



Quarterly Newsletter

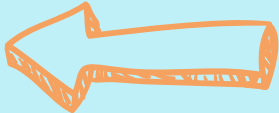


What’s Inside This Issue?

- President’s Corner
- Member Spotlight
- Mary Fran Tracy Award Recipient
- Annual Fall Conference Highlights
- Save the Date - All Member Meeting for 2026
- New Logo



THANK YOU FOR VOTING
**NEW
LOGO
ALERT**



PRESIDENT’S CORNER



🍁 President’s Corner 🍁

As the leaves turn and we reflect on the season, I want to extend heartfelt thanks to everyone who contributed to and attended our Annual Fall Conference. What an incredible day of engaging speakers, meaningful collaboration, and shared inspiration—it was truly a celebration of our collective momentum!

We’re also thrilled to announce the launch of the CNS Task Force this month. Your energy and expertise are already shaping this important work, and we’re deeply grateful to the volunteers who’ve stepped up to lead the way.

2025 has been a momentous year, and to keep our progress thriving, we’re calling for volunteers to join us in shaping what’s next. We need passionate leaders for the Board, Fall Conference planning team, and Spring Pharmacology Series. Applications are due November 3rd—let’s keep the fire burning!

Wishing you a season full of warmth, gratitude, and continued growth. 🍁

Warm regards,
Emily Stelter, President, MN NACNS



Our President, Emily Stelter, and President-Elect, Ellen Dyer, at the Fall Conference

Read More ➡

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2025

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FALL CONFERENCE HIGHLIGHTS



The 2025 MN NACNS Fall Conference, held on Friday, October 3 at the Whitney and Elizabeth MacMillan Community and Education Center in Minneapolis, brought together CNS professionals from across the region for a full day of learning, networking, and collaboration.

Thank you to everyone who made the 2025 MN NACNS Fall Conference a success! We're incredibly grateful to our dedicated planning committee, **Jenn, Sandy, Jade, Autumn, Sue, Joy, and Melissa**, for their time, energy, and passion—your work made this event truly impactful and a great success.

A special thank you to **Jenn Ferrier, CNS**, who served as Chair of the Planning Committee in both 2023 and 2024. Under Jenn's leadership, the Affiliate successfully hosted its first in-person conference since the pandemic—a significant milestone that reconnected and energized our community. Her dedication, vision, and steady guidance have left a lasting mark on the organization, and we are deeply appreciative of her service.

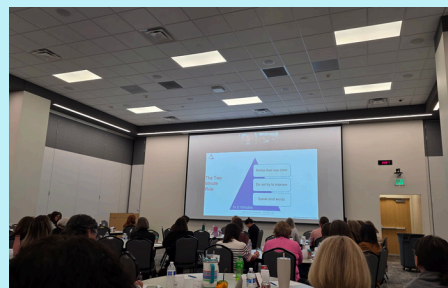
We're also excited to announce that **Sandy Goblirsch, CNS**, will serve as next year's Planning Committee Chair. Congratulations, Sandy—we can't wait to see what's ahead under your leadership!



A photo of our Fall Conference
Planning Committee Members
-THANK YOU



Our Mayo Clinic Members at the Fall Conference



See more
highlights on
next page

2025 Mary Fran Tracy Award of Excellence

Shamsah Rehmatullah, MSN, BSN, APRN, ACNS-BC, received the 2025 Mary Fran Tracy Award in recognition of her outstanding leadership, clinical expertise, and dedication to advancing evidence-based nursing practice across M Health Fairview and beyond.

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Shamsah Rehmatullah



Shamsah Rehmatullah with her M Health Fairview Colleagues

“

A note from her nomination letter:
“Providers know Shamsah and are aware that she ‘gets things done.’ They are confident that when they call on her to address a care delivery issue, she will help fix the problem or implement a strategy to better provide care.”

”

MORE CONFERENCE HIGHLIGHTS



Members at the Networking Social Hour the night before the Fall Conference



Stacy Jepsen (Ridgeview), Sarah Pangarakis (Health Partners) & Niloufar Hadidi (U of MN) presenting the CNS Collaborative work that is focused on promoting the CNS role across the state



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Member SPOTLIGHT



Theresa Nowak

DNP, APRN, ACCNS-AG,
AGACNP-BC, CCRN
CNS, North Memorial

Read about one of our members, Theresa, who is the new Chair for our CNS Promotion Task Force!

About Me

About Me

I very recently retired from the Active Army after 20 years of service as an Army Nurse Corps officer! I moved from Northern Virginia to Stillwater, to settle down with my 4 kids ages 15 to 2 years and husband of 20 years. I graduated from the University of Maryland, Baltimore and am a licensed Adult Gerontology CNS and Acute Care Nurse Practitioner. I'm passionate about coaching and mentoring team members, building a culture of trust and openness, and having fun! I work at North Memorial Hospital in Robbinsdale as the Level 1 Trauma Program's CNS.

My experience as a CNS in the Military

CNS's excel in various roles inside and outside of the CNS job description because the CNS is a master of operations, able to juggle many tasks, lead with confidence, stay organized in chaos, and remain mission focused. CNS's make great chief nurses, managers of units, directors of clinics/hospitals, and deployable units. I held three roles as a CNS in the Army. First, I was one of five instructors for the Army's Critical Care and Emergency Specialty Nurse Course. The course is 16 weeks long, designed to educate and train Army nurses to work in critical care and emergency department environments. I taught classes in the didactic phase and mentored student nurses in the clinical phase. Second, I was the CNS for a busy Medical Intensive Care Unit with ECMO capability. I held this assignment during the COVID-19 pandemic. The days were long, and the weeks were short. Our unit was short staffed and always busy, and many of my military colleagues including myself were activated/deployed for critical care support at civilian hospitals during the pandemic. My final position prior to retirement was the executive officer for a general officer/ Chief of the Army Nurse Corps. I was the director of operations for the Office of the Army Nurse Corps.

What would you like to share about the upcoming CNS Promotion Task Force?

I'm excited to Chair the CNS Promotion Task Force! The Task Force is a unified group of motivated CNSs from different types of organizations across the state. We'll capitalize on our diverse backgrounds to promote the flexibility and adaptability of the CNS and leverage our external partners to support the Task Force. We hope to partner with CNSs within the affiliate to spread the word. We'll continue to collaborate with the U of Minnesota Pipeline Planning and Consortium to support their efforts. This is an exciting time to be a CNS in Minnesota!

What do you like to do to unwind and recharge outside of work?

Outside of work, I prioritize family time above anything else! While my family is busy and chaotic, we find time to unwind by watching family movies and football, baking and cooking together, and spending time outdoors. I love cheering my kids on from the sidelines in their respective sports and watching my older kids build memories with my toddler. When I have time to myself, I love exercising outdoors and going to a nearby horse barn to volunteer for an Equine Therapy Program for Veterans.



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apply to be a BOARD MEMBER

VOLUNTEERS + N E E D E D +

We are looking for volunteers! Volunteering is a meaningful way to contribute to the advancement of CNS practice, build professional connections, and grow leadership skills.

MN NACNS Board

- **President-Elect** (Board Position-1 year term; 3 years total including president and immediate past president roles) Role
- **Treasurer** (Board Position- 2 year term) Role
- **Student Representative** (Board Position- 1 year term) Role
- **Communication Coordinator Elect** 1 year term; 2 years total with Communication Coordinator Role (Pending Approval)

Committee Member

- Fall Conference Planning Committee Co-Chair Role
- Fall Conference Planning Committee Member
- Spring Pharmacology Series Co-Chair Role
- Spring Pharmacology Series Committee Member Role

Apply by
Monday
November 3rd

What Is Required:

- Meetings: Monthly virtual meetings (1-2 hours)
- Commitment outside of meetings: About 1-4 hours/month including emails and planning



A photo of our Board of Directors
at the Fall Conference

[Click Here to Apply](#)

MARK YOUR CALENDARS

Wednesday, Feb 11, 2026 4-5 PM
Wednesday, May 13, 2026, 4-5 PM
Wednesday, Aug 12, 2026 4-5 PM
Friday, Oct 2, 2026 (during Fall Conference)

Please Save the Date and Register for next year's **All Member Meetings**