



VERMONT NEW HAMPSHIRE ASSOCIATION OF PERIANESTHESIA NURSES

WWW.VTNHAPAN.ORG

Fall 2025



History of VT/NH APAN

VT/NH ASPAN, founded in 1985 by nurses in Vermont and NH, is a non-profit component of the American Society of PeriAnesthesia Nurses (ASPAN). We are 40 years old!

Our mission - The Association exists to promote quality and cost effective care for patients, their families, and the community, through public and professional education, research, and standards of practice.

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Message from our President

I am honored to return as your 2025-2027 VT/NH APAN Component President and lead a very talented and compassionate group of perianesthesia nurses.

For those of you who don't know me, I have been a nurse for 43 years with 40 of them in the Perianesthesia setting. I currently work at The Elliot Hospital in Manchester, NH in the PACU, and Surgical Day Care caring for pre-op, phase 1 and phase 2 patients.

I am also a wife, mother, and grandmother to 3-year-old twins.

Perianesthesia nursing is my passion. My mission is to continue to guide our component while providing education, and professional networking opportunities as did our outgoing President Kerin Lariviere.

Thank you, Kerin!

I am available at watts@vtnhapan.org.

CONFERENCE ALERT!
OCTOBER 18! Virtual
Collaborative with Maine!

02/09

SPRING CONFERENCE 2025!

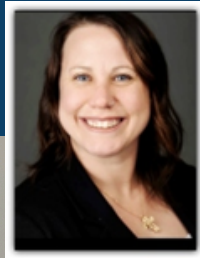
SPEAKERS



Khushboo Munot MD



Maddie Dalglish RN



Stephanie
Johnson RN



Dottie Flowers RN & Pam Kupiec RN

JUST THE FACTS

April 5th

Portsmouth Regional Hospital

42 Attendees - 1 Student

Brunch by Common Man
Restaurant

Basket Raffles

Donation to GATHER

Hospitals Represented: Elliot,
Cheshire Medical Center, PRH,
Alice Peck Day, University of
Vermont, Lahey, Wentworth
Douglas, Concord Hospital,
Holyoke Hospital, Great Bay
Community College.



Basket Raffles



03/09

WINNER Basket Winners!



Winner of free VT/NH APAN Conference - **Sarah Lussier** UVM.
Awarded to a certified nurse present at the conference

04/09

gather

FOR A HUNGER-FREE COMMUNITY



GATHER is a non-profit agency with a mission to provide free food to those who need it.

Thanks to the attendees at the conference that brought non-perishable food to the conference. We donated 112 pounds of food to this wonderful organization in Portsmouth, NH

05/09



My Opportunity to Serve on ASPAN Nominating Committee

by Dottie Flowers

This is my journey to serving on the ASPAN nominating committee.

In the Fall of 2023 when I received a call from ASPAN Immediate Past President Connie Hardy Tabet to see if I would be interested in running for the 2024-2025 nominating committee. I had been enjoying the ability to meet other perianesthesia nurses across the country through my ASPAN membership, ASPAN conferences and Preoperative Assessment SPG so I threw my hat into the ring.

Candidates are expected to attend the ASPAN national conference. There was a “meet the candidates” night prior to elections. To my surprise I did have to get up before the group and answer a question. Yes, I was nervous, but it went fine. The rest of the meeting was to mingle and chat with those attending the meeting to give them a chance to meet me and all the candidates. The following day I attended the ASPAN business meeting called the Representative Assembly (RA). The RA is made up of the Board of Directors and 2 representative from each component. The RA is the voting body for ASPAN. At the conclusion of the meeting the newly elected candidates were announced. **I was elected as one of the members of the nominating committee!** Our committee consists of the immediate past president and five newly elected members. Our mission would be to talk, encourage and evaluate members of ASPAN for open positions for the next year.

Our work began at the Conference. We met, learned about our role and made a plan for finding potential candidates. Some of our candidates came from ASPAN members’ expressed interest in a position and the rest came from committee member recruiting. We had met the deadline with candidates for all open positions.

At the 2025 National Conference our committee ran the “meet the candidates” night. After the elections on the following day we collected the ballots, counted and recounted the ballots to ensure accuracy and presented the results to our ASPAN president to announce at the RA. The new nominating committee was born!

I really enjoyed working on this committee. I was amazed how quickly we came together as a team and friends to complete our assignment. Being on this committee has helped me learn and appreciate all ASPAN has to offer to its members. I would encourage other members to take an active role in ASPAN.



ASpan

2025 NATIONAL CONFERENCE

ONLINE RECORDED SESSIONS

AVAILABLE JUNE 23 – OCTOBER 28, 2025



Held in Dallas Texas



Kim Mihelich and members after her podium presentation

Your VT/NH APAN Representatives!
Kerin Leriviere & Sandie Watts



VT/NH APAN
Members in Dallas





Fun in Dallas!



Next ASPAN
Conference
April 26, 2026
San Fransisco!

Scholarships
Available!



Region 4 Report

Stephanie Johnson

ASPAN Board of Directors

Hello VTNHAPAN nurses! I hope everyone is enjoying the beautiful spring weather. I actually think I brought some rainy weather home with me from Dallas but I also brought home some amazing memories and a renewed passion for practice. The ASPAN National Conference, themed “Growing, Learning, and Leading Together,” was a resounding success! Over 1,200 nurses from across the country (and internationally) gathered to share knowledge, strengthen professional connections, and explore innovative practices that are shaping the future of our specialty. The event was filled with engaging presentations, insightful workshops, and vibrant networking opportunities. One highlight was seeing members from Region 4 (including VTNHAPAN) take center stage—delivering impactful education sessions and showcasing their research and initiatives through impressive poster sessions. It was especially inspiring to see so many first-time conference attendees, bringing fresh energy and reaffirming the bright future of perianesthesia nursing. Attendees left inspired, equipped with new tools and perspectives to enhance their practice and leadership. As I mentioned in the last issue, ASPAN offers opportunities to earn free contact hours. I’m excited and proud to share that the ASPAN Board of Directors has voted to provide even more free education to our members. Starting July 1, we will be offering free webcasts—stay tuned for more details! We are also organizing a certification study group for the fall testing window. I’m thrilled to report that our first study group has already seen success, with three participants passing their exams so far! The next group will run from the end of July through the end of October, with informational sessions being scheduled for June.

I’m excited to begin my second year as your regional director! Please don’t hesitate to reach out to me at sjohnson@aspan.org with any questions, comments, or ideas. I look forward to continuing to serve you.

