backburner. Neglect of self manifests itself as burn-out and care of the house-hold and putting their own needs on the rushing from piano lessons to the grocery store, taking to ignore their own spiritual needs. Personal time is spent to let them know that they are still human.

most challenging patients while providing a caring touch vulnerable, a nurse has the technical skills to care for the same, every day. As they care for people at their most up sagging spirits. Nurses do other out of the rubble and prop 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 care of the house-hold and putting their own needs on the rushing from piano lessons to the grocery store, taking to ignore their own spiritual needs. Personal time is spent to let them know that they are still human.

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 care of the house-hold and putting their own needs on the rushing from piano lessons to the grocery store, taking to ignore their own spiritual needs. Personal time is spent to let them know that they are still human.

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.

President’s Address continued on page 2
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.

Nurse 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. Imagine 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 or that 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.

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.

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 ____________________________
(Full as it will appear on the nametag)
Address ____________________________
City __________________ State ________ Zip __________
Phone ___________________________
Email ___________________________

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

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

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PO Box 1015, Pierre, SD 57501
Phone: 605-945-4265
Fax: 605-945-4266
sdna@medcorp.net
www.sdnames.org
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

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 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 jrtieman@gmail.com.

Submitted by Joanne Tieman, District President

Sioux Falls Area

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

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

Brookings/Watertown Area

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

No Report Available
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, the ANA Board of Directors approved an amendment to the ANA Bylaws. The amendment states ANA will support the right of nurses to non-engagement in collective bargaining. The proposed amendment provides for the potential to change health care escalating, even to the point of the Joint Commission requiring an additional dollar per day. The amendment was adopted.

Section 4. Term of Office

Current bylaws do not provide for staggered Congress on Nursing Practice and Economics member terms, but they do require the Assembly to consider the issue at each HOD meeting. The current bylaws provide for the possibility of a four-year term of office. The proposed amendment provides for the potential to change health care escalating, even to the point of the Joint Commission requiring an additional dollar per day. The amendment was adopted.

Section 5. Responsibilities

Current bylaws state ANA will ensure collective bargaining and workplace advocacy programs for nurses. However, the proposed amendment provides for the potential to change health care escalating, even to the point of the Joint Commission requiring an additional dollar per day. The amendment was adopted.

Section 6. Term of Office

Current bylaws call for biennial election of officers to two-year terms. The proposed amendment provides for the potential to change health care escalating, even to the point of the Joint Commission requiring an additional dollar per day. The amendment was adopted.

Section 7. Board of Directors

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Section 9. Board of Directors

Current bylaws call for biennial election of officers to two-year terms. The proposed amendment provides for the potential to change health care escalating, even to the point of the Joint Commission requiring an additional dollar per day. The amendment 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 1983, 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.

SD Nurses Foundation Donor and Philanthropist Supports Diversity

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!
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. The candidate must submit a ballot signed by three other SDNA members that have been active in the SDNA since 2005 and have previously served on the SDNA Board. The ballot must be received by 5 p.m. on November 15. The ballots are then mailed to the SDNA office at 605-945-4265 or sdnurse@mdico.net.

Secretary
Kay Foland, RN, BS, MSN, NP, PhD.
School/College of Nursing: RC
Present Position: Charge Nurse; School of Nursing—SDSU; Univ. of NE; Univ. of TX

Area of Practice: Psychiatric Mental Health

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 1991 and have 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 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
Personal 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 ever-expanding 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—South Dakota University—MS, SB, RN, UOP

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 the transition into their nursing careers. There is so much valuable 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 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: RN, ACLS and TNCC

Present Position: Clinical Director at SDSU—Director of Patient Services at Landham-Mungan 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

Present Position: Professor—SDSU

West River Department

Personal Position: Representing nursing 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.

Karen Younger, PhD, RN
University of South Dakota, Watertown

Assistant Professor—Family Practice

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 the transition into their nursing careers. There is so much valuable 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 nursing workforce and I believe this is an important issue that needs to be followed closely.

Deb Fischer-Clemens, BSN, MHA
School/College of Nursing: Mt. Marty College—BS; 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 are incorporated as an interconnected system for health and wellness. It is with this thought in mind that I submit my name as ANA Delegate. I anticipate 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—USD, BSDU-BSN, UOP-MSN

Area of Practice: Family Practice

Clinic/Community Health

Present Position: Health Care Specialist/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 Education Coordinator of BSN 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. Kleinussor
School/College of Nursing: Augustana College—BA; South Dakota State University—BS

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.
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.

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 always been formative 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 job is not yet finished. 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.

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

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

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,” Daley says of her 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 prevention and education. “The purpose I found in this work kind of became 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.”

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. “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 am 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.”
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
1.605.425.2200 1.800.425.3032 sdna@midco.net

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
  - - under 52 years of age & earning less than maximum allowed receiving Social Security benefits
  - - RN who is 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 52 years of age and unemployed
  - - RN who is totally disabled

- SDNA ONLY MEMBERSHIP
  - RN employed full or part time

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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 your checking account monthly, in addition to an annual $6.00 (50c 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. This authorization and the authorization of any additional amounts must be canceled within 30 days of the written notice. 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
President
Term: 2009-2011
Becky Nichols
District 10
Home: 271.5060 * Office: 322.2600
vanillatwist@sio.midco.net

Vice President
Term: 2009-2011
Margie Washnok
District 4
Home: 725.5354 * Office: 229.8478
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Secretary
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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

January 2011

February 2011
Nurses Day at the Legislature
February 7 & 8, 2011
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 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.