

## AUGUST 2025

### Inside This Issue:

- **Expo Reports**
- **CHOC walk**
- **Craft Social**
- **Bingo**
- **Nursing Network**
- **Installation of Officers**
- **May Education Report**
- **Top 10 Benefits to Chapter Involvement**
- **May Meeting Minutes**
- **National AORN Events**
- **Recipes**
- **Contacts**
- **Calendar of Events**
- **Save the Date EXPO**

# Association of peri- Operative Registered Nurses

**MEMBERS NEWSLETTER**

Published three times a year:  
April, August and December

*Celebrating 65+ Years!*

Established in 1957

**EDITOR:**

Sharon Kleinheinz RN, MSN, CNOR(E);  
3014 N. Sheri St. • Orange, CA 92865



## President's Address

### Summer Salutations and Autumn Announcements

Hello Perioperative Nurses and Chapter Members,

As your newly elected Chapter President, I want to start my President's Address by thanking outgoing Chapter President, Kristie Koeplin, for her strong leadership these last four years. Her vision, diligence and attention to detail guided our Chapter through the tragedy of a world pandemic so we could celebrate our Chapter's 65<sup>th</sup> Anniversary in 2022. Kristie collaborated with National AORN in conveying information to our members and working alongside our Education coordinator in bringing quality continuation education speakers to our Chapter members. I am blessed that Kristie is a member of our Chapter where she provides valuable insight, guidance, and most importantly friendship. Kristie will now transition as a Past President to being a member of our Nominating Committee.

Since our last newsletter in April, your Chapter sent four chapter members as delegates to the 72<sup>nd</sup> Annual Global Surgical Conference & Expo in Boston. Read their reports from the conference in the newsletter. In May, we held a Business/Educational Meeting where we announced our new Chapter Leaders for 2025-2026. The Installation of Chapter Officers and planning the Calendar of Events for 2026 was held on June 28<sup>th</sup> at Prime Cut Café in Orange.

Business/Educational Meetings in 2026 will be held in January, May, September, and November. These meetings are hybrid (conducted LIVE and Virtual via TEAMS). Tentatively planned for March is our Spring Seminar. See the Calendar of Gatherings on the last page.

Join us September 6<sup>th</sup> for our next Chapter Business/Educational Meeting where you will hear what your Chapter is doing and earn one contact hour for our educational presentation by Janet Moran RN from Advanced Sterilization Products titled Test your Knowledge: O.R. Edition.

We will be hosting an Autumn Brunch and Craft Social on October 11<sup>th</sup> at Sylvia Adsitt's home in Yorba Linda from 1100-1400. Crafting, at any skill level, is quite therapeutic so come join us for brunch, refreshments and let's see those DIY skills.

There are about 300 members of this Chapter, so let your Officers know the direction you want it to go and what you want from it. Be a part of shaping our future with your ideas and recommendations. See you soon at one of our gatherings and I wish everyone a wonderful summer and autumn. Thank you for all you do as a Perioperative Nurse.

*-Sharon Kleinheinz RN, MSN/MSHCA, CNOR(E)  
President AORN of Orange County 0510*



## AORN EXPO Report

Marisa Hamamoto was the keynote speaker for the Jerry G Peers Presentation at AORN EXPO. Her title “Be a Changemaker: Unlocking Your Choreography to Infinite Possibilities” was a challenge for us to increase our knowledge of inclusion, innovation, and transformation through movement, dance, and storytelling.

Ms. Hamamoto was born in Japan and raised in Irvine, California. She has been a dancer since childhood and during a dance class in 2006, she suffered a stroke. She was unable to eat, hold items, or use the bathroom. Two months later, after an amazing amount of hard work, she walked out of the hospital. In Dec 2010, she endured sexual assault. As a Japanese American female stroke survivor with two invisible disabilities (PTSD, Autism Level 1) she told us that “fear is a compass for growth and that our body language communicates with ourselves as well as others”.

In 2014, she saw wheelchair dancing and became interested in creating something at the intersection of disability and dance. The following year, Ms. Hamamoto founded Infinite Flow Dance, an award-winning nonprofit organization that employs disabled and nondisabled dancers who use dance to promote

inclusion and debunk biases of the disabled. She believes moving our bodies with intention and joy is more important than ever because so many people live a primarily sedentary lifestyle. She told us that movement leads to increased self-confidence, creative thinking, and connection with others.

Ms. Hamamoto stated three principles that motivated her to keep going even when faced with life obstacles.

1. Just because it hasn't been done, doesn't mean it can't be done.
2. Doing what you fear most, may lead to your next breakthrough.
3. Dance Diversity, Equity, and Inclusion can move hearts, move bodies, and move minds.

She closed her presentation by challenging us to face our internal bias and make changes to our practice because disability is the largest minority group, yet disability inclusion is often placed last or forgotten when addressing diversity, equity, and inclusion. Thank you Marisa for this powerful presentation.

*Reported by:*

*Sharon Kleinheinz RN, MSN/MSHCA, CNOR(E)*



## Virtual Nurse Training

I attended the “Virtual Nurse, Immersive and Interactive Virtual Reality Training Software” session conducted by Antonia López, RN, BSN, MSc, CNOR who is creating an interactive and immersive training software to fill a need in perioperative nurse training where she lives in Spain.

Virtual reality training in nursing is currently being studied in the US, UK, and Finland, although none of those studies currently include perioperative nursing. Virtual reality is not 3D technology, 360-degree video, or augmented reality. Instead, Antonia defined

virtual reality training as “a medium composed of interactive computer simulations that perceive the position and actions of the participant and replace or increase the feedback to one or more senses, giving the sensation of being mentally immersed or present in the situation”.

Virtual reality training uses the following devices: virtual reality glasses, haptic gloves, an avatar suit, and the measurement of skin conductance for stress analysis in training. The availability of these devices to measure and provide feedback to the learner allows for

immersion and for the learners’ brain to engage and behave more realistically within the situation/ scenario.

The learner will then adapt more quickly and efficiently to practicing as a perioperative nurse in the operating room and for a deeper integration of knowledge and clinical practice. I am excited to see how and when this new virtual reality training will be shared, integrated, and become the new standard for perioperative nurse training around the world.

*Reported by*

*Melinda Nguyen MSN, RN, PHN, CNOR, NI-BC*

## 2025 AORN Global Surgical Conference & EXPO

### Boston, MA April 5-8 Experiences

After arriving in Boston on Friday, April 4<sup>th</sup>, and taking the bus to my hotel, I ventured to the Boston Convention and Exhibition Center (BCEC) to pick up my registration bag and then volunteer packing broccoli seeds for Seed Programs International (SPI), whose mission is to improve food security, strengthen communities, and cultivate sustainable livelihoods by enabling families to grow healthy food. SPI focuses on empowering women farmers, provide educational gardens, and crisis recovery related to conflict or climate issues. Their impact has served 94 countries and 9 million people since 1998.

For dinner, five Chapter Members and a friend gathered at the Omni Hotel's 5<sup>th</sup> Floor restaurant, Lifted, which overlooks the city streets below. A delicious time was had by all.

I started the first day of the Conference, Saturday, with the Chapter Officer Networking Breakfast at the Westin Seaport's Harbor Ballroom, followed by 7 Continuing Education sessions, one of which was a hands-on learning and interactive education, "Escape Room: A "HOT" New Way to Engage Learners" about malignant hyperthermia, and then the Welcome & Opening Keynote, "Embrace the Shake", by Phil Hansen.

I also gave our Chapter's \$300 donation to the Foundation on Saturday.

In our registration bags was a "Golden Duck" with a number on the bottom. If one found another attendee with a matching number during the Conference they would be entered into a drawing for a \$100 AMEX gift card. Three of your Delegates found at least one to three matches. Hope they won!

Sunday, I attended two Specialty Assembly Meetings & Education, Sterile Processing and Supply Chain and Retired Nurses. As the Chapter's Delegate Chair, I and our Chapter Delegates attended the First Forum in the

morning. I then attended a lunch session by Zimmer Biomet, "Making Your Practice an Efficient Machine". Then there was the Opening Celebration with recognition of the State Council Chairs and State Chapter Presidents, followed by Keynote Speaker, Marisa Hamamoto, "Be a Changemaker: Unlocking Your Choreography to Infinite Possibilities". The evening continued with the EXPO Hall Opening Reception and topped off by Scanlan's Evening of Live Music & Celebration at the Omni.

Monday started with the Foundation General Session, "THE COURAGE TO GO TOGETHER", by Keynote Speaker Shola Richards. Today the EXPO Hall opened for visiting with Exhibitors/Vendors and Exhibitor Education. I chose to participate in the hands-on learning and interactive session "Sterile Processing Live! Optimizing SPD Operations". I did this last year but chose to work at the decontamination station, prep sink and sonic washer, this year. This is a fantastic way to teach teamwork and cooperation between Periop and SPD. In the lunch line, I made a new friend from Texas. In the late afternoon, your Chapter Delegates attended the Second Forum.

Tuesday started off with the ever-popular Periop Challenge and then half-day Expo Hall. I made sure to volunteer at AORN Cares Booth in the Hall making a friendship bracelet to be donated to Boston Children's Hospital. During lunch, Sharon and I met Mary and David, our new Australian friends. They gave us an Australian Koala Bear clip-on and Australian pin, and I gave them each a small California State Flag. The afternoon ended with your Chapter Delegates attending the House of Delegates and Closing Ceremony where the results of National Elections were announced and next year's theme for New Orleans 2026 was revealed, "Lighting the Pathway".

*Kristie Koeplin, RN, BSN  
President AORN of Orange County 0510*

## AORN Expo Report

My report is on Emotional Intelligence regarding the management of bullying in the perioperative context. Emotional Intelligence affects everyone in the Operating Room setting sooner or later. The thing is that we need to recognize it, try to understand it if possible and effectively manage one's emotions in oneself and others.

There are different strategies that can be used including training

and development programs, establishing support systems, leadership and role modeling, developing anti-bullying policies and procedures that support the organization's culture that represent the values of the employers and employees.

The more it happens without the support of leaders, the more it will happen. Emotional Intelligence has a significant role in creating a more peaceful workplace with everyone

having a path to follow leading to better team dynamics which will also optimize our patient care.

I personally have had a couple of incidents with team bullying. I tried and tried to figure out what the problem was and it was extremely difficult and bothersome. In both cases I ended up talking to leaders who helped me resolve the problems and I am so glad that I finally took the time to get it settled.

*Reported by: Cathleen Hjorth, RNFA*



## AORN Chapter Nurses walk for CHOC

**Sunday, August 3, 2025 • Disneyland @ 0600**

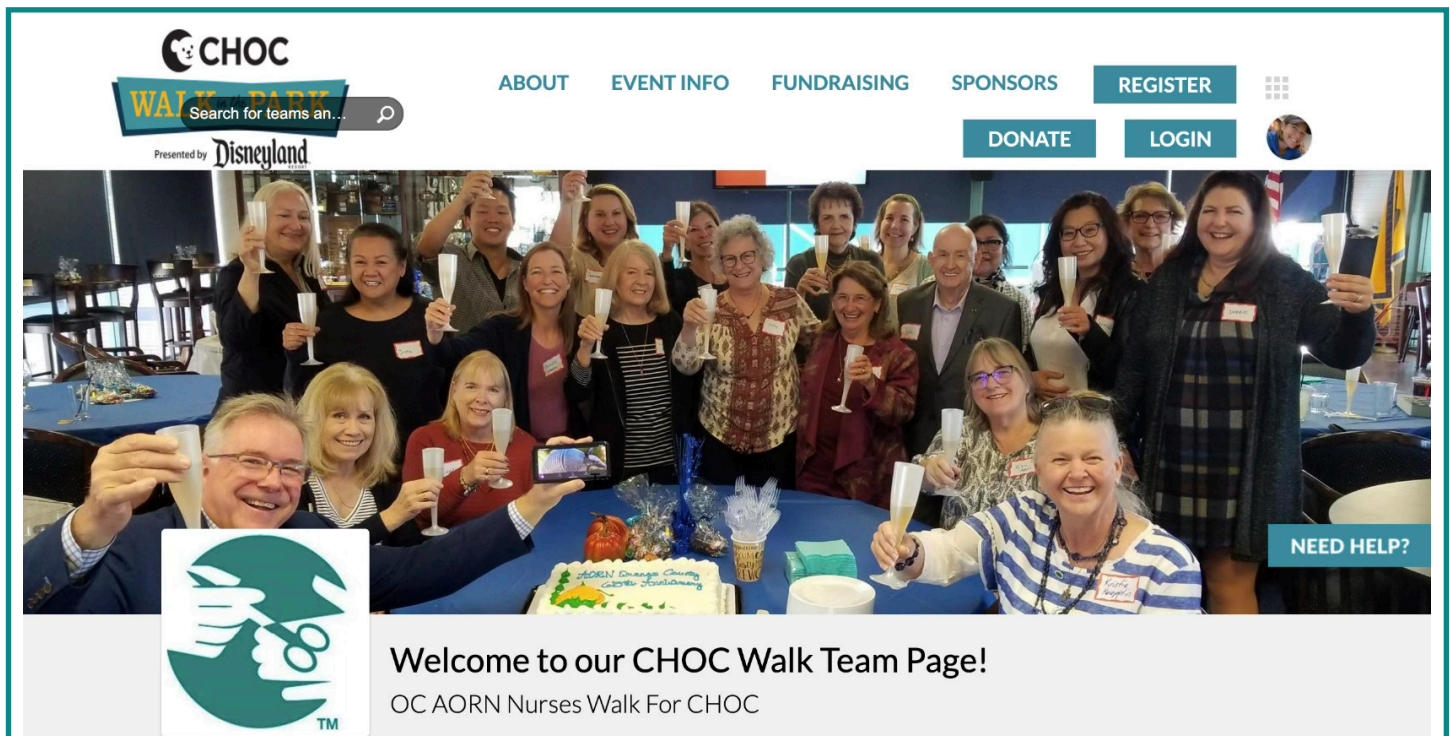
Join your chapter nurses in community service as they participate in the "CHOC Walk in the Park" at Disneyland on August 3<sup>rd</sup> at 0600. Below is the webpage to register for the walk or support our team members with a donation by August 2<sup>nd</sup>.

Let's make a big presence and show that perioperative nurses of Orange County come together for one single goal - to raise funds for programs,

education and research for Southern California's kids. This is a fun family event so bring your bestie, hubby, wife, kids, etc, and walk with our team! Thank you for all you do every day and let's walk together on August 3<sup>rd</sup>.

Team webpage: <https://www.chocwalk.org/OCAORN0510>

*~Meredith Johnson,  
walking enthusiast and coordinator for CHOC Walk 2025*



Welcome to our CHOC Walk Team Page!  
OC AORN Nurses Walk For CHOC



## AORN OC Chapter Brunch and Craft Social

Autumn is just around the corner so let's Socialize and get Crafty. Join your fellow nurses at our AORN Chapter Brunch and Craft-Making Social on Oct 11<sup>th</sup> from 1100-1400 at Sylvia Adsitt's home in Yorba Linda.

**NOTE:** There is one flight of stairs to her second floor condo.

Sylvia's address is 19838 Grace Haven Way, Yorba Linda 92886. Parking is on the streets near her condo. Please RSVP to Sylvia at (714) 271-6627

by October 4<sup>th</sup> with your potluck dish so she can keep track of what we have. Bring your craft item and let's have some fun.



## Virtual BINGO 2025

**Hosted by Connecticut Chapter 0701 and co-hosted by AORN of Orange County 0510 supporting the AORN Foundation**

**DETAILS: Saturday, November 8, 2025 (1600 Pacific Time)**

- Virtual event on Zoom open to any participant – nurses, family and friends of all ages
  - Ten games of BINGO
  - Each winner (can be multiple per game) receives a \$50 Amazon gift card via email
  - Game play takes about 2 hours with 1 short break and short presentations about the AORN Foundation throughout the evening (This helps break up the games and allows people to learn about where their money is going).
- The <https://myfreebingocards.com/> platform will be used and the Connecticut Chapter will assume the fees from the platform.
- The AORN Foundation will

create a website in October for direct card purchasing. Participants purchase cards through the Foundation.

- Each bingo card is \$10. You can purchase as many cards as you would like. And each card is played for every game.
  - In the week leading up to the event, each individual will receive a personalized email with their unique bingo card(s), directions and the Zoom link.
  - AN EMAIL WILL BE SENT IN OCTOBER BY CHAPTER PRESIDENT, SHARON KLEINHEINZ, WHEN REGISTRATION AND CARD PURCHASE WINDOW OPENS
- The 2024 Virtual BINGO fundraiser

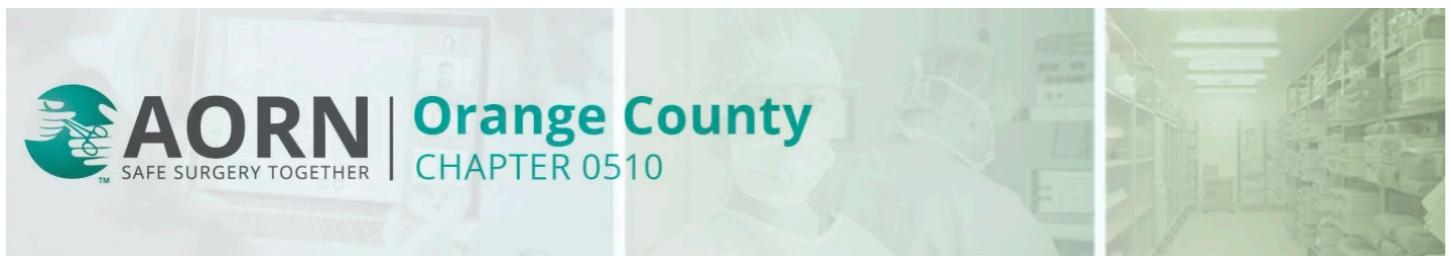
for the AORN Foundation was highly successful. Perioperative nurses, family, and friends raised \$7500 for the AORN Foundation to support perioperative nurses' professional development while having fun. Last year was sponsored by 11 AORN chapters. We had tremendous support from the AORN Foundation and AORN Chapter Relations.

Let's do it again this year!

Promote, Promote, Promote - the more cards sold, the more participants and the greater the impact on the AORN Foundation.

**\*\*\*MARK YOU CALENDAR NOW FOR THIS FUN EVENT!!!**

**SUPPORT AORN FOUNDATION!!! WIN PRIZES!!!**



## "Periop Corner" replaced by "Nursing Network"

AORN National introduced a new online member community January 1<sup>st</sup> called Nursing Network. Many nurses found Periop Corner frustrating, too difficult to navigate, and limiting in its abilities.

Every member's information was transferred to Nursing Network. If you haven't yet created an account, go to [nursingnetwork.com](https://nursingnetwork.com). Your user name is your AORN e-mail. Create a password, (it can be the same or different than your AORN password). Then browse the happenings in the

Orange County Chapter and any Specialty Assembly that you are a member of.

AORN National heard your concerns and are confident that the new platform will provide a streamlined, user-friendly experience for their members. This will enable AORN to be more efficient and effective in supporting the members, customers and the entire perioperative community that relies on AORN for practice recommendations, education, and professional development.

The advantages of Nursing Network include 1) integrating and streamlining operations to improve business efficiencies, 2) improving interactions between AORN National and the membership so that they may better support the member's needs, 3) enhancing the members ability to engage with other perioperative professionals online, 4) facilitating chapter seminar registration and payments, and 5) ensuring that members data is protected by the latest robust security measures.



# Installation of Officers

## June 28<sup>th</sup>, 2025 Installation of Officers

### AORN of Orange County 0510

#### Flower Colors Meaning & Symbolism [www.color-meanings.com](http://www.color-meanings.com)

Eleven Members and my husband met at the Prime Cut Restaurant in Orange with a theme this year of Flowers and their meaning.

While waiting for our delicious meals, we held our Colorful Flower themed Installation of Officers where each officer received a silk flower based on their Leadership role as described below.



#### **President - PURPLE**

Charm and Elegance, Royalty



**Vice President - LAVENDER** Delicacy and Elegance, Health-Essential Oils and Food

**Secretary - PINK** Happiness and Gentleness

#### **Treasurer - GREEN**

Health, Growth and Good Fortune, Spring and Money ("Green may actually be the most common flower color")



#### **Board of Directors - ORANGE**

Joy and Enthusiasm, Warmth



#### **Nominating Committee - RED**

Passion, Love, Courage and Respect



#### **Education Coordinator & Newsletter**

#### **Editor - BLUE**

Relaxation, Release Tension, Experience Peace, and Represent Ultimate Trust and Commitment



#### **Members - YELLOW**

Joy and Happiness, Friendship and Energy



We also thanked the Outgoing and Continuing Officers for their service to our Chapter.

#### **Thank You to Outgoing Chapter Leaders**

President, Kristie Koepplin, who served Two Terms 2021-2023, 2023-2025

Treasurer, Meredith Johnson, who served Two Terms, 2021-2023; 2023-2025

Nominating Committee, Sally Stredler, who served Two Terms, 2021-2023; 2023-2025

Board of Directors, Sharon Kleinheinz, who served Two Terms, 2021-2023, 2023-2025





## May Education Report

Our May education topic titled "Caring for the Confused- Understanding and Managing Delirium" was presented by Patty Barnett Mouton, MSGc. I was interested to learn that although dementia and delirium have similar features, they have distinct differences. Dementia is a chronic decline in cognitive abilities; delirium is acute confusion- lasting hours or days.

Delirium is considered a medical emergency presenting as sudden, severe confusion. A cardinal feature is abnormal attention or arousal; treating the underlying medical/ situational condition is key. Patty explained that older surgical patients are at a higher risk for post-op delirium. Things like pain, subclinical infections (like from catheter use), side effects of medications, sensory impairment, malnutrition/ dehydration, and a noisy/ confusing environment can be causes for delirium.

Patty reminded us of the importance of knowing our

patients' baseline cognition in order to ascertain what may be going on after surgery when we drop off our patients in recovery. Hand-off includes the psycho-social aspect of our patient and that knowledge can

mitigate potential issues in PACU and beyond. Risk factors for delirium include advanced age, people with depression and/or dementia, broken hip/ having major surgery, prior brain damage, and sensory impairment.

The bottom line is that 50% of those over 70 years of age experience delirium as an in-patient. With those numbers, we are each likely to care for someone in their surgical journey who is affected by it. Being aware of who's at risk, and remembering to pay attention and observe our patients; utilize active listening and therapeutic communication will go a long way in improving the care we give in the perioperative setting.

*Submitted by Meredith Johnson, RN*



## Top 10 Benefits of Attending AORN Chapter Meetings

1. Meet other Chapter Members. Make new friends.
2. Networking opportunities. Find that new job/ position you were looking for.
3. Collaboration with work and Chapter projects & policies. Share those ideas.
4. Continuing Education. Earn 1-2 CHs after our Business Meeting.
5. Offer suggestions/opinions related to Chapter Business, Meetings, Bylaws, Activities. Use your voice.
6. Opportunity to run for Office by being a Chapter Leader. Be part of the Solution.
7. Experience at the Chapter level with potential to run for office at the National level.
8. Keep up to date on Chapter and National issues affecting Perioperative Nurses.
9. Chapter Sponsorship to attend the AORN Global Surgical Conference & EXPO as a Delegate. This is quite a financial benefit.
10. Take a break from our hectic lifestyles and relax for an hour or two.

*-Kristie Koepplin, RN, BSN  
Past President AORN of Orange County 0510*

# May Meeting Minutes

## ORANGE COUNTY AORN CHAPTER 0510 MEETING MINUTES - MAY 3, 2025

**Call to order:** The meeting was called to order at 8:50 am by President Kristie Koepplin.

**Roll Call:** 13 members were present in the room, and 3 members virtually. Two guests were present; Cathy De Guzman and Alysha Wright, a new graduate from Concordia University whom is interested in working in the operating room.

**Reflection:** That Little Girl, by Paula Graling RN, MSN, CNOR, CNS Falls Church, Virginia from "Tea and Toast for the Perioperative Spirit".

**Review and Approval of Minutes:** The minutes from the February meeting were printed in the April newsletter. No changes were needed. The minutes were approved as written.

**Financial Report & Bills:** Current balance on hand is \$9937.05. Income from AORN memberships-\$926.00 for the past three months. Income from our ERAS seminar was \$1650 from 22 registrants. Expenses included the February speaker dinner, Chapter meeting refreshment, newsletter fees, and a \$300 donation to AORN Foundation made at Expo. Total expenses were \$745.33. Meredith will send our donation to Cathy for her participation on a medical mission after today's meeting.

**New Business:** Melinda spoke about the recent California Alliance for Perioperative Practice meeting. They are focused on 3 areas, education, implementation and seminars. Their next subcommittee meeting is on May 10, 2025. Melinda stated CAPP is currently comprised of nursing and law professionals.

Our Chapter Accountability Standard score is 4 stars. We were not able to earn 5 stars due to not enough membership growth, which comprises 20% of the score.

At today's meeting, a motion was made, seconded, and passed for the 2025 EXPO delegate stipend to be \$1000, an amount higher than previous years. EXPO was held in Boston and the delegate expenses were greater than in past years.

Sally Stredler of the Nominating Committee announced the results of the Chapter leadership election results. Sharon Kleinheinz will be President, Debbie Pettit, Treasurer. BOD will include Sylvia Adsitt, Janet Moran, and Angel Tull. Nominating Committee members will be Cathy Hjorth, Kari Dodge, and Kristie Koepplin. They will be installed into office on June 28th. The Installation and Planning meeting will be held at Prime Cut Cafe in Orange from 11-2 pm. Contact Kristie if you plan to attend. Seating is limited.

Delegate articles and any other information for publication in the August newsletter are due by July 19th to Sharon Kleinheinz.

At today's meeting, Cathy De Guzman gave a talk about her recent medical mission trip to the Philippines. Our Chapter donated \$500 to defray the cost of this mission. She has traveled with Aloha Medical Mission since 2016. This mission also does trips to several other countries, and Cathy stated they always need volunteers. An article about her mission was published in our April newsletter. AORN Foundation is looking for Chapters to donate \$150 to help sponsor the next virtual bingo to be held on November 8, 2025.

Our Chapter will decide if we wish to participate, and select our next Chapter donation at the Installation and Planning meeting in June.

Nursing Network replaced Periop Corner in January 2025. All members are included on the Network and there is no cost to our Chapter for 3 years.

Future 2025 Chapter Officers Town Hall meetings will be held on 5/15, 8/21, 9/18, 10/16 and 11/13. Meetings can be viewed retrospectively on the Nursing Network, Officer group.

The 2025 CHOC walk will be held on 8/3, and our Chapter plans to participate again this year. A team leader has not yet been announced.

AORN announced they will be launching a refreshed modern user interface for their education platform on May 22, 2025. They have sent out an email to members announcing this change.

Sharon Kleinheinz will soon be retiring from St Joseph's Education department, and she will no longer be able to arrange for our meetings to be held at St Joseph Hospital. She asked members if they had suggestions for future meetings, starting this September. Cathy Hjorth stated is an employee at St Joseph, and work with Sharon to see if she would be able to secure this location for future meetings. Any other suggestions are welcome and should be presented to Chapter leadership as soon as possible.

Today's education meeting is presented by Patty Barnett MSGC-Vice President of Outreach and Advocacy at Alzheimer's Orange

*(May Minutes continued  
on next page)*



## National AORN Events

**AORN is offering the following course in Southern California.**

**For more info on these events, log in to [aorn.org](https://aorn.org) and search by name of course.**

### SEPTEMBER 13, 2025:

#### **AORN Guidelines Workshop: Your local fast-track to Smarter, Safer Perioperative Nursing**

Hilton San Diego Mission Valley  
San Diego, CA  
0700-1600

#### **AORN Medical Laser Safety Officer Course**

(view at [aorn.org/education](https://aorn.org/education))

#### **AORN On-Demand Education (10.2 CH and Certificate of Mastery)**

#### **AORN On-Demand Education**

(view at [aorn.org/events](https://aorn.org/events))

1. Leader Exchange: Adoption of New Technology in the Operating Room
2. Leader Exchange: A Shift in Chain Supply Decision Making
3. Leader Exchange: Building Negotiation Skills for Key Interactions

### OCTOBER 11-12, 2025:

#### **Periop ConneCT Conference 2025**

**LIVE EVENT only**

Omni New Haven Hotel at Yale  
New Haven, CT 06510

Educational - CE provided

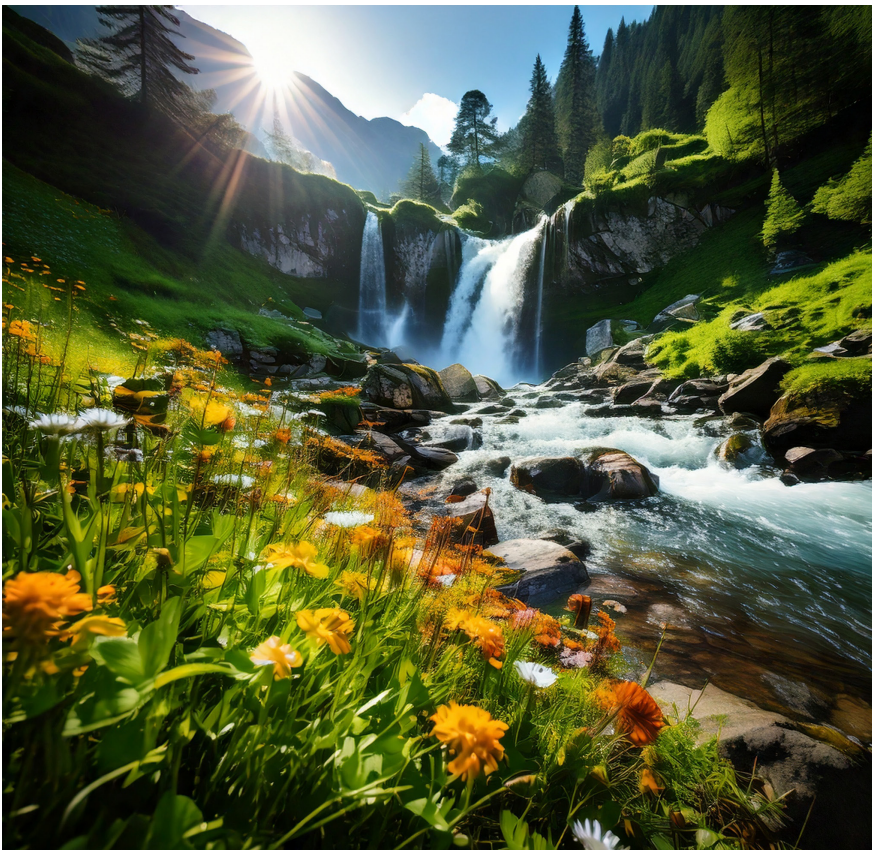
### NOVEMBER 1-2, 2025:

#### **AORN SouthEast Council Conference**

#### **The Power of You: Circles of Care**

**LIVE EVENT only**

World Golf Village Renaissance St. Augustine Resort  
St. Augustine, FL 32092



#### **(May Minutes continued)**

County. Her topic is "Caring for the Confused". Food for this meeting was provided by Janet and Angel. Volunteers to provide food for the September meeting (if not held virtually only), and a note taker will be discussed at the Installation and Planning meeting on June 28.

**Open Forum:** Due to time constraints, there was no time available to take questions or comments.

**Meeting was adjourned at  
9:50 am**

*– Recorded by Diane Morgan, Secretary*

# Hearty and Healthful Home Cooking

## Super Simple Shrimp

### Ingredients:

- 1 pound large shrimp, peeled and deveined
- 2 T olive oil
- 4 garlic cloves, minced
- $\frac{1}{4}$  cup grated parmesan cheese
- 2 T chopped parsley
- 1 tsp lemon zest
- Salt and pepper to taste

### Directions:

Coat shrimp with olive oil, garlic, parsley, lemon, salt, pepper and parmesan cheese. Place shrimp in a single layer on a parchment paper lined baking sheet and bake 15 minutes at 425°.



## Veggie Casserole

### Ingredients:

- 1 head of broccoli, cut into florets
- 1 head of cauliflower, cut into florets
- 1 large zucchini, sliced
- 1 cup cherry tomatoes, halved
- 1 can (14oz) artichoke hearts
- 1 cup of mushrooms, sliced
- 1 cup sweet peppers, sliced
- 1 small sweet onion, diced
- $\frac{1}{4}$  cup olive oil
- 1 tsp Italian seasoning
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 1 cup mozzarella cheese, grated

### For egg mixture:

- 4 large eggs
- $\frac{1}{2}$  cup milk
- $\frac{1}{4}$  cup flour
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp pepper

### Directions:

Mix together the olive oil, Italian seasoning, salt & pepper. Coat all vegetables in the mixture and place vegetables in a greased 10x13 baking dish. Mix together egg mixture and pour over vegetables mixing them well. Top with mozzarella cheese. Bake 45 minutes at 350F.

## Instant Oatmeal Packet Cookies

### Ingredients:

- $\frac{1}{4}$  cup White Sugar
- $\frac{1}{2}$  cup Butter
- 1 Egg
- 1 tsp Vanilla
- 1 Tablespoon milk
- 1 tsp Maple Syrup
- $\frac{1}{4}$  tsp Baking Powder
- $\frac{1}{2}$  tsp Baking Soda
- 2 tsp Cinnamon
- 1 cup Flour
- $\frac{1}{4}$  tsp Salt
- 6 (maple & brown sugar) Instant Oatmeal Packets
- $\frac{1}{2}$  cup Raisins
- $\frac{1}{2}$  cup Walnuts, chopped

### Directions:

Beat sugar and butter together. Add egg, vanilla, milk and maple syrup and beat together. In a separate bowl, mix oatmeal packets, baking powder, baking soda, cinnamon, flour, salt together. Gently mix dry ingredients into wet ingredients. Stir in raisins and walnuts. Drop 1 tablespoonful of dough onto baking sheet, 2 inches apart, and flatten tops. Bake 8-10 minutes at 350°.





# Chapter Leaders 2025-2026

## **PRESIDENT**

**Sharon Kleinheinz**

*1ST YEAR, 1ST TERM*

(714) 768-4971

[polly731@hotmail.com](mailto:polly731@hotmail.com)

Retired

## **VICE PRESIDENT**

**Melinda Nguyen**

*2ND YEAR, 2ND TERM*

**MOBILE** (714) 350-6578

[nursemerlin@yahoo.com](mailto:nursemerlin@yahoo.com)

CHOC Children's Hospital

## **SECRETARY**

**Diane Morgan**

*2ND YEAR, 2ND TERM*

**WORK** (714) 992-3000 x6899

[Diane.morgan@stjoe.org](mailto:Diane.morgan@stjoe.org)

St. Jude Medical Center

## **TREASURER**

**Debbie Pettitt**

*1ST YEAR, 1ST TERM*

**MOBILE** (714) 618-7014

[debbiepettitt@hotmail.com](mailto:debbiepettitt@hotmail.com)

Fountain Valley Regional Hospital

## **BOARD OF DIRECTORS**

**Sylvia Adsitt**

*1ST YEAR, 2ND TERM*

(714) 271-6627

[Sylviaad@sbcglobal.net](mailto:Sylviaad@sbcglobal.net)

**Janet Moran**

*1ST YEAR, 1ST TERM*

(714) 907-3667

[ganorga99@yahoo.com](mailto:ganorga99@yahoo.com)

Advanced Sterilization Products

**Angel Tull**

*1ST YEAR, 1ST TERM*

(760) 844-4402

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

Saddleback Memorial Care Medical Center

## **NOMINATING COMMITTEE**

**Cathy Hjorth**

*1ST YEAR, 2ND TERM*

(714) 313-3735

[cathyrnfaforu@yahoo.com](mailto:cathyrnfaforu@yahoo.com)

St. Joseph Hospital

**Kari Dodge**

*1ST YEAR, 1ST TERM*

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St. Jude Medical Center

**Kristie Koeplin**

*1ST YEAR, 1ST TERM*

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**QUESTIONS, ISSUES, OR CONCERNS:**  
*Please contact your Chapter Leaders by personal phone,  
personal email, or by business email at:*  
**[aornorangecounty@gmail.com](mailto:aornorangecounty@gmail.com)**



# CALENDAR OF GATHERINGS 2025-2026

Orange County Chapter of AORN 0510

**September 6, 2025**  
0845-0945: Business Meeting (LIVE & VIRTUAL)  
1100-1300: Chapter Bylaws Review  
Topic: Test Your Knowledge: O.R. Edition  
Speaker: Janet Moran RN  
Advanced Sterilization Products  
\*\*\* This webinar will be presented LIVE and Virtually via Microsoft TEAMS

**October 11, 2025**  
1100-1400  
Autumn Social Event: Brunch and Crafting  
Sylvia Adsitt's Home  
19838 Grace Haven Way  
Yorba Linda 92886

**November 1, 2025**  
November 1, 2025  
0845-0945: Business Meeting (LIVE & VIRTUAL)  
1000-1100: Topic: TBD

## 2026

**January 31, 2026**  
0845-0945: Business Meeting  
1000-1100: Topic TBD

**March 7 or 14, 2026 • SPRING SEMINAR**

**April 11-14, 2026**  
AORN 73rd Annual Global Surgical Conference & EXPO + Leadership Summit  
New Orleans, LA

### Save-the-Dates

**May 16, 2026**  
0845-0945: Business Meeting  
1000-1100: Topic TBD

**June 27, 2026**  
Installation of Officers,  
2026-2027 Planning Meeting, & Summer Social

**September 12, 2026**  
0845-0945: Business Meeting  
1000-1100: Topic TBD  
1100-1300 Chapter Bylaws Review

\*\*\*Fall/Winter Social Event: TBD  
**November 7, 2026**  
0845-0945: Business Meeting  
1000-1100: Topic TBD

Provider has been approved by  
The California Board of Registered Nursing  
CEP 795 for one contact hour (Unless otherwise noted)



### MEETING PLACE:

**CHOC Children's Hospital**  
1201 W. La Veta Ave.  
Orange, CA 92868

South Conference Rooms A&B  
2nd floor CHOC Hospital

### DRIVING DIRECTIONS:

**Driving North on the 5 Freeway:**  
Exit at Main St. Turn right onto Main St, Drive approximately 2 miles. Turn right on Providence Street. Turn right into parking structure.

**Driving South on the 57 Freeway:**  
Exit at Chapman Ave. (Orange). Turn left onto Chapman. Continue east on Chapman Avenue & make a right on Main Street (Starbucks on corner).

Continue south on Main Street and make a left on Povidence St ((small street, past Stewart). Turn right into parking structure.

### Driving South on the 405 Freeway from L.A. or Long Beach:

Take 22 East. Exit Main St. & make a right at stop sign. Continue to Main St. & make a right. Continue north on Main St. Turn right on Providence Street. Turn right into parking structure.

CHOC visitor parking is \$9.00. Credit Card accepted 24/7 at both manned and unmanned exit. Cash accepted 0800-2000 at manned exit.

## NEXT MEETING DATE: September 6th, 2025

LIVE & VIRTUAL (via Microsoft Teams)

\*\*\*\*NOTE: NEW MEETING LOCATION



## SAVE THE DATE

AORN 73<sup>RD</sup> ANNUAL GLOBAL SURGICAL  
CONFERENCE & EXPO IN NEW ORLEANS

Join Chapter Members and perioperative colleagues for days filled  
with learning and evenings filled with socializing and networking



**AUGUST 2025**