

# South Dakota Nurse

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DECEMBER 2010

## President's Address

Did you know that a nurse is more likely to be injured on the job than a construction worker? Information gathered by the Bureau of Labor Statistics demonstrates that nurses are in the top ten occupations (they are number six) that are likely to experience musculoskeletal injuries; approximately 12% of nurses in hospitals and 17% of nurses in long-term care suffer from these injuries. The cost of lost time, physical therapy and rehabilitation is significant to both employers and nurses as is the chronic pain the nurse must endure for the rest of their life.



**Becky Nichols**

I personally know of three nurses who were forced to leave their jobs due to injuries sustained at the bedside. Although none of them could probably pinpoint the exact day or time that the injury occurred, the repetitive repositioning, lifting and transferring took their toll; forcing them to change their career paths to no longer include direct-patient care. Along with the psychological impact that this had on them, these nurses continue to cope with chronic pain that lingers long

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## SDNF Corner

### Robin Arends—Life After A SDNF Scholarship

by *Claire May, SDNF Consumer Board Member*

Who juggles with unparalleled skill and passion, an attorney husband, three young children, and a career in serving the medically underserved in Sioux Falls? It is none other than Nurse Practitioner Robin Arends, the 2007 recipient of the South Dakota Nurses Foundation Scholarship. Robin is currently employed at Falls Community Health (<http://www.siouxfalls.org/FCH.aspx>) in Sioux Falls and also serves in the school-based clinics at Terry Redlin and Hawthorne Elementary schools. Husband Joel owns the Arends Law Office in Sioux Falls. Joel and Robin are parents of Noah, age 9, and Abigail, age 5, who attend Holy Spirit Elementary School, and seven month old Zachary.

In a typical day, Robin is responsible for the management and care of acute and chronic diseases of the uninsured and underinsured of South Dakota. She orders and interprets labs and test results, prescribes medications and works closely with case managers and social workers to help meet the patients' needs. Her patients are many different ethnicities as the clinic performs refugee physicals for new refugees in Sioux Falls area.

"A reward of my job [is] when people who thought that they would never get their diabetes, hypertension, or other conditions under control, do get control and feel better. I love working with the kids at the school. I like working together with patients to improve their mental and physical well-being," remarks Robin.

Falls Community Health has clinics based at Hawthorne Elementary and Terry Redlin Elementary schools to address the needs of children with acute and chronic conditions. She sees children, whose parents can not leave work to take children to a doctor or partake in well child checks, may not have transportation to clinics or have other barriers to seeing their primary care provider in acute conditions. Acquiring funds for important tests or consults for patients to improve their health are dauntless challenges for Robin.

Not adverse to challenges, Robin will apply to the Doctor in Nursing Practice program at South Dakota State University in Brookings and anticipates attending classes the fall of 2011. "I want to continue to work with the underserved population of Sioux Falls and surrounding communities. I would love to help educate the future Nurse Practitioners of South Dakota. I want to grow in my practice and continue to learn new concepts and treatments."

What free time Robin does have is spent with family, friends, reading and being active outdoors. In conclusion, Robin reflected on being a recipient of the SDNF Scholarship. "My advice would be to apply for the scholarship. I love being a nurse practitioner and having the scholarship helped me to realize my dream of becoming a nurse practitioner. I have had many experiences with patients who are so grateful for the care they received. This scholarship truly helped me reach my goal."

### Foundation Scholarship Awarded to Kathy Zambo, RN, MS

The South Dakota Nurses Foundation is pleased to announce the \$1,000 educational scholarship for 2010 is awarded to longtime SDNA member Kathy Zambo of Bath and Eagle Butte. Kathy is a family nurse practitioner for the Indian Health Service at Eagle Butte and also works in surgical services for Avera St. Luke's in Aberdeen. Kathy is a student in the Doctor of Nursing Practice (DNP) program at South Dakota State University. In her acknowledgement, Kathy expressed her gratitude for the support while stressing how important the scholarship will be in helping her continue her studies. She stated, "I was very pleased to be awarded this scholarship, it is truly an honor. I greatly appreciate the financial assistance as I continue my second year in the 3-year DNP program and the support of the South Dakota Nurses Foundation's has given to the nursing profession through scholarships for nursing education. It is so vitally important that our nursing profession continue in academic advancement at every opportunity possible! This scholarship enables me to meet my goal of a doctorate degree in nursing practice in 2012. Thank you again!" Congratulations, Kathy!

SDNF President Tom Stenvig notes that giving this scholarship is another important milestone in demonstrating the foundation's commitment to supporting the work of nurses in the state. "Our ability to give this scholarship was made possible through the generosity of nurses and friends of



**SDNF President Tom Stenvig presents scholarship check to Kathy Zambo**

nursing across the state. We can't thank you enough," said Stenvig.

SDNF is over halfway to meeting the short term goal of \$50,000 in the permanent endowment at the South Dakota Community Foundation in Pierre. The SDNF Board of Directors has established a long term goal for \$1 million in the permanent endowment. Stenvig remarked, "As the permanent endowment grows, so does our ability to meet the foundation's tripartite purposes of support for nursing service, education, and research. Nurses who haven't given to the foundation should consider doing so now to help us meet our goals."

*President's Address continued from page 1*

after the initial insult. My friends are only in the late 30's-early 40's and have many years of work and life ahead of them; years that will unfortunately, forever be clouded by chronic pain. A survey conducted by the Institute of Medicine (IOM) in 2003 reported that 12% of nurses leave the field forever due to musculoskeletal injury, 20% transfer to a different specialty or type of nursing and 12% consider leaving nursing because of low back injuries. In an era of nursing shortage, the thought of losing nurses to potentially preventable injury is frightening.

I recall exactly what caused my lumbar back injury. I was a CNA in a nursing home, using a mechanical lift along with another aide when a patient slipped to the ground when her knees could no longer hold her. We placed a gait belt on the patient and four of us lifted her back to her wheelchair. It seemed that we had done everything correctly. At that moment I felt a sharp pain in my back that progressed to the point where I could no longer reach down to tie my shoes. Several months of physical therapy allowed me to return to my job as a CNA. Since that moment, I have had three additional episodes that have taken me back to physical therapy and not a day goes by that I am not aware of the dull ache in my back. I was 18 the first time I hurt my back and have spent the last 18 living with the sequelae from that incident.

It is an absolute atrocity that nurses continue to suffer from potential career-ending injuries in the line of duty. As an advocate for nurses, the American Nurses Association (ANA) launched the Handle with Care campaign in 2003. The purpose of the campaign is to create a healthcare-wide effort to prevent musculoskeletal injuries; low back injuries

in particular as these are the most common culprit. Several different approaches have been implemented by the ANA to achieve this goal. Education, partnerships, and pursuing state and federal legislation that promote safe patient handling through proper body mechanics as well as assistive devices are some of the tactics that ANA is using to advocate for nurses. The National Institute for Occupational Safety and Health (NIOSH) recommends that the average adult worker should not lift more than 51 pounds under controlled and limited circumstances. Although these recommendations were created for conditions that are static, such as lift a box with handles, it does stand to reason that the unpredictable and repetitive lifting required of nursing should include the use of technology to decrease the risk of injury. It is the reduction of manual lifting that the ANA stresses as a way to prevent musculoskeletal injury. More information about the types of technological devices promoted by the ANA can be found on their Website.

So what can South Dakota nurses do to protect themselves on the job? Number one, be an advocate for yourself. Use proper body mechanics and plan how to move the patient before you do it. Never lift, reposition or transfer a patient on your own. Use assistive devices to make the job safer, and if your employer does not have assistive devices, utilize the information from the ANA, Bureau of Labor and the IOM to support their use in the workplace. For more support, contact the SDNA office to find out what advocacy resources are available to you. We must reject the idea that an aching back is an acceptable consequence for doing the work that we love.



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CIRCULATION, ARTICLES, LETTER TO THE EDITOR, ETC. 2010 deadlines for articles submitted to the *South Dakota Nurse*: TBA

The *South Dakota Nurse* accepts and encourages manuscripts or editorials. We will determine which letters and articles are printed by the availability of publication space and appropriateness of the material. We welcome signed letters of 300 words or less, typed and double spaced and articles of 1,500 words or less. All materials should be mailed to: South Dakota Nurses Association, P.O. Box 1015, Pierre, SD 57501 e-mail: [sdnurse@midco.net](mailto:sdnurse@midco.net).

The views expressed in the articles and editorials are those of the individual contributors and do not necessarily reflect the viewpoint of SDNA.

South Dakota Nurse Editors: Brittany Novotny, Executive Director

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[www.sdnursesassociation.org](http://www.sdnursesassociation.org)

# 2010 SDNA Annual Convention

## SDNA Hosts Annual Convention and Honors South Dakota Nurses

The South Dakota Nurses Association recognized nurses from across the state at its 2010 Annual Convention in Mitchell on October 3rd & 4th. The following nurses were recognized for their exceptional service, dedication, and contributions to the nursing profession:

Rookie of the Year Award—Katie LeMier, Sioux Falls  
 Joy of Nursing Award—Bette J. Johnson, Madison  
 Distinguished Service Award—Linda Benedict, Sioux Falls  
 Nursing Practice Award—Susan Sims Kelts, Rapid City  
 Pioneer in Nursing Award—Patricia Bambeck, Rapid City  
 President's Award—Joanne Tieman, Yankton  
 Nurse Educator Award—Paula Goddard, Whitewood

Each SDNA district also honored one nurse for his or her contributions to the SDNA and the nursing profession.

District 1-3—Elizabeth Bauer, Sturgis  
 District 4—Jeanne Chappell, Aberdeen  
 District 5-7—Elizabeth Hoffman, Parkston  
 District 8 & 9—Paula Carson, Brookings  
 District 10—Darcy Sherman Justice, Sioux Falls  
 District 1—Sister Corinne Lemmer, Yankton

The goal of the SDNA Annual Convention is to offer a forum for nurses to gain knowledge about clinical care, leadership, and professional practice issues and to build professional relationships. This year, the SDNA also hosted a Candidate Forum. Special guests included gubernatorial candidates Dennis Daugaard and Scott Heidepriem.

## 2010 Convention Report

*Submitted by Sharon Rehorst*

The 2010 annual convention, Caring Connections was held in Mitchell on October 3 & 4 hosted by the members from District 7 with some help from District 5 members.

The keynote speaker on Sunday was Dr. Don Meyer, former Northern State University basketball coach and the winningest coach in any NCAA division. He shared with attendees his recent experience of a serious car crash and diagnosis of cancer. He shared that his faith, family and friends were the keys to his recovery along with the competence, diligence and strong persistence of the caregivers he encountered along the road to recovery.

The breakout education sessions continued the Caring Connections theme with a variety of topics including Mental Health, Chronic Pain Management, Facing Congestive Heart Failure, SD STEMI Task Force, Incivility in the Workplace and a Financial Workshop.

There were one hundred and ten (110) members and non members in attendance.

Donna Wright, RN, MS author and lecturer presented a dynamic and sometimes humorous presentation on Secrets to Successful Caring and Precepting Ideas for the Real World.

At the Awards Luncheon we were privileged to hear words of wisdom and insight from ten past SDNA presidents as well as Becky Nichols our current president.

District 7 thanks all who attended as well as exhibitors, sponsors and volunteer help.

## South Dakota Nurses Association Elects New Leadership

The South Dakota Nurses Association elected RN leaders to be a mentor, an advocate, and actively involved in shaping the future of the nursing profession.

The SDNA is excited to announce that the following members were elected at the 2011 Annual Convention.

- Secretary  
Kay Foland, RN, BS, MSN, NP, PhD—District 2
- Government Relations Committee Chair  
Lesley Wilkinson, RN—District 2
- Nominations Committee Members  
Abby Bacon, RN—District 6  
Shirley M. Lund, RN, BSN, MSN—District 10  
Kimberly Nerud, RN, MSN—District 8
- Continuing Education Committee Member  
Ardelle A. Kleinsasser—District 10
- ANA Delegates  
Julie Dangel, ADRN, BSN—District 11  
Deb Fischer Clemens, BSN, MHA—District 10

# 2010 SDNA Annual Convention



# 2010 SDNA Annual Convention



*The following exhibitors and sponsors helped  
make the 2010 SDNA Convention a success!*

*Thank You!*

## Exhibitors:

Avera McKennan  
Avera Sacred Heart  
Avera St. Luke's  
Avera Queen of Peace  
Books 4 U  
Chiesman Center for Democracy  
Clarkson College  
Correct Care Solutions  
Dakota Gideon's Auxiliary  
Golden Living Centers  
Healing Sanctuary  
Hill Rom  
Infant Adoption Training Initiative  
It's Time—Smoke Free South Dakota  
Northern State University  
Rapid City Regional Hospital  
SD Association of Nurse Anesthetists  
SD Delta Dental  
SD Lions Eye Bank  
SDSU—College of Nursing

## Commercial Support

Avera Queen of Peace  
Dakota Wesleyan University  
Dakota Physical Therapy  
South Dakota Center for Nursing Workforce  
*The South Dakota Center for Nursing Workforce is pleased  
to partner with SDNA to Co-Sponsor Donna Wright's Pres-  
entation "Secrets to Successful Caring".*

## Convention Support:

BankWest  
Huron Regional Medical Center

## Refreshment Breaks Sponsored by:

Rapid City Regional Hospital  
SDSU—College of Nursing

**Save the Date**  
**2011 SDNA Convention**  
**October 2nd - 3rd**  
**Yankton, SD**

"Caring Connections"

## Meet SDNA's New Government Relations Chair

Our new Government Relations Committee Chairperson, Lesley Wilkinson, has been a member of SDNA since 2005. She served as the District 2 president from 2006-2008 and was the chairperson for the 2008 state convention in Rapid City. She has worked at the Black Hills Surgical Hospital for the last 10 years in several different roles and is currently working in the Patient Services Department. Lesley has been interested in the operation of the government since high school and she recently had the opportunity to go to Washington D.C. to lobby South Dakota's legislators on behalf of her employer. Lesley is looking forward to her new role with SDNA and hopes to get more nurses involved in the political process in South Dakota.



**Lesley Wilkinson**

Lesley graduated from Boise State University with her BSN in 1995. Since graduation she has worked in long-term care, school nursing and acute care nursing in both patient care and management positions. Lesley lives in Rapid City with her husband and two teenage daughters. She enjoys camping, boating, reading, and spending time with her family.

# Nurses Day at the Legislature

## South Dakota Nurses Association Health Policy Agenda

This agenda reflects SDNA's commitment to the assurance of an optimum level of health for all citizens of South Dakota.

### Professional Nursing Practice

SDNA supports legislation or administrative action that:

- Establishes the South Dakota Board of Nursing as the sole regulatory authority for professional nursing practice;
- Implements SDNA's position on education for nursing practice;
- Protects nurses from discrimination in the workplace due to age, color, creed, disability, gender, health status, lifestyle, nationality, race, religion, or sexual orientation;
- Protects the economic and employment rights of nurses, including their right to advocate for patients;
- Provides direct third-party reimbursement for services provided by nurses, including advanced practice nurses;
- Provides for rehabilitation of impaired health care workers;
- Places professional nurses on boards, commissions and other entities which have responsibility for health care planning and policy making;
- Provides funding for nursing education and research at basic and advanced levels;
- Facilitates recruitment and retention of an adequate and culturally diverse registered nurse workforce.

### Access to Quality and Affordable Health Care

SDNA supports legislation or administrative action that:

- Provides access to quality, cost-effective health care for all South Dakotans, especially vulnerable populations, such as children, pregnant women, older adults, impoverished persons, minorities, homeless persons, the chronically mentally ill, residents of correctional facilities, and those who lack health insurance;
- Provides access to alternative models of quality, cost-effective health care, such as community nursing centers, hospice, home care, and adult day care;
- Assures access to nursing care services and recognizes advanced practice nurses as qualified providers of primary health care services;
- Improves the coordination of healthcare delivery systems to enhance continuity of care;
- Promotes public accountability for positive health outcomes through use of appropriate quality indicators;
- Provides incentives for cost containment in health care without compromising quality or access.

### Public Health

SDNA supports legislation or administrative action that:

- Assures public health and safety
- Strengthens the public health infrastructure;
- Sustains and promotes access to effective public health services (e.g., school health centers, sexually transmitted infection clinics, and community mental health providers);
- Assures availability of essential health services for all South Dakota citizens;

- Provides for resources to promote a healthy society;
- Provides adequate funding for programs aimed at health promotion and prevention of disease/disability for people in all stages of life;
- Assures adequate prevention, preparedness and response to natural, biological and chemical disasters and to acts of terrorism;
- Initiates measures to reduce or eliminate violent crimes.

### Occupational and Environmental Health

SDNA supports legislation or administrative action that:

- Assures workplace safety;
- Protects employees, including those in health professions, from health hazards encountered in employment settings, including the establishment of ergonomic standards
- Sets and enforces standards for the protection of the environment

### Human Rights

SDNA supports legislation or administrative action that:

- Supports the basic rights of all people for equity under the law regardless of race, creed, color, gender, age, disability, lifestyle, religion, health status, nationality, or sexual orientation;
- Protects the privacy rights of patients in all health settings;
- Assures provision of health care information to consumers to facilitate informed choice in health care.

### Revised

- October, 2005
  - Approved by Executive Committee, November 2005
- September, 2007
  - Adopted by the Board of Directors, October 2007

## Nurses Day at the Legislature 2011

February 7-8, 2011

**Ramkota Inn River Centre**  
**920 W. Sioux Avenue**  
**Pierre, South Dakota**  
**605-224-6877**

Register now for the 36th Annual Nurses Day at the Legislature (NDL)! Nurses Day at the Legislature provides a valuable opportunity to talk with legislators from your community about the issues important to you. During NDL you will be able to attend committee hearings at the Capitol and network with colleagues and your legislators. NDL offers continuing education sessions as well.

Guest speakers this year include Executive Secretaries from the South Dakota Department of Social Services and South Dakota Department of Health.

The South Dakota Nurses Association (SDNA) is the professional association representing the nearly 12,000 Registered Nurses across South Dakota. SDNA is involved in the shaping of public health care policy that is consonant with the goals of nurses, the nursing profession and public health. SDNA is a respected authority on legislative and political issues that affect nursing and consumer care. Nurses have a voice at the Capitol because of the work that SDNA does! It is important that nurses continue to have a presence during the legislative process. Please take time to attend this important event and represent your profession!

**Important For All Registered Nurses and Nursing Students In South Dakota!**

### Register Now!

To qualify for early rates, this form below must be filled out for each attendee and postmarked by **January 25, 2011**.

Nurses Day at the Legislature	SDNA Member	Non-Member	Nursing Student/Retiree
Full NDL Registration	\$85.00	\$100.00	\$55.00
<b>Postmarked after January 25, 2011</b>			
Full NDL Registration	\$95.00	\$110.00	\$65.00

Please circle the amount/day you are attending so we may plan our numbers

- ~ Full refunds less a \$10.00 fee allowed in case of major family emergency.
- ~ SDNA cannot be held responsible for weather-related problems.
- ~ Fees include education programs and materials, refreshments and meals as noted on the agenda.

*A block of rooms will be held at the Ramkota until January 7th.  
 Telephone: (605) 224-6877*

**Please make your check payable to SDNA and mail to the SDNA Office with this registration form:**

Name \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_

Legislative District No. \_\_\_\_\_ (Can be found at <http://legis.state.sd.us>)

The South Dakota Nurses foundation (SDNF) is a charitable organization affiliated with SDNA to support nursing in South Dakota through education, research, and service. Please consider supporting SDNF by "Rounding Up" your registration fee.

Registration Fee \$ \_\_\_\_\_  
 "Round Up" to SDNF \$ \_\_\_\_\_  
 Total Submitted \$ \_\_\_\_\_

**South Dakota Nurses Association**  
**P.O. Box 1015, Pierre SD 57501**  
**Phone: 605-945-4265 ♦ Fax 605-945-4265**

## Government Relations Committee

Chair	Lesley Wilkinson	lesley.wilkinson@bhsc.com
Member	Carla Texel	ctexel@rcrh.org
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Member	Linda Wolden	fishlad7@hotmail.com
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Member	Marian Eberhard	meberhard@sfsurgical.com
Lobbyist/ ED	Brittany Novotny	brittany.novotny@midwestsolutionssd.com

## SDNA PAC

*Submitted by Julie Dangle*

I have just finished reading the responses from legislative candidates to the survey that the SDNA PAC sent to each of them. We asked questions regarding the plans to address the budget deficit—including views on cuts to Medicaid, cuts to the tobacco cessation fund and attempts to sweep funds from our licensing board, the Board of Nursing. We also presented material on the Consensus Model for APRNs, and finally, asked about an issue that arises yearly—the issue involving out of hospital birth services and Certified Professional Midwives. While some candidates understand our issues quite well, there is still a vast amount of education that needs to occur. Candidates continue to be confused by Certified Professional Midwives (CPM) versus Certified Nurse Midwives (CNM). The average person has a hard time understanding the difference in education and preparation between a CPM and a CNM. The confusion begins with the titles—the only difference being the word “nurse”—but that one word makes a big difference. The SDNA works hard to educate the public, especially legislators, about the nursing profession and issues of importance to the profession. We need a strong voice not only for all nurses in South Dakota, but also for our patients. It is not about one party or another; it is about what is good for the health and safety South Dakotans and for our nurses.

If we don't continue to work hard to ensure a strong voice for nurses, rest assured that someone else will come in and speak for us. I implore you to get involved in any way that you can. When you see us coming with the basket, raffle tickets or baked goods know that it goes to support work on legislative issues that affect our practices on a daily basis. Recent contributions from the SDNA Annual Convention reached over \$1K. Thank you to all who contributed at convention and please continue to contribute in any way that you can.

## Gallup Poll Votes Nurses Most Trusted Profession

*Submitted courtesy of ANA*

For the eighth consecutive year, nurses have been voted the most trusted profession in America according to Gallup's annual survey of professions for their honesty and ethical standards. Eighty-three percent of Americans believe nurses' honesty and ethical standards are either “high” or “very high.”

“It is with great pride that the ANA recognizes the trust placed in us by the patients we serve,” commented ANA

President Rebecca M. Patton, MSN, RN, CNOR. “At this time, when issues regarding the quality and availability of care are at the forefront of the national debate, we find it especially rewarding to see that nursing's integrity and commitment continues to be acknowledged.”

Since being included in the Gallup poll in 1999, nurses have received the highest ranking every year except in 2001, when fire fighters received top honors. Results were based on telephone interviews with more than 1,000 adults.

# District Reports

## Rapid City/West River Area

District Officers:

President: Marie Cissell  
 Vice President: Christina Erickson  
 Secretary: Beth Bauer  
 Membership: Peggy O'Sullivan  
 Government Relations Committee: Linda Wolden

The survey that was sent out to the membership indicated that Tuesday evenings would be the best time to have meetings and the members would like to continue to meet at a restaurant. The first fall meeting was held September 21st. The members at the meeting agreed the third Tuesday of October, January, and March should be set as the meeting dates and 5:30 PM will be the meeting time. Minerva's Restaurant was set as the meeting place. The members discussed the upcoming convention and the local district nominations for awards were announced. Possible ideas for the next Spring Social event included having a District 3 location, such as Custer or Hot Springs.

The next meeting was held on October 19th. The main item of discussion was the upcoming annual Dessert with the Legislators. November 18th was set as the date and it will be held at Rapid City Regional Hospital. Linda Wolden is planning the event. Four district nurses were honored at the SDNA convention in Mitchell. They were: Nurse Educator, Paula Goddard; Nurse Practice, Susan Kelts; Nurse Pioneer, Patty Bambeck; and District Nurse of the Year, Beth Bauer. There was discussion about the new membership campaign and ideas were presented. The members that attended the SDNA Convention in Mitchell reported that the convention was well planned and very enjoyable.

If you are new to Districts 1, 2, or 3 and have questions about opportunities, or you are looking for a place to share your talents to support nursing, feel free to contact me.

Marie Cissell, District 1-3 President  
 605-343-5841  
 Marie.cissell@sdstate.edu

## Aberdeen Area

District Officers:

President: Barb Goehring  
 Vice President: Dr. Margie Washnok  
 Secretary: Jeanne Chappell  
 Government Relations Committee: Carrie Clausen-Hansen

District 4 SDNA meeting was held Monday, September 13 at 7:30 p.m. at Presentation College Cafeteria. A report was given regarding the number of people seen at the Brown County Fair First Aid Booth. The items needed next year for the first aid booth are a thermometer, telephone book, Dramamine or motions sickness pills and aspirin. District 4 will share the need for these items with Car Doerr.

The Brown County First Aid Report was sent to Larry Gerlach, Brown County Fair Manager which will be reviewed by the Brown County Fair Board. The Board will then determine what changes, if any need to be made to better serve Aberdeen and the surrounding community. A big thank you from District 4 to the nurses who took the time to work the First Aid Booth.

Election of officers was held with President, Barb Goehring; Vice President, Dr. Margie Washnok; Secretary, Jeanne Chappell and Carrie Clausen Hansen on the Government Relations Committee.

The SDNA Convention "Caring Connections" was held October 3 & 4 in Mitchell. District 4 was very proud to have NSU former basketball coach, Don Meyer give the keynote address on Faith, Family, Friends, and Caregivers. Congratulations go to Jeanne Chappell, our District 4 Nurse of the Year. Thank you to District 4 members who donated items for the live and silent auction for the convention.

Dr. Marge Washnok was elected at the convention to serve as Student Adviser (NSASD). Nurses Day at the Legislature is February 7 & 8 in Pierre. District 4 meetings will be held every other month on the second Monday at Presentation College Cafeteria at 6:30 p.m. We decided to do a calling tree to remind members of meetings and the upcoming events. District 4 is going to do a membership drive with new membership packets available to challenge each member to get a new member and double our membership.

Next year's SDNA Convention "Rolling Up the River to Change" will be held October 2nd & 3rd, 2011 in Yankton. Barb Goering, District 4 President

## Mitchell/Huron

District Officers:

President: Pat Sudbeck  
 Vice-President: Wyonne Kaemingk  
 Secretary: Gloria Thompson  
 Government Relations Committee: Sharon Rehorst

No Report Available

## Brookings/Watertown Area

District Officers:

President: Paula Carson  
 Vice-President: Janet Lord  
 Secretary:  
 Membership Chairman: Roberta Olson

District IX is meeting monthly. In September, Janice Schardin gave excellent updates regarding new interpretations of a CMS rule and its effect on rural and critical access hospitals.

The next District IX meeting will be held December 14—6:00pm—Fall Wrap-Up with Dinner at Roberta Olson's home—1303 Whapeton Pass.

Meetings at the Cottonwood Bistro (located at the corner of 17th Avenue and 6th Street) will begin with a pay-for-your-own meal at 6:00pm—a variety of meals are available.

We invite all District IX members as well as interested nurses to join us!!

Paula Carson, District 9 President

## Sioux Falls Area

District Officers:

President: Darcy Sherman Justice  
 Vice-President: Cindy Mulder  
 Secretary: Nancy Terveen  
 Government Relations Committee: Marian Eberhard  
 Nominations Committee: Darcy Sherman Justice

No Report Available

## Yankton/Vermillion Area

District Officers:

President: Joanne Tieman  
 Secretary: Sister Sharon Ann

A number of District 11 members attended the great convention in Mitchell and had a good time. They enjoyed the speakers and found the break-out presentations to be very informative. Many of us came home with some great prizes from the auctions. We want to thank the Mitchell district for all they did as hosts to the convention. It was really appreciated.

Sister Corrine Lemmer received the Local Nurse of the Year award. Joanne Tieman received the President's Award. Congratulations.

District 11 is hosting the SDNA Convention in 2011 in Yankton and our theme is: "Rowing Up the River to Change." We have started our planning at our local meetings. We plan to meet monthly on the third Monday of each month except December. Meetings will be held in Yankton at MMC Nursing Dept. We enjoy all District 11 members to please attend the meetings and become involved. We also welcome new members and hope all RN's will consider becoming active in your professional organization. Any questions please contact me at 624-9558 or jrtieman@gmail.com.

Joanne Tieman, District 11 President



**South Dakota Nurses Association Membership Application**

PO Box 1015, Pierre, SD 57501  
 t. 605.945.4265 f. 888.425.3032 sdnurse@midco.net

*LAST NAME / FIRST NAME / MIDDLE INITIAL		CREDENTIALS
*STREET OR PO BOX #	BASIC SCHOOL OF NURSING	HOME PHONE
*CITY / STATE / ZIP	GRADUATION: MONTH / YEAR	WORK PHONE
EMPLOYER NAME	*R. N. LICENSE #	FAX
EMPLOYER ADDRESS / CITY / STATE / ZIP		E-MAIL
TITLE / POSITION	MAJOR CLINICAL, PRACTICE, OR TEACHING AREA	RECRUITED BY

**MEMBERSHIP CATEGORIES**  
 PLEASE CHECK ONE

- FULL ANA/SDNA MEMBERSHIP**  
 RN employed full or part time
- REDUCED 75% OF FULL ANA/SDNA MEMBERSHIP DUES (STUDENT)**  
 RN enrolled in baccalaureate, masters or doctoral program, at least nine (9) credit hours per calendar year
- REDUCED 50% OF FULL ANA/SDNA MEMBERSHIP DUES (NEW GRADUATES)**  
 RN who is unemployed  
 - OR - over 62 years of age & earning less than maximum allowed receiving Social Security benefits  
 - OR - enrolled in baccalaureate, masters or doctoral program, at least 20 credit hours per year  
 - OR - RN FIRST YEAR, WITHIN SIX (6) MONTHS AFTER GRADUATION
- REDUCED 25% OF FULL ANA/SDNA MEMBERSHIP DUES (RETIRED)**  
 - RN who is over 62 years of age and unemployed  
 - OR - who is totally disabled
- SDNA ONLY MEMBERSHIP**  
 RN employed full or part time

MEMBERSHIP TYPE	MONTHLY (EDPP)	ANNUAL
FULL ANA/SDNA MEMBERSHIP	\$ 22.09	\$259.00
STUDENT ANA/SDNA MEMBERSHIP	\$ 16.69	\$194.25
NEW GRADS ANA/SDNA MEMBERSHIP	\$ 11.29	\$129.50
RETIRED ANA/SDNA MEMBERSHIP	\$ 5.89	\$64.75
SDNA ONLY MEMBERSHIP	\$15.50	\$180.00

**PAYMENT OPTIONS**

- FULL ANNUAL PAYMENT BY CHECK**
- PAY BY ELECTRONIC DUES PAYMENT PLAN (EDPP)**  
 Read, sign the authorization, and enclose a check for the first month's payment (amount shown in bold above); one-twelfth (1/12) of your annual dues will be withdrawn from that checking account monthly, in addition to an annual \$6.00 (50¢ per month) service fee (total is amount above).  
**AUTHORIZATION:** This authorizes ANA to withdraw 1/12 of my annual dues and any additional service fees from the checking account designated by the enclosed check for the first month's payment. ANA is authorized to change the amount by giving the undersigned 30 days written notice. The undersigned may cancel this authorization upon receipt by ANA of written confirmation of termination 20 days prior to the deduction date as designated above. ANA will charge a \$5.00 fee for return drafts.  
**SIGNATURE FOR EDPP AUTHORIZATION:** \_\_\_\_\_
- PAY BY CREDIT CARD**  
 \_\_\_\_\_ Full annual payment—automatic annual credit card payment (automatic renewal)  
 \_\_\_\_\_ Monthly payment from credit card  
 \_\_\_\_\_ Full annual payment—one year only  
 \_\_\_\_\_ Visa/MasterCard \_\_\_\_\_ Expiration date

**Welcome New Members!**

**District 2**  
 Amanda Stednitz  
 Denise Buchholz  
 Cynthia Hanson

**District 3**  
 Connie Larive

**District 6**  
 Abby Bacon

**District 7**  
 Katy Jones

**District 8**  
 Rhonda Stangl

**District 10**  
 Chelsea Hinders  
 Kathryn Karpuik  
 Annie Nelson  
 Peter B. Linde  
 Michelle Gierach

**District 11**  
 Kelly Deal  
 Tonya Krueger

## SDNA Board of Directors

### President

Term: 2009-2011  
Becky Nichols  
District 10  
Home: 271.5060 \* Office: 322.2600  
[vanillatwist@sio.midco.net](mailto:vanillatwist@sio.midco.net)

### Vice President

Term: 2009-2011  
Margie Washnok  
District 4  
Home: 725.5354 \* Office: 229.8478  
[DrMargie.Washnok@presentation.edu](mailto:DrMargie.Washnok@presentation.edu)

### Secretary

Term: 2010-2012  
Kay Foland  
District 2  
Home: 341.3876 \* Office: 394.6195  
[Kay.Foland@sdstate.edu](mailto:Kay.Foland@sdstate.edu)

### Treasurer

Term: 2009-2011  
Christina Erickson  
District 2  
Home: 348.2091 \* Office: 394.5390  
[rckericks@rushmore.com](mailto:rckericks@rushmore.com)

### Government Relations Committee (GRC) Chair

Term: 2010-2012  
Lesley Wilkinson  
District 2  
Home: 791.1324 \* Office: 721.4721  
[lesley.wilkinson@bhsc.com](mailto:lesley.wilkinson@bhsc.com)

### Core Issues Task Force Chair

Term: 2009-2011  
Angela Lochridge  
District 2  
Home: 721.9212  
[alochridge@rushmore.com](mailto:alochridge@rushmore.com)

### Revised 10.10

### President, District 1-3

Term: 2008-2010  
Marie Cissell  
Home: 343.5148  
[marie.cissell@sdstate.edu](mailto:marie.cissell@sdstate.edu)

### President, District 4

Term: 2010-2012  
Barb Goehring  
Home: 226.1174  
[tbjava@abe.midco.net](mailto:tbjava@abe.midco.net)

### President, District 6

Vacant

### President, District 5 & 7

Term: 2009-2011  
Pat Sudbeck  
Home: 928.3202  
[patricia.sudbeck@averaqueenofpeace.org](mailto:patricia.sudbeck@averaqueenofpeace.org)

### President, District 8 & 9

Term: 2009-2011  
Paula Carson  
Home: 692.1763  
[paula.carson@sdstate.edu](mailto:paula.carson@sdstate.edu)

### President, District 10

Term: 2008-2010  
Darcy Sherman Justice  
Home: 335.6799 \* Office: 322.7833  
[darcy.shermanjustice@mckennan.org](mailto:darcy.shermanjustice@mckennan.org)

### President, District 11

Term: 2009-2011  
Joanne Tieman  
Home: 624.9558 \* Office: 638.8421  
[rjtieman@hotmail.com](mailto:rjtieman@hotmail.com)

### SDNA Staff

Brittany Novotny, JD, MBA  
Executive Director

Seanna Regynski  
Program Manager

PO Box 1015 Pierre SD 57501  
Phone: 945.4265 Fax: 888.425.3032  
[sdnurse@midco.net](mailto:sdnurse@midco.net)

## SDNA Calendar of Events

*If you have events that you want posted on the SDNA Calendar of Events, please contact the SDNA office at 605-945-4265 or by email at [sdnurse@midco.net](mailto:sdnurse@midco.net).*

### December 2010

**District Leadership Reporting Form Due to SDNA Office**  
December 1, 2010

**Christmas Day**  
December 25, 2010  
SDNA Office Closed

**January 2011**  
**New Year's Day—Office Closed**  
January 1, 2011

**First Day of the 86th Legislative Session**  
January 11, 2011

**Martin Luther King Day—Office Closed**  
January 17, 2011

**SD Nurse Article Submission Deadline—March Issue**  
February 18, 2011

**February**  
**SDNA Board of Directors Meeting—Telephonic**  
February 3, 2011

**Nurses Day at the Legislature**  
February 7 & 8, 2011  
Pierre, SD

**March**  
**Last Day of the 86th Legislative Session**  
March 28, 2011

**April**  
**SDNA Rekindle Your Passion for Nursing Workshop**  
TBA

**SDNA Board of Directors Meeting**  
TBA

**SD Nurse Article Submission Deadline—June Issue**  
April 18, 2011



The South Dakota Nurses Foundation is pleased to announce release of a set of three limited edition prints of pastel drawings created by artist Mary Groth of Sioux Falls. Each print in the set of three includes one print (roughly 10" x 12") depicting the three purposes of SDNF: nursing research, education, and service. Each print is numbered and signed by the artist. Printing is limited to 500 sets. An artist's interpretive statement accompanies each print.

Your Name:  
 Address:  
 Preferred Phone Number:  
 e-mail:  
 FOR DELIVERY: Prints will be mailed to the address above (or specify another address)  
 Other pick up arrangements (describe)  
**Thank you for your support of the South Dakota Nurses Foundation!**

PRICE: \$300 for each set of three  
 Please include an additional \$20 for postage and handling per order.  
 To order, fill out this order form and mail with your check payable to the SOUTH DAKOTA NURSE'S FOUNDATION. Mail to:  
 SDNF  
 c/o Tom Stenvig  
 PO Box 3  
 Nunda, SD 57050

Quantity	Description	Price per set of 3	Total
	Set of 3 limited edition prints	\$300.00	
1	Postage and handling per order	\$20.00	\$20
	"Round Up" to SDNF		
TOTAL ENCLOSED			

Questions: Contact Tom Stenvig at 605-380-7572 or tom.stenvig@gmail.com

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