

FLUTTER WAVES

May 2020

American Association of Critical Care Nurses - Northwest Chicago Area Chapter

P.O. Box 1163 - Arlington Heights, IL 60006-1163

Website: nwchicagoaacn.org

President's Message and Updates

Greetings to all of the amazing nurses who are working so hard these days. Current times are challenging and difficult. Every day we see nurses rise to meet the challenge at the front lines. We know that roles are changing, and nurses are being recruited from various areas to work in increasingly critical areas where they may not be familiar with the more critical patient care. We are grateful for all of you!

This month we will be having our election for our Board of Directors. Please see the information (included in this newsletter). Please vote, Your votes count!

Hope you all had a safe and Happy Nurses Week and great Mother's Day! Stay strong, Stay Well!

New from AACN: Peer Support Community Focus Group Coming soon!

National AACN and your Northwest Chicago Area Chapter know how hard you are working and we want to support you. National is planning to have a website for a Peer Support Community Focus. AACN members will be able to check-in on the Zoom site and post their concerns. Various topics including changing times, stress, moral distress, PTSD, burnout, etc. can be discussed among other topics as well. Once logged into the [AACN Community](#) you can access the [Self care site](#).

Northwest Chicago Area Chapter June 13th meeting via Zoom

In addition, your own Northwest Chicago Area Chapter will be having a virtual meeting in June via the Zoom platform:

June 13, 2020 9:00-1030 am

Counselor, Karen Pugliese MA, BCC-PCHAC, chaplain, from Central DuPage Hospital. "What Can I Do When My Well(ness) Runs Dry?" Included in this newsletter please find more information on the meeting.

It will be good to get together even if it is virtually! We will be providing more information on the program soon.

Planning ahead for our September 12th meeting

- Jennifer O'Brien R. EEG T, CLTM speaking on EEG's and nursing implications:
- Dr. Matthew Ross MD (neurosurgeon from CDH) speaking on SAH and vasospams
- Kasey Greathouse Pharm D-speaking on Antiepileptic drugs

Midwest conference 2021

We continue to plan for next year to have an excellent conference in 2021. The Northwest Chapter has the potential to have a successful conference and we will be working hard to achieve that goal! Tentative dates will be March 18 and 19, 2021.

Membership Awards Program will be on Hold for 2020

The premise of the NWCAC Membership Awards program is to award members for their contributions and is based on the profits from the Midwest Conference. Because we were unable to have the Midwest Conference this year, the Membership Awards Program will be on hold until next year.

NWCAC and the community

Your Northwest Chapter has been active in the community as well. In February, we delivered Valentine cards to nursing homes patients. More recently, members have contributed to various food drives, checked on neighbors, provided food to those who have been furloughed, participated in supportive parades for school children, among other activities.

Most Sincerely

Judy Giovannelli, RN, MSN, CCRN, PCCN, FACCN
President, NWCAC-AACN



UNSTOPPABLE



Please remember to vote for the Board of Directors for the NWCAC. We are planning for the next year and will have our election for new board members. The voting will be on Survey Monkey:

[2020-21 NWCAC Board of Director Ballot](#)

(Voting starts May 20th and closes June 5th)

2020-21 NWCAC Board of Director Ballot

The following are running for Board positions:

President:	Debbie Kantoris
Past President:	Judy Giovannelli
Secretary:	Leslie Collins
Treasurer:	Kathy Voss
	Sheila Melo-Grospe
Program:	Linda Smith
	Marie Hagman
Midwest Conference:	Cindy Ruiz
Membership:	Kirsten Howe
	Deb Marinoff
Web/Media:	RoseMary Pieniazek
Hospitality:	Rosi Grande
	Linda Lokun
Community:	Sheila Coogan
Awards/Scholarship:	Sheila Coogan

NWCAC Virtual Educational Meeting

"Our chapter is hosting a Zoom seminar on June 13, 2020 from 9-10:30 AM. We will have chapter announcements, and a seminar & discussion led by Karen Pugliese MA, BCC-PCHAC (Chaplain from Central DuPage Hospital). The title of the seminar is: "What Can I Do When My Well(ness) Runs Dry?"

This program will address the challenges nurses, nursing leaders, students and new grads face in attending to self-care during times of chaos and disequilibrium. Participants will explore sources and causes of "emotional inflammation," discuss types of reaction to stress overload, and discover strategies to recover balance and cultivate resilience in life and work.

Attendance is free, but does require pre-registration by contacting Linda Smith at lindacdhrn@aol.com. Linda will then send you the information on how to sign on to Zoom. Attendees will be eligible for earning 1 hour CE by attending the seminar, and completing a short Survey monkey survey afterwards.

This activity has been submitted to the American Association of Critical-Care Nurse for approval to award contact hours. The American Association of Critical-Care Nurses is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation."



2019-2020 Board of Directors

President

Judy Giovanelli, RN, MSN,
CCRN, PCCN, FACCN

Past President

Cynthia Bender, APN-CNP

Secretary

Debbie Kantoris, RN, MSN,
CCNS, CCRN

Co-Treasurer

Kathy Voss, RN, BSN, CCRN

Co-Treasurer

Sheila Melo-Grospe, RN,
BSN, CM

Program Co-Chairs

Linda Smith, RN, MSN,
CCRN-K

Marie Hagman RN, MSN,
ACCNS-AG, CCRN

Membership

Kirsten Howe, RN, BSN,
CCRN

Midwest Conference

Cindy Ruiz, MS, APRN-
CNS, CCRN

Media Relations, News- letter

RoseMary Pieniazek, RN,
BSN

Hospitality Co-Chairs

Rosina Grande, RN, MS,
CCRN alum, CMSRN

Nancy Haberichter, RN,
APN, CCRN

Awards & Scholarships

Sheila Coogan, RN, MSN

Community Liaison

Sheila Coogan, RN, MSN

Board Learning Partner

Debbie Marinoff, RN,
BSN, CCRN-CSC, CMC

Web Site

<http://nwchicagoaacn.org>

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