aornrichmond.nursingnetwork.com/)

Need MORE information about chapter committees? Please contact: Zelika Hargrove, Richmond area AORN Chapter President: [Grove zelika@yahoo.com](mailto:zelika@yahoo.com)

Chapter Fundraiser



AORN Richmond 2022 Golf Invitational

September 29, 2022 at the Hunting Hawk Golf Club.

Greetings Members and Followers of the AORN Richmond Chapter:

You and your teams are invited to the return of the Annual Golf Invitational hosted by the AORN Richmond Area Chapter to support Nursing Education. Enjoy a day of fun and competition, **September 29, 2022** at the Hunting Hawk Golf Club.

\$125 per Player / \$500 per team

Cost includes:

- 18 Holes of Golf & Cart
- Practice Range Balls
- Non-Alcoholic Cold Beverages
- Raffle Prizes
- Lunch & Awards Dinner
- Individual & Team Awards

Sponsorship opportunities also available. See attached for details of what's included.

- Gold, Silver, Bronze (\$2,500, \$1,500, \$1,000)
- Longest Drive (\$200)
- Closest to Pin (\$200)
- Hole (\$200)
- Beverage or Cigar Cart (\$350)

Please submit registration and payment by September 1st.

[Click here for Golf Invitational Registration Form](#)



[Click here for Golf Invitational Sponsorship](#)

[Click here to download AORN Richmond 2022 Golf Invitational Packet](#) for all details

Still have questions, please contact Anne Elliott at AnneE.aornrichmond@yahoo.com.

VCU's PeriOperative Nursing Conference



Date & Location

Saturday, October 8, 2022, 8:00 AM - 3:30 PM, (Virtual Event); Google 2022 VCU PeriOP Nursing Conference or use this link <https://vcu.cloud-cme.com/course/courseoverview?EID=24181&P=5> for more details!

Target Audience

Specialties - Anesthesiology, Hematology, Infection Preventionists, Nurse Anesthetist, Nursing, Oncology, Orthopedic Surgery, Pain Medicine, Pathology, Surgery, Wound Care

Overview

Join us to discover ways perioperative surgical department staff and teams can develop systems to optimize surgical outcomes and manage risks. This conference is mainly intended for licensed nurses working in perioperative care, ambulatory surgery centers and oncological areas. However, any health care provider is welcome to attend, and may find the information beneficial to their practice.

Richmond Chapter's Marketing Committee



If you are interested in any of the volunteer events, please contact Jessica Ooms at jessguido10@yahoo.com.



Information & Schedule

Stay tuned... More details to come soon regarding

AORN Expo 2023 | April 1-5 | San Antonio, TX

Get your contact hours, make lifelong connections, and have fun with perioperative peers – all in one place!

Join AORN and thousands of perioperative professionals from around the world in **San Antonio, TX, April 1-5 for the 70th annual Global Surgical Conference & Expo.**

Why Attend?

By investing a few days in your professional development, you'll gain new insights, capabilities, and spark your passion for perioperative nursing.

A *SPECIAL* Summer Recipe ☺



...**THE TASTE OF SUMMER**

MOCK BERRY MOJITOS

[Write A Review](#)

INGREDIENTS

3 cups (750 mL) water, divided
1 1/2 cups (375 mL) sugar
2 cups (500 mL) fresh mint leaves, coarsely chopped
2 cups (500 mL) strawberry or raspberry sherbet
1 cup (250 mL) lime juice (about 7-8 limes)
8 cups (2 L) club soda, chilled
Lime slices and mint sprigs for garnish (optional)

DIRECTIONS

Combine 2 cups (500 mL) of the water and sugar in [Large Micro-Cooker®](#). Microwave, covered, on HIGH 4-6 minutes or until sugar is dissolved. Stir in mint leaves; let stand 5 minutes.
Combine sherbet, remaining water and lime juice in [Family-Size Quick-Stir® Pitcher](#). Carefully pour sugar mixture into pitcher, straining mixture through small holes of micro-cooker lid (discard mint leaves). Cover; plunge until well mixed. Add club soda to pitcher; stir gently with plunger.
Pour mojitos into ice-filled glasses. Garnish with lime slices and mint sprigs, if desired.

Yield:

14 cups
20 servings of 3/4 cup

Nutrients per serving:

Calories 90, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 22 g, Protein 0 g, Sodium 25 mg, Fiber 0 g

STAY CONNECTED!



Richmond Area Chapter AORN



Three Avenues to keep in touch, engaged and informed

Summer Laughs 😊

Question: How do we know that the ocean is friendly?

Answer: It waves!



Ingredients

- 1 pound box spaghetti noodles
- 1 green pepper, diced
- 1 red pepper, diced
- ½ red onion, thinly sliced
- 1 English cucumber, sliced
- 1 cup grape tomatoes, sliced in half
- 2.25 ounce) can sliced olives, drained
- ½ cup cheddar cheese, cut into cubes
- ¼ cup grated Parmesan cheese
- 1 Tablespoon McCormick Salad Supreme seasoning
- 1 teaspoon garlic powder
- 16 ounce bottle Italian dressing



Instructions

Cook spaghetti according to package directions. I season the boiling water with one tablespoon of kosher salt before putting the noodles in. Stir noodles often while cooking. Drain well after cooking until al dente.

- In a large bowl - and I do mean LARGE bowl - add in all your diced veggies, olives and cheeses.
- Then add the cooked and cooled spaghetti on top. Season salad with McCormick Salad Supreme seasoning and garlic powder. Give it all a gentle toss.
- Pour Italian dressing over noodles.
- Stir mixture carefully until combined.
- Cover with plastic wrap and allow to cool for at least two hours before serving.

Notes

- You can use whatever pasta noodle you enjoy. This recipe is just traditionally made with spaghetti noodles.
- Use your favorite Italian dressing in this recipe. It doesn't have to specifically be the one mentioned above.
- Other cheeses to use: I think mozzarella is perfect in this. I also think gouda would taste lovely with the other flavors.
- You will usually find the Salad Supreme Seasoning in one of two locations in your grocery store. It may be in the same location as the other seasonings or it will be with the salad dressings and condiments.

Nutrition

Calories: 125kcal | Carbohydrates: 18g | Protein: 5g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 8mg | Sodium: 79mg | Potassium: 181mg | Fiber: 2g | Sugar: 2g | Vitamin A: 675IU | Vitamin C: 28.1mg | Calcium: 104mg | Iron: 1.4mg

Reference

<https://www.thecountrycook.net/spaghetti-salad/>

Research Committee Chair – VACANT

Do you have a passion or interest in Research? This seat is waiting for you!

Redefining Priorities to Focus on *“Self-Care”*

Benefits of deep relaxation breathing:

- Deep breathing has a calming effect
- Reduces tension in your neck and shoulders
- Improves headache pain

Final Note!

See y'all this Fall!!

Join us IN-PERSON!!!!

More details to come soon via Nursing Network and AORN Richmond Facebook.

Respectfully Submitted by: Nicole Meredith, BSN, RN, CNOR, CSSM