
NEWS BLAST!

Colorado DNA 20 | December | 2022

.....

DNA 20 Board Members and Officers

.....

President: Jean Schroeder
nursingstrategies@gmail.com
Vice President: Betsy Woolf
betsy.woolf59@gmail.com
Secretary: Irene Drabek
glennairene@comcast.net
Treasurer: Allison Windes
allison.windes@gmail.com

Board Members At Large:
Kathy Crisler
kcrisler@privatei.com
Norma Tubman
normatubman@comcast.net
Susan Moyer
susan@coloradonursingcenter.org
Annette Cannon
annette2006@msn.com

Nominating Committee:
Rita Beam
rbeamer50@gmail.com
Barbara Pedersen
barbarapedersen@earthlink.net
Irene Drabek
glennairene@comcast.net
.....

December Social: An In-Person Holiday Gathering

Saturday, December 10th
9:30 – 11:00 am
Norma Tubman's home:
843 S Nelson Way
Lakewood
normatubman@comcast.net

Hosted by Norma and Irene with coffee and snacks. Irene Drabek, MS, RN, will present two area non-profit organizations and programs.

- *Johnny's Ambassadors is a grass-roots alliance of people concerned about the harms of high THC marijuana use in youth.*
- *No Barriers changes lives through transformative educational experiences for persons with disabilities. Now a Warrior assists veterans to identify their purpose as they face past and present challenges while Caregiver's Program helps those who devote their lives to helping others manage mental and physical challenges.*

Optional: You are invited to bring items for delivery by DNA members to Rocky Mountain Children's Foundation-Mother's Milk Bank. Needed are baby diapers- any size, wipes, baby lotion, and infant clothes.

President's Message

HAPPY HOLIDAYS! I hope everyone had a wonderful Thanksgiving celebration. I am busy putting up Christmas decorations and finishing the semester with my online students - the future of healthcare. As I ponder the future of health care, I think about my career and how it is slowly coming to an end and how grateful I am for all of you who persist in a clinical and educational environment that continues to be challenging - now a tridemic with RSV, Covid and the flu. Nurses continue to leave nursing as these challenges persist, as well as incivility, fear of being charged with negligence for a mistake, fear of getting any of the multiple viruses or bacteria out in the clinical environment and overworked and underappreciated in the education environment. I feel guilty for not having been in the clinical area for over 20 years, for leaving behind being a nurse educator, for slowing down and being selfish in my responsibilities and then I think about how sometimes it is just time to take a step back - after working so hard to avoid getting Covid for two and a half years I get it going out to eat - another thing to feel guilty about as I was isolated for 10 days and my husband got it and missed two days of work as a Hospitalist for the first time in 23 years. Life has many challenges no matter what we do with it - so please do not feel guilty if you need a mental health day, if you get Covid or any other microorganism out there. Please make time for you and be with those you love and drive you crazy as well - make some resolutions for 2023 to take care of you. I hope to see you as I always do at one of our meetings - I will be sharing my journey of having an autoimmune disease - Sjogren's disease at the January meeting - if you have an autoimmune disease or know of someone with one or take care of patients who have one - please come hear my journey. HAVE A WONDERFUL AND JOYOUS HOLIDAY SEASON - it is on the top of my list of things to do.

Jean Schroeder PhD, MA, MSN, RN

CNA Statewide Members-Only Town Hall Meeting and free webinar

Wednesday, Nov. 30, 2022 | 6 p.m. to 7 p.m.

Special guest speaker: Terry Chase, ND, MA, RN, will present

“A Wholehearted Life: One Step at a Time”

Dr. Terry Chase will share her personal experience of a catastrophic spinal cord injury and her transformation resulting in personal and professional growth. This interactive and engaging session offers an interesting and inspiring mix of personal challenge, positive psychology, grounded wisdom, and a call-to-action for healthcare providers. Dr. Chase skillfully integrates her personal lived experience with an eclectic balance of education and professional training. This session will offer practical exercises and skill building activities for attendees to live fully with resilience, grace, and grit.

Association Updates:

- Laura Rosenthal, CNA President
- Membership Committee
- GAPP Committee
- Lobbying Team

Members will be provided with the Zoom information closer to the meeting. If you are unable to attend this live meeting, it will be recorded and available to members on the CNA website



Registration coming soon

Save The Date CNA 2023 Conference

Resilience & Caring For Your Colleagues

April 28-29, 2023
Cheyenne Mountain Resort,
Colorado Springs, CO



CALL FOR PRESENTATIONS

DEADLINE:
Friday, December 16, 2022