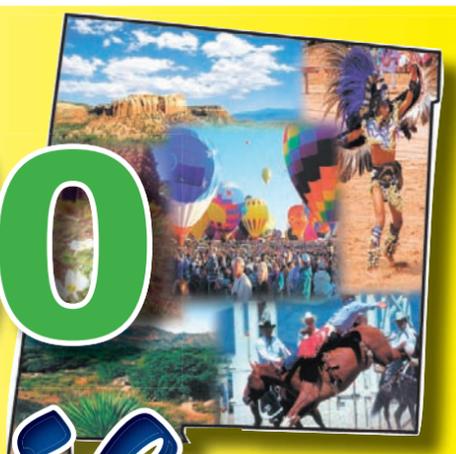


The NEW MEXICO Nurse



The Official Publication of



NIMNA

NEW MEXICO NURSES ASSOCIATION

A Constituent Member Association of the American Nurses Association

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Protecting yourself, your license, your career...

by *Carrie Roberts, MSN, RN*

Having attended hundreds of disciplinary hearings at the Board of Nursing over the past eight years, I think I've seen a wide range of issues come up that we've discussed in past issues of the *New Mexico Nurse*. This article will cover some things that will help you to keep your license if you are called before the Board.

When someone has filed a complaint against you and your license there are several steps before resolution.

- There will probably be an investigation, which will include the investigator talking to your supervisor, the person who filed the complaint, co-workers, others who might have witnessed the incident, looking at Medication Administration Records, talking with the pharmacy, any documents supporting or refuting the allegation. The investigation will be reported to the entire Board of Nursing (4 nurses, 3 public members appointed by the Governor), who are responsible for upholding the Nursing Practice Act and protecting the public. The Board can choose to dismiss the complaint for lack of substantiation, or they can issue a Serious Letter of Concern, a Voluntary Letter of Reprimand (with or without a fine), or a Notice of Contemplated Action.
- If you receive a Notice of Contemplated Action you have a brief period of time to call or write the Board of Nursing and request a hearing. If you do NOT request a hearing, the Board will set a hearing date, and send you another notice that it has been set. This Notice of Contemplation is very serious. If you do not show up for your hearing, your license will be revoked by default because you were not there to answer the complaint.
- When you come to the Board of Nursing, remember that these people are the regulatory body over nursing and your license and career is at risk. Do not take this lightly. Dress professionally, wearing a dress and nice shoes or slacks, a nice blouse or shirt and a jacket or sweater. Do not appear before this Board in jeans or shorts, a T-shirt, scrubs, tennis shoes or worn out running shoes.
- Be professional. You may bring witnesses, character letters, documents that you believe justifies your side of the incident. Tell your story succinctly, answering the prosecutor's and board members' questions without extraneous information. You can give extenuating circumstances, for instance that this omission occurred after you'd had to work 5 twelve-hour shifts in a row, or whatever.
- Bring an attorney. The attorney can prepare you for your testimony and prevent your incriminating yourself further during testimony, and raise valid questions about the facts of the case. You are more likely to be successful in defending your license before the Board with an attorney at your side. If it expensive? Yes, attorneys can be expensive, but if the attorney helps you keep your license so you can keep working, don't you want that? PLUS if you have your own professional liability insurance policy, the

insurance company will pay the attorney to represent you before the Board.

- Every time I go to the Board of Nursing hearings there are reports that a dozen or more nurses were practicing with an expired license, and are issued Serious Letters of Concern, or Voluntary Letter of Reprimand (which goes on your professional record) and made to pay a fine. If you do not pay the fine, they can issue a Notice of Contemplated action, and perhaps lose your license. Many of these issues arise because the renewal form was sent to an old address. What I tell students getting ready to graduate is, "Before you even tell your mother that you are moving, notify the Board of Nursing." By notifying the Board of your new address, you will be ensuring that you receive renewal forms from the Board, and any communication from the Board.
- If you happen to be one of the 1% a month that upon renewal are audited for continuing education certificates/ contact hours, do not ignore the notice that you are being audited. If you cannot find the certificates, which you attested to having by signing the renewal form, you need to contact the Board office and tell them that you have misplaced the certificates. Then you will need to take as many CE courses (online or in classes) as you need to make up the required 30 hours for renewal, send copies of the certificates to the Board, with copies of the ones you already had. You may get a fine, but you will not lose your license over the matter. **If you ignore the audit**, the Board will issue a Notice of Contemplated Action, and if you ignore that, you could lose your license. It is not worth it.
- Do NOT under any circumstances think that if you had a felony in the past, that after completing the sentence and probation it is off your record. Or that just because you have moved from a state that took action against your license that the NM Board of Nursing won't find out about it. When completing the renewal form, check the box for whatever is in your past, give them an explanation. If you do NOT admit to

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505-291-5474 or sross@salud.unm.edu

American Assn. of Critical Care Nurses (AACN)
Albuquerque Chapter, P.O. Box 36546
Albuquerque, NM 87156-6546
Heidi Radke, Chapter President
Email: hskrgl@msn.com

American Assn. of Nurse Assessment Coordinators
www.aanac.org a website for members of assn. of Long Term Care MDS Coordinators, offering CNE, on-line discussion, latest news updates.
1873 S. Bellaire Street, Suite 800
Denver, CO 80222
1-800-768-1880, Contact: Debbie Hoellen

American Nurses Association
600 Maryland Avenue, SW Ste. 100 West
Washington, DC 20024-2571
(202) 651-7059

American Society for Pain Management Nursing
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(505) 724-6134 lsorensen@phs.org

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Association of Women's Health, Obstetric and Neonatal Nurses (AWOHN)
Contact: Kathleen Matta 505-690-6218

Case Managers Society of American, Rio Grande Chapter
Contact Carolyn Simon at 505-816-2059, carolyn_simon@bcbsnm.com OR: Elizabeth Ramos at 505-228-2238, elizramos@aol.com

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American Society for Pain Management Nursing
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505-272-8727 or IVZamora@salud.unm.edu

Legal Nurse Consultants, Greater Albuquerque Chapter
Contact Maria Scarpelli at 505-352-6562 or mariascarpelli@onque.net

New Mexico Association for Home Care
3200 Carlisle Blvd. NE
Albuquerque, NM 87110
(505) 889-4556

New Mexico Association of Neonatal Nurses
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6301 Indian School, NE, Suite 710
Albuquerque, NM 87110
(505) 841-8340

New Mexico Developmental Disabilities Nurses Association
Contact Person: Judi Murphy
(505) 332-6820 or jmurphy@arc-a.org

NM Emergency Nurses Association
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jean.gomez@lovelace.com

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PO Box 29658
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New Mexico Nurse Practitioner Council
Contact any Board of Directors Member at
nmnp@nmnp.org

New Mexico Organization of Nurse Executives
PO Box 4491
Albuquerque, NM 87196 or their web site:
www.nmone.org

NM School Nurses Association (NMSNA)
Contact Judith Bauer-Creegan, RN, BSN, MSN, President
jcreegan@gisd.k12.nm.us
(575) 882-0036

NM Wound, Ostomy, and Continence Nurses
Contact Pat Collins at 505-473-1544
or patjamescol@aol.com

PeriAnesthesia Nurses Assn. of NM
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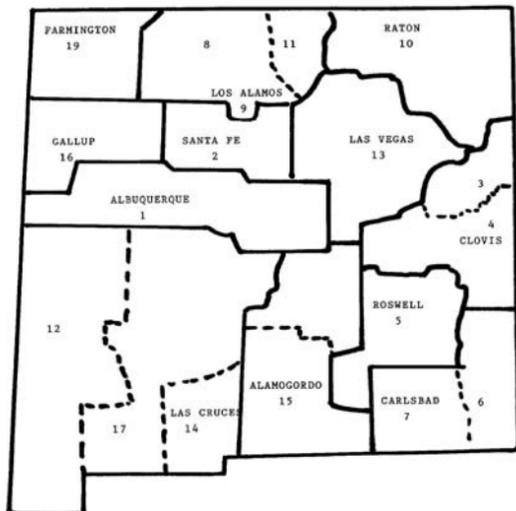
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DNA 3, Tucumcari; DNA 5, Roswell; DNA 6, Hobbs; DNA 8, Española; DNA 9, Los Alamos; DNA 11, Taos; DNA 12, Silver City; DNA 13, Las Vegas; DNA 15, Alamogordo; DNA 16, Gallup; DNA 17, Deming



Nursing Information Web Sites

NM Nurses Association: www.nmna.org

Information on the organization, calendar of events, legislative update, on line registration for workshops, job listings for all kinds of health care jobs, and Continuing Education applications for workshops for nurses.

NM Board of Nursing: www.bon.state.nm.us

Lists board meeting dates, download the Nursing Practice Act, Rules and Regulations, download renewal forms, complaint forms, get information on recent rules and regulation changes, get names of board members.

NM Center for Nursing Excellence:

www.nmnursingexcellence.org

Information on NMCNE activities to lessen the nursing shortage, recognize nurses for their accomplishments, Links to nursing organizations, workforce reports and much, much more.

NM Nurse Practitioner Council:

www.nmnpcc.org

Information on the organization, activities, legislative initiatives, and formulary for sale to NPs.

American Nurses Association:

www.nursingworld.org

Membership, bookstore to buy standards of various nursing practices, the Code of Ethics for Nurses, Online Journal of Nursing, press releases on various legislative initiatives, connections to state (constituent) nurses associations, American Nurses Credentialing Center, and the American Academy of Nursing.

Exceptional Nurse: www.ExceptionalNurse.com

A nonprofit resource for nurses and students with disabilities. The email address is exceptionalnurse@aol.com.

Protecting yourself...continued from page 1

felonies or action against your license and they discover it, you could be brought before the Board for lying on your application. You do NOT want this; honesty is always the best policy.

- If you don't know what to do when you receive communication from the Board, ask someone: the Board, a supervisor, a colleague, or an attorney.
- The Board of Nursing's contact information is on their website: www.bon.state.nm.us. It lists the receptionist, the clerks and their responsibilities, and the Associate Directors and their responsibilities. Their phone numbers are all there. Call the most appropriate person for the problem listed in the communication from the Board.
- Remember: the NM Board of Nursing's chief charge is to protect the public.

MISSION STATEMENT

New Mexico Nurses Association is committed to advocating for all licensed nurses, improving health care, and promoting life-long learning.

Core Values

- Promote the professional and educational advancement of nurses.
- Develop alliances with other professional health care organizations on issues affecting nurses and health care.
- Enhance recognition of the contribution of the nurse in health care.
- Promote high standards of nursing practice by upholding the integrity of the New Mexico Nursing Practice Act.
- Improve access to health care services by expanding opportunities for nurses.
- Foster personal and professional self-advocacy.
- Advocate for nurses through legislative, regulatory, and policy making endeavors.

revised 06/03/2008

From Talk to Action: Putting the CAT Together

*By Anita C. Reinhardt, PhD, RN
Southern New Mexico Community
Action Team Chairperson
Las Cruces, NM*

What does it take to get your Community Action Team (CAT) started? For us in Las Cruces and surrounding area that includes Truth or Consequences, Deming, and Alamogordo, it was a continuation of a group in our area that meets regularly to support leadership. This group, Southern New Mexico Leadership community, meets quarterly for a luncheon offered by Memorial Medical Center and hosted by Anne DeBooy, CNO. The intent of the meetings is to review issues in nursing practice, management, and retention related to our area of the state.

These luncheons are also forums for the exchange of information between the professional nursing and nursing education committees on issues of concern for both, including sharing clinical resources, creating stronger collaborative partnerships, and engaging everyone in the ongoing process of ensuring that nursing practice in our area is the best it can be.

The members of our group took part in the community forums lead last summer in 2008 by New Mexico First and the New Mexico Center for Nursing Excellence (NMCNE). We have been continually up-dated in the progress of that process and were aware of the "Moving to Action: Building Community Plans for a Stronger Nursing Workforce" report from the NMCNE and the "Strategic Plan for Nursing in New Mexico." Our group members felt very strongly that southern

NM must be a part of this statewide initiative so we enjoyed a great response from interested people who want to participate, whether that means leading a group, acting as a team member, or serving as a resource for identified teams. Our intent was to leverage this local interest to create CATs that would provide for continuation of the initial ideals of the strategic initiative while also allowing for creative solutions adapted to regional resources and conditions.

The infrastructure of the New Mexico Nursing Council (later changed to the present name of Nursing Council of New Mexico – NCoNM) identified three areas of concentration: Education, Practice & Work Environment, and Recruitment & Retention. To the group, it seemed logical to form like committees at the local level and have chairpersons of each sub-committee. A team was formed around each of these three areas. A leader was identified for each group and tasked with developing action agendas for each group. These agendas were reported at scheduled leadership meetings with the Regional Chairperson.

For each of the subgroups, the following action items were identified.

1) Education

This group identified two areas of concern to address:

- a) Collaboration between the major nursing education programs and clinical facilities to share limited clinical sites and their resources.
- b) Explore the development of a single online

resource for hospital orientations for nursing students.

2) Practice & Work Environment

This group has focused on the issue of transition to practice and is evaluating the potential for local facilities to participate in pilot projects related to nursing residencies after graduation, including sources of potential funding for these extended educational programs.

3) Recruitment & Retention

This group has targeted the need to build interest in professional nursing beginning with the "pipeline" of students from the K-12 education system into the post-secondary education process. The Recruitment & Retention sub-committee would like to focus specifically on interventions that assure this flow of students into nursing education by working to secure more funding for scholarships, mentoring programs, and student resources that support student interest in the profession.

Obviously, many of these issues overlap within the committee structure so we have meetings of the CAT Core (the sub-committee chairpersons, Anne DeBooy, and I) to flesh-out what we are all doing and act as resources for each other while ideas bounce around. Also we want to encourage the many talents and creative ideas brought to us by our committee members and the larger nursing community. To do this, we think the role of CAT leadership is to provide resources, structure, and processes—but the answers to issues cited in the Strategic Initiative will come from the professional nursing community in southern New Mexico.

NMNA Has Opportunity to Partner With TeamWorks Program

Jennifer Drexler

TeamWorks is a program started in 1998 under the auspices of the New Mexico Commission on the Status of Women. The TeamWorks program serves TANF (Temporary Assistance for Needy Families) eligible women who are single-parent heads of household in transitioning from welfare to work. The purpose of the program is to equip participants with skills necessary to compete effectively in the job market. In addition to the comprehensive case management by Career Development Specialists; TeamWorks offers a program of personal and professional development skills as well as computer skills training for the workplace. A full-time Job Developer helps guide clients in career exploration, job search, resume preparation and interview techniques.

I had the privilege to be invited to speak with a small group of women during their last week of classes at TeamWorks, a program that helps them change their outlook on life. Velma Venegas, one of the Personal & Professional Development Instructors, spoke with me and asked that I simply share my life experiences in an inspirational and uplifting way. Much thought went into determining if I had overcome even half the hurdles of the women enrolled in the program.

As I discussed how I managed juggling a full-time job as a nursing educator, 2 children, a husband, and completing a full-time Master's program, it became clear that NMNA, as an organization, could partner with the program. District 1 NMNA members have voted to become involved and help find volunteer opportunities, provide professional mentoring, and be a positive influence in reflecting determination and perseverance as professionals to these women. Selected District 1 members are planning to attend one day during the last week of classes and share their stories, provide encouragement and support to participants. District 1 voted unanimously to participate and partner with this program. Each member has a vast network of friends and colleagues know of job or volunteer opportunities, and everyone has a story to tell.

Velma Venegas is going into her 3rd year working with NM women through TeamWorks. Prior to her involvement in this program she worked as an alcohol and substance abuse counselor, as well as led groups in substance abuse and DWI education. Velma's position is a Life Skills Instructor; she helps participants prepare to join the workforce; but, also teaches time management skills, provides motivational support, and works on self-esteem building. "Women in this

program are single women with children and the seven week program is small compared to their needs". In addition to job placement assistance the participants volunteer in one activity for 20-22 hours a week for two weeks.

The goal is to support the women in overcoming barriers to their transition to economic self-sufficiency through successful employment. Typical barriers include lack of or limited transportation, housing, child care, clothing, and education, as well as coping with domestic violence and substance abuse. "We focus on education, employment, and job placement readiness", Velma says, "but we want them to believe in themselves and encourage them to achieve their dreams". The TeamWorks program goes beyond monetary assistance, and gives women a chance to feel confident in their career choices.

As District 1 discusses strategic planning for 2010, we look to be a volunteer site for Teamwork and partner with several community projects. We are hoping to partner with Roadrunner Food Bank, Health Care for the Homeless, and New Mexico AIDS Services. The joint venture between NMNA and TeamWorks will create a wonderful community partnership and benefit many NM women.

New Mexico Nurses Foundation

P.O. Box 29658

Santa Fe, NM 87592-9658

505-471-3324

**Application for Scholarship Funds
Must be postmarked by October 15, 2009**

There is up to \$2,000.00 in scholarship funds that can be awarded this Fall, by either one stellar candidate, or divided for two terrific candidates.

Name _____ NM License# _____

Address _____

Phone _____ Email _____

Basic Nursing Program _____ Year of Graduation _____

Nursing program attending at present _____

How long have you been an NMNA member? _____

Have you attended any meetings in the past year? _____

Have you held office in the district or state? _____ Which? _____

Have you served on committees? _____ Which? _____

Documentation requirements:

1. Attach a statement of approximately 500 words regarding your need for the scholarship, and your nursing and personal goals.
2. Attach a letter of recommendation from one of your instructors/ professors.
3. Submit a letter of recommendation from an NMNA member for the scholarship.
4. Submit a copy of your last grades (minimum GPA 3.0).
5. Submit a copy of your current enrollment form (minimum 6.0 hr/ semester) and a target graduation date.

You MUST be available to attend the Annual Meeting in Las Cruces the evening of Saturday, November 7, 2009 to receive your scholarship award.

The Public Health Nurses' Role in Achieving Health Equity: Elementary Inequities in Health

On May 5, 2009 a national position paper "The Public Health Nurses' Role in Achieving Health Equity: Elementary Inequities in Health" was presented at the Association of State and Territorial Directors of Nursing (ASTDN) National Conference in Oklahoma City.

Dr. Fran Ahern Smith was one of six public health leaders (Wisconsin, New York, California, Massachusetts, New Jersey, and New Mexico) who made a commitment to write this paper at the 2006 Annual ASTDN conference that focused on health inequities. As part of the preparation of sharing knowledge and evidence based practice the process included self reflection about societal roles and responsibilities. Self reflection enables one to build and strengthen the capacity to provide leadership ensures collective action for equity and elimination of health disparities in all states and territories.

While originally written for public health nursing directors the concepts apply to all nurses whether the focus of service is individual, family, or entire communities. It calls to all nurses-in hospitals, schools, institutions of higher education, legislatures, mental health centers, rehabilitation centers, or the many other settings in which nurses protect the health of individuals, families, communities, and the public through policy and action.

The best place to start is with us, as nurses, to find our voice and renew our commitment to social justice and service as agents of change. Through science and evidence, leadership, strong and diverse partnerships, and attacking the underlying determinants of illness, injury, premature death, and disability, we can achieve our shared vision of "healthy, safe, and resilient communities, families, and individuals."

The position paper is a call to public health nurses to find their voices, renew their commitment to the elimination of health inequities, and help

build durable public policy that promotes and protects health for all and assures conditions that support safe and healthy communities.

"Public health nurses in the United States and its Territories need to be aware that research on health disparities and health equality is an emerging and evolving body of work and currently lacks agreement on common definitions."

The paper defines the elimination of health inequities and disparities rests on a solid foundation of public health nursing practice. The list of resources that were used includes the American Nurses Association's (ANA) Public Health Nursing: Scope and Standards of Practice; Public Health Leadership Society's Principles of the Ethical Practice of Public Health; ANA's Code for Nurses with Interpretive Statements; and the World Health Organization, Commission on Social Determinants of Health's Closing the Gap in a Generation: Health Equity Through Action on the Social Determinants of Health 2008.

The remainder of the paper elaborates on the 12 roles, responsibilities and obligations of public health nurses:

1. Awareness, respect and humility
2. Recognizing the multiple social determinants of health
3. Capitalizing on community strengths
4. Leadership
5. Achieving cultural competence
6. Assessment, population diagnosis and priority setting
7. Partnering with others
8. Creating an Environment for care
9. Advocacy
10. Educating the current and future public health nursing and nursing work force
11. Creating public and agency policies that support and celebrate diversity
12. Evaluation and research

The authors conclude with the need for continued, open dialogue: "Health equity requires 'upstream' thinking and action. There is no one correct way to achieve this vision - the important thing is to begin. Our journey toward health equity will require a willingness to pause, to listen, to consider and to reflect. We must insist on open, honest, constructive dialogue and we must be willing to learn, to assimilate our new knowledge, and to create change.

"We must continue to engage our partners to guide and advise us on our journey. Our moral compass is the tenets, cornerstones, and standards of public health nursing practice. Our partners include the profession of nursing, our communities, and representatives of government and the public, private, nonprofit, and voluntary sectors in our states and territories.

"Above, all, we must believe that health equity is achievable and within our reach. It is our role and responsibility as public health nurses to provide leadership in making this happen."

Margaret Schmelzer, Director of Public Health Nursing and Health Policy, Wisconsin Department of Health, co-chaired the committee with Michelle Cravetz, MS, RN, BC, Executive Director of Association of State and Territorial Directors of Nursing (New York) and Glynnis LaRosa, RN, MPH, CPHQ, Senior Public Health Nursing Advisor; Massachusetts Department of Public Health (Massachusetts). Other members of the prestigious committee include Nancy Fischer, RN, Assistant Director Public Health Director/Public Health Nursing, Stanislaus County Health Services Agency (California), Fran Ahern Smith, DNSc, RN, Director of Nursing Service, Program Chair, ITT School of Nursing (New Mexico) and Nancy Garvey, Public Health Nursing Consultant, New Jersey Department of Health.

Carrie's Corner

by Carrie Roberts

Each year about this time I see tarantulas migrating South on State Highway 14 as I drive to Albuquerque, and yesterday I spotted a lovely specimen making her way down the middle of the Northbound lane yesterday, so Autumn approaches. We are watching the Health Care Reform issues in Washington and across the country, just as we watch the cottonwoods start to turn gold, but is that all we are doing--watching? I hope not. NMNA has supported a single-payer plan since the late 90's, and ANA has been working toward health care for all since 1992. Our Constitution says that we have inalienable rights of life, liberty and the pursuit of happiness. Doesn't that make health care a human right, and to be a just and fair nation we must get health care reform done?



Carrie Roberts

As nurses we have all seen results of delayed care, lack of adequate health insurance, and the devastation to families because of huge health care bills. We must call or write our congressman and two senators about what is needed to cover every single person in the US. YOU know that to protect our entire population everyone should have health coverage... it is the herd-effect. Immunizing every one, treating everyone with illnesses increases the productivity of the workforce, which improves our bottom line as a whole. To contact your US Congress representative and Senators, this website might be of interest: <http://www.yourcongressyourhealth.org>. Put in your zipcode and it lists them- when you click on their names, the Washington office address and phone number appears.

There is an amendment started in the US House that could become part of the health care bill that would allow the states to pass Single-Payer plans that would even include those groups usually covered under ERISA laws [Employee Retirement Income Security Act. These protective regulations only apply to private employers (non-government) that offer employer-sponsored health insurance coverage and other benefit plans to employees-think Intel, private colleges, other big employers]. If it is included in the final Health Care Reform bill, perhaps we can get Single Payer passed here in New Mexico.

The Center to Champion Nursing in America (CCNA) is pleased to report another advancement for the health care of Americans and nursing education. On Tuesday, August 4, 2009, Senator Debbie Stabenow (D-MI) introduced S.1569 to expand our nation's Advanced Practice Registered Nurse workforce. Like the Capps amendment recently introduced in the House of Representatives, if enacted the bill will ensure that Medicare payments for nursing education match the health care needs of current and future Medicare recipients. In order to better meet the health care needs of Medicare recipients, Senator Stabenow's proposal would revise the way Medicare pays for nursing education in two significant ways. It would expand the current focus to nursing education at the graduate level. It would also expand clinical education provided through Medicare funding to include home and community-based settings as well as hospitals, using affiliations between accredited schools of nursing and community-based health care settings. Asking your U.S. Senators and Representative to sign on as co-sponsors would be a great thing to do.

On the nursing front, many of you may not be aware that the Executive Director of the Board of Nursing, Allison Kozeliski, resigned in mid-May for personal reasons. One of our NMNA Board members, Michael Wallace, was appointed to the Board of Nursing in July, and is now sitting through his first board meeting. The Board is searching for a new Executive Director: an MSN or PhD nurse with management experience and has some interviews arranged for early September. The board also needs a public member. Public members should not have any financial links to nursing or health care to avoid conflicts of interest. Some public members have been retirees (not nurses), and often have been people with businesses, who are willing to serve on a regulatory board. The NM Board of Nursing meets 3 days every other month, and mileage and hotel/ meal per diem are paid for these voluntary positions. If you know someone who might like to serve on this board, send their information to NMNA, or straight to the Governor's office.

The Board of Nursing hears it's usual array of cases of people who renewed their licenses late because they hadn't received the renewal notice because they'd moved and not provided the a new address, those who didn't respond to Audit notices for CE, those who had complaints against their licenses for unprofessional conduct, and those who were non-compliant with their contract with

the Diversion Program. (See the article on p 1). The Board is also responsible for regulating the Hemodialysis Technician program, the Certified Medication Aide program, regulating the nursing programs in the state, and expediting the re-authorization of the Nursing Practice Act every six years.

November 7th is the date of the annual membership meeting with CE for NMNA in Las Cruces. This is an exciting day of learning about diversity. For those who are interested in learning about how to write CE applications, we'll also have breakout sessions covering writing an individual application and approved provider applications (for large hospitals, professional organizations, etc.). This event will occur the same weekend as Las Cruces' annual Renaissance ArtsFaire, which includes jousting matches, strolling minstrels, people in costume and fabulous booths of handmade arts and crafts that make wonderful gifts. During the day we will hold the membership meeting, featuring a discussion and ratification of the NMNA Legislative Agenda and installation of officers and directors, awarding of scholarships to NMNA members who are working on their BSN, MSN, or PhD.

Because the Nursing Practice Act (NPA) expires on 6/30/2010, the Legislative session is critical for all of us, so that we can get the NPA reauthorized. Unfortunately, the next session is a 30 day session, dealing with the huge state budget deficit so it is going to be a hectic session Capitol Challenge, 2010 is on January 28th, 2010 with the hope that nurses across the state will attend and let legislators know they want the NPA passed. We have arranged for several different hotels offering reduced costs for participants in the Santa Fe area, and parking at the Santa Fe Community Convention Center is included in the cost of registration.

At the same time we are inviting specialty organizations (nurse practitioners, CRNAs, school nurses, ENA nurses, SANE nurse examiners, NM Indian Nurses Association, NM Hispanic Nurses Association, and many more, and nursing programs to come to the Capitol to exhibit posters and brochures about what they do and how they improve the care provided to New Mexicans. If you know of a group that is not listed on page 2 of the *NM Nurse* that might be interested, please let us know. You can email the name of the group and their contact information to carrie@nmna.org.

Just as seeing the tarantula migration reminds me of the State Fair and Autumn, it also tells me that the next Legislative session is coming perhaps sooner than I would wish, and we have lots to do before January 19, 2010- the start of the 30 day session. Let's get BUSY!



-District 1-

Legislative Night

Come and meet your legislators to discuss issues important to you!
Use your voice and express your concerns!

Tuesday, October 13th, 2009

6:00 p.m. to 8:00 p.m.

MCM Elegante Hotel, 2020 Manual Blvd. NE, Albuquerque, NM

NMNA Annual Meeting & Conference

Dona Ana Community College- Las Cruces, NM

Nov. 7th, 2009 8:30 am- 3:30 pm

(Installation of New Officers to the NMNA Board of Directors 3:30-5:30 pm)

Continental Breakfast & Lunch Provided

Diversity: Our Patients & Our Profession

CEUs Provided

CE's are provided by the New Mexico Nurses Association, an approved provider of Continuing Nursing Education by the Virginia Nurses Association, an accredited approver of the American Nurses Credentialing Center/Commission on Accreditation



Students- \$25 NMNA Members \$50 Non-Members- \$70
Please check the website for further information nmna.org



Registration Form November 7, 2009 NMNA Annual Meeting and CE Day

Name: _____

Street Address: _____

City: _____ State: _____ Zipcode: _____

Member \$50.00

Non-Member \$70.00

Student \$25.00

Tuition includes CE courses, breakfast and lunch

Choose One Track (any one may attend the membership meeting- although only NMNA members in good standing may vote).

Diversity Track

Writing CE apps track*

***Will be held in a computer classroom- room for 20 people on computers, others to observe. ANA Scope and Standards booklet required for compliance with ANCC standards will be available for purchase for a cost of \$15.00.**

Membership meeting

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Capital Challenge

Thursday Jan 28th, 2010

Santa Fe Community Convention Center
 & @ the Capitol 201 W. Marcy St.
 Santa Fe, NM



Registration Form
January 28, 2010 Capitol Challenge 2010

Name: _____

Street Address: _____

City: _____ State: _____ Zipcode: _____

- Member \$40.00
- Non-Member \$50.00
- Student \$35.00

Tuition includes CE course, observation at the Capitol, parking at the SFCCC and lunch.

Nurses' Day at the Capitol

Name: _____

Assn. or University: _____

Street Address: _____

City: _____ State: _____ Zipcode: _____

Registration fee includes rental of tables and chairs, dessert delivered to legislators.

- \$50.00 registration fee
- Donation to NM Nurses Foundation to help defray cost of advocacy

Amount: _____

[this donation is not used for lobbying, and is tax-deductible. NMNF is a 501(c)(3)]

Continuing Nursing Education Listings

NMNA is now an ANCC-accredited approver—all CNE is ANCC approved!

A: = Alternative Therapies

Date	Location	Title	CE	Sponsor	Contact
11/7/2009	Las Cruces	Diversity in Nursing-NMNA Annual Meeting	6.0	NM Nurses Association	carrie@nmna.org www.nmna.org
1/28/2010	Sante Fe	Capitol Challenge 2010 and Nurses's Day at the Capitol	6.0	NM Nurses Association	carrie@nmna.org www.nmna.org
any time	at your home computer	multiple titles	various	National Council of State Boards of Nursing	www.learningext.com
anytime	at your home computer	multiple titles- all free!	various	Medscape website	www.medscape.com
anytime	at your home computer or by book & mail	multiple titles	various	Nursing Education of America	www.nursingeducation.com 1-800-234-8706
anytime	at your home computer or by book & mail	multiple titles	various	Western Schools	www.westernschools.com 1-800-438-8888
anytime	at your home computer or by book & mail	multiple titles	various	National Center of Continuing Education	www.nursece.com 1-800-824-1254
any time	at your home computer	multiple titles	various	American Nurses Association	http://nursingworld.org/ce/cehome.cfm
any time	at your home computer	Diabetes: The Disease State and the State of the Disease	2.0	Diabetes Network, Inc.	www.LibraryRiver.com Carol 505-363-9191 carol@LibraryRiver.com
TBA	New Mexico	Understanding Infant Adoption	7.5	La Familia Inc.	Jessica 505-766-9361 http://iaatp.com/home.asp
TBA	Santa Fe	Trauma First Aide	19.5	Trauma First Aide Associates	Email: nepenthe@cybermesa.com
TBA	San Diego, CA	Trauma First Aide	19.5	Trauma First Aide Associates	Email: nepenthe@cybermesa.com
TBA	NYC, NY	Trauma First Aide	19.5	Trauma First Aide Associates	Email: nepenthe@cybermesa.com
TBA	Northern NM	Homeopathy- Medicine for the Whole Family	7.5	Mirus Foundation	bello@kitcarson.net
look at the website	NM and elsewhere	Various CE activities-all ANCC approved via Wisconsin Nurses Association	various	HEALTH Education Network	http://www.health-ed.com/
TBA	Albuquerque	Introduction to IV Procedures for Nurses and Non-nurse Professionals	8.3	Central New Mexico Community College	Alicia West at 505-224-5204
Any time	on home computer	School Nurse Emergency Preparedness	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	School Nurse & EMS Continuum of Care	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	School Emergency Preparation & Medical Response Plans	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	School Nurse Assessment & Triage	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	Special Emergencies & Gadgets	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	Emergency Care of the Airway	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	Emergency Care of Musculoskeletal Injuries Part 1	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	Emergency Care of Musculoskeletal Injuries Part 2	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	Emergency Care of Spine Injuries Part 1	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Any time	on home computer	Emergency Care of Spine Injuries Part 2	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Anytime	on home computer	Scenarios #1 for School Health Nurses	1.5	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Anytime	on home computer	Scenarios #2 for School Health Nurses	1.5	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Anytime	on home computer	Scenarios #3 for School Health Nurses	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Anytime	on home computer	Scenarios #4 for School Health Nurses	1.0	UNM Dept. of Emergency Medicine	Rob Elgie relgie@salud.unm.edu
Various times	at your home computer	Various titles, subjects Gerontology; Complementary & Alternative Medicine; Spirituality, Health and Healing; End of Life; and many more.	various	Clovis Community College/ ALLEGRA Learning Solutions	www.ed2go.com/cloviscc/ then click on Health Care Continuing Education
any time	at your home computer	School Nurse Emergency Preparedness	1.0	UNM Emergency Medicine	relgie@salud.unm.edu 505-272-1209

How To Create Positive Emotions

It doesn't take a rocket scientist to know that positive emotions affect our lives and our communication. Just think of the times when you feel energized, loved, joyful, and openhearted. By experiencing these emotions, we create what Barbara Fredrickson, author of the book, *Positivity*, calls an "Upward Spiral;" we feel uplifted, alive, motivated, engaged and energized.



Susanne Gaddis

Fredrickson said that positive emotions come and go which is a good thing. Rather than trying to grasp positive emotions (which are usually subtle), we need to work on cultivating them. Why? So that when we experience heavier negative emotions, we can flourish instead of languish.

When we experience positive emotions our world expands. Positivity to our minds is akin to what sunlight is to flowers. When we have positive emotions, Fredrickson says we "Broaden;" we expand our awareness, thinking and response times. Experiencing positive emotions also allows us to get back to calm after a crisis, which Fredrickson refers to as the "Undoing" effect. When we are finished or on the other side of something tough in our lives, something that has caused us temporary stress or angst, purposely turning our attention to those things that positive emotion help

us to "Undo" the negative effect. By purposefully inserting conversations, movies, music, and other things that elevate us, we not only help ourselves we also help our cardiovascular system.

Fredrickson also discussed the "Building" effect of emotions. When we experience positive emotions we are more open and curious which fuels our ability to engage in experimental learning. Fredrickson charged that there is a need for businesses to become Positive Institutions, ones that foster an environment where positive emotions are encouraged.

Changing Your Emotions is a day-to-day habit.

What do you do each day to create positive emotions? What habits do you purposely engage in to plant positive emotional seeds so that you can Broaden and Build? What do you do each day to create upward spirals and flourish?

According to Barbara Fredrickson, people can move from languishing in life to flourishing by having an emotional positivity ratio of 3 to 1. We need three positive emotions to lift us up for every 1 negative emotion that pulls us down.

To find out how positive you are and how you might lightly create the mindset of positivity, visit: <http://www.positivityratio.com>. Here you can take a test that measures your ratio of positivity to negativity.

"You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it, you must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it."

- Elizabeth Gilbert

5 Things You Can Do To Create Positive Emotions Today!

1. **Be open.** Let go of expectations of how things should be and stop any fixations that blind you to the goodness that is in front of you. Rather absorb yourself in the present moment and stretch your awareness.
2. **Practice appreciation.** Take time to recognize the good. Savor things. Linger longer.
3. **Be curious.** Do something different today, something that stretches your boundaries and causes your mind to expand. Learn something new.
4. **Be kind.** Make someone else's day. Practice random acts of kindness. Look for ways to become a hero.
5. **Get real.** Feel what you feel. Don't fake positive emotions and don't ignore negative ones. Become mindful of emotional triggers and what causes positive and negative emotional responses.

New Members 2/19 - 7/2/09

District 1 (Albuquerque)

Marleen Apodaca
 Nelma S Attwood
 Lisa N. Atwa
 Audrey A. Bautista
 Elizabeth Berrey, Cleveland, OH
 Karyn Brandeberry-Domme
 Cyrillie Cadman
 Dawn Lynette Cheshire
 Claudia J. Clagett
 Cristi C Cnare
 Diane L. Drexler-Little
 Adrienne H. Fugett
 Rita Sue Grage, Seattle, WA
 Carol A. Head
 Maureen K. Kober
 Ducarmel Labaze
 Dana Marie Lords
 Joanne R. Marsh
 Michael David Miller
 Sheila R Misra
 Andrea E. Montoya
 Mary L. Moser-Gautreaux
 Pamela Potter, Portland, OR

Eric Quintana
 Karen Reif
 Annis L. Sambat
 Valarie Y. Smith
 Debra Stanger
 Molly O. Wall
 Pamela J. Wilson

Deborah Kelly
 Vivian G. Ludi
 Stephanie R. Lynch
 Sharon R. Noe
 Shelly Noe
 Terry Joyce Zeigler

District 2 (Santa Fe)

Denise L. George
 Stacey King
 Monica Therese Leyba
 Madeline S. Pryor
 Chip Upsal

District 4 (Clovis)

Wendell M. Osborn

District 10 (Raton)

District 14 (Las Cruces)

Adam Bierman
 Gina M. Fullbright
 Kimberly Hill
 Terri S. Jones

District 19 (Farmington)

Emily F. O'Leary
 Elena M. Oslin

District 50 (at large, or inactive districts)

Yolanda M. Adams (D15, Mescalero)
 Jacob Lee Casey (D5, Roswell)
 Barbara deNevers (D9, Los Alamos)
 Jeffrey Douglas (D9, Los Alamos)
 Dara A. Foster (D12, Silver City)
 Barbara M. Mader (D5, Roswell)
 Julia R. Reynolds (D6, Hobbs)
 Kyle Rice (D12, Silver City)
 Jenny M. Schurtz (D12, Gila)
 Geneva L. Stange (D50, Ruidoso)
 Andrew M. Vick (D-14 or 15, Orogrande)



A constituent member association of the American Nurses Association
 P. O. Box 29658, Santa Fe, NM 87592-9658 www.nmna.org
 505-471-3324 Fax: 505-471-3314

Office Use Only	
CMA _____	DNA _____
Exp date _____	
Approved by _____	Date _____
Amt. enclosed _____	Ck # _____

Combined Membership Application

for ANA/NMNA/ District membership, NMNA or NMNA/ District ONLY, and LPN Affiliate membership

Last name _____ First name _____ MI _____ DOB: _____

Check preferred contact

Home Address _____ City _____
 County _____ State _____ Zipcode _____ Hm. Phone (_____) _____ - _____
 Fax (_____) _____ - _____ Email: _____

OR Employer name _____
 Street/POB _____ City _____
 County _____ State _____ Zipcode _____ Wk Phone (_____) _____ - _____
 Fax (_____) _____ - _____ Email: _____

Basic nursing program/ City/ State _____ License # _____ License State _____

Graduation month/ year _____ Highest degree held _____

Member of a collective bargaining unit? YES - specify what unit _____ NO

Trilevel: ANA/ NMNA/ District membership

Active District "District 50"

<input type="checkbox"/> Full (employed fulltime or part time)	\$208.00 a year	\$17.84 a month	\$196.00 a year	\$16.84 a month
<input type="checkbox"/> Reduced 50% reduction in dues <input type="checkbox"/> Not employed <input type="checkbox"/> FT student <input type="checkbox"/> New grad within 6 mo. of graduation <input type="checkbox"/> 62 y/o and not earning more than Social Security allows	\$104.00 a year	\$9.16 a month	\$98.00 a year	\$8.66 a month
<input type="checkbox"/> Special—75% reduction in dues <input type="checkbox"/> > 62 y/o and not employed or 0 Totally disabled	\$52.00 a year	\$4.83 a month	\$49.00 a year	\$4.58 a month

Choice of payment:

- Full Annual Payment (submit application with a check payable to ANA for the yearly amount)
 - Online (www.nursingworld.org—credit card only)
 - E-Pay (This is to authorize monthly electronic payments to American Nurses Association, Inc. (ANA)). By signing on the line, I authorize my Constituent Member Association (CMA)/ ANA to withdraw of 1/12 of my annual dues plus bank fees from my account.
 - Checking—Please enclose a check for the first month’s payment; the account designated by the enclosed check will be drafted on or after the 15th of each month.

Monthly Electronic Deduction Authorization Signature _____

- Automated Annual Credit Card Payment This is to authorize annual credit card payments to American Nurses Association, Inc., (ANA). By signing on the line, I authorize my Constituent Member Association (CMA)/ ANA to charge the credit card listed in the credit card information below for the annual dues on the 1st day of the month when the annual renewal is due.
- Monthly Electronic Payment through Credit Card Please complete the credit card information below and this credit card will be debited on or after the 1st day of each month.

CREDIT CARD INFORMATION

VISA Mastercard

Bank Card Number and Expiration Date _____

Authorization Signature _____

Printed Name on Card _____ Amount _____

Please mail your completed application to: New Mexico Nurses Association, P. O. Box 29658, Santa Fe, NM 87592 or American Nurses Association Customer and Member Billing, P. O. Box 17026, Baltimore, MD 21297-0405

By signing the Monthly Electronic Deduction Authorization or the Automatic Credit Card Payment Authorization, you are authorizing ANA to change the amount by giving the above-signed thirty (30) days advance written notice. Above signed may cancel this authorization upon receipt by ANA of written notification of termination twenty (20) days prior to deduction date designated above. Membership will continue unless this notification is received. ANA will charge a \$5 fee for any returned drafts or chargebacks.

NMNA-only or NMNA/ District- ONLY membership (Not ANA)

Membership Category (check 1)

<input type="checkbox"/> NMNA only	<input type="checkbox"/> NMNA & active district only
\$128.00/ yr.	\$140.00/ year

Make check payable to:
 New Mexico Nurses Association
 P.O. Box 29658
 Santa Fe, NM 87592-9658

Active districts: 1—Albuquerque, 2—Santa Fe, 9—Los Alamos, 10—Raton, 14—Las Cruces, 19—Farmington
 All other “districts” are subsumed into “District 50”—At Large members—no dues.

LPN Affiliate membership (Not ANA)

Membership Category (check 1)

- NMNA only \$50.00/ year
- NMNA & active district only \$62.00/ year

Active districts: 1—Albuquerque, 2—Santa Fe, 9—Los Alamos, 10—Raton, 14—Las Cruces, 19—Farmington
 All other “districts” are subsumed into “District 50”—At Large members- no dues.

District Dues— All 3 Types of Members		
Check district if any	Active Districts	Dues/ year
	01—Albuquerque	\$12.00
	02—Santa Fe	\$12.00
	04—Clovis/Portales	\$12.00
	07—Carlsbad	\$12.00
	09—Los Alamos	\$12.00
	10—Raton	\$12.00
	14—Las Cruces	\$12.00
	19—Farmington	\$12.00
	50—“At Large”	\$12.00