



# CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

February 2018

WALPN

[www.walpn.org](http://www.walpn.org)

(608)515-8057

[walpnorg@gmail.com](mailto:walpnorg@gmail.com)

## President's Message

Hello everyone and hope your 2017 Holidays were packed full of friendship, family and love. As we enter into 2018, LPNs we can rejoice that schools for LPNs are open in Wisconsin, the call for LPNs is GREAT, in all areas of healthcare, and once again (for me it has been for the past 45 years) **WE CAN STAND TALL, BE COUNTED, BE VALUED AS NEEDED IN HEALTHCARE!!!**

I recall over the past 45 years the scare of "getting rid of the LPN" has popped up every 10 years, and not once has this come to pass. So the moral to that story, continue to be part of your professional organization, attend annual State and National conference, stay informed on healthcare issues, take advantage of CEUs at reduced rates, be active, and be the **VOICE for LPNs**. Please contact me if you have any questions or concerns, I promise to get back to you as soon as I possibly can with an answer.

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

April 30 <sup>th</sup> , 2018	WALPN 68 <sup>th</sup> Annual Conference @ Wintergreen Hotel Special Room Rates for attendees
May 29 <sup>th</sup> , 2018	Articles for Capnotes due to the State Office @ <a href="mailto:walpn@gmail.com">walpn@gmail.com</a>
June 10 <sup>th</sup> , 2018	Capnotes to be sent out.
Oct. 24 <sup>th</sup> . – 27 <sup>th</sup> , 2018	NALPN Annual Conference in San Antonio, TX @ Omni Hotel & Resort. National Certifications offered, plus many other CEU's. Special room rates for attendees. Check NALPN website for details. <a href="http://www.nalpn.org">www.nalpn.org</a>
Nov. 2018	Fall WALPN Board Meeting to be announced.

## \*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 May 29<sup>th</sup>, 2018.. Submit to [walpnorg@gmail.com](mailto:walpnorg@gmail.com) for consideration.*

## Upcoming Events

April 29 <sup>th</sup> , 2018	WALPN Exec. Committee Mtg. @ 3pm, Wintergreen Hotel, Wisconsin Dells
April 29 <sup>th</sup> , 2018	WALPN Board of Directors Mtg. @ 6:30pm, Wintergreen Hotel, Wisconsin Dells (ALL WALPN MEMBERS MAY ATTEND WALPN BOARD MEETINGS)

## State News

The Wisconsin Association of LPNs has a new address: WALPN 4510 Andrea Ct. Manitowoc, WI. 54220 The phone number is 608-515-8057, email [walpnorg@gmail.com](mailto:walpnorg@gmail.com), website [www.walpn.org](http://www.walpn.org)  
Please make the necessary changes in your records. New WALPN Treasurer is Carolyn Kaiser, please join me in welcoming her to this position in WALPN. WALPN would encourage any WALPN member to submit articles to the State office for consideration in the next issues of Capnotes. We would love to hear from you.

Next CAPNOTES will be out in June. Have articles to the State office 2 weeks prior to June 10th.

**WALPN Conference will be held April 30<sup>th</sup>, 2018 @ the Wintergreen Hotel in Wisconsin Dells area. Details will be sent out in March via U.S. Postal service. SAVE THE DATE!**

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### Legislative News

*by Carolyn Kaiser, WALPN Legislative Committee Chair*

#### **LEGISLATIVE ACTION THAT AFFECTS NURSING IN WISCONSIN INCLUDE:**

Implementation of the Multistate nurses (eNLC) compact was January 19, 2018. To practice nursing one will need to meet uniform licensure requirements (ULR)1 in all eNLC states:

- ^ Meet licensure requirements in the state of residency.
- ^ Graduate from a qualifying education program.
- ^ Pass the NCLEX-RN or NCLEX-PN exam or predecessor exam.
- ^ Have no active discipline on a license.
- ^ Submit to a fingerprint/criminal background check.
- ^ Have no state or federal felony conviction.
- ^ Have no misdemeanor conviction that directly relates to the practice of nursing.
- ^ Not currently enrolled in an alternative program.
- ^ Have a valid social security number.
- ^ Nurses holding an active NLC multistate license on July 20, 2017 will have grandfather status.

### CALL FOR NOMINATIONS

This is the official call for nominations at the 2018 Annual Conference. Now is the time to put your name in the running for Vice President, Secretary, and or delegate/alternate for NALPN Conference. A new nominations committee will also be elected. Please look elsewhere in the Capnotes for the nominations form. Job descriptions of each can be found in the WALPN Bylaws or contact an officer.

Bonnie Schindler, Nominations Chair

### FINANCE COMMITTEE

The Finance Committee will be hosting a fund raising table at the April 30<sup>th</sup> conference. Part of it will include a 50/50 raffle. Remember to bring your address labels. ☺ Thanks for the support this committee has been given in the past.

If you have questions, please contact Karen, Flo, Rita or Carolyn.

The Finance Committee

### WISCONSIN BLUE BOOK

Biennially Wisconsin Legislative Reference Bureau publishes the Blue Book. It is filled with resource material about our State. Table of content: \*Elected Officials (This section has a photo/ bio. And other information on each elected Senator and Representative). This is a great opportunity for learning. \*Units of State Government (how a bill becomes a law, standing committees, agencies, judiciary, etc.) \*About Wisconsin (elections, budget and court decisions.) \*Statistics and References (info. about Judges, population history, Historical sites). They are obtained FREE from your legislative representative and can be mailed to your home. Send an e-mail to either your Rep. or Senator and request one!

Sen.(Last name)@legis.wi.gov

Rep.(Last name)@legis.wi.gov



### IMPORTANT NOTICE!!!

If you change your name, address, phone number or email, it is very important that you notify the National and State office of these changes, to better serve you. Thank you.

### A NOTE FROM JUNE

Hey fellow LPNs! Many of us travel on occasion and stay at hotels/motels that offer many very nice amenities which may include shampoo, conditioner, soap, lotion, etc. These are yours for your use for staying in that room. If you happen to not use them, could you please collect them and take them home with you? I would be more than happy to collect these toiletry items.

Also when you go to the Dentist they offer a new toothbrush, toothpaste and floss? Again, if you aren't using them, I would be happy to collect them. There are so many agencies who are happy to receive these donations. From people who are temporarily displaced from their homes due to natural disaster, to those in shelters or homeless.

Please consider donating these items to make a difference in someone's life. **It is such a simple thing for us, however such a BIG thing for others.**

I will collecting these donations at the April 30<sup>th</sup>, 2018  
WALPN Conference, look for the collection tote. Thank  
you in advance for your help  
June Bahr  
WALPN Treasurer

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### **WALPN 2016-2017 Executive Committee**

President: JoAnn Shaw 1102 E. Cedar Ave. Manitowoc, WI. 54220  
(920)-901-0988 [jslpn@sbcglobal.net](mailto:jslpn@sbcglobal.net)

Vice President: Eileen Collins W4115 CTHQ Mindoro, WI. 54644  
(608)857-3008 [pacfan4@msn.com](mailto:pacfan4@msn.com)

Past President: Carolyn Kaiser 2964 35<sup>th</sup> Ave. Elk Mound, WI 54739  
(715)874-5156 [crkaiser369@gmail.com](mailto:crkaiser369@gmail.com)

Secretary: June Bahr 1618 Bellevue Blvd. Fond du lac, WI. 54937  
(920) 922-9660 [jabahr1@chartner.net](mailto:jabahr1@chartner.net)

Treasurer: Sharon Buckson 1504 Johnson Ave. Racine, WI. (262)  
639-1684 [sbuckson1@wi.rr.com](mailto:sbuckson1@wi.rr.com)

### **WALPN Board of Directors Presidents**

Chippewa Valley: Bonnie Schindler 508 Macomber St. Chippewa  
Falls, WI. 54729 (715)723-9089

Milwaukee: Sharon Buckson 1504 Johnson Ave. 53402 (262)639-  
1684 [sbuckson1@wi.rr.com](mailto:sbuckson1@wi.rr.com)

Northeastern: June Bahr 1618 Bellevue Blvd. Fond du lac, WI. 54935  
(920)922-1075 [jabahr1@charter.net](mailto:jabahr1@charter.net)

Rock River: Florence Falk 307 Martin St. Ft. Atkinson, WI. 53538  
(920)563-4370 [rfalk4936@gmail.com](mailto:rfalk4936@gmail.com)

Waukesha: Annette Hooker S68 W22700 National Ave. Big Bend,  
WI. 53103 (262)662-3062 [kbpepz@wi.rr.com](mailto:kbpepz@wi.rr.com)

West Central: Eileen Collins W4115 CTHQ Mindoro, WI. 54644  
(608)857-3008 [pacfan4@msn.com](mailto:pacfan4@msn.com)

Wisconsin River Valley: Karen Kofka 912 Sawyer Dr. Marshfield,  
WI. 54449 (715)384-9866 [kofkadm@outlook.com](mailto:kofkadm@outlook.com)

### **WALPN Committees 2016-2017**

#### Convention:

\*Eileen Collins W4115 CTHQ Mindoro, WI. 54644  
(608)857-3008 [pacfan4@msn.com](mailto:pacfan4@msn.com)

Carolyn Kaiser 2964 35<sup>th</sup> Ave. Elk Mound, WI 54739  
(715) 874-5156 [crkaiser369@gmail.com](mailto:crkaiser369@gmail.com)

#### Education:

\*Eileen Collins W4115 CTHQ Mindoro, WI. 54644  
(608)857-3008 [pacfan4@msn.com](mailto:pacfan4@msn.com)

Linda Kaiser 2711 Borchert St. LaCrosse, WI. 54601  
(608)788-3149

Connie Kastad 18636 Dewey St. Whitehall, WI. 54773  
(715)538-4507

#### Finance:

Carolyn Kaiser 2964 35<sup>th</sup> Ave. Elk Mound, WI 54739  
(715) 874-5156 [crkaiser369@gmail.com](mailto:crkaiser369@gmail.com)

Rita Dietsche 1607 Arlington St. Marshfield, WI 54449  
(715) 384-3481

Florence Falk 307 Martin St. Fort Atkinson, WI. 53538  
(920)563-4370 [rfalk4936@gmail.com](mailto:rfalk4936@gmail.com)

Karen Kofka 912 Sawyer Dr. Marshfield, WI.54449  
(715)384-9866 [kofkadm@outlook.com](mailto:kofkadm@outlook.com)

#### Legislation/Membership/Publicity:

\*Carolyn Kaiser 2964 35<sup>th</sup> Ave. Elk Mound, WI. 54739  
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June Bahr 1618 Bellevue Blvd. Fond du lac, WI. 54937  
(920) 922-9660 [jabahr1@charter.net](mailto:jabahr1@charter.net)

#### Revisions:

\*Eileen Collins W4115 CTHQ Mindoro, WI. 54644  
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Karen Kofka 912 Sawyer Dr. Marshfield, WI. 54449  
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#### Nominating:

\*Linda Kaiser 2711 Borchert St. LaCrosse, WI. 54601  
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Carolyn Kaiser 2964 35<sup>th</sup> Ave. Elk Mound, WI. 54739  
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Connie Kastad 18636 Dewey St. Whitehall, WI. 54773  
(715) 538-4507

#### Wisconsin Center For Nursing:

\*Eileen Collins W4115 CTHQ Mindoro, WI. 54644  
(608)857-3008 [pacfan4@msn.com](mailto:pacfan4@msn.com)

*\*Denotes Chairperson*

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### **National News**

The NALPN has heard their membership and the October  
Conference will not be partnering with Black Nurses

Rock. NALPN will be holding their conference independently, however both organizations will be holding their event at the Omni Hotel in San Antonio, Texas at the same time Oct. 24<sup>th</sup>-27<sup>th</sup>, 2018. There will be 3 National certifications offered (covered in the registration cost) for Gerontology, Mental Health First Aide, and IV Therapy. Also there will be many other CEUs events offered during the conference. Special room rates for attendees.

**Early Bird Special going on now for NALPN Conference for \$300.**

**MEMBERSHIP Drive will be March and April for any NEW members to join for \$50 for their first year of membership. This is an exciting time to get fellow LPNs to join our professional organization and show the healthcare world LPN POWER.**

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If you have any questions or concerns, please contact JoAnn Shaw, WALPN President and NALPN Director.

Sincerely,  
JoAnn Shaw WALPN President

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## **Capnotes Educational Corner**

### **Bell's Palsy**

Bell's Palsy is a form of temporary facial paralysis resulting from damage to trauma to the facial nerves. The facial nerve—also called the 7<sup>th</sup> cranial nerve—travels through a narrow, bony canal (called the Fallopian canal) in the skull, beneath the ear, to the muscles on each side of the face. For most of its journey, the nerve is encased in this bony shell.

Each facial nerve directs the muscles on one side of the face, including these that control eye blinking and closing, and facial expressions such as smiling and frowning. Additionally, the facial nerve carries nerve impulses to the lacrimal or tear glands, the saliva glands, and the muscles of a small bone in the middle of the ear called the stapes. The facial nerve also transmits taste sensations from the tongue.

When Bell's Palsy occurs, the function of the facial nerve is disrupted, causing an interruption in the messages the brain sends to the facial muscles. This interruption results in facial weakness, or paralysis.

Bell's Palsy is named for Sir Charles Bell, a 19<sup>th</sup> century Scottish surgeon who described the facial nerve and its connection to the condition. The disorder, which is not related to stroke, is the most common cause of facial paralysis. Generally, Bell's palsy affects only one of the paired facial nerves and one side of the face, however, in rare case, it can affect both sides.

Symptoms of Bells palsy can vary from person to person and range in severity from mild weakness to total paralysis.

Symptoms include:

- Twitching
- Weakness
- Paralysis on one side of face (rarely both sides)
- Drooping eyelids
- Drooping corner of mouth
- Drooling
- Dryness of eyes or mouth
- Impaired taste
- Excessive tearing in one eye

Most often these symptoms, which usually begin and reach their peak within 48 hours, lead to significant facial distortion. Other symptoms may include pain or discomfort around the jaw and behind the ear, ringing in one or both ears, headache, loss of taste, hypersensitivity to sound on the affected side, impaired speech, dizziness and difficulty eating or drinking.

Bell's palsy afflicts approximately 40,000 Americans each year. It affects men and Women equally and can occur at any age, but it is less common before age 15 or after age 60. It disproportionately attacks people who have diabetes or upper respiratory ailments such as flu or cold.

Each treatment is individual depending on the severity of the case. Some cases are mild and will resolve within 2 weeks without treatment. Recent studies have shown that steroids such as Prednisone used to reduce inflammation and swelling are effective. Other drugs such as Acyclovir may also have some benefit in shortening the course of the disease.

The prognosis for individuals with Bell's Palsy is generally very good. The extent of the nerve damage determines the extent of recovery. Improvement is gradual and in within 2 weeks after the initial onset to 3 to 6 months. For some however, the symptoms may last longer. In a few cases the symptoms may never disappear. In rare cases, the disorder may recur, either on the same side or the opposite side of the face.

*(taken from the National Institute of Neurological Disorders and Stroke)*

Wintergreen Resort and Conference Center  
Lake Delton WI.  
Tentative Agenda

Sunday April 29, 2018

6:00 PM WALPN Executive Committee Meeting-Mt. McKinley  
7:30 PM WALPN Board of Director's Meeting-Mt. McKinley

Monday April 30, 2018

7:45 AM Registration Opens-Grand Teton Room  
Bazaar Opens

8:30 AM Registration Closes  
Bazaar Closes  
Welcome: Eileen Collins  
Pledge of Allegiance: Jo Ann Shaw  
Invocation: Linda Kaiser  
WALPN Summary of Events: June Bahr, Secretary  
Greetings: WALPN President, Jo Ann Shaw

8:50 AM **CLINICAL SESSION: "Leadership Opportunities...Nurses on Boards"** Patti Epstein and Barb Pinekenstein

9:40 AM BREAK

10:00 AM **CLINICAL SESSION: "Restless Leg Syndrome"** Speaker TBA

11:00 AM **FIRST BUSINESS SESSION**  
Roll Call: June Bahr, WALPN Secretary  
Minutes of 2017 WALPN Annual Meeting: June Bahr  
Appointment of Minutes Committee: Jo Ann Shaw  
Appointment of Tellers: Jo Ann Shaw  
Appointment of Credentials Committee: Jo Ann Shaw  
Nomination Committee Report: Bonnie Schlinder  
Nominations from the Floor: Bonnie Schlinder  
Voting Instructions: Jo Ann Shaw  
Memorial Service: TBA

11:30 AM **LUNCH**-Mount Blanc Room

12:30 PM **VOTING OPENS**

12:40 PM **VOTING CLOSES**

12:45 PM **SECOND BUSINESS SESSION**  
Call to Order: Jo Ann Shaw  
Roll Call: June Bahr  
Officer Reports  
President: Jo Ann Shaw  
WALPN Office: Jo Ann Shaw  
Vice President: Eileen Collins  
Recording Secretary: June Bahr  
Treasurer: Carolyn Kaiser  
Past President: Carolyn Kaiser

Committee Reports:  
Finance: Carolyn Kaiser

Education: Eileen Collins  
WI. Center for Nursing: Eileen Collins  
Revisions: Eileen Collins  
Membership: Carolyn Kaiser  
Publicity: Carolyn Kaiser  
Legislative: Carolyn Kaiser  
Division Reports: Division Presidents

Credentials Report: Carolyn Kaiser  
Unfinished Business  
New Business  
Teller's Report  
Installation of Officers  
Raffle Drawings  
Good of the Order  
Announcements  
Adjournment

TO FOLLOW

**WALPN EXECUTIVE COMMITTEE MEETING-Grand** Teton Room  
**WALPN BOARD OF DIRECTOR'S MEETING-Grand** Teton Room

**WISCONSIN ASSOCIATION OF LICENSED PRACTICAL NURSES**

68TH Annual Conference @ Wintergreen Resort and Convention Center

60 Gasser Road Lake Delton, WI 53940 (WI Dells Area I-90 I-94 exit 92)

Wintergreen has reserved a block of rooms (single/double) for \$62.00 a night. The **deadline to use this is midnight April 15, 2018**. Hotel Reservations can be made by calling 608-254-2285 or 800-648-4765. *Remember to ask for the WALPN rate.*

If questions please email: [crkaiser369@gmail.com](mailto:crkaiser369@gmail.com)

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Conference: Monday April 30, 2018  
**(Deadline for registration is April 15, 2018)**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (L or C) \_\_\_\_\_ MEMBER CEU # \_\_\_\_\_ Division: \_\_\_\_\_

One registration per form: *(please copy for a friend)*

DESIGNATE BY CIRCLING: MEMBER - NON-MEMBER - STUDENT – FACULTY

Please designate school: \_\_\_\_\_

**Registration Fees:**

Member Package (includes meal) \$65.00

Non-member Package (includes meal) \$75.00

Student/ Faculty (includes meal) \$20.00

Dietary Restrictions - Be specific: \_\_\_\_\_

Send your **WALPN conference registration** to: Carolyn Kaiser, WALPN Treasurer

2964 35<sup>th</sup> Ave Elk Mound, WI 54739 ([crkaiser369@gmail.com](mailto:crkaiser369@gmail.com))

No refunds 72 hours of event – No on site registration

## Nominations for WALPN 2018 Elections

Article XIII of the WALPN bylaws state that in the even years the Vice President and Secretary will be elected to serve a two year term.

Delegates and Alternates will also be elected for NALPN Conference to be held in San Antonio, Texas (October 24<sup>th</sup> - 27<sup>th</sup>, 2018).

Nominations Committee three (3) persons will be elected. It is these people who will work to find next year's slate of officers.

Speaking up for the LPN voice in the work site, the community, and the legislative world is vital. It is essential for people who 'walk the walk' to be part of decision making. One step is getting activity involved in your professional nursing association.

There is an LPN representation on WI Center for Nursing and the Board of Nursing. Be part of the action today for a better tomorrow.

Members of WALPN are eligible to hold office, please submit the following information. Written consent **MUST BE RECEIVED** in order to serve.

\*\*\*\*\*

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_ ZIP: \_\_\_\_\_ DIVISION: \_\_\_\_\_

Which office would you like to be nominated for? Reminder that you can serve as an officer and be a delegate/ alternate to NALPN conference.

Please designate: \_\_\_\_\_

Background Summary: Positions you have held nursing/ community/volunteer organizations.

\_\_\_\_\_

I consent to serve if elected: \_\_\_\_\_

**Signature**

**Date**

Send the detached 1/2 sheet to **Bonnie Schindler @**  
508 Macomber ST. Chippewa Falls, WI 54729.

**DEADLINE is April 15, 2018** (please send in case you can't make conference)