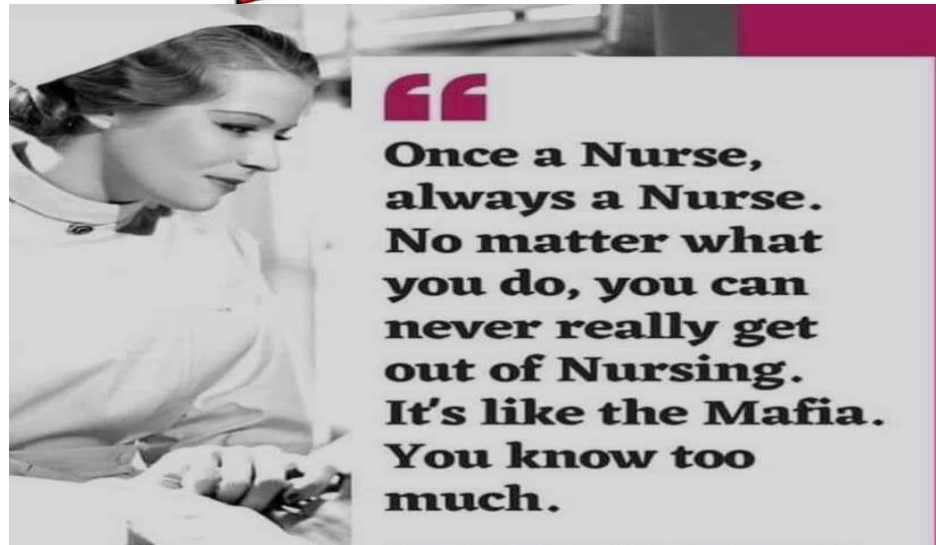


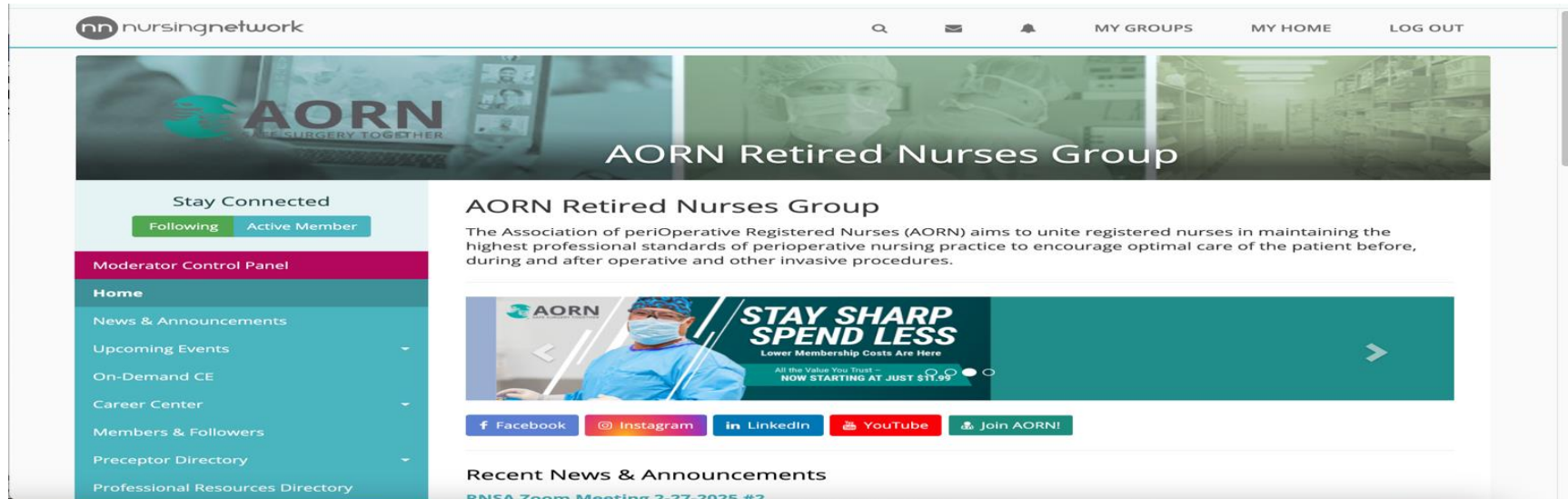
Retired Nurses Special Assembly Newsletter

By and for AORN nurses

Please note our group name. We are made up of retired nurses but also include those of you that are taking a break from work for various reasons. As older retired nurses, we offer ourselves as educators, sharers of our years of knowledge and experience. All we need is for someone to ASK, and you will be surprised at what you learn.

News Flash!





www.nursingnetwork.com

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

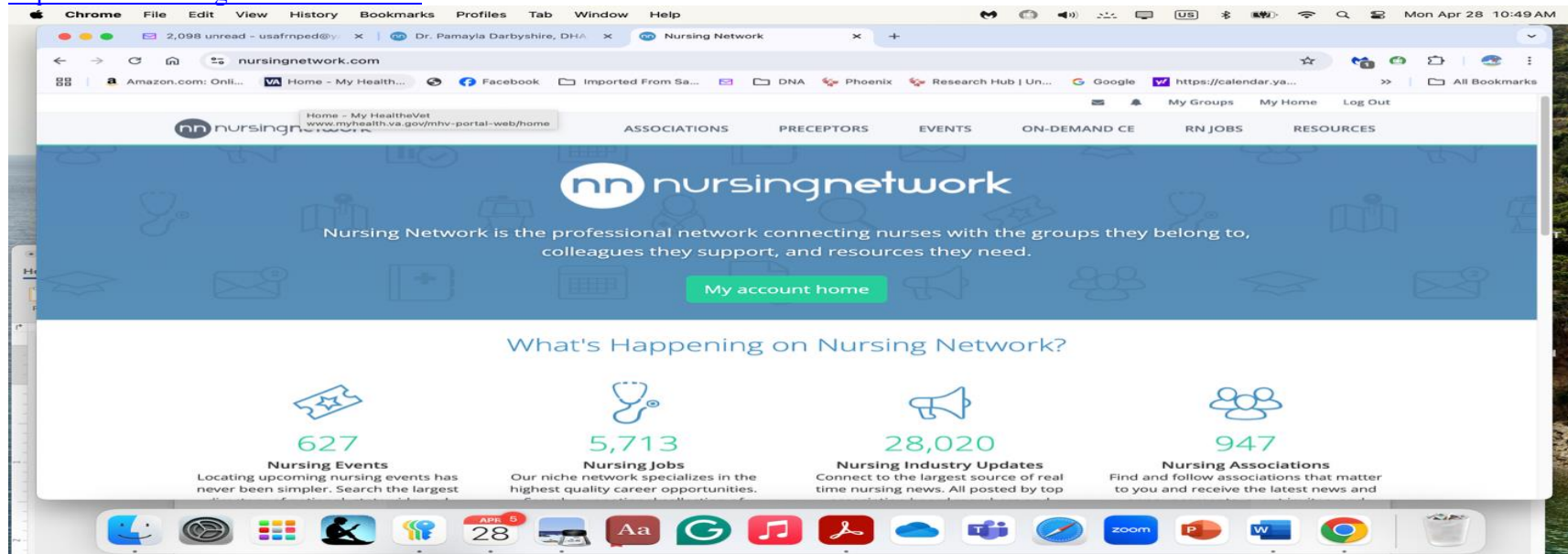
This is our new home page. If you have not signed into the AORN main page, you will probably need to do that to access the nursing network site, which will require another sign-in. Once you have found a group, you have dropdowns on the left that you can explore. Announcements for upcoming meetings or events may be on the front page for the group. Check out the space and explore. Let us know if you have any questions. We'll help!! A screenshot of our page is included for reference. You can enlarge by clicking on the picture and go from there.



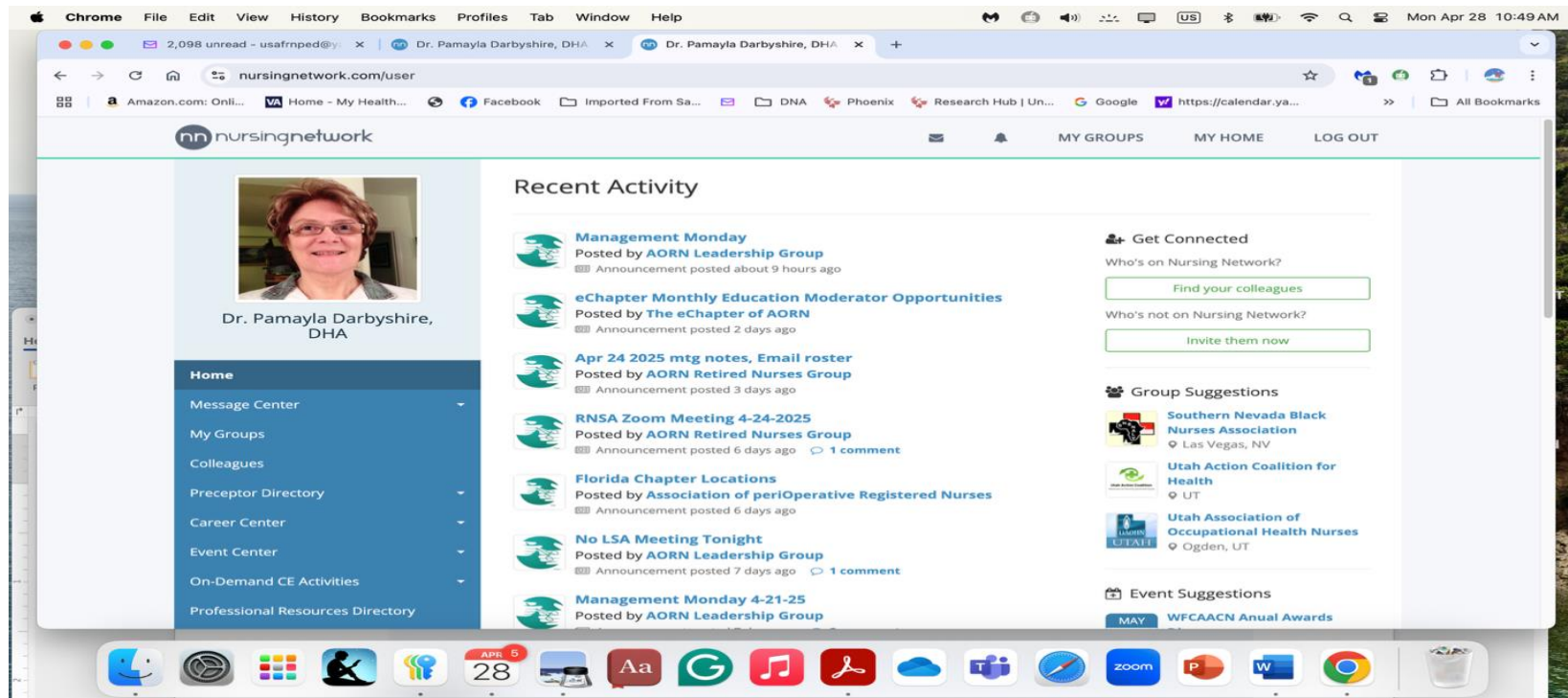
HOME PAGE WHEN USING THE LINK BELOW.

YOU WILL HAVE TO CLICK ON RNSA, OR IF YOU HAVE NOT PREVIOUSLY BEEN ESTABLISHED TO OUR GROUP, ADD IT TO YOUR GROUPS.

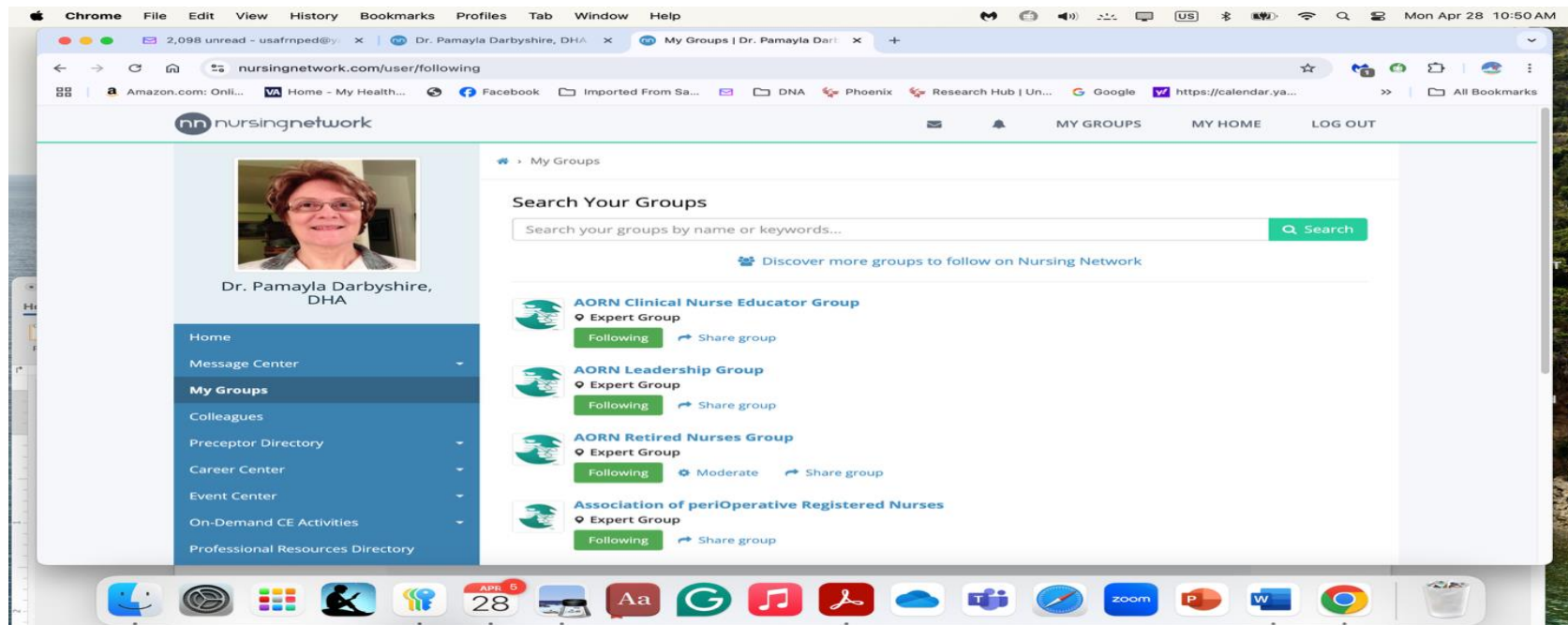
<https://www.nursingnetwork.com/user>



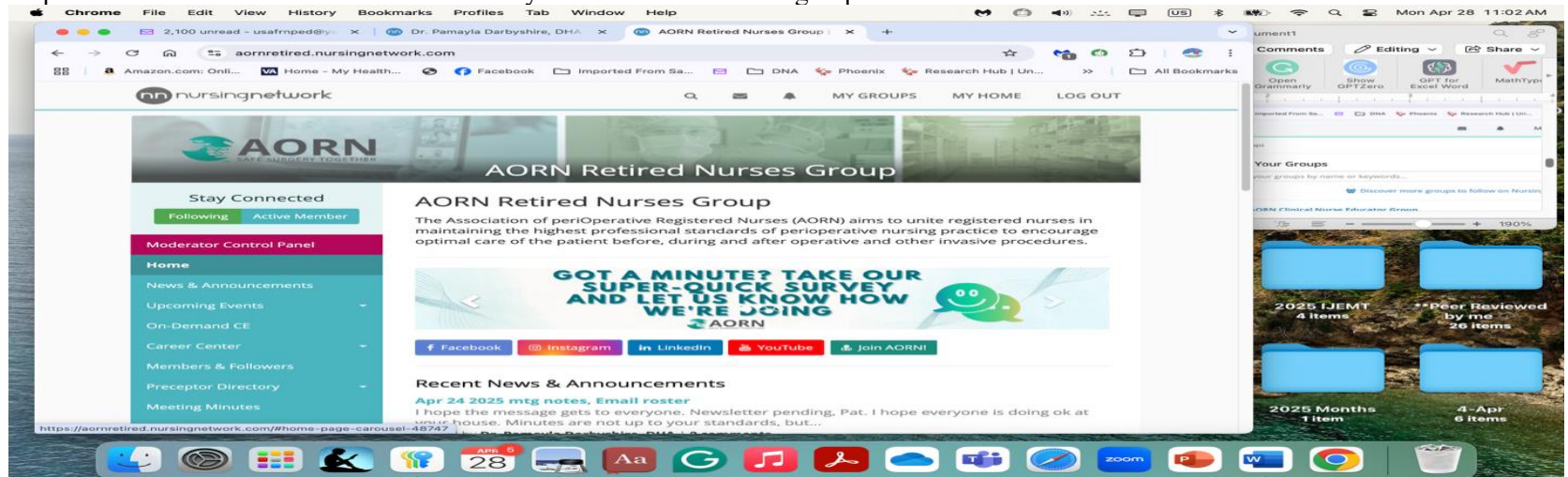
Click on 'my account home' after signing in, if you haven't done so. Will take you to this page (above).



On the nursingnetwork toolbar, click on 'my groups' (figure above). That page will show all your groups. You can also click on the blue dropdown menu on the left where my groups are located.



A quick look for some RNSA names indicates you are members of our group.



Make sure you are following our group and are an active member of our group.

IF for any reason you are having trouble, reach out to us, and we will help as much as we can.

Second OLD Newsflash. ANA logo branding

ANA undergoes logo changes/rebranding

Evolution of our Older logos



New 2025 Logo



<https://www.nursingworld.org/news/news-releases/2024/american-nurses-enterprise-unveils-new-brand-identity-at-the-ancc-national-magnet-conference-and-pathway-to-excellence-conference-in-new-orleans/>

Fondly Remembered



JoAnne Josephine Balthazor November 14, 1937 - March 29, 2025

JoAnne Josephine Balthazor, 87, of Clyde, Kansas, passed away peacefully at Park Villa Nursing Home on Saturday, March 29, 2025. She was born on November 14, 1937, to Irvin and Mary (Dunphy) Hockman.

JoAnne grew up in Clyde and attended school there, graduating from Clyde High School in 1955. She went on to Marymount College, earning her Registered Nurse certificate and then completed her BSN at Fort Hays State University in 1991. She was a lifelong nurse, working at St. Joseph Hospital and then Cloud County Health Center after it changed hands. After retiring from CCHC, she went on to work for Cloud County Community College, assisting with nursing education, retiring in 2017.

She was a member of St. John the Baptist Church in Clyde, Catholic Daughters of America, and the Association of periOperative Room Nurses.

JoAnne doted on her grandchildren and loved attending their activities, traveling across the state to cheer them on. She also loved cheering for the K-State Wildcats. She was involved in her community, giving of her time and talents. She served on numerous boards and committees before and after retirement.

JoAnne will be missed by her sons, Kurt Balthazor (Erin) of Pittsburg, KS and Bart Balthazor (Jean) of Valley Center, KS; grandchildren, Warren Balthazor, Claire (Isaac) Barnhart, Elliott Balthazor, Miles Balthazor, Evan (Mara) Balthazor, Connor Balthazor, and Ainsley Balthazor; two great-grandchildren, Samuel Balthazor and Ruby Barnhart; and a host of family and friends. She was preceded in death by her parents, brother, Art Hockman, and sisters Genevieve Jones and Gloria Naillieux.

A Memorial Mass was held at St. John the Baptist Church in Clyde, KS, on Thursday, April 3, 2025, with Father Steven Heina officiating.

JoAnne's son kindly shared this notice.

Member Spotlight

Norma Sandow

normalsandow@yahoo.com



Hello,

I'd like to introduce myself to this group. I am Norma Sandow. It was a pleasure to meet all of you online at the April Zoom session and I hope you enjoy reading this contribution to the newsletter.

I am retired from the military as a 66E or Operating Room Nurse in the Army with the 2290th and 352nd Civil Affairs. I am currently employed at Walter Reed National Military Medical Center. We are a military facility with all branches of the armed services. I am a Swing Shifter, working daily as a Civilian RN. As a major military medical treatment center, we have all the specialty services with surgeons and residents of each service.

For fun, I enjoy reading tons of books, mainly through the

[Libby App: Free ebooks & audiobooks from your library](#)



[OverDrive](#)

<https://www.overdrive.com>

You can **Access thousands of free ebooks & audiobooks online** with Libby, the library reading app by OverDrive. Enjoy free reading & listening on any device.

My latest book is *The Women* by Kristin Hannah. It is a good read about American Surgical Nurses caring for Vietnam Vets "in country" from 1967-1972 and their transition to US society post-deployment and managing their PTSD.

Food for thought

I like to bake and here is an easy, delicious recipe, **Noodle Kugel**. Prep time: 10 minutes; bake: 50 minutes; total time: 60 minutes.

Preheat oven to 350°, grease 8" square baking dish

Ingredients:

1. Fill large pot with slightly salted water and bring to a rapid boil, cook egg noodles to a boil till al dente, 7-9 minutes, drain. *1 (8-ounce package) wide egg noodles*
2. **Mix:** *2 c small curd cottage cheese; 1 ½ c sour cream; ½ c white sugar, ½ c raisins or golden raisins; 3 large beaten eggs; ½ tsp salt; ½ tsp cinnamon; ½ tsp nutmeg*
3. **Blend** in with noodles
4. **Bake** uncovered until golden brown, ~40-50 minutes, depends on your oven
5. let cool, serve warm or cold.

Sounds delicious. Let us know how it tastes. BTW, this is a no-see'm calorie dish.

Interesting history of this dish. (Wikipedia)

Noodle kugel (לאָקשן-קוגל *lokshen kugel*, pronounced [ˈkʊɡl]), also known as **lokshen kugel** or **kigel**, is an [Ashkenazi Jewish casserole](#) that is traditionally served as a side dish and popular variety of [kugel](#) made with [lokshen](#) noodles and either a variety of dairy or [pareve](#) ingredients, often served on [Shabbat](#) and [Jewish holidays](#).

Etymology

The name of the dish comes from the [Yiddish](#) word *kugel* meaning 'sphere, globe, ball'; thus the Yiddish name likely originated as a reference to the round balls of dough that were placed in the center of the [cholent](#), a traditional [Shabbat](#) stew, to cook alongside it and absorb its flavors for its later use as a side dish. The kugel later would evolve into its present form sometime in the 13th century CE. Due to differences among [Yiddish dialects](#).

Though sweet noodle kugels predominate, there is a wide range of noodle kugel varieties ranging from sweet, slightly sweet, to savory. They may be baked in a large [casserole dish](#) or in individual ramekins. Noodle kugels often contain raisins or other dried fruits, though some choose to omit these as a personal preference. They were traditionally either topped with a cinnamon [streusel](#) or more commonly not topped at all, however beginning in the 20th century noodle kugels began to be topped with a variety of toppings including crushed [cornflakes](#). Thank you, Norma for a very interesting ethnic dish.



EDUCATIONAL EVENTS

*"Our Shared Goal:
Stability in Crisis Through Creative Education"*

Hi All,

I have applied for a CE that we can use for our specialty assembly later. The title is "A Tapestry for Sustaining Perioperative Excellence." It is an in-depth look at roles we can play to expand our involvement and help reduce the nursing shortage.

Joanne Oliver-Coleman, MBA-HM, BSN, RN, CNOR(E)
Perioperative Nurse Entrepreneur, DBA Healthcare Resources
281-444-7407 joliver@hcreources.net





A Tapestry for Sustaining Perioperative Participation

Task Force on Perioperative Nurse Resources

Larry Asplin, MSN, RN, CNOR(E), CSSM(E), FAORN (Chair) Joanne Oliver-Coleman, MBA-HM, BSN, RN, CNOR(E) (Advisor)

| Introduction | Potential Perioperative | Resource Nurse Roles | Conclusions |
|--|--|---|--|
| <p>Perioperative nursing shortages are becoming critical. Many baby boomers are retiring. As a result, this team was tasked to create some basic principles that will help sustain the value of perioperative nursing by utilizing a multigenerational approach.</p> <p>Perioperative Resource Nurses are pivotal in enhancing the quality and efficiency of care within surgical settings. These nurses operationalize evidence-based standards for healthy work environments and promote creativity in implementing these standards. They can be full-time, part-time, virtual, or volunteer.</p> | <p>IN HOUSE ROLES</p> <ul style="list-style-type: none"> Family Liaison Advocate Scheduling Coordinator Onboarding Coordinator Mentoring Team Leader Relief Floater Student Nurse Proctor Perioperative Documentation Trainer Patient Safety Agent New Equipment Trainer Discharge Coordinator Accreditation Preparation <p>REMOTE OPTIONS</p> <ul style="list-style-type: none"> Pre & Post Op Patient Calls Internal Audit Reviewer Subject Matter Expert Specialty Service Coordinator Infection Control Expert Inservice Coordinator Policy & Procedure Updater Shared Staffing Coordinator Accreditation Readiness Reviewer Supply & Demand Coordinator Perioperative IT Design and Support Employee Evaluation via Video Preference Care Management <p>NURSING EDUCATION</p> <ul style="list-style-type: none"> Simulation Lab facilitator Adjunct Professor Guest Speaker Student Nurse Proctor Job Fairs Legislative Guide Patient Safety Agent AACN Competency Integration | <p>DEVELOPER</p> <ul style="list-style-type: none"> Writer for Publication Speaker for Seminars Researcher for Special Projects Administrative Reports Program Planner Lobbyist Telehealth Coordinator Process Flow PowerPoint Designer Industry Representative Educator <p>ADVISOR</p> <ul style="list-style-type: none"> Management Construction Safety Infection Control Supply Chain Product Evaluation Product Standardization Office-based Surgery Organization Medical Clinics Governmental Committees Ombudsman <p>COMMUNITY</p> <ul style="list-style-type: none"> Community Education Public Health Open Houses Disaster Planning Legislator Presentations Telehealth Communication Coordinator Professional Organization Ambassador Legal Nurse Consultant Assisted Living Support | <p>Conclusions</p> <ul style="list-style-type: none"> The purpose of this task force is to develop guidelines that will sustain the value of our experienced perioperative professionals. Our vision is to introduce creative alternatives that would enhance the depth of knowledge needed to support the fast-growing field of perioperative nursing. This would also address pre-licensure educational assistance, regulatory readiness, mentoring of novice nurses, specialty expertise, and virtual opportunities available for perioperative nurses outside of direct patient care. Applicability <ul style="list-style-type: none"> Job Opportunity Listings Guidance on ways to engage Employer search line Literature resources Additional toolkits <p>References</p> <ol style="list-style-type: none"> "Perioperative Nurse Demographics and Statistics in the US" 2022 https://zippla.com/perioperative-nurse-stats/demographics "Strategies to Overcome the Nursing Shortage" 2017 https://scholarworks.waldenu.edu/cgi/viewcontent.cgi?article=5933&context=dissertations "Nursing Shortage" OR Today 2022 https://ortoday.com/nursing-shortage/ "Nursing Faculty Shortage" 2022 https://www.aacnnursing.org/news-information/factsheets/nursing-faculty-shortage |

I know the font is small; however, this is as big as I can make this insertion (figure above).

Questions, ask us. If you look at the slide bar on the bottom of your window, you can make the image larger by sliding to the right.



Reimagining Nursing Curriculum with Perioperative Competencies

Utilizing perioperative sites to meet AACN pre-licensure requirements¹

| Introduction | Essentials, Spheres, Domains, & Concepts ¹ | Results |
|---|---|--|
| <p>Nursing colleges are revising curricula to meet the AACN Essentials^{2,3} (Essentials) now:</p> <ul style="list-style-type: none"> • Opportunity to introduce underutilized specialty area, perioperative (periop) nursing. • Periop can be used for each level of the pre-licensure nursing program to meet learning needs. • Students make career choices after graduation based on exposure to specialties. • Faculty inexperience in the specialty¹ may have contributed to prelicensure programs eliminating periop experiences & education in the curriculum. • Collaborative academic practice partners can bridge this gap for faculty. | | <ul style="list-style-type: none"> • Periop nursing care provides a plethora of opportunities for competency achievement in all 10-domains in the Essentials. • Team produced a graphic model of the new Essentials & a comprehensive table with recommendations for teaching, simulation, and clinical practice for faculty. |
| <p>Methods/Processes/Procedures</p> <p>Targeted literature review yielded</p> <ul style="list-style-type: none"> • Opportunity to include periop nursing care in pre-licensure curricula & clinical education.^{2,3} • Team created innovative roadmap of periop nursing care competencies, <ul style="list-style-type: none"> • reviewed, analyzed, & determined periop educational opportunities for • beginning, intermediate, & competent levels. • Interactive biweekly meetings to <ul style="list-style-type: none"> • adapt the Essentials domain table, & to • review, adjust, & confirm agreement on all elements. | | <p>Limitations</p> <ul style="list-style-type: none"> • Nursing faculty are learning the new requirements for competency-based education & the Essentials. • The AACN Essentials implementation process continues to evolve. • Periop nursing care an underutilized area in pre-licensure curricula because there may be a lack of faculty experts in the specialty. |
| <p>Team Members</p> <p>Rebecca Vortman, DNP, RN, CNOR, NEA-BC Danielle Quintana, PhD, MSN, RN, CNOR(E) Joanne Oliver-Coleman, MBA-HM, BSN, RN, CNOR(E) Joy Don Baker, PhD, RN, CNE(E), CNO(E), FAORN, FAAN Doreen Wagner, PhD, RN, CNOR, FAORN, FAAN</p> | | <p>Conclusions</p> <ul style="list-style-type: none"> • Competency-based education requires robust & innovative learning opportunities to encourage connections between what the pre-licensure student learns & how they perform. • As nursing faculty implement the evolving curricular revisions, they may feel an increased urgency to explore new clinical experiences due to the challenges of securing access to clinical sites. • Incorporating perioperative nursing in pre-licensure nursing programs promises to create a rich learning environment with ample opportunities to prepare students to be practice-ready. |
| | | <p>References</p> <ol style="list-style-type: none"> 1. American Association of Colleges of Nursing (AACN). (2020). <i>Essentials of nursing education</i>. Retrieved from https://www.aacn.edu/essentials 2. American Association of Colleges of Nursing (AACN). (2020). <i>Essentials of nursing education</i>. Retrieved from https://www.aacn.edu/essentials 3. American Association of Colleges of Nursing (AACN). (2020). <i>Essentials of nursing education</i>. Retrieved from https://www.aacn.edu/essentials |

EDUCATIONAL EVENTS

Melaine Burton quientessential@comcast.net

Has given talks/presentations at various places in her hometown: Seattle, WA. She 'works' with the public health department/healthcare clinic. Recently she oversaw 4K patients on a weekend afternoon throughput to the quiet room with the intent of

monitoring patients' blood pressure readings. Second readings indicated quiet rooms had a positive patient outcome of assisting a decrease in **BPs**. She also encouraged nurses to 'tell us what you would like to hear at next year's expo. Tell us. She presented Successful Aging Talks and had lots of contacts. She expressed that the Expo 2025 Update Needs Assessment needs to be completed. It is never too early to begin this process.

New board Liaison

From our AORN site: The next Board president results were announced at the 2025 Expo: "Before the rousing closing ceremony, members at the House of Delegates heard the national election results for new officers, Board, and nominating committee members: Our President-Elect is David Reinhart, DNP, MBA, CNOR, FAAN!"

Please join in welcoming him as our new board liaison. The spelling of his last name is tricky: R E I N H A R T

State News

No specific state news at this time.

New Members at our last monthly meeting

Huge welcome to Anne Jones, Barbara Frishcia, Jenn Richards, Norma Sandow, Sharon Baylis. If you have been members but not present, I apologize for putting you in the new category. You are new to me. Welcome.

Last thoughts:

Comments and/or RNSA Newsletter materials, suggestions, etc., are welcome and may be sent to:

Pamayla Darbyshire usafrnped@yahoo.com

Thank you to all contributors.

RNSA Council:

| | |
|-----------------------|--|
| Chair: | Cheryl Sumner, RN, CNOR (e) (OH) |
| Past Chair: | Cathy Ostroski, DNP, RN, CENP (NJ) |
| Chair-Elect: | Cheryl Sumner, RN, CNOR (e) (OH) |
| RNSA Mentor: | Joanne D. Oliver-Coleman, MBA-HM, BSN, RN, CNOR (e) (TX) |
| Board Liaison: | David Reinhart |
| Communications Chair: | Patricia Moody, RN, CNOR (e) (IN) |

| | |
|-----------------------------|--|
| Communications Chair-Elect: | Patricia Moody, RN, CNOR (e) (IN) |
| Education Chair: | Melanie Burton, BSN, RN, CNOR, MLSO (WA) |
| Education Chair-Elect: | Melanie Burton, BSN, RN, CNOR, MLSO (WA) |
| Newsletter: | Pamayla E. Darbyshire, DHA, MSN/CNS (UT) |