



President's Address

Becky Nichols, RN, MSN, ANP, CCNS



Becky Nichols

This summer has been witness to the destructive power of Mother Nature. From flooding to baseball-sized hail, damaging wind, and awesome lightening storms, she never seems to cease her terrifyingly beautiful work. Yet even in the darkest moments of destruction when homes lie in ruins, people come together to lend a hand to their neighbor or a stranger; to help dig each other out of the rubble and prop up sagging spirits. Nurses do the same, every day. As they care for people at their most vulnerable, a nurse has the technical skills to care for the most challenging patients while providing a caring touch to let them know that they are still human.

Occasionally, nurses do this so well that they may begin to ignore their own spiritual needs. Personal time is spent rushing from piano lessons to the grocery store, taking care of the house-hold and putting their own needs on the backburner. Neglect of self manifests itself as burn-out and

President's Address continued on page 2

2010 SDNA Convention

The SDNA Annual Convention will be held on October 3rd and 4th at the Ramada Inn in Mitchell. Don Meyers, Former Northern State University Men's Basketball Coach will be keynote speaker on October 3rd. Donna Wright, RN, MS is the keynote speaker on October 4th and will share her expertise on preceptorship, mentorship and making the caring connection.

The breakout sessions consist of topics including mental health care, congestive heart failure, chronic pain

management, incivility in the workplace, the South Dakota STEMI Program, and financial planning for nurses.

The convention will also honor our past SDNA Presidents. In this segment entitled the "Bucket List," our past leaders will inspire us with their vision for the future of nurses. The political candidates have also been invited to attend the convention.

You are invited to wear your favorite vintage hat to the convention to make your colleagues smile and see you at your best.

2010 SDNA Convention Agenda "Caring Connections"

Sunday, October 3, 2010

- 8:00am-12:00pm Board of Directors Meeting
- 11:00am-1:00pm Registration
- 1:00pm-1:15pm Opening Ceremony
*Welcome—Geri Beck, Mitchell City Council
Presentation of Colors*
- 1:15pm-2:00pm Keynote Address:
*Faith, Family, Friends and Caregivers
Don Meyer, Former NSU
Men's Basketball Coach*
- 2:00pm-3:00pm Educational Breakout Sessions
*Making the Connection with Mental Health—Donna Linke, CNP
Facing Congestive Heart Disease—Patrick Rogers, MBA and Sheila Letcher, RN
Chronic Pain Management—Michelle Nelson RN, CNS
Pain Management and Paula Hamann RN, Pain Clinic Director*
- 3:00pm-3:30pm Exhibit Break and Silent Auction Begins

Sunday continued

- 3:30pm-4:30 pm Educational Breakout Sessions
*Incivility in the Workplace—Roxy Vandendries, BS, RN
STEMI-South Dakota Task Force—Jodi Doering, RN
Does Money Really Grow on Trees?—Carmen Timmerman, BSN, MEd, EdD and Carla Texel, BS, RN, CHRC*
- 4:30pm-5:30pm Political Candidate Forum
- 6:00pm Social, Dinner and Live Auction

District 7 requests that you wear a vintage hat to dinner!

*Guests of Honor at Dinner
SDNA Past Presidents*

Monday, October 4, 2010

- 8:00am-8:30am Registration
- 8:30am-10:00am Secrets to Successful Caring
Donna Wright, MS, RN
- 10:00am-10:30am Exhibit Break
- 10:30am-12:00pm Business Meeting
- 12:00pm-1:30pm Awards Luncheon
*Presidential Address
Becky Nichols, RN, MSN, CCNS
"Bucket List" by SDNA Past Presidents*
- 1:30pm-3:00pm Precepting Ideas for the Real World
Donna Wright, MS, RN
- 3:00pm-3:15pm 2011 Convention Invitation
- 3:15pm-3:30pm Closing Ceremony
- 3:30pm Post Convention Board of Directors Meeting

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**Register for the
SDNA Convention
Today!**

**See page 2 for more
information**

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resentment. Just as a summer thunderstorm pounds against our windows; the nurse that neglects themselves eventually "blows up". However, while Mother Nature rages outside, the nurse damages themselves from within. Using caffeine and fast food, the neglectful nurse blindly races through the day trying to get all of the tasks checked off their list.

Nature can teach us a thing or two about spiritual fulfillment and caring for self. Take the wind and its ability to reshape the landscape. Now imagine taking 5 minutes to sit down, close your eyes, clear your mind, and slowly control your breathing. Image the peace and quiet those 5 minutes bring to re-energize your mind. Studies have shown that nurses who take a break during their shift will finish at the same time as if they hadn't taken a break. They will feel less stressed and be less likely to make errors. What is 5 minutes out of the 1440 available in a day; can we afford not to take that time to re-center ourselves for the safety of our patients and our personal sanity?

Just as the rain washes away dust of the earth, tears can cleanse the spirit. A recent article discussed that nurses were not prepared for the emotional toll that caring for a dying patient brings. One nurse stated that although she might feel sadness at the death of a patient, the expectation

is that she is to remain strong for the patient's family and not experience grief or loss as they do. Nurses are taught that it is acceptable to cry with a patient or family, but no one ever said what we should do after we leave the room and we are experiencing the loss as acutely as the family. It is essential that we recognize and accept that emotional connections are going to happen with patients and if they die, continuing to cry outside of the room is normal. It is important that we wash away our sadness with tears so that we are able to move on and continue to provide exceptional care to the next patient.

Thankfully, all rain must end and the sun will break through the clouds eventually. Laughter, like warm sunshine on our skin, lifts the spirit. It boosts endorphins and serotonin production in the brain creating a natural high. Oxygen intake increases and stress hormones such as cortisol are decreased. It is important to seek out moments of laughter every day. Because laughter is contagious we can and should, share this gift with each other. Mother Nature provides us with excellent lessons in spiritual fulfillment; ones that we would be remiss to ignore. I think I'll take the cue; go sit out of the dock, soak up some sun, and seek out my own spiritual renewal. I hope that you will take the time to do the same.



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Subscription rate is \$12 per year to non-members of the Association.

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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.

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

South Dakota Nurse is the newsletter of the South Dakota Nurses Association. Direct inquiries about SDNA or this newsletter to:

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www.sdnursesassociation.org

Register for the SDNA Convention Today!

To qualify for early rates, the registration form below must be filled out for *each* attendee and sent with payment to the SDNA office by **September 21, 2010**.

Please circle the *amount/day* you are attending so we may plan for attendees:

	SDNA Member	Non-Member	Nursing Student/ Retiree	**New SDNA Member (register before 9/1)
Sunday only *	\$70.00	\$95.00	\$40.00	\$47.50
Monday only	\$70.00	\$95.00	\$40.00	\$47.50
Full Convention *	\$125.00	\$175.00	\$65.00	\$87.50
After September 21				
Sunday only *	\$80.00	\$105.00	\$45.00	\$52.50
Monday only	\$80.00	\$105.00	\$45.00	\$52.50
Full Convention *	\$145.00	\$195.00	\$75.00	\$97.50

- ~ Full refunds less a \$15.00 fee allowed in case of major family emergency
- ~ SDNA cannot be held responsible for weather-related problems
- ~ Fees include education programs, materials, and refreshments/meals as noted on the agenda

Name _____
 (Please print as it will appear on the nametag)

Address _____ Phone _____

City _____ State _____ Zip _____

Email _____

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.

Make your check payable to SDNA and mail to the SDNA Office:

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

Employees of Health Care Facilities/Nursing School Faculty:

If 10 or more employees from your health care facility or nursing school register for convention, you are each eligible to receive a 10% discount on your registration fee. The registrations must be mailed together in one packet to qualify for the discount.

Discount Total 10% \$ _____
 Total \$ _____

If you are not currently a member, join SDNA before September 1st and pay half price for Convention!

***Membership Application and Convention Registration Form, along with payment, must be sent to SDNA office together to receive discounted rate.*

District Reports

Rapid City/West River Area

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

Carmen Timmerman and Carla Texel presented a WISER financial workshop in Rapid City which was well attended. Meeting will start up again in September.

Submitted by Marie Cissell, District President

Aberdeen Area

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

No Report Available

Mitchell/Huron

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

The District 5 and 7 members are proud of the speaker scheduled for the SDNA Annual Convention on October 3rd and 4th at the Ramada Inn in Mitchell. Don Meyers, Former Northern State University Men's Basketball Coach will be keynote speaker on October 3rd. Donna Wright, RN, MS is the keynote speaker on October 4th and will share her expertise on preceptorship, mentorship and making the caring connection.

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The convention will also honor our past SDNA Presidents. In this segment entitled the "Bucket List," our past leaders will inspire us with their vision for the future of nurses. The political candidates have also been invited to attend the convention.

You are invited to wear your favorite vintage hat to the convention to make your colleagues smile and see you at your best.

Cornelia will also be a special guest. She is the mascot for the city of Mitchell. She lives at the World's Only Corn Palace and she has already promised to bring treats from the Corn Palace for each nurse attending.

Submitted by Pat Sudbeck, District President



Brookings/Watertown Area

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

No Report Available

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

District 10 has moved to having quarterly meeting. The August program was presented by the SD Board of Nursing and discussed what's happening with the National Council of State Boards of Nursing, Advance Practice Registered Nurse Standardization, nursing supply and demand in SD and NCLEX pass rates. The next meeting will be November 30, 2010 from 11:30-1:00pm at Avera McKennan Hospital in the Presidents room.

Submitted by Darcy Sherman Justice, District President

Yankton/Vermillion Area

President: Joanne Tieman
 Secretary: Sister Sharon Ann

The May meeting followed a picnic which was held to celebrate Nurse's Day/Week. Excellent food leads to a creative discussion. Nine members and 1 guest attended. The meeting highlights included encouraging members to nominate SDNA members for awards which will be presented at the Convention in October.

The rest of meeting was a discussion related to our district hosting the convention in 2011. It was agreed that we will meet every month during the next year. Possible themes were brought up but no decision has been made. Members are to continue to think about this so one can be chosen this fall. Two ladies agreed to co-chair the convention. We need many people to help with the convention and we hope that nurses who haven't been active in the past will join us in this project.

The next meeting will be in Scotland, SD, on 8/21/2010 with the hopes that we can get some members in that area to become active. The rest of the members also hope to get to know these nurses.

All RNs are welcome and encouraged to attend our meetings. Any questions please contact me at 605-624-9558 or jrteman@gmail.com.

Submitted by Joanne Tieman, District President

2010 ANA House of Delegates Report

Introduction from Brittany Novotny

The American Nurses Association's House of Delegates (HOD) was held June 16-19, 2010 in Washington, DC. Prior to the HOD, ANA convened its Constituent Assembly. I was fortunate enough to attend this meeting and had the opportunity to network with state nursing association executive directors from across the country to discuss issues of interest to the profession. I was also able to attend a lobbyist luncheon, where we discussed issues and state trends impacting the profession. Thank you for the opportunity to represent the SDNA.

Following Constituent Assembly, the ANA convened the HOD. South Dakota was represented at the HOD by Ardelle Kleinsasser, Kay Foland and Tom Stenvig. The HOD started at 4 pm on June 16. At about 5 pm, the HOD went into a short recess so that a "special guest" could address the group. One could guess, based on the number of law enforcement vehicles and secret service, that the special guest was President Obama. The President had wonderful things to say about nurses and referred to nurses as the beating heart of health care. I wonder if Kay has yet washed the hand that shook the President's hand!

One highlight of the HOD was when our own distinguished member, Tom Stenvig, was presented with the ANA Distinguished Membership Award. This award recognizes outstanding leadership, participation, and contributions in connection with ANA's goals. Although he joked in his acceptance speech that you must be an "old fogey" to get the award, it certainly couldn't have gone to a more deserving individual. Tom spent much of his career in public health on behalf of the American Indian population in South Dakota. After serving as a U.S. Army Nurse Corps member, Stenvig began working in Indian community health services in 1977. He worked as a community health services officer in the Aberdeen (SD) Area Indian Health Service from 1979 to 1993 before embarking on an academic career. Tom has been active in SDNA for many years and served as president in the late 1980s. His national leadership role began in 1988, with appointment to the ANA Cabinet on Human Rights. In 1990, Stenvig was elected to the ANA Board of Directors. He worked on the incorporation of the American Nurses Credentialing Center as a separate entity to handle the nurse credentialing work of ANA. He was appointed as an inaugural member of the ANCC Board, which helped build ANCC's foundation by developing certification exams and recognizing the first Magnet hospital. Congratulations Tom!

At the HOD there was much work to be done on behalf of the profession. There were several reference proposals addressed and several revisions to the ANA Bylaws. I would like to thank our ANA Delegates for volunteering their time and energy to represent the SDNA. Serving as

a delegate requires an investment of not only time, but financial resources, to prepare for and attend the HOD. We are very fortunate to have such thoughtful and dedicated delegates.

Report from Ardelle Kleinsasser:

Thank you SDNA Members for giving me the opportunity to serve as a delegate to the ANA House of Delegates (HOD). I enjoyed being part of the HOD, hearing discussion on the proposed bylaws and reference items, and witnessing Tom Stenvig's award as a Distinguished ANA Member. I would like to report on the outcome of several reference items from the HOD.

Continuation of Dues Escalator

The dues escalator increases dues by a small amount every three years and avoids the need for large increases at one time, such as the \$35.00 increase passed in 2001 after 12 years without any increase. The dues escalator will increase ANA membership fees by \$4.00/year which is a little over a penny a day. The House of Delegates passed the dues escalator.

Health Care for Undocumented Immigrants

An estimated 12 million undocumented immigrants currently have no access to health care services. As undocumented immigrants delay or forgo necessary care, they pose a health risk to themselves and potentially the larger public. To address the issue, the ANA voted to reaffirm its long held position that health care is a basic human right, and as such the ANA will continue to advocate for the ability of documented and undocumented immigrants to gain access to health care. ANA further resolved to educate nurses about the wide-ranging social, economic and political ramifications of undocumented immigrants' lack of access to health care services.

Health Literacy

Poor health literacy costs an estimated \$73 billion dollars annually according to the Institute of Medicine. ANA resolved to promote initiatives that address health literacy problems and support nursing research that identifies evidence-based practices regarding optimum health literacy.

Mentoring Programs for Novice Nurses

Delegates passed a resolution to support initiatives which will facilitate the successful integration of new nurse graduates into the work environment and to partner with constituent member associations (CMAs) and other nursing organizations to develop and disseminate information about mentoring programs.

Social Networking and the Nurse

Online social networking sites are the fastest growing applications on the web. While social networking is creating beneficial opportunities for its users, it may also create problems. The full impact of this new social networking environment is yet to be determined. Professional nurses need to comprehend and use online social networking wisely as they maintain patients and organization confidentiality. The ANA HOD voted to raise awareness of issues surrounding social networking, to develop and promote continuing education and to develop personal, professional and ethical guidelines on the use of online social networking.

Report from Kay Foland

I was honored to represent SDNA as a delegate to the American Nurses Association (ANA) June 16-19 at the biennial House of Delegates meeting in Washington, DC. Several notable events occurred. Dr. Tom Stenvig was

honored as Distinguished ANA member. The award and reception gave fitting tribute to his many years of service and outstanding contributions to nursing and the ANA/SDNA. Additionally, President Barack Obama spoke at the opening session. He spoke for over 15 minutes, discussed health care reform, honored ANA President Becky Patton and past presidents, and set a positive tone for the remainder of the HOD.

Delegates passed several proposals designed to improve the nursing profession and advance the public's health.

Hostility, Abuse and Bullying in the Workplace

With the problems of workforce abuse and harassment in health care escalating, even to the point of the Joint Commission weighing in, ANA has resolved to work to reduce violence and work toward healthy professional environments for all nurses.

Safety and Effectiveness of Reprocessed Single Use Devices in Health Care

Delegates approved a resolution to support research on single-use devices and the environmental impact of using single-use devices. Further, ANA supports ongoing research efforts to better understand the ethical issues associated with utilizing single-use reprocessed devices and advance best practices that maintain the safety of patients.

APRN Signing and Certifying for Homecare Plans

ANA delegates voted to support legislation that reduces barriers to care by permitting advanced practice registered nurses (APRNs) to sign orders for home care services and supplies for Medicare patients as well as make changes to home health care plans.

Other policy cleanup resolutions

Several other resolutions were passed with minimal discussion and related to wording changes about CMAs and representation and dues paid at the House of Delegates.

Report from Thomas Stenvig:

ANA Bylaws Amendments Considered

The following bylaws amendments were also considered at the 2010 ANA House of Delegates.

Article VII. Congress on Nursing Practice and Economics

Section 4. Term of Office

Current bylaws do not provide for staggering of Congress on Nursing Practice and Economics member terms resulting in complete turnover of all members every four years. The proposed amendment provides for staggering of terms with some members rotating off every two years, and allowing terms of up to eight years. The amendment was adopted.

Article I. Purposes and Functions

Section 3. Functions

Current bylaws state ANA will ensure collective bargaining and workplace advocacy programs for nurses. Given the increased focus on constituent member association responsibility in these areas and ANA's non-engagement in collective bargaining, the proposed amendment states ANA will support the right of constituent members to engage in collective bargaining and workforce advocacy. The amendment was adopted.

Article V. Board of Directors

Section 6. Term of Office

Current bylaws call for biennial election of officers to two year terms. A proposal for a four year term of office was defeated.

Article V. Board of Directors

Section 5. Responsibilities

New bylaws language was considered authorizing the board to launch pilot projects establishing new membership categories for up to two years, allowing ANA to adapt to changing environments and test different membership options and payment methods. The amendment was adopted.

Article II. Memberships and Affiliations

Section 6. Associate Members

A proposal for new language creating an associate member category was deemed unnecessary and withdrawn after the amendment authorizing membership pilot projects was adopted.



Stenvig Honored for Nursing Achievement at ANA National Event

WASHINGTON, DC—Thomas Stenvig, associate professor at South Dakota State University College of Nursing and a longtime public health officer for the American Indian population, received a national award for nursing excellence from the American Nurses Association (ANA), the largest nursing organization in the U.S., at its biennial House of Delegates meeting here.

Stenvig, PhD, MPH, RN, CNAA-BC, of Nunda, SD, garnered the ANA Distinguished Membership Award, which recognizes outstanding leadership, participation, and contributions in connection with ANA's goals.

"Like many nurses here today, I have grown up in ANA. What I have given of myself on behalf of the association has been equaled by what I have gained in knowing how my contributions have advanced our noble profession of nursing," Stenvig said in accepting the award.

ANA is honoring 20 nurses for their dedication to the profession and contributions toward improving nursing and health care during the meeting of its governing and policy-setting body.

"Nurses form the backbone of our health care system, yet that often goes unrecognized," said ANA President Rebecca M. Patton, MSN, RN, CNOR. "Today, we recognize a select group of nurses who epitomize the best of the profession through their commitment to clinical practice, teaching, research and advocacy on behalf of patients and nurse colleagues."

Stenvig spent much of his career in public health on behalf of the American Indian population in South Dakota. After serving as a U.S. Army Nurse Corps member, Stenvig began working in Indian community health services in 1977.

He worked as a community health services officer in the Aberdeen (SD) Area Indian Health Service from 1979 to 1993 before embarking on an academic career.

Stenvig has been active in South Dakota Nurses Association leadership since 1980, including serving as president in the late 1980s. His national leadership role began in 1988, with appointment to the ANA Cabinet on Human Rights.

In 1990, Stenvig was elected to the ANA Board of Directors. He worked on the incorporation of the American Nurses Credentialing Center as a separate entity to handle the nurse credentialing work of ANA.

He was appointed as an inaugural member of the ANCC Board, which helped build ANCC's foundation by developing certification exams and recognizing the first Magnet hospital.

SDNF Corner

SD Nurses Foundation Donor and Philanthropist Supports Diversity

by M. Claire May, SDNF Public Board Member

More so than the chocolates or the actress that bear the same name, Helen Grace is a household name within the South Dakota nursing community. Dr. Grace has had Dakota ties since her youth having grown up in Beresford, SD.

A veritable pathfinder, she was one of the early nursing professionals to acquire a doctorate. Having completed her degree in 1969, she continued a career in academia and became Dean of Nursing at the University of Illinois at Chicago. In addition, Dr. Grace was one of the founders of the doctoral program at the university.

A prolific author, she has published in three edited nursing series and regularly contributes to nursing journals. Her articles emphasize policy and trends in nursing.

In 1982, she began her tenure as the Vice President for Programs with the W. K. Kellogg Foundation, and her intense passion for nursing bore fruit in South Africa and South America. She vigorously promoted the advancement of diversity in the nursing profession. Dr. Grace returned to her South Dakota roots and came home to Beresford upon retirement from the Kellogg Foundation.

Her fervor for diversity in the nursing profession led to her support of the South Dakota Nurses Foundation art project. A limited edition set of three pastel prints by Mary Groth depicts the three purposes of SDNF: nursing research, education, and service. "It is important to have the symbolism of nursing in the public domain; the work is outstanding," remarked Dr. Grace.

She approached her former employer, the W. K. Kellogg Foundation, with a two-for-one matching grant proposal for the SDNF Art project. Through her initiative and generosity, she again has enhanced diversity in the field of nursing by making the art project possible, with proceeds supporting SDNF's charitable mission.

Currently, her devotion to diversification has led to support of her daughter's child psychiatry career. She comments, "More therapy can be accomplished over a cup of coffee than a prescription." Now owner and manager of the Dark Horse Restaurant in Beresford, the successful business is a winner in an unexpected way as a venue that brings families together in the spirit of community.

Dr. Helen Grace, we thank you!

2010 Candidates for Office

You may be wondering not only how these individuals become candidates but also how the winners are selected. To run for office, the candidate must be a current SDNA member and must submit a consent to serve form, along with a picture and position statement, to the SDNA office by August 1st. Ballots are then mailed out to SDNA members. SDNA members fill out the ballot and mail it back to the SDNA office. A committee of Tellers counts the ballots and winners are then announced during the annual business meeting at Convention. Terms for elected officers begin immediately following Convention and run for two years.

For more information on running for office, please contact the SDNA office at 605-945-4265 or sdnurse@midco.net.

Secretary

Kay Foland, RN, BS, MSN, NP, PhD.
School/College of Nursing: RC Regional School of Nursing; SDSU; Univ. of NE; Univ. of TX

Area of Practice: Psychiatric Mental Health Education - Nursing

Present Position: Professor—SDSU West River Department

Personal Position: The SDNA board provides a unique opportunity to contribute to nursing both local and statewide. Nursing needs the support of a strong and active state association in working on pertinent clinical issues and health care reform concerns. I would like to be involved with others state-wide as we work on these areas.



Government Relations Committee Chair

Lesley Wilkinson, RN

School/College of Nursing: Boise State University

Area of Practice: Administration—Surgical Nursing

Present Position: Chief Nursing Officer at Black Hills Surgical Hospital

Personal Position: The South Dakota Nurses Association speaks with a unified voice to support professional nursing through advocacy, communication, networking and collaboration across nursing specialties. I believe one important way we support the profession of nursing is through our legislative activities at both the state and national level. The work of the GRC and our annual Nurses Day at the Legislature, help ensure that nurses across this state are educated on the legislative process and that our voices are heard. I have been active in SDNA since 2005 and have previously served on the SDNA Board of Directors as District 2 President, during which time our district successfully organized Convention. I have the time and the passion to help lead our GRC committee and would be honored to be your next GRC Chair.

Nominations Committee Member Candidates

Abby Bacon, RN

School/College of Nursing: SDSU: Undergrad 2003-2007; Graduate School 2009- Current

Area of Practice: RN at critical access hospital, working primarily in Med-Surg and ER

Present Position: RN at Sanford Mid-Dakota Medical Center, Chamberlain

Personal Position: Because I have been raised and currently am working in rural South Dakota, I am passionate about rural health care and the many issues that affect this area and South Dakota. I am especially concerned about the recruitment and retention issues and the education and preparation of nursing students pertaining to rural health.



Shirley M. Lund, RN, BSN, MSN

School/College of Nursing: SDSU—BSN & MSN, SVH School of Nursing—RN

Area of Practice: Parent—Child CNS (Pediatrics Nursing Education, Community Health, Medical-Surgical (Adult), Psychiatric Nursing, Home Health Care

Present Position: None (since 7.6.2010)

Personal Position: Nursing has been my life. Its future lies in the ability to bring expert clinical skills, reasoning, and interdisciplinary collaboration to an ever-expanding electronic age. There is nothing more powerful than a



group of nurses united behind a cause. It is imperative that SDNA be actively involved in addressing the issues within health care reform, nursing education and employment opportunities, recognition and promotion of all types of advanced nursing practice roles, and expanding nursing's meaningful role in the provision of health care in this economically-challenged, frontier state. Wherever you are, professional nurses are there to influence policy, solve problems, and to care for the citizens who have placed their trust and their lives in our capable hands.

Kimberly Nerud, RN, MSN

School/College of Nursing: USD-AD, SDSU-BSN, UOP-MSN

Area of Practice: Nursing Education

Present Position: Assistant Professor—University of South Dakota, Watertown

Personal Position: While there are many issues in nursing today, I feel one area that needs strengthening is mentoring of new graduates and helping them with transitioning into their nursing careers. There is so much wonderful knowledge and experience in the nursing workforce; we need to bring it forth to the next generation of nurses. SDNA is working to overcome obstacles in the SD nursing workforce and I believe this is an important issue that needs to be followed closely.



American Nurses Association (ANA)

Delegate Candidate

Julie Dangel

School/College of Nursing: USD—RN, AD; SDSU—BS; Univ. of Phoenix—MSN

Area of Practice: ACLS and TNCC

Present Position: Clinical Instructor at SDSU—Director of Patient Services at Landmann-Jungman Memorial Hospital

Personal Position: Representing South Dakota nurses at the House of Delegates is an awesome opportunity, one that I have previously experienced. I currently work in rural nursing, academia and management, which provide various experience and perspectives to issues in nursing.



Kay Foland, RN, BS, MSN, NP, PhD.

School/College of Nursing: RC Regional School of Nursing; SDSU; Univ. of NE; Univ. of TX

Area of Practice: Psychiatric Mental Health Education—Nursing

Present Position: Professor—SDSU West River Department

Personal Position: Having just returned from the ANA House of Delegates, I would appreciate the opportunity to continue to work on and follow the important issues facing the ANA/SDNA for the next few years. We have a new president plus some board members and critical resolutions to deal with, including health care reform. I welcome the opportunity to talk to all about the issues from this HOD and to carry forward the action on the issues on a national and state level.



Deb Fischer-Clemens, BSN, MHA

School/College of Nursing: Mt. Marty College; College of St. Francis, IL

Area of Practice: Public Policy

Present Position: VP Avera Center for Public Policy—Avera Health

Personal Position: Registered Nurses are fundamental to the critical shift needed in health services delivery, with the goal of transforming the current "sick care" system into a true "health care" system. With the passage of the Patient Protection and Affordable Care Act the role of nurses as the largest single group of clinical health care professionals within the health system is to assure that the views of the individual, family and community function as an interconnected system for health and wellness. It is with this thought in mind that I submit my name as ANA Delegate to promote through ANA as we deliver comprehensive and meaningful reform that promotes the advancement of nursing services for our nation's healthcare system.



Rachelle Hartze

School/College of Nursing: ADN—PC; UNMC—BSN;UCCS—MSN

Area of Practice: Family Practice Clinic/Community Health

Present Position: Health Care Integrator/Population Health, Ellsworth AFB, SD

Personal Position: I have been a member of SDNA/ANA for many years, and support the SDNA Agenda promoting an Optimum Level of Health for All Citizens of South Dakota. I have worked in a variety of healthcare settings including geriatric, inpatient and community health; in civilian, federal and military facilities. I currently serve as a Nurse in the USAF and I would like to serve SDNA as one of the ANA delegates.



Continuing Education Committee Member Candidates

Robin Brown

School/College of Nursing: University of South Dakota and Lake Area Technical Institute QSEN Consultant

Area of Practice: Leadership Position in Nursing Education

Present Position: USD/LATI Nursing Director of 1+1 Program

Personal Position: To improve patient safety by promoting nursing quality. Nursing needs to incorporate cutting edge research and best practices to promote quality and safety and injury prevention into practice. To be safe and effective practitioners in today's healthcare environment, nurses need to internalize the critical competencies set forth by the IOM and Quality and Safety Education for Nurses (QSEN) initiative.



Ardelle A. Kleinsasser

School/College of Nursing: Augustana College—BA; South Dakota State University—MS

Area of Practice: ANCC Certification—Nursing Professional Development & Geriatrics

Present Position: Education Coordinator—VA Medical Center in Sioux Falls, SD

Personal Position: I would like the opportunity to serve on the SDNA Continuing Education Committee. Continuing education has always been an important part of my nursing career and I believe that each of us must participate in continuing education activities to ensure that patients get the best care possible. If elected, I promise to fulfill the duties as a member of the Continuing Education Committee by seeking quality continuing education programs for nurses across the state.



Karen Younger, PhD, RN

School/College of Nursing: Luther College—BA; Medical College of Georgia—MSN

Area of Practice: Nursing Education; Adult Health and Research

Present Position: Natural Sciences Division Chair and Director of Assessment and Institutional Research at Augustana College, SD

Personal Position: This is an exciting time for the nursing profession as our nation implements national health care reform toward the aim of assuring quality health care for all Americans. Initial and continuing education of nursing professionals is critical to achieving state and national health care goals now and into the future. I look forward to advancing the education agenda for South Dakota nurses as a member of the Continuing Education Task Force of SDNA.



ANA

PAC Report

Opinion: Praise From the President

by Terri Gaffney, RN, MPA
VP, Nursing Communications & Initiatives

Reprinted with permission from ANA

With America's attention focused on the effects of the oil spill in the Gulf of Mexico and shortly after an ambitious meeting with the head of BP, President Barack Obama stood before 1,000 registered nurses gathered at the Washington (D.C.) Hilton and Towers for the opening session of the American Nurses Association 2010 House of Delegates. Nurses from across the nation gathered for the four-day meeting to establish policy to advance the profession and improve the public's health. As part of the Virginia delegation, seated in the coveted third row, I was excited to participate in this historic event. When the highest ranking elected leader of the U.S. publicly recognizes the value of the nursing profession, I believe it is a moment to be treasured.

Joining the gathering at the invitation of ANA President Rebecca Patton (2006-10), Obama reminded us that nursing was the "only major healthcare organization that supported the creation of Medicare from the start" and thanked the ANA for advocating for healthcare reforms. (Please see our interview with the incoming ANA president, Karen Daley, RN, PhD, MPH, FAAN, in this issue.)

Thinking of my aging mother who relies on Medicare, I am grateful for the foresight of nursing's leaders. Today,

as a nurse who has seen far too many problems with our healthcare system, I am proud to advocate for access to quality care for all consumers.

One particular point that resonated with me was the president's statement that "America's nurses are the beating heart of our medical system." It is true that we are the critical component that keeps the system moving forward, no matter what the obstacles. Advocating for healthcare improvements has been imperative to the profession since the days of Florence Nightingale. (Visit our website dedicated to the nursing pioneer at Nurse.com/Nightingale.) We have made great strides; however, our work is not complete. Although I appreciate the support of Obama and am grateful for the spotlight he focused on nurses and the profession, we have our work cut out for us in redirecting the healthcare system from a medical model to one of health promotion. Further, we must continue our efforts to reform the current medical system to one that is inclusive of and values all healthcare professionals.

In his concluding remarks, the president called nursing both "sweet and sad." He went on to say, "Your jobs are tough. Your days can be stressful and exhausting and sometimes thankless." Nursing is a difficult but rewarding profession. And no matter how tired we are at the end of the day, we will continue to fight for what is best for our patients.

To view the event or read the speech, visit whitehouse.gov/the-press-office/remarks-president-american-nurses-association.

I am blatantly using ANA's format to write this article however it is relevant to our organization with changes to fit South Dakota as a constituent member association. Our main fund raising time is during convention and due to your generous support in the past we have been able to give financial support to several state candidates. So when you see us coming with fund raising activities, know that it is not about democrat or republican it is about promoting healthcare in South Dakota from a nursing standpoint.

What is SDNA PAC?

- The South Dakota Nurses Association Political Action Committee, SDNA-PAC was established to promote the healthcare system in South Dakota. Funds are raised by SDNA members and are used to cultivate the relationship of worthy candidates for state office who demonstrate a belief and commitment of support related to the legislative and regulatory agenda of the South Dakota Nurses Association.

Does SDNA-PAC endorse both Democrats and Republicans?

- Yes. SDNA-PAC is bi-partisan. The main determination for support of a state candidate is reflective of the candidate's allegiance to the issues affecting health care for South Dakotans.

How are contributions to SDNA-PAC used?

Contributions to SDNA-PAC are used to support candidates for state office. SDNA-PAC members, in partnership with a SDNA's Lobbyist, decide which state candidates merit consideration for endorsement." SDNA is the voice for the profession, speaking collectively for nursing in public and political arenas for the common good." SDNA-PAC contributions contribute to the reality of this goal.

Submitted by Julie Dangel

New ANA President Shares Her Vision

by Jennifer Thew, RN, BSN, MSJ

Reprinted with permission from ANA

In July 1998, the course of Karen Daley's life, and the practice of nursing nationally, was changed forever. While disposing of a needle after drawing blood from a patient in the ED, the Massachusetts native was stuck by a needle protruding from the sharps box. A few months later, she began experiencing unexplained fatigue, weight loss and abdominal pain.



Karen Daley

Around Christmas of that year, the source of Daley's symptoms was discovered. She had contracted hepatitis C and HIV from the needlestick.

In 1999, the effects of the needlestick injury forced Daley, RN, PhD, MPH, FAAN, to walk away from direct-care nursing. "Because it was such a difficult course, particularly in the first few years, I didn't know initially if I'd survive it," Daley says of the diagnosis. "I wasn't sure what my quality of life would be."

Daley's decision to leave the ED was not an easy one. "I was committed to being in direct care," she says. "I loved direct care and I loved emergency nursing. It totally took me off what I thought was a pretty clear career path in terms of my practice."

With the future of her health and career uncertain, Daley began to focus on advocating for needlestick safety and prevention. "The purpose I found in this work kind of kept me going," she recalls. "And I really was committed to trying to prevent these injuries from happening to other nurses and other healthcare providers."

Along with shifting nursing practice by helping to get the Needlestick Safety and Prevention Act passed, Daley's passion for advocacy laid the groundwork for her to become the new president of the American Nurses Association.

In June, Daley was elected ANA president, taking the reins from outgoing president Rebecca Patton, RN.

"I became engaged in the policy arena around this issue [needlestick prevention]," Daley says. "ANA played a pivotal role in that."

Using the resources and support of her state association, she was able to get a needlestick safety and prevention bill passed in Massachusetts. After that success, she and

her fellow members galvanized ANA and state nursing organizations to advocate for needlestick prevention legislation on a national level. Through their efforts, the Federal Needlestick Safety and Prevention Act was passed Nov. 6, 2000.

Daley says her experience working with the ANA on needlestick advocacy opened her eyes to the power the organization has to make a difference. As ANA president, she says she hopes to harness that power to benefit the nursing profession.

"I think this time is a very special time for nursing, and the healthcare reform legislation creates some of the opportunities," Daley says. "If we don't take advantage of those opportunities, nursing is going to lose out."

Among those opportunities, Daley says, is the chance to be involved in designing healthcare delivery models, focus on preventive care and move away from the disease-driven model of care.

"Nurses know about health and they know about health maintenance," she says, "but we often don't have the time within the current system, as it's structured, to do the teaching and follow-up and to spend the time with the patients that we need to optimize their care."

Daley sees healthcare reform as a chance to achieve milestones, such as improving patient access to primary care and advanced practice nurses, but she reminds RNs that they must be engaged in the change process to see results.

"It's a critical time to build on the relationships Becky has fostered," Daley says, "and I think more than any other time in the recent past, we [ANA] have a chance to bring nursing together around these issues."

In addition to healthcare reform, Daley says the ANA will continue to address professional issues that affect nurses, such as scope and standards, ethics and policy.

She also hopes to grow membership in the ANA by educating nurses around the country on how the organization can affect nursing practice and policy.

"I feel so proud to be a part of the association," she says. "I've seen up-close-and-personal how good the work is and how expert our staff is on things like policy."

Daley stresses that ANA membership and professional participation is important in making changes to the profession.

"I'm hoping nurses will want to be a part of this organization in greater numbers," she says, "because the reality of it is we need resources to do the work. We need members to bring what they know in terms of their experience in practice."

Jennifer Thew, RN, BSN, MSJ, is national nurse editor.

Welcome New Members!

District 1
Valeria Shoemaker

District 2
Sheila LeFebre
June Reiling

District 4
Amanda Banker

District 6
Beckie McKeon

District 9
Melissa Coull
S. Jo Gibson
Venita Winterboer

District 10
Sheri Olson
Rebekka Klemme
Carol Dreke
Katie LeMier



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

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Vacant

President, District 5 & 7

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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.

September

Labor Day

September 6, 2010—SDNA Office Closed

ANA Lobbyist Meeting—TBA

ANA Legislative Meeting—TBA

October

SDNA Board of Directors Meeting

October 3, 2010

SDNA 2010 Annual Convention

October 3 & 4, 2010—Ramada Inn, Mitchell, SD

November

SD Nurse Article Submission Deadline—TBA

ANA Constituent Assembly—TBA

Veterans Day

November 11, 2010—SDNA Office Closed

Thanksgiving

November 25, 2010—SDNA Office Closed

District 10 Meeting

November 30, 2010

Avera McKennan Hospital: Pres. Room (1st Fl.)

December

District Leadership Reporting Form

Due to SDNA Office

Monday, December 1, 2010

Christmas Day

December 25, 2010—SDNA Office Closed

January 2011

February 2011

Nurses Day at the Legislature

February 7 & 8, 2011

The Statewide Smoke-Free Law: How You Can Help Make South Dakota Healthier

This fall South Dakotans will have a chance to fight cancer, reduce heart attacks and combat chronic respiratory disease simply by casting a vote in favor of a statewide smoke-free law. Voting Yes on Referred Law 12 will make South Dakota smoke free for all workers.

The smoke-free law, which would prohibit smoking inside all workplaces, including bars, restaurants, video lottery establishments and casinos, will ensure every worker has the right to smoke-free air no matter where they work.

As a medical professional, you know the dangers and disease caused by smoking and by secondhand smoke. Cigarette smoke contains more than 4,000 chemicals and at least 60 known carcinogens. Hundreds of studies and dozens of distinguished scientific and medical organizations have concluded that secondhand smoke causes lung cancer, heart disease and serious respiratory illness in nonsmokers.

Yet, each day in South Dakota thousands of workers are exposed to this health risk as part of their job. They face a greater risk of dying from lung cancer, having a heart attack or suffering emphysema simply because of where they work. This is unacceptable. No one should have to choose between their job and their health.

In 2009 the South Dakota State Legislature took action to eliminate all workplace smoking by passing a strong statewide smoke-free law. This law was the result of more than a decade of education and constituent contact with lawmakers about the issue and was strongly supported by SDNA. Support for the law was overwhelming, and bipartisan.

Unfortunately, this legislation was not enough. Opponents to the smoke-free law quickly began work to refer the law to the state ballot, forcing a vote this November to ensure that all workers are protected from the dangers of secondhand smoke.

These opponents, lead by video lottery and gaming interests, argue going smoke-free will hurt business. However, these claims are unfounded. Numerous independent and scientifically valid economic studies have all concluded regardless of variables smoke-free policies have either a neutral or positive economic impact on businesses.

We need your help make South Dakota smoke-free. Your involvement may be something as easy as attending an event or speaking with your neighbors about the benefits of going smoke-free or it may be writing a letter to the editor of your local newspaper, knocking on doors and getting involved in the rewarding work of a grassroots campaign.

Opponents will surely run a strong and well-financed campaign to defeat this important public health law. We need your help to make sure that protecting the health of South Dakota prevails. Please consider giving a \$25 donation to the It's Time. A Smoke Free Campaign to help make sure that the health of all workers is treated equally in our state. You can donate by sending a contribution to: A Smoke Free South Dakota, PO Box 7012, Pierre SD 57501 or by visiting the campaign's website at www.smokefreesd.com.



Your support will make a significant difference in reducing the amount of needless death and suffering from tobacco-related illness in South Dakota.

There are now 28 states that have passed comprehensive smoke-free laws. These states include Minnesota, Iowa, Kansas, Nebraska and Montana. South Dakota needs to be next. The people of our state deserve the right to smoke-free air in public and at work.

I hope you will join me in voting Yes on 12 in November.

Jennifer Stalley, American Cancer Society on behalf of the It's Time. A Smoke-Free South Dakota Campaign

Visit www.smokefreesd.com for more information, to get involved and to donate to this important campaign.



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!

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.

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