



# CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

## President's Message

BY JOANN SHAW, WALPN PRESIDENT

Hello all LPNs from Wisconsin, hope you enjoyed the heat this summer, as I did NOT! No air conditioning in my apartment, however my sisters helped me with room air conditioners, so all is well.

In our last issue of Capnotes, I talked about the WALPN Board of Directors were working hard to present an awesome conference this year. Well, we DID IT!!! You will receive, in this issue of Capnotes, and February, the Agenda/Registration for this event. Please make sure you make you plans, and reserve your room as soon as possible.

Our Treasurer, Debra Blahnik was talking to me when we were on a road trip. The subject was how she received her Certification for Epi Pen usage, and she carries one @ all times. As she was explaining how this happen, and the people who taught her about this certification, I asked her if she could talk with the people about sharing their experience with us @ the WALPN Conference.

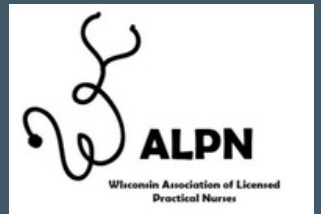
Within a week Debra had a meeting set up with Angel, and George Mueller from Mishicot, WI. I can't tell you how impressed I was listening to them about the death of their son, what happened, how they became the voice for Wisconsin to pass the new law call "Dillon's Law". These people will teach you, and be at our WALPN Conference this year!

I want to thank Debra Blahnik for making this happen for WALPN.

I continue to serve as the NALPN Vice President, Chair of the NALPN New State Chapter, and NALPN Fundraising. This year I will be running for the office of NALPN President, and I hope you will all give me your support.

If any LPNs from Wisconsin have a concern, or question, I am available anytime.

Sincerely, JoAnn Shaw LPN  
WALPN President  
Phone 920-901-0988 email [czekala2118@gmail.com](mailto:czekala2118@gmail.com)



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# Calendar of Events

- Oct. 31, 2023 Members are emailed NALPN “THE PULSE” and WALPN “Capnotes”
- Nov. 20 th , 2023 WALPN Board of Directors Conference Call 6pm
- Dec. 15 th , 2023 email articles/pictures to NALPN office nalpnooffice@gamil.com . Deadline for articles is Jan. 15 th , 2024 @11:50pm
- Jan. 15 th , 2024 email articles/pictures to WALPN office kalistaconsultingllc@gmail.com. Deadline for articles is Feb. 15 th , 2024 @11:59pm
- Feb. 12 th , 2024 WALPN Board of Directors Conference Call 6pm
- Feb. 30 th , 2024 Members are emailed “Capnotes”
- April 21 st . 2024 “Meet & Greet” prior to WALPN Conference @Wintergreen/Clarion Hotel Wisconsin Dells, WI.
- April 22 nd , 2024 WALPN Conference “LPNs Rise to the HEALTH CARE NEEDS” @ The Wintergreen/Clarion Hotel in Wisconsin Dells, WI

## WALPN Board of Directors

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

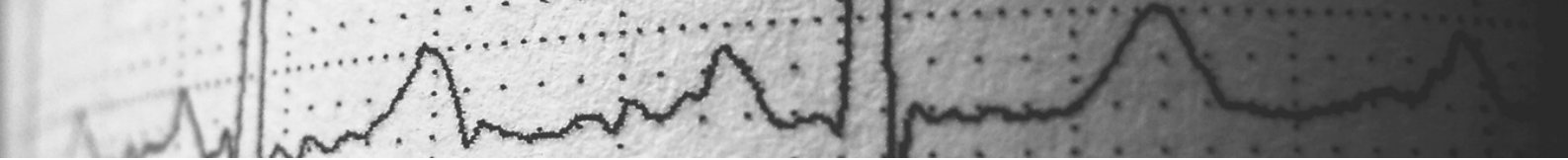
Vice President: Marcie Nytes 121 Paine St. Apt. #2 Kiel, WI. 53042  
920-627-5436  
marciespencer@gmail.com

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  
dblankLPN@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  
caiser369@gmail.com



## from your Vice President

Hello from Wisconsin,

I started a new job with St. Croix Hospice on August 14th, 2023 to be a full-time Hospice Nurse. I trained with the three different RN Case Managers over a 5 week period at which time, I decided that I was ready to be on my own as a Hospice Visit Nurse.

I go to nursing homes, assisted living facilities and patient's homes to do hospice visits. This position involves taking and recording patient vitals, doing head to toe assessments, ordering any medications that may be needed and ordering supplies for patients such as adult briefs, wet wipes, etc. I contact our hospice doctor for orders if a patient needs any labs such as UA, or if a patient appears to have an infection and is in need of an antibiotic or needs a refill for a controlled substance such as Tramadol, Lorazepam, or Morphine.

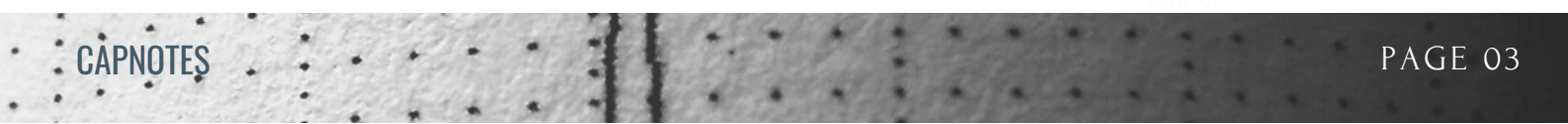
As a hospice visit nurse I can order medications in an electronic ordering system called E3Pro and then let the hospice doctor know by text message that an e-script is ready for his signature. The doctor can then go into E3Pro and sign the scripts electronically. I also do all of my charting electronically on my employer provided cell phone utilizing the talk to text feature that is built into the charting system called PointCare.

LPN/LVN hospice nurses are also permitted to do PRN and On-Call visits for falls that don't include a significant injury as well change of condition not including deaths. Those visits include taking vital signs, head to toe assessments, charting, patient safety analysis, a client occurrence, contacting both the hospice doctor and family with updates; and notifying the Supervisor and RN Case Manager along with any other staff that may interact with the patient that is being seen.

I love this job that I am now doing because I am able to spend 1:1 time with my patients and give them the love and special time that they deserve!

Sincerely,

Marcie Nytes, LPN  
WALPN Vice President





## from your Treasurer

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Hi, my name is Debbie Blahnik, treasurer for WALPN.

I have had the privilege to be certified to carry epinephrine, via an epi pen, and administer in an allergic reaction. I am happy to tell you that any adult in Wisconsin can get certified, thanks to Angel and George Mueller from Mishicot, Wisconsin.

This is Angel and George's mission:

DO IT FOR DILLON!!! Dillon Mueller Memorial Fund

Dillon was an 18-year-old, fun-loving, energetic, passionate young man who got stung by a bee and died of a fatal allergic reaction. We later found out that you never know when you can acquire an allergy. We don't know if Dillon had been stung before or if this was his first time. Access to epinephrine may have saved his life. However, epinephrine is only available by prescription and since Dillon had not been diagnosed with an allergy, he did not have epinephrine available. If you can acquire an allergy at any point in life, how do you get a prescription for life-saving medicine?

HERE'S HOW..." Dillon's Law" (2017 WI 133) gives you the ability to have an epinephrine auto-injector in your First Aid Kit. Take a class, carry an epinephrine auto-injector and SAVE A LIFE!!

Free 1 hour class by certified instructor.

Call today (920) 905-3863

[www.EPIFORDILLY.com](http://www.EPIFORDILLY.com)

[brothersracing@live.com](mailto:brothersracing@live.com)

ANAPHYLAXIS /ana-fill-axis/ noun

1. A severe, life-threatening allergic reaction, which can occur in seconds or minutes of exposure to an allergen such as insects, medications, foods, or latex. Anaphylaxis requires an immediate dose of epinephrine, and without this medication, it can lead to unconsciousness or death.

Did you know?

55% of the US population tests positive to 1 or more allergies.

90% of all reactions are caused by 8 foods: milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish.



## from your Treasurer continued...

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Even trace amounts of a food allergen can cause anaphylaxis.

100% unpredictable.

All above information provided by George and Angel Mueller, parents of Dillon Mueller.

FYI: Angel and George Mueller (Dillon & parents) will be presenting a session on “ANAPHYLACTIC Shock/ EPI Pen Certification” at WALPN conference April 21-22, 2024, at the Wintergreen/Clarion Hotel in Wisconsin Dells. If you attend, you will receive this certification! Don’t miss this opportunity to listen to this amazing couple, and receive your certification!

Registration/agenda will be in the February 2024 issue of Capnotes.

## State News

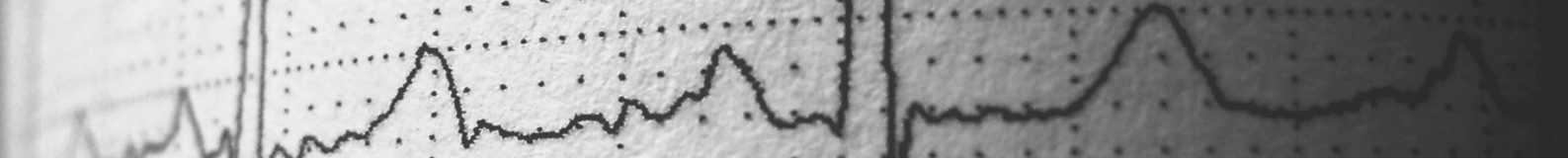
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### CMS MINIMUM STAFFING IN LTC

NALPN has received much information about the CMS Minimum staffing standards in LTC facilities. Therefore, the NALPN Board of Directors will be gathering information on this matter, and responding to the CMS with our POSITION on what they are recommending.

You might have heard that the CMS has NOT included LPNs in staffing minimums for LTC, which is a slap in the face to most LPNs/LVNs. More than 75% of nurses in LTC are LPNs/LVNs, and CMS has not included them in their report. It is a sad thing that people who don’t know what is really being done in LTC, are making recommendations for staffing.

WALPN will keep you posted on what we find out, and if important, we will do an E-Blast to keep you informed.



# State News



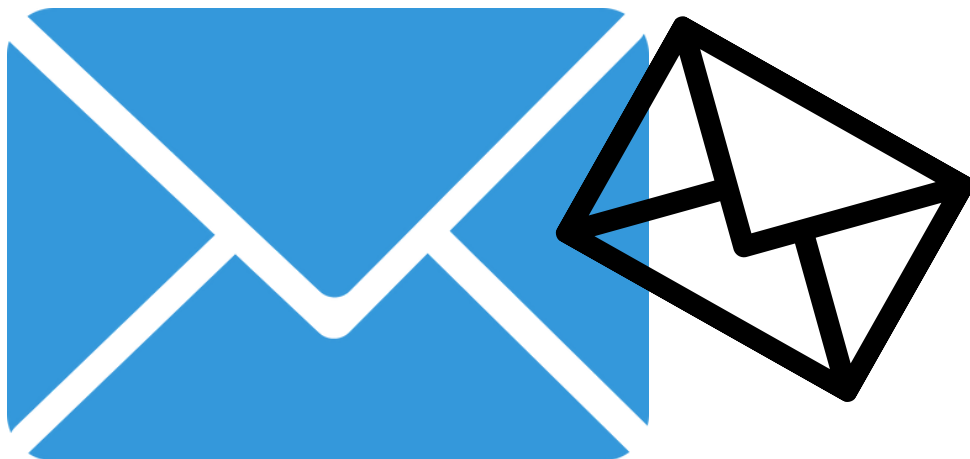
Each year at the WALPN Conference we ask attendees to bring any toiletries they have collected over the past year. If you haven't traveled, you may want to stop at a store and purchase a few items.

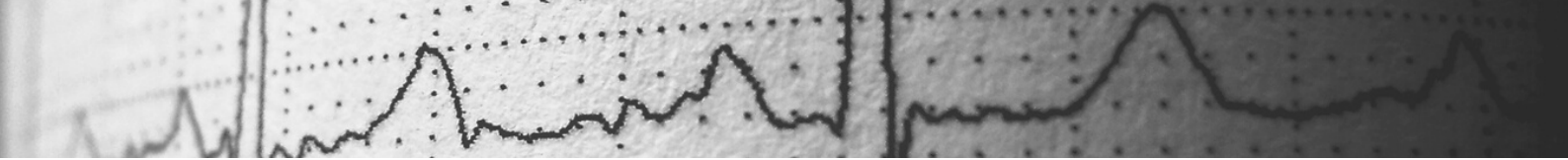
Our Longtime member June Bahr has been collecting these items to donate to Homeless Shelters, Domestic Violence Centers, and High Schools. Several years ago, June told us that there are many children in high school who do NOT have facilities or items to shower at home, this is sad but true. So please bring and donate to the people less fortunate.

I give a BIG Thank YOU in advance for donating.

## 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](mailto: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.

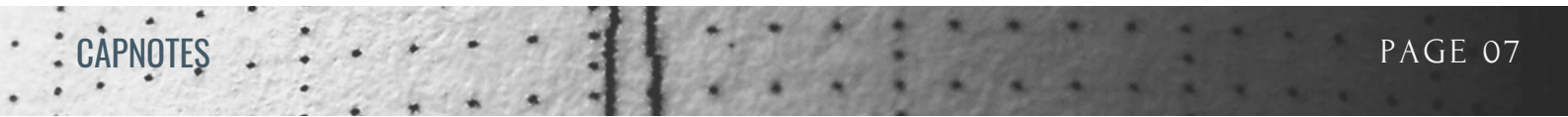
Duties are to attend WALPN Board meetings, which have been done via Zoom. Usually in October, we have a face-to-face meeting at the Hotel in which on next year conference will be held.

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.



Good words for Great Nurses  
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## 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?)

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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.



## 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.

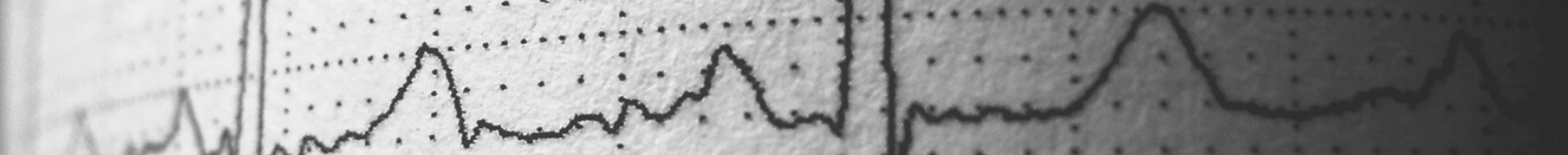
We do have Vendor space available, so if your place of employment would like to purchase a space, please pass on the Vendor form, included in this issue of Capnotes.

The WALPN Conference is titled "LPN's Rise to the Health Care Needs", Starting Sunday April 21 st , 2023 at the Wintergreen/Clarion Hotel in Wisconsin Dells. We will have a "Meet and Greet", serving Hot and cold horsd'oeuvres, cash bar.

The Conference CEUs, will start on 7:45am Monday April 22 nd , 2023 in the Grand ballroom, with Conference check-in, Vendors, Bazaar/Fundraising table. Each attendee will receive 8 CEUs, and a Certification on "ANAPHYLACTIC 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 21<sup>st</sup> and Monday April 22<sup>nd</sup> 2024 Wintergreen/Clarion  
Resort and Convention Center**

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

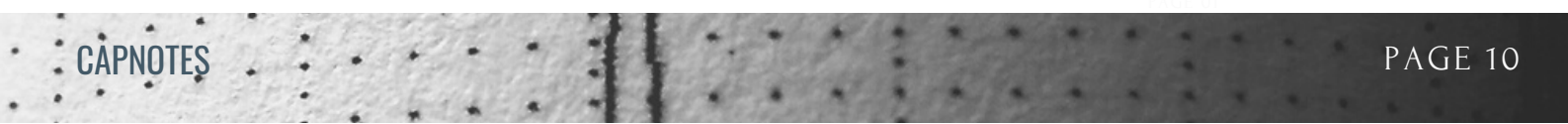
### Sunday, April 21<sup>st</sup>

- 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 22<sup>nd</sup>

- 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)

Great words for Great Nurses



# 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 Priepeke, RN CHPN Promedica Hospice
- 1:10 PM      Break (Raffles/Bazaar open)
- 1:20 PM      **Clinical Session:** “How Hospice helps the Patient”  
Presented by: Owen Priepeke, 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

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## WISCONSIN ASSOCIATION OF LICENSED PRACTICAL NURSES

Voice of Wisconsin LPN's since 1950

### 71<sup>th</sup> conference · April 21<sup>st</sup> & April 22<sup>nd</sup>, 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 21<sup>st</sup>: 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:

<input type="checkbox"/> Member Package (includes meal):	\$65.00
<input type="checkbox"/> Non-member Package (includes meal):	\$85.00
<input type="checkbox"/> 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 22<sup>nd</sup> (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 2023 Conference

The NALPN Conference will be held Oct. 11 th -14 th , 2023, in Buffalo New York celebrating the founder of NALPN, Lillian Kuster in 1949. Since this event will be just prior to this of Capnotes. Updates from the NALPN Conference will be provided in the February issue of Capnotes. Anything urgent will be sent out via E-Blast by our NALPN Office.

## 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 Oct. 13 th Sunday to Thursday Oct. 17 th , 2024.

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 Oct.12 th to Oct. 18 th , 2024.)

FREE WIFI for attendees

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

Mark your calendars now for this event.

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## NALPN Elections

NALPN Officers up for election are President, Treasurer, and 2 Directors.

To date, WALPN Members that are running for NALPN are Marcie Nytes (current WALPN Vice President) for NALPN Director, Debra Blahnik (current WALPN Treasurer) for NALPN Director. JoAnn Shaw (current WALPN President) for NALPN President. We wish them best of luck during the NALPN elections.

The NALPN Conference will be held Oct. 11 th -14 th , 2023, just prior to be this issue of Capnotes. Therefore, any updates from the NALPN Conference will be provided in the February issue of Capnotes.

## 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: Bloscenia Avent (Pennsylvania)

Treasurer: Tina Johnson (Mississippi)

Director: Arlene Imes (North Carolina)

Director: Renee Likong (New York)

Director: Deborah Schultz (Mississippi)

### NALPN Annual Award Recipients

State President's Award: Gwendolyn Dunn (Louisiana)

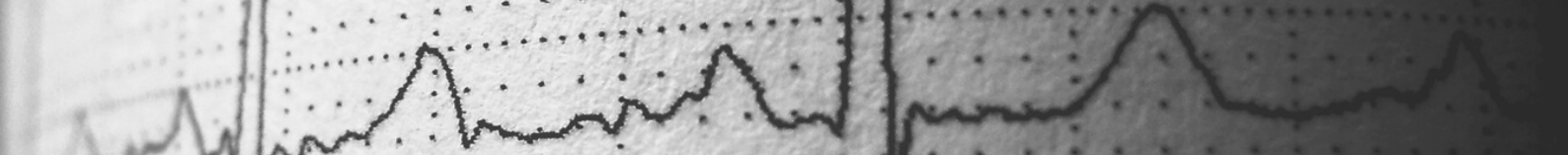
Lillian Kuster Award: Deborah Schlutz (Mississippi)

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 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](mailto:nalpnoffice@gmail.com)

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

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

