



CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

President's Message

BY JOANN SHAW, WALPN PRESIDENT

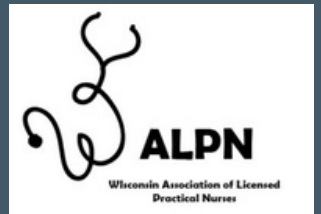
As President of the Wisconsin Association of Licensed Practical Nurses, I wish to thank you for your service to people in need, throughout Wisconsin. We appreciate you every day!

I am happy to report that the WALPN Board of Directors is busy, getting the agenda ready for the Annual WALPN Conference, "LPNs Rise to the Health Care Needs". They event will be start Sunday April 21 st , 2024, with a Meet & Greet for Conference attendees to mingle, and enjoy hot/cold Hors d'oeuvre in the Hotel Lounge/Bar. We will have a cash bar, and have door prizes. The informational sessions will start Monday April 22 nd , 2024 at 7:45am in the Grand Ballroom. Agenda and registration will be in October 2023 issue of Capnotes. We would like to see all of our members, attend this event. This event is open to anyone who is interested, so please share the information when you receive it. As usual, the Conference will be held at the Wintergreen/Clarion Hotel in Wisconsin Dells, WI. SEE YOU THERE!

After much thought, and planning, I have decided to retire from my position as an LPN at River Bend Health Services. I have been an LPN for over 50 plus years, and now I want to take some time for myself. I will continue to serve as the WALPN President, and NALPN Vice President. My goal is to share knowledge about the LPN/LVN professional Organization, "The National Association of Licensed Practical/Licensed Vocational Nurses, INC. It's sad that the over 1.2 million LPNs/LVNs in the United States are NOT aware that they have an organization. I have gained so much knowledge about the ever- changing Healthcare, by attending all WALPN, and NALPN Conferences. I feel that this has been the best decision for myself personally, and professionally. I have been asked many times, "How do you know all of this?" and I answer, "By being a member of NALPN/WALPN, and attending their conferences."

As always, I am available to answer questions, or concerns anytime.

Sincerely,
JoAnn Shaw LPN, WALPN President



WALPN CAPNOTES June 2023 Issue

President's Message
PAGE 01

Calendar of Events
PAGE 02

Vice President's Message
PAGE 03

Guest Article
PAGE 04

State News
PAGE 05

National News
PAGE 08

Calendar of Events

- June 30 th :2023 WALPN Newsletter Capnotes emailed to all members
- July 15 th , 2023 @11:59pm Deadline for EARLY BIRD registration for the NALPN Conference in Buffalo New York. Register online nalpn.org.
- Sept. 15 th , 2023: Start writing articles for Capnotes, WALPN newsletter email articles to kalistaconsultingllc@gmail.com or walpnorg@gmail.com
- Oct. 11 th -14 th , 2023 NALPN Conference to be @ The M Hotel Buffalo in Buffalo, New York
- Oct. 15 th : Deadline for articles for Capnotes email to kalistaconsultingllc@gmail.com,or walpnorg@gmail.com before 11:59pm
- Oct. 30 th , 2023: Capnotes (WALPN Newsletter) and THE PULSE (NALPN newsletter) Emailed to all members.
- WALPN Board of Directors meeting to be held late October: date/time to be announced later.

WALPN Board of Directors

President: JoAnn Shaw
1015 S.35th, St. Manitowoc, WI.
54220
920-901-0988
czekala2118@gmail.com

Vice President: Marcie Nytes
121 Paine St. APT#2 Keil, WI.
53042 920-627-5436
marciespencer@gmail.com

Secretary: Sue Gillett
2443 Hayden Ave. Altoona, WI.
54720 715-215-0910
gillettone@aol.com

Treasurer: Debra Blahnik 9114
Reifs Mills Rd. Whitelaw, WI.
54247 920-901-9877
dblanikLPN@outlook.com

Director: Bonnie Schindler
508 Macomber St. Chippewa
Falls, WI. 54729
715-723-9089
gene.schindler@yahoo.com

Director:Carolyn Kaiser
2964 35 th Ave. Elk Mound, WI.
715-874-5156
craiser369@gmail.com



from your Vice President

Are healthcare professionals such as nurses at risk for carpal tunnel syndrome? According to the US Bureau of Labor Statistics in 2010, about 8 out of every 100,000 full-time nurses had work-related carpal tunnel syndrome that was severe enough to require days away from work.

In a typical shift, nurses perform dozens of small actions that could put them at risk for carpal tunnel syndrome: pushing the plungers of syringes, pressing blood pressure cuff bulbs, tapping into keyboards. Nurses are among the workers with the highest levels of overexertion injuries, and occupational health researchers are seeking interventions that could reduce that risk.

In fact, surgery to relieve pressure on the median nerve is one of the most common surgeries performed. Carpal tunnel has some of the highest number of days of disability for any work-related injury. The risk factors for carpal tunnel syndrome are repetition, awkward posture, flexion, excessive force and vibration. This eventually causes inflammation and irritation, and you start getting scar tissue on the median nerve. Carpal tunnel occurs slowly over months to years.

“If the symptoms are caught early and your doctor can identify and correct the risk factors, there’s pretty good chances that carpal tunnel can be prevented from occurring at all or it can be prevented from becoming so severe that a person requires surgery,” said Robert Harrison, MD, MPH, chief of the Occupational Health Surveillance and Evaluation Program at the California Department of Public Health in Oakland.

How is carpal tunnel syndrome identified you may ask? A person with carpal tunnel symptoms will be referred to a neurology specialist who will do a test called an EMG. An EMG (electromyography) and nerve conduction studies are tests that measure the electrical activity of muscles and nerves. Nerves send out electrical signals to make your muscles react in certain ways. As the muscles react, they give off these signals, which can then be measured. Depending on the severity of the test results, your doctor will then decide if you require surgery for carpal tunnel syndrome.

In my case, the carpal tunnel syndrome was not caught early enough due to my very busy work schedule. I was diagnosed with bilateral carpal tunnel syndrome in February of this year and had surgery on my hands in mid April (right hand) and my left hand on May 9th. This is an outpatient surgery with the surgery itself only taking about 20 minutes. The recovery period is about three weeks for each hand that surgery is performed on.

Submitted Sincerely,
Marcie Nytes, LPN
WALPN Vice President

Good words for Great Nurses
© 2015



'It's Going to Be OK': Reassuring Advice From Caregivers to Caregivers

DID YOU KNOW? One in five Americans cares for an aging or disabled family member. The majority are women.

But the US isn't an easy place for caregivers. A 2022 survey from [Cleveland Clinic and Parade](#) found that one in three family caregivers experience some form of depression or anxiety. And Medicare, which insures [the majority of older Americans](#), does not cover assistance for long-term care needs, such as help preparing meals or bathing.

[The 19th](#) spoke with caregivers about what they wish they had known ahead of time. We corroborated their reporting with the team at [Our House Senior Living](#), which runs 31 assisted care facilities across Wisconsin and Minnesota.

Embrace your emotions. "There isn't a way to stop the emotional roller coaster that comes with care. But you also don't have to ruminate on it. Making sure I stayed present was really important."

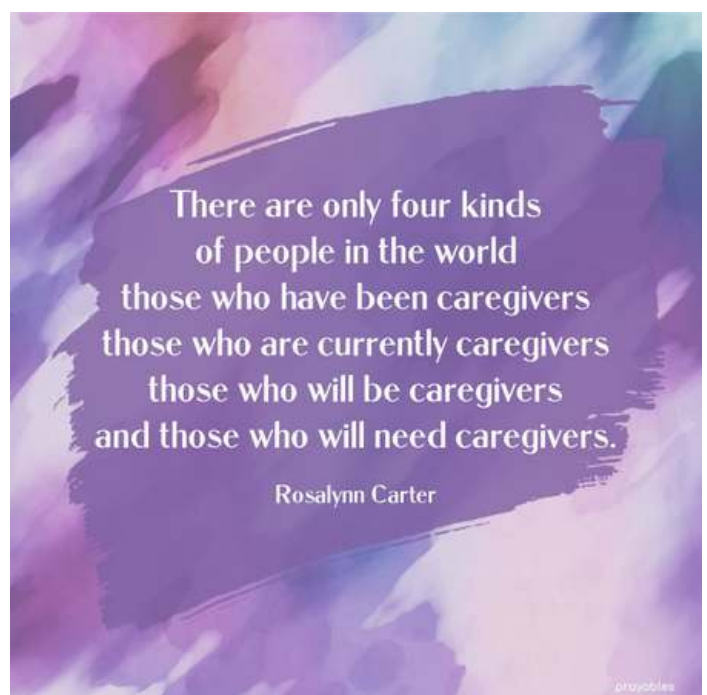
Choose your battles. "If she wants to eat three apples, let her eat three apples. If she wants to sleep in the recliner, put the legs up."

Take care of you. "Maintaining something you did prior to becoming a caregiver is important. Know that the guilt you feel when you leave your loved one will be there, but it doesn't mean you should've take time for yourself."

Know when to ask for help. "There's no shame. It's better to let somebody else do it if caregiving isn't one of your gifts or skills."

Shared with permission from Christina Lorey.
UpNorthNews
<christinalorey@upnorthnewswi.com>

<https://upnorthnewswi.com/newsletter/>





State News

The WALPN Board of Directors will be changing slightly on August 1, 2023. Carolyn Kaiser has served as the WALPN Treasurer for multiple years, and has asked to step down. She has been my rock for the many years serving WALPN, we thank her for her dedicated work she has done. Carolyn Kaiser will step into a Director position.

Debra Blahnik, who has been WALPN Director has graciously accepted her appointment to take over the WALPN Treasurer’s duties starting August 1 st , 2023. Carolyn Kaiser will take over the Director position left by Debra.

This appointment was done in accordance to the WALPN bylaws, by President JoAnn Shaw, to be in effect starting August 1, 2023.

BOARD OF DIRECTORS

President: JoAnn Shaw 1015 S.35 th St. Manito3woc, WI. 54220 920-901-0988
czekala2118@gmail.com

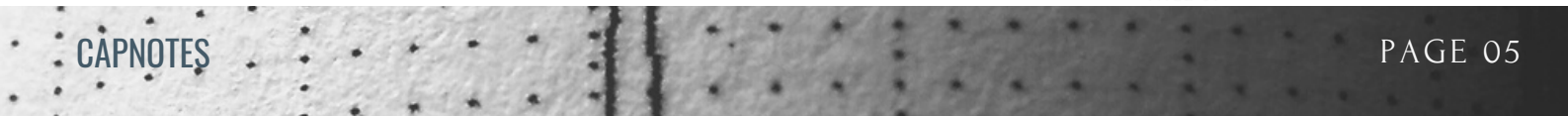
Vice President: Marcie Nytes 121Paine St. Apt#2 Kiel, WI. 53042 920-627-5436
marciespencer@gmail.com

Secretary: Sue Gillett 2443 Hayden Ave. Altoona, WI. 54720 715-215-0910
gillettone@aol.com

Treasurer: Debra Blahnik 9114 Reifs Mills Rd. Whitelaw, WI. 54247 920-901-9877
dblanikLPN@outlook.com

Director: Bonnie Schindler 508 Macomber St. Chippewa Falls, WI. 54729
715-723-9089 gene.schindler@yahoo.com

Director: Carolyn Kaiser 2964 35 th Ave. Elk Mound, WI. 715-874-5156
craiser369@gmail.com





State News



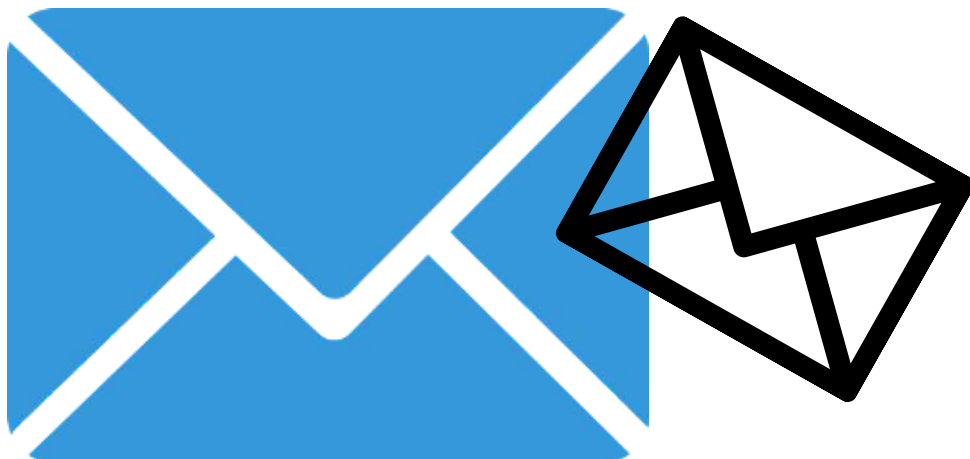
WALPN GIVES BACK

Just a friendly reminder that WALPN encourages everyone collect toiletries that you get from the hotel rooms you may stay, and bring them each year to the annual conference. Our longtime member June Bahr, has been collecting these items each year, and brings the donations to the Homeless Shelters, Domestic Violence Shelter, and High Schools. Yes, I was surprised that many of our high school students don't have facilities, or supplies to take a shower. Sad but true. I have told all of my brother, and sisters, about what we do, and they too collect these things, and bring them to me for donation. If you aren't going to a hotel, you can always purchase a few travel toiletries, and donate.

WALPN Gives a BIG thank you to everyone who donations items

IMPORTANT MESSAGE

WALPN requests that if you make a change in your name, address, phone number or email, please send these changes to our WALPN office as soon as possible, so you don't miss any information. Email walpnorg@gmail.com.



WALPN Committees

Conference/Education: ** JoAnn Shaw, Debra Blahnik, Marcie Nytes
Finance/Fundraising: ** Debra Blahnik, Carolyn Kaiser, Bonnie Schindler
Membership/Publicity: ** JoAnn Shaw, Sue Gillett, Debra Blahnik
Legislative/Bylaws: ** Marcie Nytes, Carolyn Kaiser, Bonnie Schindler
** denotes chairperson



WALPN Elections of Officers

At the WALPN Conference April 21 st -22 nd , 2024 we will be holding elections for officers. The offices up for election will be Vice President, Secretary, and 1 Director. Please keep in mind we would like to see people be an active part of our organization.

Your duties are to attend the WALPN Board of Directors meeting, usually a Board meeting the day prior to the WALPN Conference @ the Hotel the event is planned, and a face-to-face meeting in October. This year we have done Zoom meetings, as well. If you are interested, please contact me anytime.

Applications for elections, will be coming out in the February issue of Capnotes. If you are currently holding an office, and want to run again, that's great, just fill out the application, and send it in. If you decide at the Conference you want to run for an office, please have someone nominate you from the Conference floor. In the past we have had some confusion about this process, so we want everyone to have a fair chance to participate.

Thank you,
JoAnn Shaw WALPN President
1-920-901-0988 email czekala2118@gmail.com



National News

The NALPN Conference will be held @ the Hotel M Buffalo, in Buffalo New York, agenda, and registration is on the website nalpn.org. EARLY Bird pricing for registration available to members only until July 15th, 2023 @ 11:59pm.

There's a FREE transportation to Niagara Falls, cost is being picked up by the New York State Chapter, you need to email them that you want to go. There's a Casino near the Falls (this is a 1-hour trip on Friday, after the conference sessions)

Email New York President Rene Likong: reneelikong@gmail.com, and she will put you on the list.

There are four WALPN members that will be going to the NALPN Conference, JoAnn Shaw, Debra Blahnik, Marcie Nytes, and June Bahr.

NALPN Board of Directors are making plans for the next NALPN Conference October 2024. We will get that information to you as soon as we have it confirmed.

The next issue of "THE PULSE" (NALPN publication) will be out at the end of July.

Please take notice of the contact information for the NALPN office:

Address: NALPN P.O. Box 1895

Manitowoc, WI. 54221

Phone: 1-920-663-8450

Email: nalpnoffice@gmail.com

Website: www.nalpn.org

Facebook: The National Association of Licensed Practical Nurses, INC.

