



# CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

February 2015 ~ WALPN ~ www.walpn.org ~ (608)515-8057 ~ walpnorg@gmail.com

## President's Message

Now that the Holidays are over, we can all get back to the normal grind of life. This year was amazing Holiday with my family, and I hope yours was as well.

I am sending a message of encouragement to EACH LPN in Wisconsin to support their professional organization, The Wisconsin Association of Licensed Practical Nursing which is a charter State of the National Federation of Licensed Practical Nurses. What I mean by support is several things:

1. Continue Membership (which is tax deductible)
2. Plan to attend the next Annual State Convention May 3<sup>rd</sup> and 4<sup>th</sup> @ the Wintergreen Hotel in Wisconsin Dells, WI. (registration in this issue of Capnotes)
3. Give input to the success of YOUR professional organization
4. Realize YOU are an important part of WALPN
5. Plan to attend the next Annual NFLPN Convention Oct. 7<sup>th</sup>-9<sup>th</sup> in Annapolis, Maryland (CEU opportunity, networking with LPN from across the United States, and much fun is always guaranteed)

By doing these things the Profession of Licensed Practical Nursing will continue to play a BIG part in Healthcare. Join me on an adventure this 2015, and support YOUR team LPN!!!

Sincerely,

JoAnn Shaw WALPN President  
1102 E. Cedar Ave. Manitowoc, WI. 54220  
920-901-0988

[jslpn@sbcglobal.net](mailto:jslpn@sbcglobal.net)

## Upcoming Events

- May 3<sup>rd</sup>, 2015 WALPN Executive Comm. Mtg.  
6pm at the Wintergreen Hotel  
Wisconsin Dells, WI
- May 3<sup>rd</sup>, 2015 WALPN Board of Directors Mtg.  
7:30pm at the Wintergreen Hotel  
Wisconsin Dells, WI
- May 3<sup>rd</sup>-4<sup>th</sup>, 2015 65<sup>th</sup> Annual WALPN Convention  
at the Wintergreen Hotel  
Wisconsin Dells, WI  
Room rate \$69.29/night (includes tax)  
(608)254-2285
- May 4<sup>th</sup>, 2015 WALPN Executive Comm. Mtg.  
& WALPN Board of Directors  
Mtg. to follow the WALPN  
Annual Convention
- June 2015 Capnotes Publication
- Oct. 7<sup>th</sup>-9<sup>th</sup>, 2015 NFLPN Annual Convention in  
Annapolis, MD.  
Details coming soon.

## State News

### **WALPN Moves Forward**

Yes we have finally done it!!! The Wisconsin Association of Licensed Practical Nurses has a website [www.walpn.org](http://www.walpn.org). Also we have hired *Kalista Consulting Services, LLC* to run the day to day operations of our State Office. Our contact information is:

Wisconsin Association of Licensed Practical Nurses  
1102 E. Cedar Ave. Manitowoc, WI. 54220

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

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

Phone: (608)515-8057

Check out our new website frequently, as new information is being added weekly, and spread the word.  
JoAnn Shaw, LPN, WALPN President

## Finance Committee Update

Due to convention changes, there have been questions concerning the “Finance Table” there will be a Finance Table at convention. The Finance Committee will be meeting on March 25, 2015 (Wednesday) for the budget.

At that time we will be finalizing the specifics for convention. We know we will have space limitations. Please watch your email/mail. Sharon Buckson will be informing each division of the decisions made for donations. You will be notified after the Finance committee meeting. Thank you for your continued support and understanding for changes that may need to be made. -WALPN Finance Committee

## 2015/2016 WALPN Budget

If your committee needs to request money for any projects, please inform JoAnn Shaw of your committee’s intentions. The requests are due no later than March 5, 2015! These need to be approved by the President and also the Treasurer and then the request is presented during the budget meeting. Any questions please contact JoAnn Shaw, President-WALPN. Thank you! -WALPN Finance Committee

## Remembering Our Beloved Sibyle

It is with great sadness that I inform you of the passing of Sibyle Mae Kelley on December 24th , 2015 at 8:30am. She will be missed by ALL who knew this great lady. Below is an article that was submitted to NFLPN for the Lillian Kuster award nomination, which she was awarded. This shows what a dedicated Mother, person, and LPN she was.

### Sibyle Mae Kelley

*Sibyle has been a member of the Practical Nurse Advisory Committee at the Milwaukee Area Technical College for many years. Sibyle has been the local President of the Milwaukee Division of the Wisconsin Association of LPNs. She has also served on Exam Councils for other professions until just a few years ago.*

*Sibyle is the unofficial “Cheerleader” for NFLPN, and has been very active not only by attending National Conventions over 35 times, but very vocal at every State Convention. Wisconsin salutes Ms. Kelley for everything she has done for the profession of Practical Nursing.*

*Sibyle was born October 29, 1924 in Arkansas. She moved to Wisconsin in 1951 and worked as a cook in a local Milwaukee hotel prior to going to nursing school. She raised 4 sons and 1 daughter. Her career as an LPN was at Milwaukee County Medical Complex until her retirement in 1983. She is very active in her church and church choir. Even though Sibyle retired many years ago, she is still an Active member of NFLPN.*

*Respectfully Submitted,  
JoAnn Shaw  
WALPN President*

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## National News

### **NEW NFLPN Contact Information**

National Federation of Licensed Practical Nursing (NFLPN)

3801 Lake Boom Trail Suite #190

Raleigh, NC 27607

Phone: (919)779-7516

Fax (919)779-5642

Email [NFLPN@caphill.com](mailto:NFLPN@caphill.com)

Contact: Caitlin Schwab, Administrative Assistant

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## A Day in the Life, LPN Style

### How To Be A Real Nurse

Take care of the inside.

Give yourself a mental manicure and an emotional massage.

Take care of the outside.

Breathe Exercise, Rest, and Play!

Take care of your young—someday they may be taking care of you!

Declare war on apathy and complacency.

Refuse to be negative.

Step outside your self-imposed boundaries.

Love one another. Love your patients. Love yourself.

Laugh, cry, play with your patients.

Refuse to give up on caring.

Step outside of helplessness—**YOU** are power-full.

Always remember that you are there for your patient, not vice versa.

Break rules—Tip the sacred cows and shrug off the nursing rituals.

Look past the equipment, the tubes, and the paperwork—really see the person in the bed.

Listen with your ears and heart.

Stop hiding your talents.

**Participate!!!!!!**

Don’t whine unless you have some cheese to go with it.

Act now while supplies last.

Make Believe that your sensible shoes have wings!

Practice in nursing does not make perfect.

*By Barbara Barzoloski O’Connor*

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## Annual (Convention) Meeting

It is our Annual Meeting time! Where has the year gone?

It is a time to renew old acquaintances and make new friends! It is a time to continue our education on current topics and conduct WALPN business.

We are excited to present a new format for our Annual (Convention) Meeting.

Due to everyone's busy schedules, the WALPN Board of Directors voted to try a one day format. We are incorporating two contact hours of continuing education, two business sessions and moving to a Sunday evening and Monday schedule.

We are honored to have two members of the Wisconsin Crime Prevention Practitioners Association as our speakers. Jason Weber from the Menasha Police Department will speak on "*Emerging Drug Trends in Wisconsin*". Joel Dhein from the Glendale Police Department will speak on "*Personal Safety at the Workplace and Beyond*".

The popular brunch is back again this year.

We hope that a one day format will allow more of our members to attend.

Mark your calendars for the date and bring a friend.

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## Annual Meeting Agenda

### 65<sup>th</sup> WALPN ANNUAL (CONVENTION) MEETING

Wintergreen Hotel & Convention Center-Lake Delton (WI Dells)

#### Agenda

Sunday, May 3, 2015

- 6:00PM WALPN Executive Committee Meeting
- 7:30PM WALPN Board of Directors Meeting

Monday, May 4, 2015

- 7:45AM Registration Opens
- Bazaar Opens
- 8:30AM Registration Closes
- Bazaar Closes
- Welcome: Eileen Collins
- Pledge of Allegiance: Jo Ann Shaw
- Invocation: Florence Falk
- Convention Rules: Mary Morris
- WALPN Summary of Events: Mary Morris, Secretary
- Greetings: WALPN President: Jo Ann Shaw
- 8:45AM **FIRST BUSINESS SESSION**
- Roll Call: Mary Morris, WALPN Secretary
- Minutes of the 2014 WALPN Convention: Mary Morris
- Appointment of Minutes Committee: Jo Ann Shaw
- Appointment of Tellers: Jo Ann Shaw
- Appointment of Credentials Committee: Jo Ann Shaw
- Nomination Committee Report: Shirley Kresovic
- Nominations from the Floor: Shirley Kresovic
- Voting Instructions: Jo Ann Shaw
- Memorial Service: Helen Klister & Sister Mary Ellen

9:30AM **VOTING OPENS**  
9:50AM **VOTING CLOSES/CHECKOUT**  
10:00AM **BRUNCH**  
11:00AM **CLINICAL SESSION: “Emerging Drug Trends in Wisconsin”**  
**Jason Weber, WCPPA**  
12:00PM **CLINICAL SESSION: “Personal Safety at the Workplace and**  
**Beyond” Joel Dhein, WCPPA**  
1:00PM **BREAK** (Last chance for bazaar/raffles)  
1:20PM **SECOND BUSINESS SESSION**  
Call to Order: Jo Ann Shaw, WALPN President  
Roll Call: Mary Morris  
Officer Reports  
    President: Jo Ann Shaw  
    WALPN Office: Jo Ann Shaw  
    Vice President: Eileen Collins  
    Recording Secretary: Mary Morris  
    Treasurer: Sharon Buckson  
    Past President: Carolyn Kaiser  
Committee Reports:  
    Education: Eileen Collins  
    Finance: Sharon Buckson  
    Legislation: Bonnie Schindler  
    Revisions: Eileen Collins  
    WI. Center for Nursing: June Bahr  
    Membership: June Bahr  
    Publicity: June Bahr  
    Division Reports: Division Presidents  
Credentials Report: Sharon Buckson  
Resolutions/Revisions  
Unfinished Business  
New Business  
Tellers’ Report  
Installation of Officers  
Raffle Drawings  
Good of the Order  
Announcements  
Adjournment

**TO FOLLOW**

**WALPN EXECUTIVE COMMITTEE MEETING**  
**WALPN BOARD OF DIRECTORS MEETING**

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Convention Registration

**WISCONSIN ASSOCIATION LICENSED PRACTICAL NURSES  
65th ANNUAL (CONVENTION) MEETING  
MAY 3rd- 4<sup>th</sup>, 2015**

WINTERGREEN RESORT & CONVENTION CENTER  
60 Gasser Road, Lake Delton, WI (Wisconsin Dells area)

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE \_\_\_\_\_

ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ MEMBER CEU# \_\_\_\_\_ DIVISION \_\_\_\_\_

NOTE: only one registration per form

Member \_\_\_\_\_ Non-Member \_\_\_\_\_ Students/Faculty \_\_\_\_\_

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**REGISTRATION FEES:**

MEMBER PACKAGE (includes brunch)	\$ 65.00
NON MEMBER PACKAGE (includes brunch)	\$ 75.00
STUDENT/FACULTY- (includes brunch)	\$ 20.00
EXTRA BRUNCH	\$ 18.00

Dietary Restrictions \_\_\_\_\_

Please make check payable to WALPN Amount Enclosed \$ \_\_\_\_\_

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**DEADLINE for HOTEL REGISTRATION: April 15, 2015**

**DEADLINE for CONVENTION REGISTRATION: April 15, 2015**

**LATE REGISTRATIONS: \$50.00 Extra**

**\*NO ON SITE REGISTRATION\***

**HOTEL RESERVATION: 1-800-648-4765 or 1-608-254-2285**

**ROOM RATE: \$69.13 includes tax (Mention "WALPN")**

**NO REFUNDS 72 hours of EVENT**

**SEND REGISTRATION TO: Sharon Buckson, WALPN Treasurer**

**1504 Johnson Avenue**

**Racine, WI 53402 Phone: 262- 639-1684**

**\*\*\*THIS IS THE ONLY REGISTRATION FORM YOU WILL RECEIVE!\*\*\***

**\*\*\*Registration Forms May Be Copied\*\*\***

## **Call for Nominations**

The nominating committee is seeking interest in people to run for office of:

\_\_\_\_\_ for the Office of Vice President

\_\_\_\_\_ for the Office of Treasurer

\_\_\_\_\_ as a Delegate/Alternate to NFLPN 2015 Convention

\_\_\_\_\_ as a Delegate/Alternate to NFLPN 2015 Convention

\_\_\_\_\_ as a Delegate/Alternate to NFLPN 2015 Convention

\_\_\_\_\_ as a Delegate/Alternate to NFLPN 2015 Convention

\_\_\_\_\_ as a Delegate/Alternate to NFLPN 2015 Convention

\_\_\_\_\_ as a Delegate/Alternate to NFLPN 2015 Convention

\_\_\_\_\_ for the Nominating Committee

\_\_\_\_\_ for the Nominating Committee

\_\_\_\_\_ for the Nominating Committee

**Complete this form and mail to:**

Shirley Kresovic  
8870 S. 51st St.  
Franklin, WI 53132

**Or email form to:**

Shirley Kresovic  
skrambo65@gmail.com

Form may also be downloaded at [www.walpn.org](http://www.walpn.org) under Members Information.

All entries **MUST** be received prior to April 30.

*Any entries received via USPS mail or email after April 30th will not be considered.*

## Capnotes Educational Corner

### Heart Attack Symptoms In Women

Heart disease is the leading cause of death in women in the United States, and the Center for Disease Control and Prevention reports that one in every four female deaths is caused by heart disease.

The heart attack, known to doctors as the myocardial infarction, or MI, was once thought of as a man's condition, but that misconception is starting to clear up. Women are just as likely to have heart disease as men.

#### **Recognizing A Heart Attack**

The symptoms of a heart attack may not be crystal clear. If you cut your hand, chances are you could close your eyes and describe exactly where the cut is, which finger and maybe even whether it was just a scrape or something more. Unfortunately, symptoms of a heart attack aren't always so straight forward. While plenty of people's symptoms include classic "elephant standing-on-your-chest" pain as seen on TV, it's also true that many do not. Understanding all of the symptoms of a heart attack is extremely important.

#### **Symptoms of Heart Attack Include:**

Angina: pain, discomfort, pressure or tightness in the middle of the chest that lasts for more than a few minutes or goes away and then comes back; sometimes mistakes for heartburn.

Pain or discomfort in upper body including arms, left shoulder, back, neck, jaw, or stomach.

Difficulty breathing or shortness of breath

Cold sweats or sweating

Felling of indigestion, choking or heartburn

Nausea or vomiting

Felling dizzy, lightheaded, or extremely weak

Felling anxious

Rapid or irregular heart beats

#### **A Women's Heart Attack**

If you are a woman, recognizing a heart attack may have its own set of hurdles and obstacles. A recent study in women who were hospitalized for a heart attack found that they tended to be vague or less-typical symptoms, including the following:

Upper back pain, shoulder pain

Jaw pain or pain spreading to the jaw

Pressure in the center of the chest

Some sweating

Light-headedness or dizziness

Unusual fatigue, like they just ran a marathon

It's also important to keep in mind that doctors cannot necessarily tell from your symptoms, alone

whether or not there is a cardiac problem. They work based on the level of suspicion, folding in the results from further tests and evaluation. That's why knowing your risk factors and having a healthy (but not to the point of obsessing) suspicion that it could happen to you is so important.

In considering the list of heart stack symptoms, consider the following:

You can definitely have a heart attack without chest pain.

Chest pain/pressure/discomfort is often present, but not always.

Women are more likely than men to have so-called atypical symptoms (and no chest pain) such as upset stomach, nausea, and shortness of breath.

Not having chest pain can make it harder for both you and your doctor to recognize a heart attack.

#### **Next Steps**

In men and women alike, the importance of awareness, recognition, and prompt action cannot be overemphasized. If you are a woman, first know that a heart attack could happen to you, and then make the appropriate diet and lifestyle changes to minimize your risk.

1. If you are a smoker, quit. Smoking is a major risk factor for heart disease.
2. If you are obese, establish a healthy diet and lose weight. Being overweight or obese, or having a poor diet, are all risk factors.
3. If you sit at a desk all day, look for ways to move your body, perhaps by taking the stairs instead of the elevator or taking a walk around the office parking lot at lunch. Physical inactivity can put you at risk for heart disease.
4. If you take medications (e.g. blood pressure, high cholesterol, etc.) work with your doctor to make sure your control is good and levels are where they should be.
5. **Chest pain or other symptoms of heart attack that last longer than 5 minutes don't ignore it. Seek emergency care to rule out heart attack.**

Doctors who deal with heart attacks have a saying that "time in myocardium", meaning that if you recognize a heart attack early and take immediate action, you can minimize the loss of heart muscle, improving your odds of survival and doing better in life after surviving a heart attack.

*By Tom Larocci MD Oct. 11, 2013*