



CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

President's Message

BY JOANN SHAW, WALPN PRESIDENT

Greetings WALPN Members,

I am very excited about our upcoming Annual Conference “LPN’s Rise to the Healthcare Needs”. The content we are providing is going to be one of our best conferences. Many LPNs, say, “I have never heard of the organization for LPNs.” Now is the time to take the information you are receiving in Capnotes, make copies, and invite fellow LPNs to join us for this 1-day event. Special room rates for attendees \$75 plus tax per night, be sure to mention you are with the WALPN Conference.

This is the first time we will have a married couple present information, and all attendees will have a certification in Anaphylactic Shock/Epi Pen usage. I have personally talked with these people, and they are dynamic.

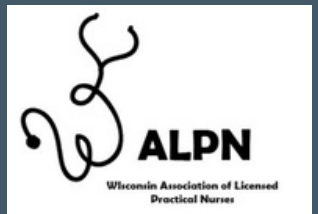
Wisconsin has a Center for Nursing; however, many do NOT know what this Center does for Nursing. We will be educated on this subject, and you can teach others. Our speaker is so gifted in her presentation, you don’t want to miss this.

WALPN will be providing 4 more hours of CEUs on Ear health, and Hospice care. You will be enlightened by two awesome speakers. It is such a pleasure to have people willing to share their knowledge, so we can step up to be the BEST we can be.

Please send in your registration as soon as possible, so we can finalize our Conference plans.

In this issue of Capnotes, you will find nominations for WALPN officers (Vice President, Secretary, and 1 Director). Instructions are on the Nomination form. You can also be nominated from the floor. We need people who want to help promote the Licensed Practical Nurse in the state of Wisconsin.

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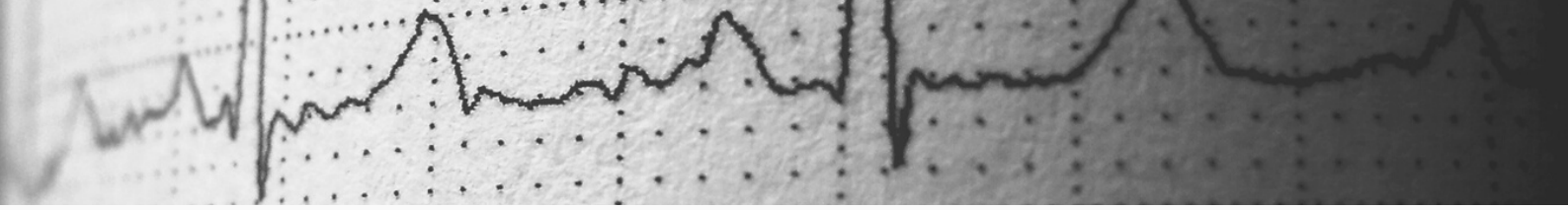
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President's Message, continued

BY JOANN SHAW, WALPN PRESIDENT

Also, we have a Prospective Sponsor form. If you work somewhere, and they are looking for more staff, they may want to take advantage of this opportunity to share their job openings, or services. We are hoping to see many students at this event, and WALPN has sent out information about the WALPN Conference to over 100 places.

Anyone can attend this event, LPNs, RNs, CNAs, Med Techs, anyone in healthcare that would like to gain more knowledge in the ever-changing HEALTHCARE, meet wonderful people, and have a super experience.

Sincerely,

JoAnn Shaw LPN WALPN President

Phone: 1-920-901-0988 Email: czekala2118@gmail.com



Calendar of Events

- Feb. 29, 2024 Members are emailed WALPN newsletter "CAPNOTES)
- Mar. 2024 Send in your registration for the WALPN Conference (deadline for hotel/conference registration April 5 th , 2024) no onsite registration.
- Mar. 15 th , 2024 gather articles/pictures for the NALPN Newsletter "THE PULSE"
- April 15 th , 2024 deadline to Email NALPN office nalpnooffice@gmail.com
- Apr. 21 st , 2024 WALPN Conference begins with Meet & Greet 5pm-7pm @ the Wintergreen/Clarion Hotel in Wisconsin Dells.
- Apr. 22 nd , 2024 WALPN Annual Conference 7:45am-4:45pm (educational session)
- April 30 th , 2024 members are emailed NALPN newsletter "THE PULSE"
- May 15 th , 2024 send in Article/pictures for WALPN Newsletter, "CAPNOTES"
- June 15 th , 2024 Deadline to email articles to the WALPN office walponorg@gmail.com
- June 30 th , 2024 Capnotes to be emailed to members.

WALPN Board of Directors

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

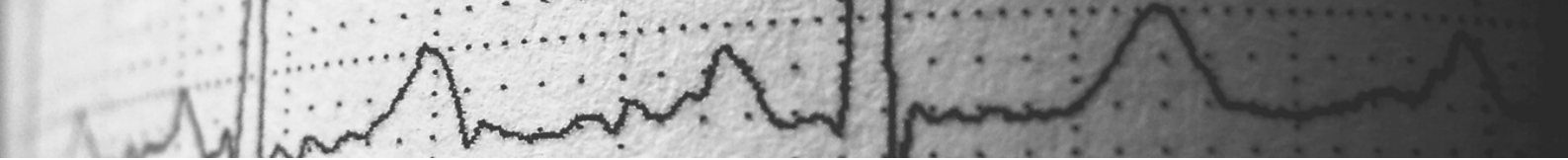
Vice President: Marcie Nytes 121 Paine St. Apt. #2 Kiel, WI. 53042
920-627-5436
marciespencer@gmail.com

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

Treasurer: Debra Blahnik 9114Reifs Mills, RD. Whitelaw, WI. 54247 920-901-9877
dblahnikLPN@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. 54739
715-874-5156
crkaiser369@gmail.com



from your Vice President

Nurses hear all the time that they need to take time out for self-care and to reboot to prevent burnout. I have been a nurse for almost seven years now, and I haven't really made a concerted effort to take time out for myself.

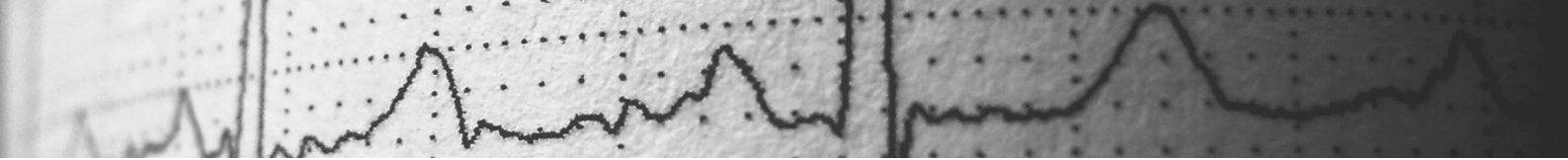
I have been putting my children and their needs ahead of my own for many years as I was a single mom. Even now that my two children are adults and are out on their own, I am still always there for anything they might need. The last few months I was starting to feel myself getting to a point of being burned out. However, this month I took a week off, and went on a cruise by myself to re-energize. I had already booked the cruise about a year ago, so it had already been in the making, but I am so happy that I went and enjoyed every minute of it.

The cruise was on the ship Carnival Conquest, left from Miami, FL and went to Key West, FL where the ship docked. Passengers were able to get off of the ship and go do an excursion or two, or just walk around the port area. I took a Conch Train Tour of downtown Key West and then went parasailing before hopping back on the ship later in the day. From Key West we sailed to Cozumel, Mexico where many passengers aboard to the ship including myself, got off and went sightseeing or enjoyed an already planned excursion. I had a Sea Trek Diving Excursion already planned which was very much an enjoyable time, walking along the sea bottom at 25 feet down in the water. I got the opportunity to see many different types of sea life and hold a crab that is only found in the Caribbean. I definitely feel like my body was recharged from going on this cruise and it will only help me take better care of my patients.



Sincerely,

Marcie Nytes, LPN
WALPN Vice President



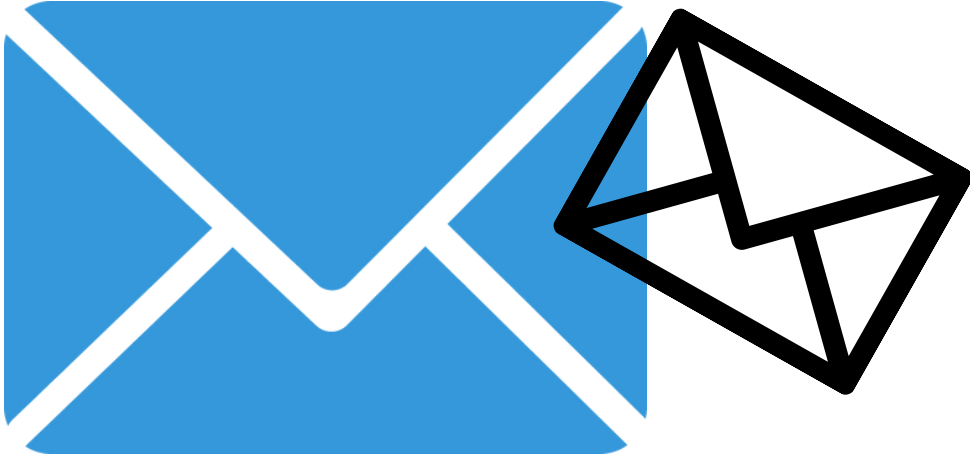
State News

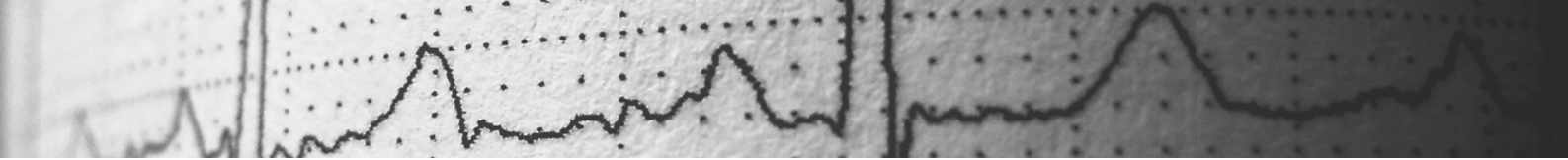


Each year WALPN continues to gather toiletries throughout the year, to be given to the Homeless, Domestic Violence Center, and high schools. Our longtime member June Bahr, Delivers these items to these people in need. Just a reminder, if you are vacationing and stay in hotel rooms with sample toiletries, please collect them and bring them to our next Conference, which is usually in April each year. We thank you in advance for your donation.

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.





State News

WALPN Elections of Officers

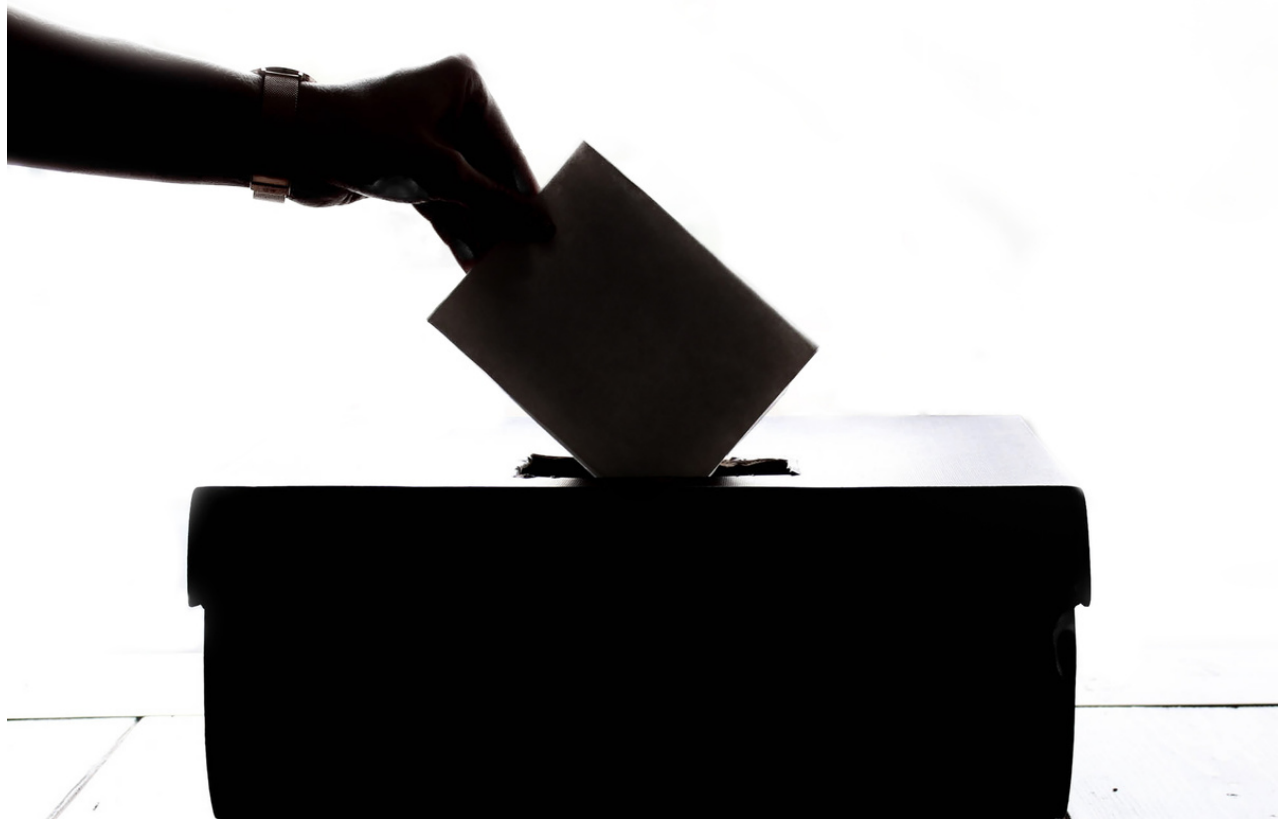
At the WALPN Conference April 21 st -22 nd , 2024, we will be holding elections for Officers. The offices up for election will be Vice President, Secretary, and 1 Director. Please keep in mind we would like to have people be an active part of WALPN, and serve the Licensed Practical Nurses in Wisconsin.

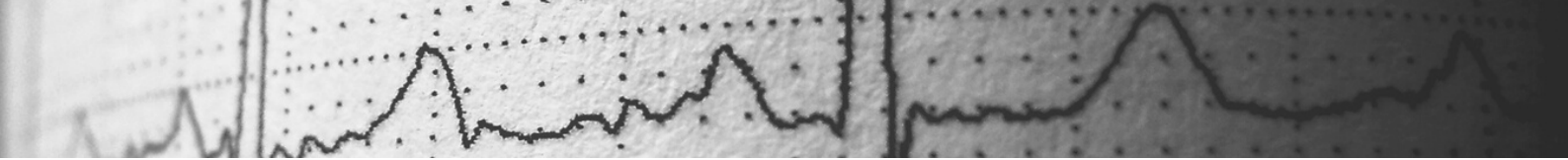
Qualifications for office: Be an active or retired member of NALPN/WALPN.

Duties are to attend WALPN Board meetings, which have been done via Zoom. Usually in October, we have a face-to-face meeting at the Hotel in which on next year conference will be held.

Applications for offices will be in the February issue of Capnotes. You can also be nominated off the floor.

We need people who care about LPNs and healthcare to step up and helps us provide the best we can for our LPNs, and people in need.





Nominations for WALPN 2024 ELECTIONS

WALPN Bylaws Article XII serves as notice and direction of electing officers, length of term, process, etc.

At the April 22, 2024 business meeting WALPN membership will be electing Vice President, Secretary, and one person for the board of directors. These offices are elected on the even numbered years per bylaws and serve a two-year term.

It is essential for people who 'walk the walk' to be part of decision making. One step is getting actively involved in your professional nursing association. Be part of the action today, for a better tomorrow.

Active/ Retired WALPN members of WALPN are eligible to hold office. Please submit the following information: Written consent MUST BE RECEIVED in order to serve.

-----Detach here – send bottom half -----

NAME: _____

ADDRESS: _____

CITY: _____ WI _____ ZIP: _____

Which office would you like to self –nominate for? _____

Background Summary: (positions you have held nursing/ community/ volunteer organizations for?)

Consent to serve if elected: _____ / ____/____/____

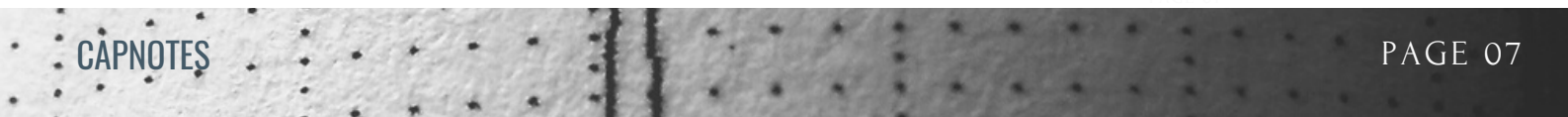
Signature

Date

Bonnie Schindler, WALPN Nominations Chair
508 Macomber St
Chippewa Falls, Wi 54729

Please mail by April 6, 2024 in case you are not able to attend the conference.

Great words for Great Goals
© 2023 WALPN



WALPN Conference

You will find the Agenda/Registration for the In This issue of Capnotes, and again in February issues of Capnotes.

The WALPN Board of Directors ask you to make copies, and give them to any people that are in healthcare, as this Conference is open to all LPNs, CNAs, RNs, Med Techs, anyone in the healthcare field. The best advertising is word of mouth, so let's work together for a GREAT attendance.

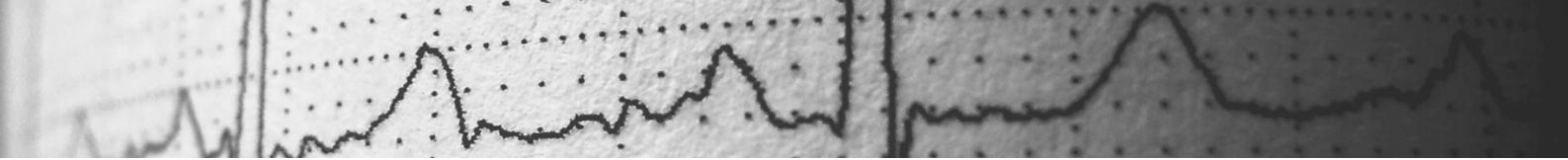
We do have Vendor space available, so if your place of employment would like to purchase a space, please pass on the Vendor form, included in this issue of Capotes.

The WALPN Conference is titled "LPN's Rise to the Health Care Needs", Starting Sunday April 21 st , 2024 at the Wintergreen/Clarion Hotel in Wisconsin Dells. We will have a "Meet and Greet", serving Hot and cold horsd'oeuves, cash bar.

The Conference CEUs, will start on 7:45am Monday April 22 nd , 2024 in the Grand ballroom, with Conference check-in, Vendors, Bazaar/Fundraising table. Each attendee will receive 8 CEUs, and a Certification on "ANAPHLACTIC SHOCK/EPI PEN Usage".

WALPN has secured rooms for this event at a special price of \$75 plus tax/night. Call the Hotel directly, mention you are with WALPN to receive this price.





WISCONSIN ASSOCIATION OF LICENSED PRACTICAL NURSES

Voice of Wisconsin LPNs since 1950

**Sunday, April 21st and Monday April 22nd 2024 Wintergreen/Clarion
Resort and Convention Center**

WALPN Presents: *LPN's Rise to the Health Care Needs*

Sunday, April 21st

- 1:00 PM WALPN Executive Board Meeting: Mt McKinley
- 5:00-7:00 PM Conference Check-In and Meet & Greet sponsored by
Wisconsin Association of LPNs in the
Wintergreen/Clarion Hotel Bar/Lounge
- 7:00 PM Vendors/Sponsors may set up in Ballroom

Monday, April 22nd

- 7:45 AM Conference Check-in, Vendors and Bazaar Grand Ballroom
- 8:15 AM Conference Check-In and Bazaar Closes
Welcome: President: JoAnn Shaw
Pledge of Allegiance: Vice President: Marcie Nytes
Invocation: Director: Debbie Blahnik
WALPN Summary of Events: Secretary: Sue Gillett
Greetings:
- 8:30 AM **Keynote Address:** *"What Does the Wisconsin Center for Nursing do for Nurses?"* Presented by Barbara Nichols, Executive Director of Wisconsin Center for Nursing.
- 9:10 AM Break (Bazaar/ Vendors Open)
- 9:25 AM **Clinical Session:** *"Can you hear me Now?"* Presented by Jeremy Weaver APNP Bellin ENT Dept.
- 10:15 AM Break (Bazaar/Vendors open- room check out)

State News

- 10:30 AM **Clinical Session:** “Can you hear me Now?” (continued) Presented by
Jeremy Weaver APNP Bellin ENT Dept.
- 11:20 AM Memorial Service: Carolyn Kaiser/Bonnie Schindler
- 11:35 PM Lunch
- 12:20 PM **Clinical Session:** “When to suggest Hospice”
Presented by Owen Priepe, RN CHPN Promedica Hospice
- 1:10 PM Break (Raffles/Bazaar open)
- 1:20 PM **Clinical Session:** “How Hospice helps the Patient”
Presented by: Owen Priepe, RN, CHPN Promedica Hospice
- 2:10 PM Break (last chance for Raffles/Bazaar items)
- 2:20 PM. **Clinical Session:** “Bridge Building CNAs to LPN’s”
Presented by: Kate Battiato MPA Vice President of Workforce
Development, Wisconsin Health Care Association and Wisconsin
Center Assisted Living
- 3:10 PM **Clinical Session** “ANAPHYLACTIC Shock/ EPI Pen Certification”
And “Dillon’s Law” (True Story about Dillon)
Presented By: George & Angel Mueller (Dillon’s Parents)
- 4:30 PM **Business Session:** Grand Ballroom
Call to order: President: JoAnn Shaw
Announcement: All Committee reports will be in June Capnotes
Convention/ Education: JoAnn Shaw
Finance/ Fundraising: Debbie Blahnik
Legislative/ Revisions: Marcie Nytes
Membership/ Publicity: Bonnie Schindler
- Committee Reports:*
 Nominations: Bonnie Schindler Chairperson
 Vice President, Treasurer, 1 Director, and
 3 for the Nominating Committee
 Voting (immediately following the Nominations)
- 4:45 PM Tellers Reports: Bonnie Schindler
Good of the Order/Announcements
Adjournment

WISCONSIN ASSOCIATION OF LICENSED PRACTICAL NURSES

Voice of Wisconsin LPN's since 1950

71th conference · April 21st & April 22nd, 2024 Wintergreen Resort and Convention Center

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

Join us at the "Meet & Greet" · Sunday, April 21st: 5-7PM

Conference attendees will enjoy complimentary appetizers. We look forward to meeting, networking, and sharing with all conference attendees. Opportunity for conference check in and to get any questions answered.

Hotel Reservations:

Call by midnight April 5, 2024: 608-254-2285 or 800-648-4765

Wintergreen has reserved a block of rooms (single/double) for \$75.00 a night. *You must call/ask for discounted rate by midnight on April 5, 2024.*

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WALPN Conference April 21/ 22 2024

Registration Deadline: April 5, 2024

*One registration per form; please make copies of this form
No refunds 72 hours of event; no on-site registration*

Name: _____ Date: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: (L or C) _____ E-mail: _____

Circle ONE of the following:

MEMBER · NON-MEMBER · PN STUDENT · FACULTY

Please designate school if student/ faculty: _____

Registration Fees:

___ Member Package (includes meal):	\$65.00
___ Non-member Package (includes meal):	\$85.00
___ P.N. Student/ Faculty (includes meal):	\$30.00

Dietary Restrictions - be specific: _____

Send completed registration form with payment to:

Make check payable to: WALPN Treasurer

Send to: Debbie Blahnik, LPN WALPN Treasurer

9114 Reifs Mills Road, Whitelaw, WI 54247

WISCONSIN ASSOCIATION OF LICENSED PRACTICAL NURSES

Voice of Wisconsin LPN's since 1950

To Prospective Sponsor:

The Wisconsin Association of Licensed Practical Nurses (WALPN) will host the 2024 state conference April 21st (evening) and April 22nd (Monday) at the Wintergreen Resort and conference center on the grounds of Wintergreen/ Clarion Hotel at Lake Delton, WI (Exit 92) on I-90-94.

The conference will be held in the Grand Ballroom on first floor. This setting allows for vendors to have excellent vision, traffic, and accessible for all.

Focus of the conference is to enhance LPN care giving, update on treatments, medications, legal aspects and sharing information on certifications. Business meetings, networking, and lunch is also part of the event. LPN's are the bulk of our conference; but it does include practical nursing students, instructors, and often persons who are interested in the LPN role in health care.

We will be hosting approximately 100 attendees. WALPN invites you to share your product/service with the attendees. Listed below are several ways to support LPNs, enrich quality caregiving and promote ethics in our State. As a sponsor of the conference, you will be recognized. **Choices listed below (pick as many as you wish):**

- 1) Would you prefer to have an exhibit (Cost \$100.00 -circle 6 ft. or 8 ft. table)? The chairs are provided and area locked overnight, as you can set up Sunday evening.
- 2) Would prefer to make a monetary donation sum for speakers?
- 3) Would prefer to donate a door prize?
- 4) Would prefer sponsoring the meet & greet Sunday evening or luncheon on Monday?

Checks payable to: WALPN Treasurer.

Send to: Debbie Blahnik (WALPN Treasurer) @ Reifs Mills Rd. Whitelaw, WI. 54247

If questions: DBlahnikLPN@outlook.com

COMPANY: _____ CONTACT PERSON: _____

Please list which of the above options fits your choice: _____ Amount Enclosed: _____

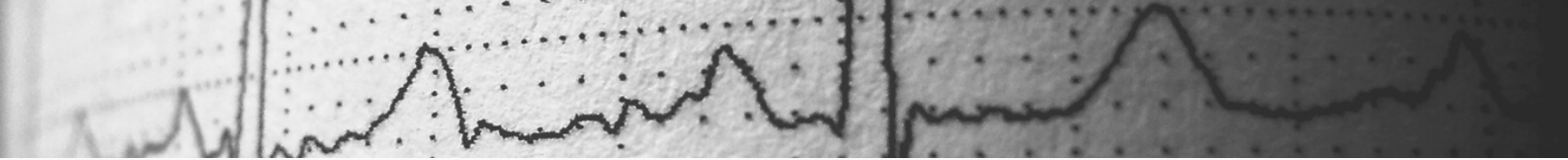
Telephone #: _____ (landline or cell) Email: _____

Thank you for your support.

Sincerely,

Debbie Blahnik, WALPN Treasurer

Confirmation will be sent within ten days of your completed application and payment to participate.



NALPN 2024 Conference

The NALPN Board has voted on the site for the 2024 NALPN Conference. The site will be Double Tree by Hilton Hotel New Orleans Airport Kenner, Louisiana

This Hotel has FREE airport shuttle (24hours), with area shuttle FREE as well Room rate \$129 plus tax/night (special price is included for people wanting to come in a day early.

FREE WIFI for attendees

Daily Breakfast Buffet 6am-10am (charge for buffet)

Mark your calendars now for this event.

It has been decided, by the NALPN Board of Directors to reduce the number of days for CEUs/Certifications, to 2-day educational conference.

The NALPN Conference will be Oct. 13 th, 2024 with Meet & Greet in the evening to register for the conference, and mingle. The early Oct. 14 th -15 th will be education, business meeting, elections of officers Awards Dinner. Oct. 16 th will be time to travel home.

NALPN continues to strive to make these event special, and affordable for all to attend.

NALPN October Conference Update

The NALPN 72 nd Annual Conference was a success, with amazing speakers, sharing valuable information. Each attendee received a Certificate of attendance.

The 2023-2025 Officers elected are as follows:

President: Blosscenia Avent (Pennsylvania)

Treasurer: Tina Johnson (Mississippi)

Director: Arlene Imes (North Carolina)

Director: Renee Likong (New York)

Director: Deborah Schultz (Mississippi)

NALPN Annual Award Recipients 2023

State President's Award: Gwendolyn Dunn (Louisiana)

Lillian Kuster Award: Deborah Schlutz (Mississippi)

LPN of the Year Award: Tina Johnson (Mississippi)

New State Chapter Award: Jammie Nelson (Nevada)

New State Chapter Founder Award: Dana Mitchell (Illinois)

Respectfully submitted by: JoAnn Shaw NALPN Vice President



National Association of Licensed Practical Nurses, Inc.

P.O. BOX 1895 Manitowoc, WI. 54221 Phone 1-920-663-8450 Email nalpnoffice@gmail.com

ALL AREAS MARKED WITH RED * REQUIRED

Membership Application

* New * Renewal (Member) # _____

*****Please do not send credit card information through email! If you are submitting the membership form through email, select Invoice for payment option.*****

Full Name: * _____ Home #* _____

Mailing Address: * _____ Work #: _____

City/State/Zip* _____ Cell #: _____

Email: * _____ Date of birth: _____

License # & State: * _____ Credentials (LPN, LVN, RN, EMT, etc.):* _____

Recruited by: _____ PN School (if applicable): _____

School Chapter (if applicable): _____

How did you hear about NALPN? _____

What is your current employment setting?

Home Health Long-Term Care Hospital Private Practice Military School Other: _____

Are you interested in continuing education, specialty certifications, or higher education? What type? _____

Are you interested in working on a committee for NALPN or taking an active role in leadership? What type? _____

Would you be interested in writing resourceful articles for our newsletter? YES / NO

Membership Type:

Your membership with NALPN also includes membership in your state chapter if one exists. You are allowed to voluntarily join a state chapter even if you do not reside in that state.

There are currently state chapters in the following states: AL, CA, FL, GA, IL, LA, MI, MS, NC, NV, NY, PA, VA, and WI. If you reside in any of these Chapter States, you are automatically a member of that Chapter, with no extra cost.

- \$100.00 Active:** Any LPN or LVN holding a current license or equivalent
- \$ 65.00 Retired** – Any LPN/LVN who has achieved retirement age, or has retired due to disability
- \$ 25.00 Student** – Student enrolled in an approved school of Practical/Vocational Nursing
- \$ 60.00 Affiliate** – Anyone who is NOT a LPN/LVN, however is interested in promoting the objectives of NALPN

Payment:

_____ Enclosed check or money order payable to NALPN

_____ Invoice select this option to have NALPN send an invoice.

_____ Credit card:

Card Number: _____ Exp. Date: _____

Name on card: _____

Authorized signature: _____

*****Please do not send credit card information through email! If you are submitting the membership form through email, select Invoice for payment option.*****

Return form with payment via: Email: nalpnoffice@gmail.com

Or mail: NALPN P.O. Box 1895 Manitowoc, WI. 54221
Questions? Email nalpnoffice@gmail.com call 1-920-663-8450.



National News

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.

