



CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

November 2019

WALPN

www.walpn.org

(608)515-8057

walpnorg@gmail.com

President's Message

We are fast approaching the Thanksgiving, and Christmas season. People have actually started to buy Christmas presents, not me! Have been working hard at Rivers Bend Health Services, and helping out my daughter-in-law Jennifer at her store, called "In The Moment Restorations", located in Manitowoc, WI. It is actually fun to work at her store and meet people, have time to talk to them, instead of the hustle I have trying to be the best LPN I can at Rivers Bend.

However, my first love is being a Licensed Practical Nurse, and look forward to another year or two, maybe three, doing what I do best; caring for people who need help. I am truly thankful that I have been able to overcome some health issues to continue my professional career.

In my journey as an LPN, I have tried to spread the word of the National Association of Licensed Practical Nurses (NALPN), and the Wisconsin Association of Licensed Practical Nurses (WALPN). It is my experience that most LPNs never hear about their professional organization, which is the official voice of LPNs. The benefits of being a member are endless. For less than 28cents/day, you can attend Annual National and State Conferences at reduced rates, receive CEUs/Certifications in Gerontology, IV Therapy, Wound care, Mental Health First Aide, End of Life for the Elderly, Veterans, Terminally ill, and much more. Access to Making Education Possible (annual cost is \$79), however FREE to members and their family members, special rates for malpractice Insurance with Nursing Service Organization (NSO), NALPN Education Foundation, which gives scholarships, and many of the certification teaching that I have listed.

This year, I would like for Christmas is for every LPN to join their professional organization, and receive the benefits that I have had over the past 45 years.

I am thankful for my family, who I love very much. I have another family of LPNs, who I also love, and they keep me grounded, give me inspiration to continue the work I do.

As always if you need have any questions/concerns, please contact me, anytime. Happy and Healthy Holidays!

Sincerely,
JoAnn Shaw WALPN President
4510 Andrea Ct.
Manitowoc, WI 54220
(920)901-0988
jslpn@sbcglobal.net

Upcoming Events

Jan. 25 th , 2020	Articles for Capnotes sent to walpnorg@gmail.com
Feb. 2nd – 8 th , 2020	NALPN Cruise to include Gerontology/Mental Health First Aide
Feb. 8 th , 2020	Capnotes to be sent out.
April 26 th – 27 th , 2020	Meeting & Greet Apr. 26 th , Apr. 27 WALPN 70 th Annual Conference @ the Wintergreen/Clarion Hotel Wisc. Dells Special room rates \$62/plus tax/night
May 25 th , 2020	Articles for Capnotes sent to walpnorg@gmail.com
June 8 th , 2020	Capnotes to be sent out.
October 2020	NALPN Annual Conference: details to follow later

***We Want to Hear From You...**

Here is your opportunity to tell us about you, what you are doing for LPNs, and what part of the community are you benefitting! Submit an article, photo with caption, or story for consideration into the next edition of Capnotes. This publication is for you...let's use your story to inspire us all.

Submissions must be received by January 25th, 2020.. Submit to walpnorg@gmail.com for consideration.

Mark Your Calendars!

The Wisconsin Association of Licensed Practical Nurses will be holding its 70th Annual Conference April 26th-27th, 2020. There will be a meet and greet Sunday April 26th 6pm @ the Wintergreen/Clarion Hotel in Wisconsin Dells, WI. The agenda will be in the upcoming February 2020 Capnotes. NOW is the time to mark your calendars, and make arrangements to get off work for this SPECIAL 70th Celebration of the Wisconsin Association of LPNs.

State News

1. Carolyn Kaiser is given a BIG thankyou from WALPN for her hard, never ending work on this year's conference. Without her dedication and hours of work, The WALPN would not have been this successful. THANK YOU!!!
2. WALPN has restructured our State do better serve the LPNs in Wisconsin. Our WALPN Executive Committee will be: President, Vice President, Treasurer, and Secretary. The WALPN Executive Board will be: the entire WALPN Executive Committee, plus two Directors. We will no longer have local divisions.
3. Requesting any LPN consider sitting on the State Board of Nursing. ANY LPN interested should contact them by visiting the website <http://evers.wi.gov/apply-to-serve>.
4. WALPN Resolutions voted on at this year's conference supports: Utilization of Licensed Practical Nurses, and Certified Nursing Assistant Pay Act. You can view them on the WALPN website, walpnorg@gmail.com
5. WALPN has a Facebook page, this has generated 19 non-members LPNs to attend this year's conference.

National News

Three WALPN members, JoAnn Shaw, Debra Blanik, and Marcie Spencer attended the 70th Annual NALPN Conference at the Scarlet Peral in D'lberville, Mississippi. It was uplifting with music, dancing, river

boat dinner cruise, and enlightened with great CEUs. JoAnn Shaw was presented with a 70th Anniversary Award for unwavering support and unrelenting guidance.

Lambda Psi Nu Sorority for LPS had their 1st line crossing. You can become a Sorority member by being a NALPN Member & when you renew or join NALPN, you select the Lambda Psi Nu Sorority for additional \$50. This has been widely welcomed by the new NALPN members.

Newly elected NALPN Officers: President Deborah Schultz (Mississippi), Treasurer Shawanda Mcquarter (Mississippi), Director JoAnn Shaw (Wisconsin) re-elected, Director Sandra Culpepper (Mississippi), and Director Muriel Blackburn (Bahamas)

New contact @ the NALPN Office is Ashley. You can always direct your questions to WALPN President JoAnn Shaw and she will get your questions answered quickly.

JoAnn Shaw NALPN Membership Chair is working with Pennsylvania, Virginia, Delaware, California, Illinois, North Carolina, and New Jersey, to start State Chapters in NALPN. To date, New Jersey and California are sending in their application for State chapters this month.

Legislative News

We need to know our history; we need to share where we are at today, then be part of tomorrow's decisions for LPN and the caregivers in general.

Wisconsin Association Licensed Practical Nurses has in the mission to promote competence in nursing care, foster high standards of care, maintain Licensed Practical Nurse rights, and promote the LPN as a vocation. It is critical that every L.P.N. have a voice, by being a member of WALPN; you are part of the discussion and can have that unified voice for the focus of LPNs.

The history of LPN's dates back to the late 1800's. The LPN has always been flexible; but majority of focus has been the 'bedside nurse.' Each program heavily included numerous aspects of bedside care and expertise to accommodate that. Education, skills, and certifications have all evolved over the years. During World War II that included 'hardship tours' in Europe, North Africa, and the Pacific. Accreditation of practicing nursing schools in approx. 1945.

Our plate remains full today!

*August 19, 2019 Governor Evers appointed 29 persons to a Task Force on Caregiving. (Those names and titles will be under legislative link of the website). Their mission is to analyze strategies to attract and retain a strong direct

care work force and support families providing caregiving supports and services. The task force has met twice. It is great to have the issue 'on the table' that said, it is complex and each LPN can offer assistance. Look up those 29 names and see who you are familiar with. Start a dialogue with them. Remember the first paragraph of this message and incorporate the LPN as an integral part of the process. This is not a spectator sport!

*Share knowledge

*Show facts

*Share the need for quality safe care

*There are over 11,000 LPN's in WI, are they being utilized via the scope of practice?

*Voice concerns you see happening now, give ideas of how to improve

*Help them understand how the lack of Medicaid funding has adversely affected nursing homes.

MEDICAID

Some Administrations have chosen to try to eliminate the LPN. That has not been realized, some are now understanding to have a safe work zone, one needs licensed peoples with standards. As career options have increased over the past number of years, less people have chosen to be an L.P.N. People are more open that they don't care for with working weekends, holidays, overtime, short staffing, lack of respect, heavier work load, etc. Another major concern is the role that Administration is having unlicensed personal perform, thus they are 'practicing' under the license of an RN or LPN.

WALPN Legislative Committee

Current Legislative Session:

American Disabilities Act: Signed into law in 1990 by then President George H.W. Bush, over the past nearly 30 years, numerous strides have been taken. That said, we still have an issue in the current legislature. I ask that you watch October 10, 2019 assembly session on Wisconsin Eye. Please go the WALPN website and view data on legislative link. Here you can read "A matter of Human Dignity" published in the Eau Claire Leader. In-between watching Wisconsin Eye, reading the letter, and knowing what you do at work will give you power to know what some legislators' values are. Is it scary to you to know that politics means more the people?

If you have been to the Capitol you'll know ramps are in certain places, I have learned recently that 'way back in time' a legislator from the Sun Prairie area had a need for such and they did it!! Now we have the ADA, and games...

Wisconsin Blue Books for 2019-2020 are in. Contact your legislator to get this resource book. They will mail it to you.

Wisconsin Center for Nursing

Assembly Bill 175 is in the works. It is to protect LPNs, RN, CNAs or anyone working in a healthcare facility and are attacked physically by patients or their families. If passed, this will be a Class H Felony, they have to intend to harm and know they are a healthcare provider. Governor Evers has set up a task force for Caregivers (non-paid) to get some type of payment for when they take care of their family members. This is a large undertaking and will be ongoing, as they have just started their task force.

The LPN Survey that each of you took to renew your license will be out later this month. Results will be in the February Capnotes.

IMPORTANT NOTICE!!!

WALPN/NALPN needs to know when you have a change in address, phone number or email. **IF YOU HAVE AN EMAIL, PLEASE BE SURE WALPN KNOWS**, this is the quickest and most cost-effective way to communicate, **AND WE ASSURE YOU WE DO NOT GIVE YOUR EMAILS OUT TO ANYONE**. We want you to receive all correspondence on upcoming issues which are important to each of you, however if we do not have this information, we cannot get this valuable information to you in a timely manner.

Thank You, WALPN Staff

WALPN Executive Board

President: JoAnn Shaw 4510 Andrea Ct. Manitowoc, WI. 54220 (920)-901-0988 jslpn@sbcglobal.net

Vice President: Mary Tess-Barber W1211 Riverview Dr. Lot 172 Sullivan, WI 53178 (414) 510-5345 marytessbarber@gmail.com

Secretary: Sue Gillett 2443 Hayden Avenue Altoona, WI 54720 gillettone@aol.com

Treasurer: Carolyn Kaiser 2964 35th Ave. Elk Mound, WI 54739 (715) 874-5156 crkaiser369@gmail.com

Director: Marcie Spencer 121 Pain St. Apt. 2 Kiel, WI 53042 (920) 627-5436 marcie.spencer37@gmail.com

Director: Mary Jo Brixius 1840 City Road II Apt. #9 Neenah, WI 54946 mjbrix2003@gmail.com

WALPN Committees

Convention/Education:

**JoAnn Shaw, Marcie Spencer, Mary Jo Brixius

Finance/Fundraising:

**Carolyn Kaiser, Karen Kofka, Rita Dietsche

Legislation/Bylaws:

**Mary Tess-Barber, Carolyn Kaiser, Bonnie Schindler

Membership/Publicity:

**Mary Jo Brixius, Marcie Spencer

**Denotes Chairperson

Educational Corner

Type 2 Diabetes

Type 2 Diabetes is the most common form of Diabetes. This means your body doesn't use insulin properly and while some people can control their blood sugars with healthy eating and exercise, others may need medication or Insulin. There's NO one size fits all treatment for Diabetes, but we can help you to take each step forward. You have tools, resources, friends, family and healthcare providers. Know that you won't have to take this journey alone.

If you are newly diagnosed as having Type 2 Diabetes, do this following:

1. Learn about testing your bloods sugars, and research glucose monitors that will suit you.
2. Get more information on types of medication/Insulin, and how they work.
3. Know the 9 early warning signs and symptoms of Diabetes
 - a.) Frequent urination
 - b.) Increased thirst
 - c.) Always feeling hungry
 - d.) Feeling tired
 - e.) Blurry Vision
 - f.) Slow healing of cut/wounds
 - g.) Tingling/numbness or pain in hands and feet
 - h.) Patches of dark skin

Without treatment, persistent high blood sugars can lead to sever, sometimes life-threatening complications in:

1. Heart Disease

2. Stroke
3. Nerve damage, neuropathy
4. Foot problems
5. Kidney disease/can lead to Dialysis
6. Eye disease/loos of vision
7. Sexual problems for men and women

Untreated Diabetes can also lead to Hyperosmolar Hyperglycemic Non-ketonic Syndrome (HHNS). This causes increase in blood sugar levels during an illness or infection, and may lead to hepatization. This sudden complication usually affects the older person. Anyone can develop Type 2 Diabetes, but certain factors incre4ase a person' risk factor:

1. Being 45 over older
2. Living a sedentary lifestyle
3. Being overweight or obsess
4. Eating unhealthily
5. Having family history of Diabetes
6. Having Polycystic Ovary Syndrome (PCOS)
7. Having a medical history of gestational Diabetes
8. Heart Disease or stroke
9. Being African American, Alaska Native, Hispanic or Latino, American Indian, Asian American, Native Hawaiian or Pacific Islander.

NOVEMBER IS DAIBETES AWARNESS MONTH

Message from WALPN Member

This year I attended the NALPN 70th Annual Conference in Biloxi, Mississippi. The conference was a very educational, offered the opportunity to network with many other LPN's from around the country and included some fun events.

We participated in learning sessions that provided 6 CEU's on: Identifying the Nurse Leader in You, Advances in Pulmonary Hypertension, Support Surfaces (Wound Care and Effects of Change in Wound Conditions), Care of the HIV Patient and Role of the LPN in Leadership. As well as, having Vitas present Palliative Care & Pain Management in the Midst of the Opioid Epidemic.

Other fun offerings between learning sessions included the availability of a photographer to have Professional Headshots taken, the 1st line crossing of the new members of the Lambda Psi Nu, the only sorority for LPN's.

We also enjoyed a beautiful night on the Gulf of Mississippi participating in a group Sunset Dinner Cruise on one of the last existing original Paddle Boats; which included a dinner prepared by a hibachi chef on the cruise, live and recorded music which many in the group enjoyed,

line dancing together. The last night of the conference concluded with a black formal Gala and Dinner Banquet.

I strongly suggest that LPN's join this Professional Organization for all LPN's around the country. All of the opportunities for furthering your education and networking is well worth the cost.



Pictured left to right are: Marcie Spencer, LPN (WALPN Executive Board Member), JoAnn Shaw, LPN (WALPN President & NALPN Board Member), and Debbie Blanik (WALPN Member).

Respectfully submitted by Marcie Spencer, LPN (WALPN Executive Board Member)