



CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

President's Message

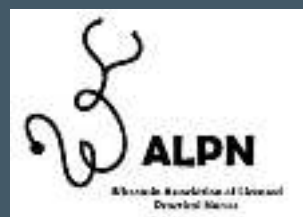
BY JOANN SHAW, WALPN PRESIDENT

Greetings, hoping this newsletter finds you, and your family happy, and healthy. Over the past. Almost 2 years, we have faced many troubles, not only personally, but also professionally. For me, it's like both worlds have melted together, and I am on edge daily. Make sure if you are having issues, that you reach out to friends, family and coworkers, to help you through. It is NOT a sign of weakness, it is a sign of courage to know you need help, and seek it out. Please remember your NALPN/WALPN family is always here for YOU!

WALPN Board of Directors had to make a hard decision to cancel the Sept. 12 th -13 th , 2021 Conference, due to the spike in Covid. Good news is that we have rescheduled the WALPN Conference to be held Apr. 24 th -25 th , 2022 @ the Wintergreen/Clarion Hotel in the Wisconsin Dells area. We will make sure the agenda for this event will be just what everyone needs. Mark your calendar now, and plan to attend.

I am always available to any LPN, regarding questions, or concerns, so contact me anytime.

Sincerely,
JoAnn Shaw WALPN President
1-920-901-0988
Czekala2118@gmail.com



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Calendar of Events

- October 2021
WALPN newsletter
"Capnotes" sent to members
- October 2021
NALPN quarterly newsletter, THE PULSE"
emailed to members
- January 15 th , 2022
Email Articles for February "Capnotes" to
walpnorg@gmail.com
Please put in title Feb. Capnotes.
- January 2022 NALPN quarterly newsletter "The
Pulse" emailed to members
- February 2022 WALPN newsletter "Capnotes
sent" to members
- April 24 th -25 th , 2022 WALPN Conference @
the Wintergreen/Clarion Hotel, Wisconsin Dells
- May 15 th , 2022
Email articles for June "Capnotes" to
walpnorg@gmail.com
Please put in the title June Capnotes.
- June 2022 WALLPN Newsletter Capnotes sent to
members



Capnotes Educational Corner

A snapshot of WALPN's objectives includes promoting continuing education, uphold standards of care and code of ethics and to promote quality of care to protect the public.

We are glad to see that three technical colleges in WI offer a practical nurse refresher course. Fox Valley Technical College, Northeast WI Technical College, and Waukesha Technical College all offer the practical nursing refresher course. The refresher course curriculum includes nursing process, infection control, medication and pharmacology updates, trends in nursing techniques, documentation, supervision and delegation. The clinical portion of the training which varies 70-108 hours of preceptor experience in varying clinical settings make for competent nurse. Examples of clinical include hospitals, clinics, LTC, and subacute care facilities.

This opportunity of clinical locations builds a strong relationship of employer, college and student as experience is gained and relationships grow. Fox Valley and Northeast Technical both have stand-alone LPN programs. They both admit two classes per year (spring/fall). The state curriculum is designed so that students in the RN program can take the practical nursing boards after the second semester. Waukesha Technical College does not offer a LPN stand-alone program, but as other programs one can take LPN boards one year into the ADN program. WCTC also has an LPN progression program that practicing LPNs have to complete prior to entering the second year of the ADN program. All three technical colleges have great web-sites that one can go to for specifics.

Submitted by Carolyn Kaiser

WALPN Board of Directors

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czekala2118@gmail.com

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WALPN Committees

Conference/Education: **JoAnn Shaw, Marcie Nytes, Debra Blahnik, Mary Jo Brixius

Finance/Fundraising: **Carolyn Kaiser, Karen Kofka, Rite Dietsche

Membership/Publicity: **Mary Jo Brixius, Sue Gillette

Legislation/Bylaws: ** Marcie Nytes, Carolyn Kaiser, Bonnie Schindler

** denotes chairperson



State News

WALPN Gives Back

Each year the members/attendees for the WALPN Conference are asked to collect any sample bottles of toiletries (shampoos, conditioner, soap, toothpaste, toothbrush, etc.).

I come from a BIG family so I ask all my brothers/sisters to collect any of these items when they travel, from the hotels they visit. Over the course of the past year, I have collected many items, and still need more.

WALPN member, June Bahr LPN, takes the items we have collected, and gives them to the Homeless shelter, Domestic Violence Shelter and area High Schools. Yes, I said High Schools. There are many high school kids who don't have these products, and the High school gives them to kids in need. They can shower, and keep clean with these donations.

START COLLECTING NOW, AND HELP WALPN GIVE BACK! Thank you in advance for any contribution you can give.



State Convention Recap

WALPN Conference Update

WALPN is busy planning the rescheduling of the WALPN Conference. The Conference will be held April 24 th -25 th , 2022 @ the Wintergreen/Clarion Hotel in the Wisconsin Dells area. The Wintergreen has been gracious to give us a fabulous Grand Ballroom for our Conference, and great hotel room rates at \$62 plus tax/night. Make this a mini-vacation, and take advantage of the shopping outlet a 2-minute drive from the hotel, many awesome restaurants, Ho -Chunk Casino and many other things to do.

The February issue of Capnotes will have the WALPN Conference agenda/registration, so when you get this information, please share with fellow LPNs, bring them along, and have a great time, learning, networking, relaxing, and having fun. WALPN guarantees you will have a great time.

This Conference will have an opportunity for 2 non-member LPNs to receive a 1year membership in The National Association of LPNs/LVNs, INC. (\$100 value). When you become a member of NALPN, you are automatically a member of the Wisconsin Association of LPNs, as WALPN is a chapter state of NALPN, and has been since 1949.

In addition, April 24 th Sunday will be the "Meet and Greet" in the Hotel Lounge/Bar. We will have snacks, and a bar for you to mix. And mingle with others. WALPN will have a bazaar/raffle table, for you to take a chance on winning beautiful items. Best of all our Speakers are terrific, and you will have a great knowledge take away.

See You all there! Have a safe and blessed Holiday Season.

Sincerely,

JoAnn Shaw LPN Conference Chairperson

LPN Viewpoint

Let's keep the LPN voice on the radar!

We all know that life is changing very quickly, there just aren't any 'givens' anymore. For 69 years WALPN had an annual conference; we all know that illness/disease can change our lives on a whim. COVID-19 certainly did that! We

are looking forward to having a magnificent conference in April of 2022.

Will you join supporting the event by becoming a sponsor of any amount to assist in speaker gratuity, set up fees, mailings, etc.? In WALPN's 71 years, we have never had a 'fundraising' via mail event. Due to these extraordinary times, we are asking at this time.

Please connect with other like-minded persons who strive to be the best LPN possible and view the value of the LPN with the voice of the Wisconsin Association of Licensed Practical Nurses.

WALPN continues its objectives which include:

- *secure continued and effective use of LPNs.
- *upholding the standards and code of ethics of the LPN to promote quality care to protect the public.
- *promoting continuing education of LPN's
- *promote, support and speak for all LPN's in regards to legislative action in Wisconsin.

Each of your voices can assist in letting people know the LPN's competence, communication skills, compassion, care and in today's world especially courage.

Membership in Wisconsin Association of Licensed Practical Nurses is open to active LPNs, retired LPN's, p.n. students, and affiliates who support LPN's. Please check out the National Association of Licensed Practical Nurse website (nalpn.org) click on menu – go to membership and scroll down to 'download the membership form here.'

Please help with 'getting the word' out to educate patients, instructors, administrators, high school students, and everyone on your list the role of the LPN. WALPN is an association set up as a support to educate and speak for the betterment of LPN's. Therefore your monetary gift would not be tax deductible. You will be recognized at the 2022

conference April 24 th April 25. We thank you for your support. Please make check payable to: WALPN Treasurer. It would be sent to the treasurer:
Carolyn Kaiser, WALPN Treasurer
2964 35 th Ave
Elk Mound, WI 54739

Legislative Corner

It is vital that congress put people over the big drug companies. Daily in the life of the Licensed Practical Nurse one sees firsthand the struggle of 'enough money' for some people who are on Medicare to pay for their medications.

As front line workers you have a true understanding of 'real life struggles' in our world. We will all be in need of health care in our life. Common sense tells us that having the ability to get prescription medication in a timely manner and cost effective manner will not only help us feel better soon; it lessens the burden to health care industry.

We know that affordable drug prices is a priority for quality of life, economic security, and health in general. Congress currently can negotiate drug prices for those in the Veterans system and those on Medicaid, why not those on Medicare? Have you looked where those who oppose this bill get their campaign money?

If this bill would pass, the drug companies would pay a penalty when they try to price gouge patients. It also would stop the practice of charging United States patients much more money than people from other countries.

We need to preach- PEOPLE are before PROFITS. YES, in America we do have consensus on some issues; in fact 86% of public supports government negotiation for lower drug prices. 86%!!

Now is the time to take action on this non-partisan issue. You can do this by contacting:

1) Senator Ron Johnson and asking him to support this action. His phone #is: 202-224-5323. It is fine that you share real life experiences of why this bill is important. He has not stated that he supports this. You can educate.

2) Senator Tammy Baldwin has been supportive of this bill. She joined with 11 other colleagues urging them to include reforms. She was also a strong voice in the Health, Education, Labor and Pensions Committee. It was supported by Chairman Lamar Alexander (R-TN) and Ranking member Patty Murray (D-WA). Please call her office at 202-224-5653. Let her know that you are thankful she is fighting for the ability to have negotiations and realizing that the drug companies aggressive increases in drug prices make life saving treatment unaffordable in some cases.

Carolyn Kaiser
Legislative Committee



Waukesha County Technical College – School of Health

Continuing Education Offering Transformational Nurse Leaders

Gain the skills needed to become a transformational nursing leader and a member of a highly functional, cohesive executive team. Explore critical leadership traits and strategies to improve your communication and nursing leadership skills. This course provides two and a half WNA nursing contact hours.

Class	CRN	Date	Time	Room
Transformational Nurse Leaders	13780	Tuesday 10/26/21	6:00pm – 8:50pm	H233

Participants will receive a WNA certificate awarding two and a half contact hours.

WCTC is an approved provider of nursing continuing professional development by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Cost: \$18.60

Register online at: www.wctc.edu/registration

Operator assisted registration: 262-691-5578

For more information on this and other continuing education classes, visit www.wctc.edu/nursing-ce or call WCTC School of Health Continuing Education 262.691.5149

Please note: Masks are required at this time.



WAUKESHA
COUNTY TECHNICAL
COLLEGE

LPN's are known as the caregivers, which is true. It is also true that LPN's need to take care.

- 1) Start your day with a positive message, quote, or affirmation.
- 2) Think about that favorite photo, put it on your fridge.
- 3) Go for a slow walk outside, allow yourself to 'see' nature.
- 4) Organize a shelf! You might even find something you have misplaced.
- 5) Be gentle to yourself. That might include a special bath, new soft sheets, and/or comfortable chair with a good book.
- 6) Be kind – send someone an email letting them know they are special.
- 7) Watch a favorite movie.
- 8) Take a slow deep breath, learn some stress relieving breathing exercises.
- 9) Focus on a crossword, sudoku or jigsaw puzzle, or maybe a word search.
- 10) Watch a sunrise or a sunset.



National News

The National Association of Licensed Practical/Licensed Vocational Nurses, INC. Board of Directors had to make a hard decision to cancel the Annual Conference, due to the spike in Covid cases in the Mississippi area. Due to the cancelation of the Conference, the Current Board members have agreed to serve until their next year for nomination, which is 2023.

Good News is NALPN has started to make plan for the 2022 Conference. Tentatively NALPN has secured the Landmark Hotel in Myrtle Beach South Carolina (this hotel is on the ocean, and has beautiful beaches. Dates of this event are Oct. 16 th through Oct. 19 th , 2022. The Mental Health First Aid Certification will be on the agenda, and we are in negotiations to have a Gerontology Certification, and a Certification in Substance Abuse/Addiction. We are also looking into a evening of fun, by researching for attendees to go on a bus to a Dinner/Show in Myrtle Beach (at an extra cost) Please mark your calendars now and request off from work. NALPN is working hard to serve you.

Nominations for NALPN officers for 2022 will be Vice President, Secretary, and 2 Directors. Nomination forms will be in the July 2022 issue of “The Pulse”, however please think about these positions, and nominate. The NALPN quarterly newsletter, “The PULSE” will be coming out In October 2021 and then January 2022. This is emailed to ALL NALPN members.

Sincerely,
JoAnn Shaw NALPN Vice President

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

NEW changes at the NALPN office, contact changes are:

Address: NALPN P.O. Box 1895

Manitowoc, WI. 54221

Phone: 1-920-663-8450

Email: nalpnoffice@gmail.com contact

Persons: Luke or Jenn Kalista

Website: www.nalpn.org

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

