



# CAPNOTES

A Publication of The Wisconsin Association of Licensed Practical Nurses

February 2016

WALPN

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

(608)515-8057

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

## President's Message

Sending BIG hugs to all the WALPN/NALPN members and their families. February is the month of telling the people in your life that make it special, that you love them; and I TRULY love each and every LPN member. LPNs make the health care world go around for me. I have been blessed to have been working as a productive, responsible, caring LPN with a heart. My primary goal at my job is to provide the best quality of life I can for my patients.

Continued membership and stewardship in my professional organizations, The National Association of Licensed Practical Nurse and the Wisconsin Association of Licensed Practical Nurses brings me Continuing (ever changing) Education, Certification, Legislative knowledge, and many lasting friendships. **If YOU are an LPN, be a member of YOUR professional organization. Be PROUD of who you are, stand up for your profession, stay in the loop regarding legislative issues on the National, and State levels, gain up to date CEUs and certifications, and best of all, network with the over 1.2 million LPNs across the United States. Check out the NALPN (formerly NFLPN) website [nflpn.org](http://nflpn.org) and State web site [walpn.org](http://walpn.org).**

As always, I am happy to be contacted by any LPN, whether a member or not. I am here for YOU; contact information is provided below.

Sincerely,

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

## Upcoming Events

- |  |  |
|--|--|
| May 1 <sup>st</sup> , 2016<br>(Sunday)           | WALPN Executive Comm. Mtg.<br>6pm @ Wintergreen Hotel in<br>Wisconsin Dells, WI  |
| May 1 <sup>st</sup> , 2016<br>(Sunday)           | WALPN Board of Directors Mtg.<br>7:30pm @ Wintergreen Hotel in<br>Wisconsin Dells, WI  |
| May 2 <sup>nd</sup> , 2016<br>(Monday)           | WALPN 66 <sup>th</sup> Annual Meeting<br>Starting @ 7:45am @ The<br>Wintergreen Hotel in Wisconsin<br>Dells, WI. (details in Feb.<br>Capnotes) |
| May 2 <sup>nd</sup> , 2016<br>(Monday)           | WALPN Exec. And Board Mtg. to<br>Follow the Annual Meeting   |
| June 5 <sup>th</sup> , 2016                      | Articles for Capnotes due to the<br>State Office @<br><a href="mailto:walpnorg@gmail.com">walpnorg@gmail.com</a>                               |
| Oct. 4 <sup>th</sup> – 7 <sup>th</sup> ,<br>2016 | NALPN Annual Convention @ the<br>IP Casino & Spa (details on website<br><a href="http://www.nflpn.org">www.nflpn.org</a> )                     |

## \*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 June 5th. Submit to  
[walpnorg@gmail.com](mailto:walpnorg@gmail.com) for consideration.*

## **State News**

### **It's Convention Time!**

Last year our format was a hit, and we will continue that with the popular brunch. We look forward to social networking in this relaxed environment with YOU! We will follow with two hours of continuing education as well as conducting our annual business. For many of you, continuing education is a deciding factor to attend the convention. This year's continuing education hits home for many Americans. PTSD is in the news almost constantly. PTSD is a mental health condition that is triggered by a terrifying event either by experiencing it or witnessing it. We are honored to have two service veterans to help us understand more about PTSD. "PTSD Secondary to Sexual Assault In the Military and PTSD Secondary to War Experiences" by Rachael McWilliams and Patrick Mateer Sr. Rounding out our leaders in presentation is Kathy Loppnow, RN, MSN. She will provide the 2015 LPN survey results and well as update us on the status of the LPN and PN schools in Wisconsin with her presentation of "Now and in the Future, LPNs are an Important Part of the Healthcare System due to Aging Demographics".

Mark your calendars for May 2, 2016 and join us!

*Non-members LPNs and other interested persons are welcome!*

*Registration form found at the close of this publication.*

### **May 2016 Convention Agenda**

66<sup>th</sup> WALPN ANNUAL MEETING

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

Tentative Agenda

Sunday, May 1, 2016

6:00PM WALPN Executive Committee Meeting

7:30PM WALPN Board of Directors Meeting

Monday, May 2, 2016

7:45AM Registration Opens

Bazaar Opens

8:30AM Registration Closes

Bazaar Closes

Welcome: Eileen Collins

Pledge of Allegiance: Jo Ann Shaw

Invocation: TBA

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: Carolyn Kaiser

Nominations from the Floor: Carolyn Kaiser

Voting Instructions: Jo Ann Shaw

Memorial Service: TBA

9:30AM **VOTING OPENS**

9:50AM **VOTING CLOSES/CHECKOUT**

10:00AM **BRUNCH**

**11:00AM CLINICAL SESSION: "PTSD Secondary to Sexual Assault in the Military and PTSD Secondary to War Experiences"** Rebecca McWilliams and Patrick Mateer Sr.

**12:00PM CLINICAL SESSION: "Now and in the Future, LPN's are an Important Part of the Healthcare System due to Aging Demographics"** Kathy Loppnow, MSN, RN

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: Carolyn Kaiser

Revisions: Eileen Collins

WI. Center for Nursing: Eileen Collins

Membership: Carolyn Kaiser

Publicity: Carolyn Kaiser

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**

### **Call for Nominations**

There will be nominations and elections at the 2016 WALPN Convention. This is the official call for persons for nominations of Vice President, Secretary, and Delegates/Alternates to the NALPN Convention. Please review the job description in the WALPN bylaws and contact Carolyn Kaiser at [crkaiser369@gmail.com](mailto:crkaiser369@gmail.com) to add your name with consent to the list. *Nominations form at the close of this publication.*

## Convention Reminders

1. Remember to bring any items that you have collected while traveling from hotels (shampoo, crème rinse, soap, etc) for June Bahr to bring to the homeless or the domestic violence shelter (See *A Note From June* within this edition of Capnotes for further information).
2. Please bring YOURSELF, it would be wonderful if WALPN could have every member be in attendance (and maybe every member brings a non-member to experience this event)
3. If you are bringing a raffle basket, please notify Sharon Buckson prior to the Annual Meeting (so she can have raffle tickets ready)
4. And last but not least, each Division should bring a Banquet gift, and a \$10 gift card for a student.

*Thank you in advance for your generosity!*

## WALPN 2015-2016 Executive Committee

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

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

Past President: Carolyn Kaiser 2964 35th Ave. Elk Mound, WI 54739  
(715)874-5156 vankaiser@wwt.net

Secretary: Mary Morris 2835 Bethal Blvd. Zion, ILL. 60099  
(847)872-6519 mmorriss60099@yahoo.com

Treasurer: Sharon Buckson 1504 Johnson Ave. Racine, WI. (262)  
639-1684 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

Northeastern: Jeanette Boda 440 Satterlee Fond du lac, WI. 54935  
(920)922-1075 lpboda@yahoo.com

Rock River: Florence Falk 307 Martin St. Ft. Atkinson, WI. 53538  
(920)563-4370 rfalk@charter.net

Waukesha: Annette Hooker S68 W22700 National Ave. Big Bend, WI. 53103 (262)662-3062 kb9cpz@wi.rr.com

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

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

## WALPN Committees 2015-2016

### Convention:

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(608)857-3008 pacfan4@msn.com

Sharon Buckson 1504 Johnson Ave. Racine, WI. 53402  
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### Education:

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Linda Kaiser 2711 Borchert St. LaCrosse, WI. 54601  
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Connie Kastad 18636 Dewey St. Whitehall, WI. 54773  
(715)538-4507

### Finance:

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Rita Dietsche 1607 Arlington St. Marshfield, WI 54449  
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Florence Falk 307 Martin St. Fort Atkinson, WI. 53538  
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Karen Kofka 912 Sawyer Dr. Marshfield, WI.54449  
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Shirley Kresovic 8870 S.51st St. Franklin, WI. 53132  
(414)421-9157 skrambo65@gmail.com

### Legislation/Membership/Publicity:

\*Carolyn Kaiser 2964 35th Ave. Elk Mound, WI. 54739  
(715) 874-5156 vankaiser@wwt.net

Bonnie Schindler 508 Macomber St. Chippewa Falls, WI. 54729  
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June Bahr 1618 Bellevue Blvd. Fond du lac, WI. 54937  
(920) 922-9660 jbahr1@charter.net

### Revisions:

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## Nominating:

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(414)421-9157 skrambo65@gmail.com

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

*\*Denotes Chairperson*

## Update Your Contact Information

In our world of so many forms of communication it is difficult to keep them current. Please contact Carolyn Kaiser at 2964 35th Ave. Elk Mound, WI. 54739 or crkaiser369@gmail.com if your e-mail has changed, you have new or expired phone numbers, or change of address. WALPN uses multiple forms of communication, making each piece of contact information important.

## Legislative News

*by Carolyn Kaiser, WALPN Legislative Committee Chair*

The Senate and Assembly remain in session.

Assembly Bill 307: The goal of bill is to accomplish: (1) establishes certain requirements and prohibitions for complementary and alternative health care (CAHC) practitioners (2) provides exemptions for CAHC practitioners from prohibitions against acting without certain health care related licenses, certificates, and other credentials if they comply with provisions in the bill (3) modifies the authority of the Department of Safety and Professional Services (DSPS) to investigate and take action against individuals who practice or use a title without a license, certificate, or other credential. This bill is NOT supported by WNA, WI Medical Society, WI Public Health Assn., WI Academy Nutrition and Dietetics, and National Association of Social Workers. On the other hand the WI Health Freedom Coalition does support this.

Assembly Bill 267: This is known as the SAFE HARBOR bill. You may be aware of the number of human trafficking cases in WI, and this bill is to support youth under the age of 18 if they are kidnapped and forced into human trafficking. This relates to the investigation of a child abuse report in which a person who is not a caregiver of the child is suspected of permitting, allowing, or encouraging the child to engage in prostitution; and

prohibiting prosecuting of a person under the age of 18 with committing an act of prostitution. This bill has not had a public hearing since October. Jesse Rodriguez chairs the committee with this bill. The Senate has a companion bill SB 200 of which Leah Vukmir, Health and Human Services committee is chair. Please review these bills and contact your local legislator with your opinions.

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## National News

The National Association of LPNs (formerly National Federation of LPNs) has almost all the rebranding done for the NALPN. The completed website will debut shortly. As you well know, change is hard, however the NEW look is FRESH and INSPIRING! Here is what is happening right now...

- 1) There is a call for nominations for the NALPN, Vice President, Secretary and two Directors. Forms for nominations will be out soon, so take some time and give consideration in being a leader in your professional organization.
  - 2) The 67<sup>th</sup> Annual NALPN Convention will be held on Oct. 4<sup>th</sup>-7<sup>th</sup>. 2016 in Biloxi, Mississippi at the IP Casino and Spa 850 Bayview Ave. Biloxi, MS. 39530 phone 228-436-3000. Convention theme is "LET'S GET CERTIFIED". Room rates are \$90/night. Check out the website, nflpn.org for registration and agenda. Certifications that can be earned will be Mental Health First Aide, Gerontology, and End of Life (ELNEC). Also available will be Wound Care and Certification exam, which will be done the day following convention at an additional cost.
    - a. **Another cost savings offer from NALPN will be in June. Any LPN can register for Convention in the month of June (1<sup>st</sup>-30<sup>th</sup>) for \$200. This is a nice cost savings if you are considering going to this convention.**
  - 3) Please have any articles sent to the National Office by Feb. 29<sup>th</sup> for the NALPN newsletter.
  - 4) NALPN is having a "MEMBERSHIP DRIVE" the month of May for any LPN who is not a current member to join NALPN at a reduced rate of 50% OFF. Check the website for details closer to May
  - 5) On April 10-13<sup>th</sup>, 2016 the National Association of LPNs Board of Directors will be having their winter board meeting @ the IP Casino and Spa in Biloxi MS. Updates will be shared with WALPN @ their Annual Meeting May 1<sup>st</sup>-2<sup>nd</sup>, 2016.
  - 6) Lastly the NALPN Board of Directors voted on having a new award for "LPN of the YEAR". This is open to any LPN who has at least 5 years LPN experience, is in a Leadership role, does Community Service, and/or Community Education. Applications will be available soon. The Lillian Kuster award will still be offered for a current LPN who is a NALPN member.
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## **A Day in the Life, LPN Style**

### **With Eyes Wide Open**

*By Frank Outlaw*

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes destiny.

### **3 Things Never Returned**

*Author Unknown*

- 1) The Past
- 2) A Neglected Opportunity
- 3) The Spoken Word

### **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. They 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.

Or, when you go to the dentist and they offer a nice new toothbrush, toothpaste, and floss? I would be happy to collect them as well.

There are so many agencies that are so happy to receive these things. They give them to those who might be temporarily displaced from their homes due to fire, or natural disaster, to those who may be in a shelter or are homeless. Some may be in a drug or alcohol rehab program, or just plain down on their luck with minimal funds to support themselves and their families. Some agencies combine these items with a towel and wash cloth to complete a kit. Whatever the use, if you don't need or use these items, please consider donating them to make a difference in someone's life. SUCH A SIMPLE THING FOR US, BUT SUCH A BIG THING FOR OTHERS.

Look for the ice cream bucket at the Spring convention!

Thank You,

June Bahr (Northeastern Division)

## **Capnotes Educational Corner**

### **Why Butter Is Better than Margarine**

One of the healthiest whole foods you can include in your diet is butter. "What?" I can hear many of you saying, "Isn't butter bad for you? I thought margarine and

spreads were better because they're lower in saturated fat and cholesterol?"

Do not be deceived folk! Butter is truly better than margarine or other vegetable spreads. Despite unjustified warnings about saturated fat from well-meaning, but misinformed, nutritionists, the list of butter's benefits is impressive indeed.

1. **Vitamins:** Butter is a rich source of easily absorbed Vitamin A, needed for a wide range of functions in the body, from maintaining good vision, to keeping the endocrine system in top shape. Butter also contains all the other fat-soluble Vitamins E, K, and D.
2. **Minerals:** Butter is rich in trace minerals, especially selenium, a powerful antioxidant. Ounce for ounce, butter has more selenium per gram than either whole wheat or garlic. Butter also supplies iodine, needed by the thyroid gland, as well as Vitamin A needed by the thyroid gland.
3. **Fatty Acids:** Butter has appreciable amounts of butyric acid, used by the colon as an energy source. This fatty acid is also a known anti-carcinogen. Lauric acid, a medium chain fatty acid, is a potent antimicrobial and antifungal substance. Butter also contains conjugated linoleic acid (CLA) which gives excellent protection against cancer. Range-fed cows produce especially high levels of CLA as opposed to "stall fed" cattle. It pays, then to get your butter from a cow that has been fed properly/ Butter also has small, but equal amounts of omega 3 and 6 fatty acids, the so-called essential fatty acids.
4. **Glycosphingolipids:** These are a special category of fatty acids that protect against gastrointestinal infections, especially in the very young and the elderly. Children, therefore, should not drink skim milk or low fat milk. Those that do have higher rate of diarrhea than those that drink whole milk.
5. **Cholesterol:** Despite all of the misinformation you may have heard, cholesterol is needed to maintain intestinal health, but is also needed for brain and nervous system development in the young. Again, this emphasizes the need for cholesterol-rich foods for children. Human breast milk is extremely high in saturated fat and cholesterol.
6. **Margarine-cheaper?** Standing in direct opposition to all of these healthful qualities stands margarine and assorted "vegetable spreads." While these may be cheaper, you'd never eat them again if you knew how they were made. All margarines are made from assorted vegetable oils that have been heated

to extremely high temperatures. This insures that the olds will become rancid. After that, a nickel catalyst is added, along with hydrogen atoms, to solidify it. Nickel is a toxic heavy metal, and amounts always remain in the finished product. Finally, deodorants and colorings are added to remove margarines horrible smell (from the rancid oils) and unappetizing grey color. And if that is not enough, in the solidification process, harmful trans-fatty acids are created which are carcinogenic and mutagenic. What would you rather have” a real food with an abundance of healthful qualities or a stick of carcinogenic, bleached, and deodorized slop?

7. News for Weightwatchers: Some of you might be watching your weight and be rather hesitant to add butter into your diet. Have no fear. About 15% of the fatty acids in butter are of the short and medium chain variety which are NOT stored as fat in the body, but used by vital organs for energy. When looking for good quality butter, raw and cultured is best. This might be hard to find, however, organic butter is your next best thing with store-bought butter being at the bottom. Remember what we’ve said about commercially-raised cows; it’s worth a few extra cents to get high quality butter for you and your family

*Author: Stephen Brynes, ND, RNCP*

**WISCONSIN ASSOCIATION LICENSED PRACTICAL NURSES**

**66<sup>TH</sup> ANNUAL (CONVENTION) MEETING**

**MAY 1<sup>st</sup>-2<sup>nd</sup>, 2016**

WINTERGREEN RESORT & CONVENTION CENTER  
60 GASSER ROAD, LAKE DELTON WI (WI DELLS area)

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

ADDRESS \_\_\_\_\_

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

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

MEMBER \_\_\_\_\_ NON-MEMBER \_\_\_\_\_ STUDENT/FACULTY \_\_\_\_\_

**NOTE: ONLY ONE REGISTRATION PER FORM**

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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	<u>\$18.00</u>
Dietary Restrictions _____	
Amount enclosed:	\$ _____

Please make check payable to **WALPN**

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**Deadline for hotel reservation: April 15, 2016**  
**Hotel Reservation: 1-800-648-4765/1-608-254-2285**  
**Room Rate: \$69.13 includes tax**  
**(Please mention ("WALPN"))**

**Deadline for Meeting Registration: April 15, 2016**  
**Late Registration Fee: \$50.00 extra**  
**(No On-Site Registration)**  
**(No refunds 72 hours of EVENT)**

**Send Registration to:** Sharon Buckson, WALPN Treasurer  
1504 Johnson Avenue  
Racine, WI 53402  
(Phone: 262-639-1684)

**\*\*\*Registration Forms May be Copied\*\*\***

**Call for Nominations Form**

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

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

\_\_\_\_\_ for the Office of Secretary

\_\_\_\_\_ as a Delegate/Alternate to NALPN 2016 Convention

\_\_\_\_\_ as a Delegate/Alternate to NALPN 2016 Convention

\_\_\_\_\_ as a Delegate/Alternate to NALPN 2016 Convention

\_\_\_\_\_ as a Delegate/Alternate to NALPN 2016 Convention

\_\_\_\_\_ as a Delegate/Alternate to NALPN 2016 Convention

\_\_\_\_\_ as a Delegate/Alternate to NALPN 2016 Convention

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

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

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

Complete this form and mail to:

Carolyn Kaiser  
2964 35<sup>th</sup> Avenue  
Elk Mound, WI 54739

Or email form to:

Caroyln Kaiser at [crkaiser369@gmail.com](mailto:crkaiser369@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 15, 2016. Any entries received via USPS mail or email after April 15th will not be considered.