President’s Message

It is hard to believe I am completing my first year as your president. It has been a very busy and fulfilling year. The next few months will be exciting for the organization. We are looking forward to a very good 2019 Summit and Convention and hope many of you are planning to attend! We believe we have a great lineup of speakers and topics relevant to all nurses! Members attending the 2019 Convention on October 3rd will be voting on three bylaw changes. You received this information by email on August 2nd. The first bylaw amendment will allow retired nurses not holding active licenses to remain as active members of the organization. The second will allow regional elections to be held electronically. The third and most exciting is a new pricing structure that was passed by the ANA Membership Assembly in June. Known as Value Pricing, it simplifies standard WNA/ANA membership pricing at a lower rate than previously charged.

I have now attended three Membership Assemblies and feel the one in June, 2019, was a great meeting. Wyoming was represented by Tobi Moore, David Boddy and me. It is a great networking experience. Nurses from across the U.S. came together and voted to approve some important initiatives. Value Pricing was one of these. The next was changing the ANA’s policy on Presidential Endorsement to one of Presidential Election Engagement. Rather than support one candidate, the ANA will use its resources to educate and inform nurses on the candidates and their beliefs on issues important to nursing and our patients. Also, ANA will inform the candidates on issues important to the largest group of health care workers in the United States! Those who worked on this initiative believe that the practice of endorsement splintered the organization and was not effective. The final proposal approved was to revise the ANA position statement, The Nurse’s Role When a Patient Requests Aid in Dying. This statement encourages nurses that remaining objective and knowledgeable on the issue, and providing the patient information on all options for end-of-life care is an ethical duty. It allows for conscious objection to participate when a patient requests aid-in-dying. The ANA neither supports or opposes current laws. To read more about these changes, go to the ANA website and search “aid in dying.”

We will be electing new presidents to each of the association’s five regions. We are very happy to have good candidates running for these positions. We look forward toward working to give them a great orientation to the organization so they can assist in moving us forward and keeping our membership informed.

I want to remind you of the great resource: Healthy Nurse Healthy Nation, http://www.healthynursehealthynation.org/. You do not need to be an ANA or WNA member to join. There are multiple ways to receive great tips: Facebook page, subscribe to receive emails, or text healthynurse to 52886 to receive a daily health challenge. When you join, make sure to affiliate yourself with WNA so we can track the healthy progress of Wyoming’s nurses!

Our Executive Director, Tobi Moore, and her team assessed member engagement this spring. The board was happy to see that most members are satisfied that the organization is meeting their expectations. We are excited that our membership continues to grow at a good pace! I hope you are enjoying the weekly newsletters and are finding the information valuable. Hope to see you in Lander in October!
The Joint Labor, Health, and Social Services Committee (JLHSS) met June 13 and 14 in Riverton, Wyoming. The Committee heard testimony and received information on issues facing the aging population of Wyoming, including the availability of services, and existing workforce needs.

Several people gave testimony around the challenges of the Nursing and Certified Nursing Assistant (CNA) workforce. The salary for folks working in Long Term Care always comes up, but the research does not support that this is the primary reason for workforce shortage and turnover.

Lisa Osvold, Department of Health, and Sheila Tenorio, Department of Workforce Services, provided an overview of the programs available in the state and information on the issue of behavioral health, including the availability as to practicality of this approach.

Tenorio, Department of Workforce Services, provided an overview of the programs available in the state and information on the issue of behavioral health, including the availability as to practicality of this approach.

The program just started, so no information was available as to practicality of this approach.

The Committee also heard testimony and received information on the issue of behavioral health, including the overview of the programs available in the state and associated workforce needs. The Committee directed LSO to draft a bill creating a separate addictions associated workforce needs. The Committee directed LSO to draft a bill creating a separate addictions associated workforce needs.

An overview of the programs available in the state and information on the issue of behavioral health, including the availability as to practicality of this approach.

The Department of Health has been holding a “Listening Session” in different communities over the past couple of months. The sessions are opportunities for the Department of Health to hear from their clients, local healthcare providers and community members regarding health-related issues. Director Ceballos reached out because he wants to know what is working and what needs to be improved. Not every community has the same issues, but there are commonalities and trends that could possibly be addressed. Information about these sessions can be found on the website of Wyoming Legislative – wyoleg.gov or https://www.wyoleg.gov/ docs/CapitolBrochure.pdf.

Now is a great time to connect with legislators. Emails or personal invitations to events are excellent ways to communicate with the people who will be making legislative decisions. Invitations to coffee or lunch can be an opportune time to visit with them on a one-to-one basis. The more they know and understand, the easier it is for them to make decisions about issues that are important to nurses and the nursing profession.

On July 10, 2019, the Wyoming Capitol had their Grand Reopening and it was a wonderful event. Thousands of people toured the newly renovated building and were amazed and impressed at the beauty of “The People’s House.” One of the major changes will be the locations of the committee rooms. These have all been moved to the “Connector” which is the underground walkway between the Capital and the Herschler Building.

When visiting Cheyenne, stop by and see the work that has taken many years to complete. Tours are offered daily. A booklet with information and pictures can be found on the state of Wyoming Legislative website – wyoleg.gov or http://www.wyoleg.gov/ docs/CapitolBrochure.pdf.

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Meet Your 2019 Candidates for Election

Meet your 2019 Candidates for Election! WNA Members will receive their official electronic ballot, by email, Tuesday, September 10th. The email will contain instructions on how to cast your vote. Voting will remain open until 5:00 pm on Tuesday, September 24th. NEW this year each WNA member will get one ballot specific to their Region. Members ballots will be electing the WNA state board officers at the same time they are electing their specific region officers by only needing to use one ballot. Election results will be announced at the annual meeting on Thursday, October 3 in Lander.

To learn more about each candidate, please visit our website at wyonurse.org.

2019 WNA Board Candidates (Elect One Per Position)

WNA Vice-President
David Bodily, MS, RN, CHSE
-Green River
Program Director at University of Wyoming

WNA Vice-President
Tommi Ritterbusch, BSN, RN, OCN
-Sheridan
Welch Cancer Center Manager at Sheridan Memorial Hospital

WNA Secretary
Ann Marie Clevenger, MSN, RN
-Green River
Director of Nursing Programs at Western Wyoming Community College

2019 WNA Region Candidates (Elect One Per Position)

Northeast Region - Region President
Lacey Johnson, RN, MSN
-Buffalo
Director of Nursing at Sheridan Memorial Hospital

Northeast Region - Region Treasurer
Alicia Le Pard, APRN, ACNP, FNP, ENP, GNP
-Gillette
Owner, NP at High Desert Healthcare, LLC

Northeast Region - Region President
Gwen Reed, MS, RN, PARAMEDIC, CNE, CNE
-Gillette
Nurse Educator at NWCCD Gillette Campus

Northeast Region - Region President
Misty Robertson, RN
-Gillette
Chief Nursing Officer at Campbell County Health

Northwest Region - Region Treasurer
Christina Brewer, MSN, RN
-Powell
School Nurse at Park County School District #6

Northwest Region - Region President
Linette Johnson, MSN, RN
-Jackson
Retired from WY Public Health & as a National Consultant with Nurse Family Partnership

Central Region - Region President
Aubrey Bremer, MSN, RN
-Lingle
CNO at Platte County Memorial Hospital-Banner Health.

Southwest Region - Region President & Treasurer
Marisha VanVanVleet, MSN, RN-BC, SANE/FNE, CIC
-Evanston
Director of Nursing, Clinical Services, and Education at Rocky Mountain Care - Post Acute Rehab, SNF, Inpatient Palliative Care

Southwest Region - Region Treasurer
Rachelle Stratton, MSN, RN
-Rock Springs
Assistant Professor at Nightingale College

Southwest Region - Region Treasurer
Julie Leavitt, MSN, RN
-Rock Springs
Assistant Professor of Nursing at Western Wyoming Community College

Southwest Region - Region President
Shawn Wyse, RN
-Torrington
RN, Owner, Administrator at Robins Nest Home Care
What the Mirror Doesn’t Tell You

Tracey Long, PhD, RN, MS,MSN, CDE, CNE, CHUC, CCRN

“I hate my body.” “Where did all these ugly gray hairs and wrinkles come from?” “How could anyone find me attractive when I look like this?” My body is such a burden.”

If you’re like 97% of the American population, you’ve probably said something like this to yourself. According to a repeat survey done by Glamour magazine 30 years ago and updated in 2014, 54% of women are unhappy with their body and 80% claim the mirror makes them feel bad about themselves. Even men admit to body image angst; from 1997 to 2001, the number of men who had cosmetic surgery increased 256%. Unhappiness about body image has been reported among girls as young as age six. Clearly, we need to evaluate the messages the mirror is sending to us.

Mirror, mirror, on the wall

Although many of us rely on mirror messages as the absolute truth, we need to be aware of the inherent distortions the mirror may hold. Ever since 8,000 B.C., when the mirror made its first appearance, people have been evaluating their personal worth based on their physical appearance. Two opposite attitudes exist: Some people are fixated by their own faces, as shown by an obsession with “selfies.” Others declare their body hatred throughout the day as we often see on social media. We have a love-hate relationship with this amazing creation of numerous autonomic functions working through feedback loops of chemicals to regulate the body. It also balances your energy levels through the thyroid gland. When is the last time you thanked your adrenal glands for helping regulate your blood pressure via cortisol and aldosterone?

Thanks to auto-regulation, your body can maintain its temperature within the same general range even when the environment around it changes constantly. Breathing is controlled by the brain’s respiratory center. Your body breathes faster or slower to eliminate CO2 as needed, all without your conscious awareness.

The mirror also doesn’t tell you how well your liver detoxifies drugs and chemicals and maintains your blood glucose level when you’re asleep. Nor does it reveal that your immune system constantly monitors and patrols your blood for foreign pathogens, which it then kills through a complex chemical cascade. When it finds you that your spleen has been working hard to store white blood cells and recycle red blood cells? When did you last thank your attention. When is the last time you thanked your immune system? When did you last thank your attention. When is the last time you thanked your pancreas, the amazing creation of numerous autonomic functions working through feedback loops of chemicals to regulate the body? It also balances your energy levels through the thyroid gland. When is the last time you thanked your adrenal glands for helping regulate your blood pressure via cortisol and aldosterone?

Looking for a Great Job?

Johnson County Healthcare Center has an opening for an RN

JHC

Check us out at www.jhchealthcare.com

Contact Mary@jhchealthcare.com

307-644-4322

What the mirror doesn’t tell you

What the mirror doesn’t tell you about your face

Shakespeare’s Hamlet exclaimed, “What a piece of work is man! How noble in reason, how infinite in faculty! In form and moving how express and admirable! In action how like an angel! In apprehension how like a god! In consequence how like an animal!”

The mirror doesn’t tell you about the amazing functions of your body systems, or that you and your body are the most brilliant creations in the universe. For instance, your endocrine system is an amazing creation of numerous autonomic functions working through feedback loops of chemicals to regulate many systems. It also balances your energy levels through the thyroid gland. When is the last time you thanked your adrenal glands for helping regulate your blood pressure via cortisol and aldosterone?

What the mirror doesn’t tell you about your skin

People with anorexia nervosa see a distorted image of focusing on something, such as a nose or a mole, and view themselves as fat. Even men admit to body image angst; from 1997 to 2001, the number of men who had cosmetic surgery increased 256%. Unhappiness about body image has been reported among girls as young as age six. Clearly, we need to evaluate the messages the mirror is sending to us.

What the mirror doesn’t tell you about your body

What the mirror doesn’t tell you about your body is that your skin is your body’s largest organ, can provide a lot of feedback information about the internal health of your body. When did you last thank your spleen? Thank your spleen?

Cells and recycle red blood cells? When did you last thank your attention. When is the last time you thanked your spleen? Without adequate vitamin intake or sun, your skin can be replaced when they’re worn out. Remember, that’s right, your body is only your physical essence. Although it comes with a lifetime warranty, its quality isn’t guaranteed; that’s why we pay insurance claims so you can better model healthy behaviors for patients.

Managing the mirror’s messages

As nurses, we can do better to reflect the true inner beauty of our bodies—and project that beauty in our lifestyles. Balancing the mirror’s messages is the key. What the mirror doesn’t tell you can motivate you to care for yourself, so you can better model healthy behaviors for patients.

Fixing the mirror’s reflection

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ATTENDEE REGISTRATION
EARLY BIRD REGISTRATION DEADLINE: SEPTEMBER 6

To register, use the fast and secure online form at www.wyonurse.org. If you have any questions, please contact the WNA office at nurse@wyonurse.org or (307) 462-2600.

DEMOGRAPHICS OF THOSE WHO ATTEND
This innovative and celebratory conference is designed to support nurses in all stages of their career. The purpose of the conference is to show all nurses that they can make a difference, each and every day.

CONFERENCE OBJECTIVES
1. Understand the relationship of the Wyoming Department of Health and access to care in our rural state.
2. Define the role of the professional nurse in identifying and responding to human trafficking.
3. Identify how improving self-advocacy skills can enhance your practice.
4. Describe the role nurses play in the care of persons with mental illness.
5. Discover how to be physically and emotionally able to care for our patients.

EDUCATION EXHIBITOR & SPONSORSHIP OPPORTUNITIES
WNA invites interested vendors to share product expertise with us during the conference. For more information on these opportunities, contact WNA Office by email at nurse@wyonurse.org or please call (307) 462-2600.

CONTINUING EDUCATION CREDITS
This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Pending approval, participants can receive a maximum of 5.5 contact hours for attending this activity.

AGENDA - THURSDAY, OCTOBER 3

7:45 to 8:30 a.m.  Registration Open and Breakfast with Exhibitors and Poster Presenters
8:30 to 9:30 a.m.  Access to Care in Wyoming
Stefan Johanson, Administrator, Director’s Unit for Policy, Research, and Evaluation, Wyoming Department of Health
9:30 to 10:00 a.m.  Human Trafficking: What Nurses Need to Know
Michelle Fennell, BSN, RN, SANE
Elisa Livengood, BSN, RN, SANE
Child Protection Team, Children’s Hospital Colorado
10:00 to 11:00 a.m.  Break with Exhibitors and Poster Presenters
11:00 to 12:00 p.m.  Self-Advocacy: Facing Sexual Harassment by Someone in Position of Power
Sarah Ryan, MSN, RN, CEN, CCRN
12:00 to 1:30 p.m.  Improving Wyoming’s Mental Health: The Critical Role of Nursing
Nancy McGrew, DNP, APRN-BC
J’Laine Proctor, DNP, FNP, PMHNP
Clinical Assistant Professors, Fay W. Whitney School of Nursing
1:30 to 2:30 p.m.  Refreshment Break with Exhibitors and Poster Presenters
2:45 to 3:45 p.m.  You Can Make a Difference for Decades to Come
Frank Wiederrecht, BA/ThM
Chief Culture Officer, Memorial Hospital of Converse County
3:45 to 4:45 p.m.  WNA Annual Membership Meeting
4:45 to 5:00 p.m.  Closing Remarks and Evaluations

HOTEL INFORMATION
Host Hotel:
Holiday Inn Express & Suites - 1002 11th St, Lander, WY 82520
Contact the hotel at (307) 332-4005. Ask for the “WCA Group” Discount Rate: $119. Holiday Inn is a part of the IHG Rewards Club. Reservations must be received on or before 9/18/19.

Overflow Hotels:
Shoshone Rose Casino and Hotel - 5690 US-287, Lander, WY 82520
(307) 206-7001 to reserve a room.
Rodeway Inn Pronghorn Lodge - 150 E. Main St, Lander, WY 82520
(307) 332-3940 to reserve a room.

Wyoming Cancer Program
Breast and Cervical Cancer Screening
Are your patients eligible for a free screening?

Prevention and early detection through cancer screenings are the key to reducing the burden of cancer in Wyoming.

Who is eligible?
- Women aged 40 years or older
- Women ages 21-29 who have not had a Pap test in the last 3 years
- Women aged 30 and older who have not had a Pap test in the last 3 years or a Pap test with HPV test in the past 5 years
- Anyone with a previous diagnosis of breast or cervical cancer

With:
- A household income at or below 250% of the Federal Poverty Guidelines
- Medicare Part A or no insurance

To register, use the fast and secure online form at www.wyonurse.org.

6101 Yellowstone Rd. Suite 510 - Cheyenne, WY 82002
1.800.264.1296 ∙ wdc.cancerservices@wyo.gov
www.health.wyo.gov/cancer
Wyoming Nurses Association (WNA) invites your organization to participate in a celebration of leadership and innovation. This year’s conference and annual meeting will take place Thursday, October 3, 2019 at the Lander Community & Convention Center in Lander, Wyoming.

All sponsorships over $500 include a FREE exhibit booth (the fee of $250 will be waived)!

As an exhibitor, you can showcase your company’s products and services for one day in a high-traffic area where attendees gather between sessions and enjoy their meals.

We look forward to hearing back from you before the application deadline of September 6, 2019. For more information, visit www.wyonurse.org. If you have any questions, please contact the WNA office at nurse@wyonurse.org or 307.462.2600.

SPONSOR & EXHIBITOR APPLICATION
DEADLINE: MONDAY, SEPTEMBER 9, 2019

EXHIBITORS

EXHIBITOR LEVELS

LANYARD SPONSOR $500 - SOLD
Exhibit level, company name on mobile app and WNA website with clickable link, social media recognition, one banner ad, one push notification, one complimentary conference registration. One available

MOBILE APP SPONSOR $1,000
Exhibit level, company name on mobile app and WNA website with clickable link, social media recognition, one banner ad, one push notification and one complimentary conference registration. One available

ATTENDEE GIFT SPONSOR $1,250
Exhibit level, company logo on attendee gift, company name on mobile app and WNA website with clickable link, social media recognition, podium shout outs, two push notifications and one banner ad. One available

RURAL HOSPITAL SPONSOR $2,000
Exhibit level, company name on mobile app and WNA website with clickable link, social media recognition, one social media post, podium shout outs, one push notification, one banner ad, two minutes to address attendees before morning keynote and two complimentary conference registrations.

HEALTHY INITIATIVES SPONSORSHIP $3,000
Exhibit level, company name on mobile app and WNA website with clickable link, social media recognition, one social media post, podium shout outs, one push notification, one banner ad, three minutes to address attendees before morning keynote, two complimentary conference registrations.

BANNER ADS $250
Clickable banner ad on mobile app. Five available

MEAL SPONSORSHIP OPPORTUNITIES

LUNCH SPONSOR $1,250
Exhibit level, exclusive signage at lunch, company name on mobile app and WNA website with clickable link, social media recognition, podium shout outs, one push notification, one complimentary conference registration. One available

COFFEE BREAK OR ENERGY ON-THE-GO SPONSOR $750
Exhibit level, exclusive signage at breaks, company name on mobile app and WNA website with clickable link, social media recognition, podium shout outs and one push notification. Two available

EDUCATIONAL SPONSORSHIP OPPORTUNITIES

KEYNOTE SPONSOR $1,500 - 1 SOLD (1 LEFT)
Exhibit level, exclusive signage at front of general session room, company name on mobile app and WNA website with clickable link, social media recognition, podium shout outs, one push notification, one banner ad, six customized social media posts during August/September, one complimentary conference registration. Two available

EDUCATION SESSION SPONSOR $500 - SOLD
Exhibit level, exclusive signage at front of general session room, company name on mobile app and WNA website with clickable link, social media recognition, podium shout outs, one push notification, four customized social media posts in September and one complimentary conference registration.

Shipping Procedures

The Lander Community & Convention Center is not open until our event begins. If you have materials to ship over, please send to the address below and we can arrange to pick up from there to have your materials at your table in time for event.

To ship materials over, please send to: City of Lander 240 L. Lincoln Street Lander, WY 82520 Attention: 2019 October 3 Event at Lander CC, hold for WNA Staff pickup

Vaccine hesitancy is real. So are the dangers of vaccine-preventable diseases.

Clinicians are the most trusted source of health information for adults. Patients listen to your recommendations. Share why vaccines are important. http://bit.ly/AdultVaccine

Visit www.wyonurse.org for Sponsor and Exhibitor application.

WE ARE HIRING

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- Supervisor of Home Health Services
- Staff RNs

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- Education reimbursement
- 401(k) plan with company match
- Paid sick leave
- Paid vacation
- Tuition assistance
- Paid parental leave
- Paid jury duty

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Search job listings in all 50 states, and filter by location and credentials.
Browse our online database of articles and content.
Find events for nursing professionals in your area.

Your always-on resource for nursing jobs, research, and events.

WYOMING NURSES ASSOCIATION
1302 W. 12th Street, Suite 100
Cheyenne, WY 82001
(307) 774-5289
www.wyonurse.org
ANA’s Membership Assembly was held Friday, June 20th and Saturday June 21st in Washington, DC. About 360 nurses, observers and other leaders attended the two-day governance meeting in Washington, DC. Included in those attendees were five from Wyoming: Faith Jones (ANA Vice President), Kathy Luzmoor (WNA President), David Bodily (WNA Vice President), Tobi Moore (WNA Executive Director).

Assembly members participated in four dialogue forums where they gained in-depth information on the issues, as well as shared their experiences, knowledge and perspectives. They also addressed several proposals and governance-related changes.

Ultimately, Assembly representatives took the following actions:

- ANA believes that to protect the health of the public, all individuals should be immunized against vaccine-preventable diseases, according to the best and most current evidence. Given the recent surge of measles cases and potentially uncontrollable outbreaks of other vaccine-preventable illnesses, the Assembly voted to strengthen ANA’s position statement on vaccination compliance, removing the religious exemption and requiring annual recertification for medical exemptions. They expressed strong support for this vital policy, which is crucial to protecting at-risk children and others who can’t be vaccinated. Representatives also called for advocacy for increased funding for social marketing education campaigns, which can help combat vaccine hesitancy and misinformation.

They approved the revised ANA position statement, The Nurse’s Role When a Patient Requests Aid in Dying. According to the revised statement, ANA supports recommendations that nurses remain objective when discussing end-of-life options with patients who are exploring medical aid in dying; have an ethical duty to be knowledgeable about this evolving issue; and have the right to conscientiously object to being involved in the aid-in-dying process, among others.

They approved a recommendation aimed at allowing nursing students who are Deferred Action for Childhood Arrivals (DACA) recipients – often called DREAMers – to take the NCLEX in all states without facing barriers. This action would also help increase deportation relief for eligible immigrant individuals. (The DACA program provides deportation relief for eligible immigrant individuals called DREAMers – to take the NCLEX in all states without facing barriers. This action would also help increase deportation relief for eligible immigrant individuals. (The DACA program provides deportation relief for eligible immigrant individuals called DREAMers –

They also agreed to adopt the ANA Presidential Election Engagement Policy, rather than continuing to endorse a presidential candidate. The new policy includes reaching out to each declared candidate with information on ANA, educating ANA members and the public on presidential candidates’ positions on ANA’s policy agenda and priorities; and aggressive promotion of voter registration and voting among RNs, as well as other engagement efforts.

Representatives took action on several compelling and critical issues focused on patient care and public health.

- **Vaccinations Exemptions:** Given the recent surge of measles cases and potentially uncontrollable outbreaks of other vaccine-preventable illnesses, ANA no longer supports religious exemption as a reason to not get vaccinated. ANA believes that to protect the health of the public, all individuals should be immunized against vaccine-preventable diseases.

- **Medical Aid in Dying:** While nurses remain ethically prohibited from administering aid-in-dying medication, ANA recommends that nurses remain objective when patients are exploring this end-of-life option. Nurses have an ethical duty to be knowledgeable about this evolving issue and have the right to conscientiously object to being involved in the aid-in-dying process, among others.

- **Advocacy for DACA Nursing Students:** ANA recommends that nursing students who are Deferred Action for Childhood Arrivals (DACA) recipients – often called DREAMers – be allowed to take the National Council Licensure Examination (NCLEX) in all states without facing barriers. This action would also help increase diversity in the workforce and ease nursing shortages.

- **Human Trafficking:** To help solve the public health crisis of human trafficking, ANA believes that nurses must have increased education on the use of effective patient screening tools; advocate for human trafficking protocols in all 50 states and U.S. territories; promote Adverse Childhood Experiences (ACEs) education; provide trauma-informed care for victims and survivors; support awareness and prevention campaigns. Additionally, ANA’s Membership Assembly requests that the ANA Board of Directors create a national task force on the issue.

To help solve the public health crisis of human trafficking, they called for ANA and its member organizations to educate nurses on the use of effective screening tools when an individual comes into a health care facility. Two other recommendations focused on promoting trauma-informed care using a collaborative approach when dealing with a human trafficking victim/survivor, as well as requesting ANA to convene a national task force on this issue.

To increase the visibility of nurses in the media, including as sources, Assembly representatives approved recommendations focused on improving nurses’ and the media’s understanding of each other, as well as positioning nurses as influencers. During an earlier held hackathon, Assembly participants generated strategic ideas, which included creating an Institute of Media Ambassadors that provides intensive media training and developing a database of nurse content experts who could quickly respond to media requests, under four key themes.

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ANA Vice President Faith Jones and ANA President Ernest Grant

David Bodily and Kathy Luzmoor

Faith Jones Presenting

Kathy Luzmoor at Mic

Pictured Left to Right: Faith Jones (ANA Vice President), Tobi Moore (WNA Executive Director), Kathy Luzmoor (WNA President), David Bodily (WNA Vice President), and Staff Member.
The Power of Nursing Makes Itself Known on Capitol Hill

ANA Hill Day, Thursday, June 20, 2019

As part of ANA’s annual Hill Day, nurses, students and other leaders met with members of Congress and their staff to build support for federal legislation addressing workplace violence, funding for nurse workforce development programs, and APRNs’ ability to order home health care services.

Over 400 participants – with more expected – from 48 states are sharing their perspectives and expertise during hundreds of scheduled visits on Capitol Hill. And thousands from across the country are expected to urge federal policymakers to support ANA-backed legislation on workplace violence prevention as part of a Virtual Hill Day event.

First up, participants attended a breakfast briefing, where they learned more about ANA-supported legislation and were welcomed by ANA President Ernest Grant, PhD, RN, FAAN.

“The broader public needs you to be advocating just as much as an individual patient needs their nurses advocating for them at the bedside,” said Grant, who will join participants in meeting with federal lawmakers, including U.S. Sen. Richard Burr from his home state of North Carolina. “Rest assured, the people with whom you’re meeting are relying on nursing’s perspective, so they can better serve you and your patients.”

In a new event, Grant held ANA’s Hill Day version of a “fireside chat” with the newest nurse to join the 116th Congress, U.S. Rep. Lauren Underwood (D-IL).

“I’ve been a member of ANA for a long time, and it’s a thrill and honor to be here,” said Underwood, MSN, MPH, RN, who worked on implementing the Affordable Care Act while serving in the Obama administration. It was her concerns about several legislative attempts to repeal the ACA and take away protections for people with preexisting conditions that led her to run for Congress.
“Health care was the No. 1 issue in our elections, and health care is a human right,” said Underwood who continues to push for efforts to protect and ensure people’s access to affordable care.

She also addressed the “biggest challenge” – the Senate’s refusal to take up bills sent from the House for consideration. So, Underwood encouraged nurses to compel Senators – both Republican and Democrat – whom they are meeting with today to support the Title VIII Nursing Workforce Reauthorization Act.

“There’s nothing controversial about Title VIII and having more nurses in our country,” Underwood said.

She also urged participants to meet with their representatives in Congress in their home district offices.

“Make it your business to find out who your Congress member is and meet with them,” Underwood said. “Talk about what is important to you. Talk with confidence. You are the experts.”

She added that the most powerful thing nurses have is their patient stories, and all the factors that affect someone’s health.

The three key bills that Hill Day attendees are calling attention to are:

- The Workplace Violence Prevention for Health Care and Social Service Workers Act (R. 1309/S. 851)
- The Home Health Care Planning Improvement Act (R. 2150/S. 296)
- The Title VIII Nursing Workforce Reauthorization Act of 2019 (R. 728/S. 1399)

Additionally, participants addressed the importance of nurse staffing as ANA continues to work with federal policymakers on this critical nurse and patient safety issue. The Wyoming nursing delegation was fortunate to be able to meet with Senator Barrasso. Although not able to visit with Senator Enzi and Representative Cheney, they were able to visit with staff members.

Nursing is so much more than advocating for the patient at the bedside. Advocating for the patient and the health of the country through legislation is a duty and an honor. Those interested in becoming more involved with WNA to one day join us on “the Hill.” It is an experience of a lifetime!
Welcome New WNA Members

Central Region
Brenda Barker
Molly Bloodgood
Allic Robinson
Janet Gerken

Northeast Region
Beckie Garrett
Toby Granger
Lynette Clayton
Rikki Steward

Northwest Region
Shelly Kindt
Kimberley Morse
Liza Kaufman
Mary Myers
Gregory Chooljian
Linda Walker
Cheryl Sawyer

Southeast Region
Amber Gashler
Erik Wesolowski
Robin Cole
Maggie Lembitz

Southwest Region
Hailee Zanatian
Catherine Cole
Leanna Lovato
Ashley Sanchez

WNA Only Member
Misty Robertson
Trista Cross

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- Gum & Patches
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- Resource Pool RN additional pay of 15% for full- and part-time positions
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If we sound like the right fit for you, please call Cheyenne Regional at 307-633-7871 to learn more about our career opportunities.

cheyenneregional.org

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Wyoming Nurses Association
301 Thoma Drive, Suite 200
Casper, Wyoming 82609
Phone: 307-462-2600
www.wynurse.org

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HOME ADDRESS: __________________ CITY, STATE, ZIP: __________

COUNTY: __________ HOME PHONE: __________ ALT. PHONE: __________

EMAIL: __________________ EMPLOYER: __________________

MEMBERSHIP (Choose ONE membership option that best describes you!)

□ Full WNA and ANA Member
($280 annual/$15.93 monthly EDDP*)
The most cost effective way to join!

□ WNA Only Member
Employee, full or part time
($185 annual/$11.56 monthly EDDP*)

□ New RN Membership
First Two Years as an RN (the rate is good for two years)
($140 annual/$12.17 monthly EDDP*) Initial year

□ Senior Retired Member
62 or over, retired
($84 annual/$7.00 monthly EDDP*)

PAYMENT OPTION (Check the box or circle for the desired payment option.)

□ Annual payment by check: Please endorse check in the amount of annual membership total with application.

□ Monthly Electronic Funds Payment Plan (EDPP) through checking account:
Please read, sign the authorization below and enclose a check for the 1st month EDPP Payment. Subsequent payments will be debited from your account. AUTHORIZATION to provide monthly electronic payments to ANA/Infectious ANA is to withdraw 1/2 of my annual dues and any additional service fees from my checking account designated by the enclosed check for the 1st month’s payment. ANA is authorized to change the amount by giving the enrollee 30 days written notice. The enrollee may cancel this authorization upon receipt by ANA of written notification of termination 30 days prior to the deduction date as designated above. ANA charges an annual fee for members paying by EDPP. ANA charges a $1.00 fee for any return checks.

□ Signature for EDPP Authorization

□ Payment by Credit Card: (MC or Visa)
□ Monthly Charge to Card
□ Annual Charge to Card

Card number & expiration date: ____________________________ Signature: __________________

TO BE COMPLETED BY WNA and the AAN office

State: ______ Approved By: ______ Date: ______ Exp. Monthly Year: ______ Amount Enclosed $ ______ Check #: ______ Region: ______
Thought Focus

So how is your day going? What are you thinking about at the moment? Is the self-talk going through your mind right now about your work day moving you towards your goals or is it taking away your energy and passion?

A lot of questions to get you to this point. What you focus on and repeat to yourself about your situation is what you invest your energy in and ultimately what you accomplish. So, where is your job going today, or last week, or this past year? It may surprise you to know the focus you have in your daily work, the way you approach your job impacts your performance and leadership, negatively or positively. And the power is yours.

Leaders continuously struggle with their Thought Focus. We have become patterned into this constant talk to ourselves about our job, our boss, the work, the patients or subordinates, and we continually play the same old record. We focus on the negative. Like a self-fulfilling prophecy, what we think we get. And we justify our attitude and thought based off what we expect to see. So who’s to blame?

As leaders, we need only to look in the mirror. I have seen great leaders spiral down into complete ineffectiveness due to their Thought Focus. For some, there is not even a speed bump between thinking a negative thought and then totally focusing on it. When that “thing” happens, and life becomes challenging, some leaders take the easy road to reinforce with themselves that this is life. That it’s the way of this organization. They repeat and discuss with others the continuous negative and demeaning thoughts that this is how a leader is to experience life. Soon, and very soon, they’ve created the habit of a negative Thought Focus, and they believe it all to be true. Bupsis.

We now need to identify the focus of our thoughts...capture them and realign them properly. Leaders need to learn early, and revalidate with other leaders, their Thought Focus. You were hired as the leader to influence others and to help your organization meet a mission. If your influence and impact is to put every situation into a nose dive and to crash and burn, then you were truly not the right person for the job. Jobs get tough, bad things happen, and at times it seems all things are stacked against you.

True leaders then harness their Thought Focus and start to prepare themselves and their team for a positive turnaround. Their focus then becomes on what can be done and how to get there. They don’t allow themselves the luxury of falling into the negative tail spin and sabotaging their staff and organization. They refocus their thinking, they have an accountability colleague who pushes them through the challenges, and then they keep their Thought Focus on their goals.

So today, where is your Thought Focus? It is never too late to pull back on that negative throttle and put a positive altitude under your wings. Your team deserves that...and so do you!
Other career opportunities in Lander and Riverton, Wyoming. To view and apply, visit sagewesthealthcare.com/careers or call 307.335.6269.

Healthy U is a free, 6-week health workshop available all across Wyoming. Participants learn a variety of strategies to improve their health. It is offered in partnership with the Department of Health Aging and Public Health Divisions. Phone: (307) 766-2829 Email: wycoa@uwyo.edu Website: uwyo.edu/wycoa

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