I am sure many of you are scurrying around finishing up the last few items for the upcoming school year like me! The start of school always brings joy and a tear to my face at the same time! It sure doesn’t feel like we have been able to have much of a summer here in Wyoming. There have been more cold and rainy days than sunshine. Maybe this means our cold winter will be put off a little longer?

This last quarter has gone by so fast. At the end of June myself, Anne Raga, and Tobi Moore took our annual trip to the Membership Assembly in Washington DC. Karen Daly, ANA President, held her last annual meeting. ANA has been busy developing a new vision statement. “Nurses creating a healthy nation, a world of possibilities.” The board wanted to put emphasis on ANA reaching out to nurses worldwide. Another thing that ANA is working on is to decrease the size of their board, one of the same initiatives we have been working on here in Wyoming. A larger board allows for a wide range of opinions but can also make it difficult to make decisions and move forward. One of the greatest things that ANA has been working on is to decrease the size of their board, one of the same initiatives we have been working on here in Wyoming. A larger board allows for a wide range of opinions but can also make it difficult to make decisions and move forward. One of the greatest things that ANA is working on is to decrease the size of their board, one of the same initiatives we have been working on here in Wyoming. A larger board allows for a wide range of opinions but can also make it difficult to make decisions and move forward.

The first day in Washington DC took us to the Nation’s Capital. ANA sets up all states representatives with their respective Congressman/woman. We were able to meet with Senator Michael Enzi, Senator John Barrasso and Representative Cynthia Lummis. In all of the years I have traveled to DC I have been able to meet with all three of these legislators directly in person. Riding back on the buses back to our hotels with representatives from all 50 states they echo the same comment, we only get to meet with the staffers. This has never been the case for Wyoming as far back as any of us can remember. All 3 meet and greet us and take time to listen to our issues. I am again reminded of how lucky we are to live in such a great state!

ANA sends us on a mission when we are at the Capitol. They sent all of us to discuss three issues, The Home Health Care Planning and Improvement Act, Durable Medical Equipment and Safe Staffing. The Home Health Care Planning Act, H.R. 2504, S. 1332 was the first bill we discussed with all three. We felt this bill would be

President’s Message continued on page 2
the most advantageous for their constituents. Passing this bill would allow nurse practitioners (NPs), clinical nurse specialists (CNSSs), certified nurse midwives (CNMs) and physician assistants (PAs) to order home health services and fulfill the face to face requirement under Medicare. The estimated cost savings to Medicare for 1 year (2015) is estimated at $7.1 million dollars if this bill were to pass. The majority of our state is rural and most of us depend on these midlevel’s to provide for our patients with quality care while keeping costs down. This bill would further these two concepts. A ten year saving to Medicare is estimated at an outstanding $252.6 million! Not anything to sneeze at that’s for sure! Durable Medical Equipment, H.R 3833, goes hand in hand with the previous bill. H.R. 3833 would eliminate the physician requirement for ordering durable medical equipment (DME) and allow APRNs, NPs, and CNSSs to provide timely and quality care by ordering DMEs and signing that face to face encounter that is now required of a physician. At some point in 2014, CMS has stated that the midlevel providers will no longer be able to order oxygen, home blood glucose monitors, wheelchairs, hospital beds, and numerous patient items without a physician’s signature. As we all know our APRN’s are licensed and capable of practicing independently for two decades. It is important that they are able to take complete care of their patients and provide them with access to all necessary equipment.

The third and final discussion was on Safe Staffing, H.R. 1821. ANA is very concerned about the known nursing shortage. This environment also leads to nurses working longer hours and caring for sicker patients. This situation compromises care and contributes to an even larger nursing shortage. This environment also leads to nurses leaving direct patient care positions. This bill would require Medicare participating hospitals to establish unit staffing plans that would require a committee comprised of at least 55 direct care nurses. This would also require the hospital to publicly report the staffing plans. These plans would also ensure that RNs are not forced to work in units they are not trained or experienced in. This was also an election year for ANA. Karen Daly concluded her last elected year as President Pamela Cipriano, PhD, RN, NEA-BC, FAAN (I had to look up some of those abbreviations as I am sure many of you as well!) was elected as the 35th president of ANA. Did you all know that ANA is the nation’s largest nursing organization representing 3.1 million RNs! Amazing! Pam, who reigns from Virginia, is now at the helm of this organization. Cindy Balkstra, MS, RN, ACNS-BC was elected as the Vice President. Cindy is from Georgia. From the state of Maryland comes our secretary, Patricia Travis, PhD, RN, CCRN, Gingy Harshey-Meade, MSN, RN, CAE, NEA-BC is our new treasurer from Indiana. ANA has 6 directors at large. These include Devyn Denton, RN, Andrea Gregg, PhD, RN, Linda Gural, RN, CCRN, Faith Jones, MSN, RN, NEA-BC, CMA, Gayle Peterson, RN-BC, and Jesse Kennedy, RN who is the Recent Graduate Director at Large. As you read these names I know that you all stepped to read and re-read the name of our very own Past President Faith Jones. Yes, that is correct, our very own Wyoming RN is now part of this ANA board. This is very exciting for Wyoming and for Faith.

This is the end of my very last article for this publication. I have wondered how I would feel when this time came. WNA has been a huge part of my life since before my youngest was out of diapers and is now entering his first year in middle school. Never in a million years did I begin this journey thinking I would be one of the youngest WNA Presidents. It seems like I am just beginning to get the hang of what to do and how to do it and now it’s over. I have not been able to accomplish everything that I hoped to do in two years but our board of directors made a lot of progress during this time. There has been an honor and a pleasure to serve as your President. I will begin my work as the Past President at the conclusion of the convention in Rock Springs in September. Anne Raga will take over as President. She and I have been working very closely over the last two years and I am excited to see the professionalism and leadership she will bring to this organization. I thank all of you for supporting me and WNA during this time. As I am typing my family and I are on vacation and again I am composing this article at the last minute. The ideas swirl in my head for many weeks but don’t seem to make it paper until the make before or even of the deadline. I want to thank Tobi Moore, our Executive Director, for guiding me and putting up with me 😊. With a tear in my eye and a lump in my throat I now sign out!

**Wyoming Caregiving Resource Guide**

A comprehensive guide on resources for aging individuals and their caregivers across Wyoming. With categories ranging from respite care to medical services, we strive to help you get the answers you need.

Available in late September/early October online at bit.ly/WyCareGuide.

Developed by AARP Wyoming in collaboration with the Wyoming Guardianship Corporation, Wyoming Geriatric Education Center and the Wyoming Department of Aging.

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Wyoming Nurse Sits on the ANA Committee to Revise the Nursing Scope and Standards of Practice for 2015 to 2020

Sue Howard, MSN, from Gillette, WY has been appointed to the ANA Committee to revise the Scope and Standards for Nursing. This project is expected to take about 12 months. The diverse group of 40 nurses from around the country is reviewing the Scope and Standards from 2010 and the newly updated Nurses Code of Ethics. The groups’ directive is to update the current Scope and Standards and make sure they are in line with the new Code of Ethics. The ANA staff informed the group that the Scope and Standards of Practice are used in schools of nursing, by employers of nurses in policy development and in many other countries to define “what is a nurse.” The work of the group will be published and available through ANA in 2015. In the future the Nurses Social Policy statement will be included in the scope and standards publication.

Planning the scope and standards for nursing in the next 5 years is a big challenge. Nursing is growing in many directions, so defining the scope and including everyone from new grad nurses to APNs is a real challenge for the group. The large group meets by phone conference once a month. For the first 2 months the large group has been debating what the definition of nurse and/or nursing should be for the next 5 years. The group of 40 nurses has also been divided into 5 small work groups to look into 5 different aspects of scope and then standards of nursing. Small groups also meet by phone conferencing, as needed. The small group Sue is currently working with is charged to define “where” nurses perform nursing. So far the small group’s answer is: anywhere care is needed. Each meeting brings up new ideas and new ways of viewing the role of the professional nurse.

Congratulations to WNA Members!

AANP Salute to the State Award Winners:
Nancy Brown, Casper, WNA District 2 Member received the AANP Nurse Practitioner of the Year Award. Kathleen Gates, Cheyenne, WNA District 1 Member received the AANP Wyoming Advocate of the Year Award. Mary Behrens, Casper, WNA District 2 Member is the State Representative for AANP.

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These courses are made possible through support provided by the Department of Labor and the Wyoming Department of Workforce Services (CFDA 17.268). Funding may be available for students to cover the cost of the class.

For more information contact Jenn Pepple at 307-268-3060 or jennifer.pepple@caspercollege.edu

Nurse Refresher Course

Center for Training & Development

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We offer counseling, housing, education, and vocational services to provide various mental health services to a diverse population. Based mental health. Work as part of a multidisciplinary team to provide effective mental health services.

Mental Health Center of Denver is a nonprofit community mental health center in Wyoming. I have been active with WNA for the past 20 years and have served as Board Member and Vice-President to WNA and District #3 offices. I understand the concerns of nursing to be advocates for quality and a healthier Wyoming. I have participated and will continue to participate at the Legislative level to promote Nursing's agendas.

I have had the opportunity to participate in the development of Nursing Leadership through workshops and training sessions in healthcare organization throughout the state over the past 6 years. I feel it will be essential to build a strong nursing workforce with nurses at the forefront of leadership positions and representation throughout healthcare. Healthcare is now more than ever at a transitional phase for redesign and the need to support and to move forward nursing to meet the challenges will be crucial.

Supporting and building a strong membership is one of my personal and professional goals. Ensuring membership is informed of issues and have a voice is primary to this work. My nursing career started in 1981 as a staff nurse to Administrative positions in Surgery that have included Director of Surgery and OR Management in Sheridan and throughout Wyoming. I have worked as a consultant and shareholder on several projects, which have allowed me to work collaboratively with others in the healthcare arena. I am currently the OR Manager at Sheridan Memorial Hospital and am an active member of ANA, WNA, AORN, and WONE.

Meet the 2014 Candidates

**PRESIDENT-ELECT CANDIDATE**

Name: Delphina “Dee” Gilson
City: Sheridan
District: #3

Professional Education:
BSN at the University of Wyoming; Ambulatory Surgery Administrative Certificate

Area of Practice: Hospital Acute Care, Surgical Services

Present Position: OR Manager, Sheridan Memorial Hospital

Professional Organization

Activities at District (Region), Council, State, National Levels for the past five years, including Student Association office: ANA, WNA (Past Board Member, Past Vice President and District #3 Vice President and President), AORN, AONE, WONE. Adviser Board member for the Western Dakota Technology Program for Surgical Technology

Position Statement:

As President Elect for WNA brings a continued commitment to represent state nurses throughout Wyoming. It also brings a commitment to be innovative and forward thinking on where our organization and practice of nursing will be in the next 5 years. I have a true commitment to the profession and to the membership to promote nursing with a unified voice on issues and concerns that affect our practice and workplace.

I have been active with WNA for the past 20 years and have served as Board Member and Vice-President to WNA and District #3 offices. I understand the concerns of nursing to be advocates for quality and a healthier Wyoming. I have participated and will continue to participate at the Legislative level to promote Nursing’s agendas.

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**TREASURER CANDIDATE**

Name: Vickie Winney
City: Douglas
District: #2

Professional Education: Clarkson College
Area of Practice: Education

Present Position: Health Technology Instructor at Eastern Wyoming College—Douglas Campus

Professional Organization

Activities at District (Region), Council, State, National Levels for the past five years, including Student Association office:

WNA Treasurer (2012-2014), ReNew Curriculum Committee, WNA Membership Committee (2014), WNA Awards Committee (2014), 2013 WNA Nurse Leadership Award, Sigma Theta Tau, Sigma Alpha Pi, Co-chair Wyoming Nurse Leadership Institute

Position Statement:

It has been my pleasure to represent the membership of WNA as treasurer for the last two years. I have enjoyed my position thoroughly and learned so much about the cost of running this organization. It would be an honor to serve as treasurer for the next two years.

Did you know that Wyoming is only one of a few states that support their Board of Nursing through membership dues? We should be proud that we are not dependent on the legislature for funding! I am proud to be working with an excellent group of men and women who are diligent in promoting nursing, nursing education and quality patient care. ReNew is a progressive educational plan that will benefit patients, students, and health care facilities throughout Wyoming.

There are some issues before WNA at this time. My platform has always been to advance the professional development of nurses and that nurses need to be at the decision-making table for health care reform.

I have the energy and enthusiasm to serve you, and I appreciate your vote.

Another issue that I feel is important is the continuation and perhaps increase in the funding of WYN scholarships. I am so thankful to the state of Wyoming that I was able to complete my Masters of Nursing in Education with their assistance. My daughter will also benefit as she pursues her education in nursing.
Wyoming Center for Nursing and Health Care Partnerships Corner

Mary E. Burman
Project Director
Matt Sholty
Project Coordinator, Assistant

Data Driven Workforce Planning

The Wyoming Center for Nursing and Health Care Partnerships has several priority areas, including developing nursing leaders, enhancing talent pipeline development through sponsorship of the AHEC Health Care Careers Camp each summer, and facilitating academic progression in nursing from ADN to BSN and higher. For more information on the Center’s work on these priority areas, please see our Annual Report available on our website (go to http://www.wynursing.org/news/ and click on “WCNHCP Annual Report”).

One priority area that has been a major focus for the Center this year is data driven workforce planning. One of our key initiatives under this work framework planning priority area has been to establish metrics to track educational background and diversity of nurses in Wyoming. In other words, to develop a mechanism to collect ongoing data about nurses in Wyoming that can be analyzed anonymously and aggregated across the state to help ensure data-driven workforce planning for Wyoming. This can help us answer lots of questions, such as “Is the proportion of men in nursing increasing?”, “Is the average age of RNs reaching retirement?” and “Are more nurses going on for baccalaureate or higher education?” And the answers to those questions can help us as we make decisions about nursing and nursing education.

In partnership with the Wyoming Department of Workforce Services (DWS), the Wyoming Survey and Analysis Center (WYSAC), and the Wyoming State Board of Nursing (WSBN), we reviewed national standards and recommendations for workforce planning data collection and evaluated existing sources of data on the nursing workforce in Wyoming. The National Forum of State Nursing Workforce Center developed recommended minimum nursing datasets that capture nursing supply and demand as well as data on nursing education, e.g., number of students. (See http://www.nursingworkforcecenters.org/minimumdatasets.aspx for more information about the minimum datasets.) Licensure and renewal information provided by nurses to the WSBN and nursing education program reports submitted to the WSBN are key sources of data on the nursing workforce in Wyoming. Although the State of Wyoming captures much of the recommended minimum datasets, we found several gaps, e.g., educational background of RNs and diversity of nurses, nurse educators and nursing students.

With funding from the Robert Wood Johnson Foundation and the Wyoming Workforce Development Council, we’ve worked closely with the WSBN to explore ways that the licensure renewal process would capture the recommended minimum dataset. The WSBN is in the process of finalizing the renewal process and if all goes as planned you’ll see a few new questions that will aggregate will give us some better information about the educational background and diversity of nurses in Wyoming. In addition, the Nurse Educators of Wyoming worked closely with the WSBN to modify the annual program reports so that they also address the minimum nursing education program dataset, e.g., age, gender and diversity of nursing students and nursing faculty. Again, when this data is aggregated it will move us a much clearer picture about the pipeline into nursing. Plus we’ll have a much clearer picture of the nursing faculty workforce in Wyoming.

In addition to our work to ensure that the state is collecting data on the nursing workforce on an ongoing basis, the Wyoming Workforce Development Council funded the WCNHCP in 2013 to conduct a survey of nurses across the State of Wyoming to better understand the educational background and mobility of nurses. The survey was conducted in partnership with the DWS Research & Planning Office, WSBN, and the Wyoming Survey and Analysis Center (WYSAC) at the University of Wyoming. Initial results from the Research & Planning office have been released and are available at the following: http://doe-state.wy.us/learn/nursing.htm. This report focuses on the impact of motivation and job satisfaction on nurses’ decisions to return to school. Of interest, is the role that employer support (or lack thereof) plays in nurses returning to school.

WYSAC also completed further analyses of the survey responses and their report, which should be released in late summer 2014, looks at educational mobility in nursing. Of the almost 800 RNs who responded to the survey, 46.6% had an associate degree or diploma, 65.5% worked as a staff nurse, and 72.5% were working full-time in nursing. Almost 56% earned their highest degree in Wyoming and another 34.8% received their most recent degree was in nursing. Interestingly, and probably no surprise, RNs reported having multiple degrees or multiple graduate degrees. Despite changing employment patterns in the US and in Wyoming with an emphasis on hiring nurses with baccalaureate degrees, only 10% of the RNs in this study were currently enrolled in a college program, typically a baccalaureate program. When asked about returning to school, 52% reported they were not interested in returning to school and almost 20% did not know. Finally, the WCNHCP also collaborating with faculty at the University of Wyoming to capture the demographics and practice patterns of advanced practice registered nurses (APRNs) in Wyoming. This survey has been completed and results should be released in Fall 2014. Stay tuned!

The WCNHCP is the nursing workforce center for the State of Wyoming. The mission of the center is to strengthen the nursing workforce through on-going collaboration, communication, and consensus building to meet the health needs of the people of Wyoming. For further information, please visit the WCNHCP’s webpage at wyomnursing.org.

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We work closely with the WSBN to modify the annual program reports so that they also address the minimum nursing education program dataset, e.g., age, gender and diversity of nursing students and nursing faculty. Again, when this data is aggregated it will move us a much clearer picture about the pipeline into nursing. Plus we’ll have a much clearer picture of the nursing faculty workforce in Wyoming.

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Wyoming Nursing Summit and Convention

SCHEDULE OF EVENTS

THURSDAY, SEPT. 25

8:00am - 9:00am  Registration and Breakfast with Vendor Expo 1

9:00am - 10:30am  ACA and The Impact on Nursing  

10:30am - 10:45am  Break with Vendor Expo 2

10:45am - 11:45am  The Leader Within: Deliberate Practice (Part 2)  

11:45am - 12:45pm  Wyoming Center for Nursing and Health Care Partnerships Update from the Center and including RENEW  

12:15pm - 1:00pm  Lunch with Vendor Expo 2

FRIDAY, SEPT. 26

7:30am - 8:15am  Breakfast

8:15am - 10:00am  Deborah Center - Communicating Effectively and Managing Conflict (Part 2)  

10:00am - 10:15am  Break

10:15am - 11:15am  Deborah Center - Leading with Resiliency: Healthy Boundaries & Self-Care (Part 3)  

11:15am - 12:15pm  Wyoming Center for Nursing and Health Care Partnerships Annual Luncheon - Special Guest Speaker  

12:15pm - 1:00pm  Lunch with Vendor Expo 2

1:00pm - 3:00pm  Break

3:00pm - 4:45pm  Break

4:45pm - 6:00pm  Break

6:00pm - 8:00pm  Closing and Awards Banquet

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Do you deliver?
Wyoming Nursing Summit and Convention

Holiday Inn

Hot Springs, Wyoming

1:00pm - 3:15pm

Deborah Center

1. Setting the Stage for Professionalism and Leadership
2. Emotional Intelligence and Self-Regard (Part 1)

This highly interactive three-part program will focus on growing individual nurse awareness, professionalism and effectiveness. Together we will explore several key concepts and identify strategies to apply immediately personal and professional lives. Each participant will walk away with many new tools in their professional toolsets.

To grow the leader within, we must begin with self-awareness and self-management. The level of one's emotional intelligence is the #1 predictor of leadership success. Nursing leaders today must possess high emotional intelligence and self-regard to be the effective voice in our healthcare delivery system continues to change. During this session, we will delve the elements of emotional intelligence and self-regard. Each participant will identify their individual traits and triggers in order to effectively prevent anger or hijacking. We will complete several exercises in order to improve impulse control and grow empathy as a leader.

3:15pm - 3:30pm

Break with Vendors

3:30pm - 4:30pm

Membership Voice—WNA Annual Membership Meeting

11:45am - 1:15pm

Awards Ceremony Luncheon

Christine Lucnik

Mindfulness and Healthcare

Headlines throughout the past year have announced that research is showing mindfulness can have an effect on happiness, focus, and health just to name a few areas. This session will introduce and define mindfulness. It will discuss the research that has been completed specific to healthcare, the implications, and limitations of this research. It will then introduce the ways this is currently being applied within healthcare settings, throughout the country, in support of both the healthcare workers and patients.

Mindfulness can help with health worker burnout. Research has shown that mindfulness practices can support healthcare workers by possibly lowering the rate of burnout and improving their ability to compassionately do their job day in and day out. This session would discuss this research and provide tools, and practices using the tools, for beginning a mindful contemplative practice and applying this practice within the workplace.

3:30pm - 4:00pm

Evaluations and Closing

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Licensed, Non-profit, Non-denominational
This spring new officers and board members were elected. I would like to introduce you to the great people who offer their time and expertise to WNA District #2:

President: Lynda Sholy. Lynda is a native of Wyoming who graduated from Casper College. Lynda has been a nurse for 22 years and teaches 1st year nursing students at Casper College. She started Casper College this fall and together they will be studying Spanish.

Vice President: Trina Soper. Trina graduated from Casper College in 2003 and the University of Wyoming studying Spanish. She is currently working as a Nurse in a very busy family practice clinic. She intends to further her education through Western Governors University. She is the mother of two children. She is married to a Chilean nurse who offers his time and expertise to WNA District #2.

Treasurer: Patti Legler. Patti was a Nursery nurse at Wyoming Medical Center for many years, retiring in 2013. Presently she is teaching nursing at Casper College. She has three children and a grandson.

Board member: Amber Mellema. Amber is working as an RN in a very busy family practice clinic. She intends to further her education through Western Governors University, where she will be working on completing the RN to MSN program. She is a member of the Oncology Nursing Society as well as ANA and WNA. She believes strongly in the responsibility of nurses, as both professionals and citizens to take an active role in their communities. She is truly honored to serve as a board member for District #2.

Board Member: Tracy Suh. Tracy teaches nursing at Casper College. She celebrated her 25th wedding anniversary and a newborn grandson this summer. She now has two grandbabies from her son. Her oldest child graduated from the University of Wyoming and started teaching 3rd grade in CO. Her 14 year old will start high school in the fall and made the Varsity cheer squad. Her youngest starts her last year of junior high and loves to play volleyball. Her plan is to start on her DNP in educational leadership either this fall or next spring.

Ex-Officio and Past President: Jolene Krauss. Jolene retired in May 2010 from Casper College. She has been enjoying traveling with her husband Rob to North Padre Island, TX, Minneapolis, Alaska and Vancouver, BC. She has enjoyed visiting children and grandchildren: Cristopf, Eddie, (11), Carter (13) and Katelyn (14). In January 2012 Jolene initiated re-organizing District #2 with the support of other local nurses. It is because of her hard work that District #2 became active again.

President: Jane Hartsock. Jane has been a nurse for 44 years and has practiced both in the clinical setting and in teaching at multiple levels. She tutors many nursing students and GNS who have failed the NCLEX. Presently she practices as an APRN in Medical Pain Management at Flatt River Family Practice, which is owned and run only by Advanced Practice Nurses. She is a Board certified CNS, Advanced Oncology Nurse and Pain Management nurse. She has two children and 4 grandchildren.

All officers and board members are honored and excited to serve the nurses in District #2. I hoped you enjoyed getting to know them.

Casper District 2
Jane Hartsock, District 2 President

This spring new officers and board members were elected. I would like to introduce you to the great people who offer their time and expertise to WNA District #2:

President Elect: Marianne Madaraga. Marianne has been a nurse for 21 years and teaches 1st year nursing students at Casper College. She is married to a Chilean and for their 20th anniversary this year they traveled to Chile to visit family and the country. Her daughter will be starting Casper College this fall and together they will be studying Spanish.

Vice President: Trina Soper. Trina graduated from Casper College in 2003 and the University of Wyoming studying Spanish. She is currently working as a Nurse in a very busy family practice clinic. She intends to further her education through Western Governors University. She is the mother of two children. She is married to a Chilean nurse who offers his time and expertise to WNA District #2.

Treasurer: Patti Legler. Patti was a Nursery nurse at Wyoming Medical Center for many years, retiring in 2013. Presently she is teaching nursing at Casper College. She has three children and a grandson.

Board member: Amber Mellema. Amber is working as an RN in a very busy family practice clinic. She intends to further her education through Western Governors University, where she will be working on completing the RN to MSN program. She is a member of the Oncology Nursing Society as well as ANA and WNA. She believes strongly in the responsibility of nurses, as both professionals and citizens to take an active role in their communities. She is truly honored to serve as a board member for District #2.

Board Member: Tracy Suh. Tracy teaches nursing at Casper College. She celebrated her 25th wedding anniversary and a newborn grandson this summer. She now has two grandbabies from her son. Her oldest child graduated from the University of Wyoming and started teaching 3rd grade in CO. Her 14 year old will start high school in the fall and made the Varsity cheer squad. Her youngest starts her last year of junior high and loves to play volleyball. Her plan is to start on her DNP in educational leadership either this fall or next spring.

Ex-Officio and Past President: Jolene Krauss. Jolene retired in May 2010 from Casper College. She has been enjoying traveling with her husband Rob to North Padre Island, TX, Minneapolis, Alaska and Vancouver, BC. She has enjoyed visiting children and grandchildren: Cristopf, Eddie, (11), Carter (13) and Katelyn (14). In January 2012 Jolene initiated re-organizing District #2 with the support of other local nurses. It is because of her hard work that District #2 became active again.

President: Jane Hartsock. Jane has been a nurse for 44 years and has practiced both in the clinical setting and in teaching at multiple levels. She tutors many nursing students and GNS who have failed the NCLEX. Presently she practices as an APRN in Medical Pain Management at Flatt River Family Practice, which is owned and run only by Advanced Practice Nurses. She is a Board certified CNS, Advanced Oncology Nurse and Pain Management nurse. She has two children and 4 grandchildren.

All officers and board members are honored and excited to serve the nurses in District #2. I hoped you enjoyed getting to know them.
Proposed Changes to WNA District Structure

Attention WNA Members

Last fall some very important communication occurred with the membership at the Fall Annual meeting held in conjunction with convention in Jackson regarding representation of membership throughout the state. The WNA Executive Board has researched and discussed how WNA can move into the future to better represent its membership and improve membership activities in both districts and the state. It is recognized that the current structure of “district” membership does not support and represent nurses evenly throughout the state.

Based on this research, the Executive Board is proposing a re-organization of district representation to a “Regional” representation. ANA supports this change as many states use this structure. Also it has been recommended by ANA that WNA standardize district dues.

Talking Points follow for your review which explain how these changes may affect you as a member. The WNA Board recommends the proposed changes at this time and action on these changes will be voted on during the Annual Meeting held during the Nursing Summit and Convention on Thursday, September 25, 2014 at 3:30 pm, Holiday Inn, Rock Springs. The Annual Meeting will allow further discussion and a vote on moving forward with this plan. If you aren’t planning on attending the annual meeting please contact your District President or Board Member regarding your thoughts on these changes.

You may also contact:
Lisa Horton, President WNA • (hortonmsn@yahoo.com or 307-762-3270)
Anne Raga, President – Elect, WNA • (anne.raga@ccmh.net or 307-660-4805)

Talking Points Reorganizing Wyoming Districts to Regional Areas

• Why would WNA consider moving the structure of membership from 11 Districts to 5 Regional areas?
  • WNA Board has assessed concerns that district representation in all districts is not present. Over the last several years 5 districts remain unrepresented at the state level.
  • WNA would like to ensure all members have representation at the state level and locally.
  • Membership requests to have District names not associated with specific cities.

• What would this mean to me as a member?
  • Districts without representation would be included in the larger regional areas.
  • District dues may either go up or down as the needed to standardize.

• What does this mean at the National level (ANA)?
  • Presently ANA has requested that WNA standardize district dues. Wyoming is the last state to have standardization nationally and this is very problematic at the ANA level.
  • By regionalizing districts this will give WNA an opportunity to move to standardization in district dues. Currently each district decides on what the dues would be at the district level.

WNA CURRENT ACTIVE DISTRICTS
WNA VACANT DISTRICT REPRESENTATION

Mountain View Regional Hospital is Wyoming’s premier facility of choice for surgical procedures, pain management and diagnostic excellence. Located in Casper and with outreach facilities throughout the state, our world-class team has some of the leading specialists in the country – all in a warm, family-friendly environment. Apply today to see what you can find in your future.
Nurses are the backbone of our healthcare system in Wyoming and across our great nation. Thank you for choosing this honorable profession and for providing the quality care we all take for granted.

The American Cancer Society Cancer Action Network (ACS CAN) sincerely appreciates the long-time partnership we have with the Wyoming Nurses Association on countless public health issues. We hope to continue this strong partnership. Both organizations are a part of the Wyoming Tobacco Use Prevention (WYTUP), which his working on increasing tobacco taxes during the 2015 Legislative Session. We are off to a good start. The Joint Labor Health and Social Services Committee is considering sponsoring a bill.

Increasing the prices of tobacco products is the number one way to prevent kids from ever starting to smoke and is one of very few proven ways to motivate both adults and kids to quit. The bottom line, it works and it works well.

Projected Public Health Benefits for Wyoming from a Cigarette Tax Rate Increase of $1.25 per pack

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent decrease in youth smoking:</td>
<td>17.7%</td>
</tr>
<tr>
<td>Youth under age 18 kept from becoming adult smokers:</td>
<td>5,000</td>
</tr>
<tr>
<td>Current adult smokers who would quit:</td>
<td>5,000</td>
</tr>
<tr>
<td>Premature smoking-caused deaths prevented:</td>
<td>2,800</td>
</tr>
<tr>
<td>5-Year number of smoking-affected births avoided:</td>
<td>900</td>
</tr>
<tr>
<td>5-Year health care cost savings from fewer smoking-caused lung cancer cases:</td>
<td>$780,000</td>
</tr>
<tr>
<td>5-Year health care cost savings from fewer smoking-affected pregnancies &amp; births:</td>
<td>$2.25 million</td>
</tr>
<tr>
<td>5-Year health care cost savings from fewer smoking-caused heart attacks &amp; strokes:</td>
<td>$1.56 million</td>
</tr>
<tr>
<td>Long-term health care cost savings from adult &amp; youth smoking declines:</td>
<td>$192.88 million</td>
</tr>
</tbody>
</table>

Nurses play an integral part in our campaign. We need your help. Please consider writing an email to your Legislators sharing the devastation you see tobacco taking on your patients and how increasing the tobacco tax would motivate people to quit. The Wyoming Legislature’s website, http://legisweb.state.wy.us/LSOWEB/Default.aspx, is a great advocacy resource. You can locate your legislators as well as their email addresses and other contact information.

ACS CAN is also collecting pictures of people holding signs that read, “I support increasing Wyoming’s Tobacco Taxes.” We will use these pictures in social media, letters to legislators and in the Capitol to show the broad-based support we have for this issue across the state. We hope you will consider taking a picture with the sign and emailing it to Jason Mincer (Jason.mincer@cancer.org). More information on the posters can be found at: http://acscan.org/action/wvicampaigns/

Again, we appreciate your help and look forward to a day where tobacco related illnesses are a thing of the past.

Jason Mincer
Wyoming Government Relations Director
American Cancer Society Cancer Action Network

If you’re a committed nurse looking for a rewarding career, Wyoming Medical Center may be the place for you. Over 50 specialties and abundant outdoor opportunities await you in Casper!

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- Innovative approach to nursing education
- RN pass rates exceeding state, national average past three years
- Distance learning options to complete degree with limited travel within Western’s service area.
- Cooperative relationship with UW encourages BSN completion.
Welcome New WNA Members

John Crotsenberg, Cheyenne
Cynthia LaBonde, Cheyenne
Melissa Johnston, Laramie
Josephine Colton, Cheyenne
Christine Jester, Cheyenne
Karen Fernier, Casper
Cheryl Graff, Casper
Cassandra Young, Casper
Candice Ashworth, Sheridan
Jennifer Roger, Rock Springs
Teddi Lynn VanKam, Rock Springs
Kristen Gries, Jackson

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hs.boisestate.edu/nursing/na

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Wyoming Association Membership Application
301 Thelma Dr, #200, Casper, Wyoming 82609
Phone: 307.462.2600
www.wyonurse.org

- FULL ANA/WNA MEMBERSHIP
  - RN employed full or part time
- REDUCED 50% OF FULL ANA/WNA MEMBERSHIP DUES
  - FIRST YEAR NEW GRADUATE
  - RN who is unemployed
  - RN over 62 years of age & earning less than maximum allowed receiving Social Security
  - RN enrolled in baccalaureate, masters or doctoral program, at least 20 credit hours per year
- REDUCED 75% OF FULL ANA/WNA MEMBERSHIP DUES (RETIRED)
  - RN who is over 62 years of age and unemployed
- WNA ONLY MEMBERSHIP

<table>
<thead>
<tr>
<th>District #1—Cheyenne</th>
<th>Annual</th>
<th>Monthly</th>
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<tbody>
<tr>
<td>Full Member</td>
<td>$235.00</td>
<td>$23.95</td>
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<tr>
<td>Reduced Rate Member</td>
<td>$135.30</td>
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<tr>
<td>Retired Member</td>
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<th>District #6—Rock Springs</th>
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<tbody>
<tr>
<td>Full Member</td>
<td>$221.00</td>
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<td>Reduced Rate Member</td>
<td>$136.70</td>
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<tr>
<td>Retired Member</td>
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<th>District #3—Sheridan</th>
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<tr>
<td>Full Member</td>
<td>$216.00</td>
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<tr>
<td>Full Member</td>
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<td>$21.10</td>
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<tr>
<td>Reduced Rate Member</td>
<td>$136.70</td>
<td>$13.67</td>
</tr>
<tr>
<td>Retired Member</td>
<td>$68.25</td>
<td>$6.82</td>
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<tr>
<th>District #2—Casper</th>
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<tr>
<td>Full Member</td>
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<td>$22.70</td>
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<tr>
<td>Reduced Rate Member</td>
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<td>$12.85</td>
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<td>$66.75</td>
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<tr>
<th>District #10—No District</th>
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<tbody>
<tr>
<td>Full Member</td>
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<td>Reduced Rate Member</td>
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<tr>
<th>WNA Only Membership</th>
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<tr>
<td>Full Member</td>
<td>$175.00</td>
<td>$17.50</td>
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MEMBERSHIP CATEGORIES
PLEASE CHECK ONE

PAYMENT AMOUNT

PAYMENT OPTIONS

- FULL ANNUAL PAYMENT BY CHECK
- PAY BY ELECTRONIC DUES PAYMENT PLAN (EDPP)
  - First, sign the authorization, and enclose a check for the first month’s payment (amount shown above); one-twelfth (1/12) of your annual dues will be withdrawn from your checking or savings account monthly, in addition a $12 per month service fee.

AUTHORIZATION: This authorizes AHA to withdraw 1/12 of your annual dues and any additional service fees from the checking account designated by the enclosed check for the first month’s payment. AHA is authorized to change the amount by giving the undersigned 30 days written notice. The undersigned may cancel this authorization upon written request by AHA of written notification of termination 30 days prior to the deduction date as designated above. AHA will charge a $3.00 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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