

FLUTTER WAVES

January 2021

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

Goodbye 2020! It is time to welcome in 2021! This is the time to reflect on the past year and look forward to all the hopes and comings of the new year. The biggest hope for 2021 is the COVID vaccine and the possibility of returning to "normal" life. It certainly puts a huge smile on my face to think that "soon" we can move freely without masks and get together with friends and family without fear of spreading or getting COVID.

Often the new year is an opportunity to set resolutions in which one may change an undesired trait or behavior like lack of exercise or establish a new routine like 5 minutes of daily mindfulness. There are various resources available if you need some inspiration- just peruse the Internet. What about accomplishing a goal like becoming certified in PCCN or CCRN? Some resolutions can benefit the individual, while others can extend beyond. Certification is an excellent example as it can benefit not only yourself, but also patients, families, and colleagues.

No one can know for sure what will come in the new year. But one thing is for certain, critical care, progressive care, and all nurses will continue to rise to the challenge at hand. Remember AACN's theme for 2021- This is Our Moment- All In.

I hope that you were able to find some joy this holiday season and I wish you all a healthy and prosperous 2021. Thank you for all that you do each and everyday for our patients, families, and communities. Reminder, AACN's Peer Support Community is a great place to find free tools and resources to support mental health and well-being.

Most Sincerely

**Debbie Kantoris, RN, MSN, CCNS, CCRN
President, NWCAC-AACN**

Community Liaison

October-November: Scout, Owen Matthew, high school senior from Boy Scout Troop 943 was pleasantly surprised that our chapter donated to "Aid for Women": new blankets and toys, new baby clothes and toiletries, huge box of diapers and baby wipes. He had to make 2 separate pick ups to obtain the donations. Thank you to Rosie Grande and Marie Hagman for making this scout an Eagle Scout.

November 21, 2020: "Blanket of Dreams" contact, Teri Collins, greeted us at Mary Seat of Wisdom with the many blankets we made at home for the homeless. My daughters and school nurses participated in making the blankets special by adding an ornament with a special Holiday message.

December: "Packing in the Kindness" 10 fully loaded Backpacks were dropped off in Woodridge to be distributed to the homeless. The Greater Chicago Area Chapter & CAT Gerri Kaye participated by donating a Black Hawks & Cubs themed backpacks: included a Blackhawks sweater, scarf, water bottle, gloves, etc. Rosie Grande donated many new hats, gloves, socks, and back packs. Linda Lokun donated water bottles & back packs, too. Deb Kantoris sent me a box full of water bottles, hand sanitizer, Kleenex, tooth brushes, toothpaste, lip gloss, shampoo, and masks and personalized Holiday Homemade Cards from our Lutheran General Board members. With all the generous donations, I was able to add blankets, snack bars, hand warmers, bottles of water and a Bears themed back pack. The young man who initiated this project was not home, but his surprised mother accepted all fully equipped backpacks and thanked us for our generosity!

January 2021: I am open to participation in a Community Service initiated or sponsored by our Board.

February: 2021 Our members can make homemade Valentine Cards for the Elderly. Let me know what Nursing Home you would like to drop them off at.

March 2021: Sleep in Heavenly Peace: Volunteers to build bunk beds, go on bed deliveries, or supply new twin bedding for bunkbeds that include comforter and sheets, pillow cases.

Let me know if you have any more ideas on how we can help the community.

Sheila Coogan, RN

Community Liaison

“Best Deal in Town-Becoming a Chapter Member”

One decision I never regretted (second to becoming a nurse) is joining the Northwest Chicago Area Chapter of AACN (NWCAC). My original intent was to attend chapter meetings to keep current with evidence-based nursing practice. Updates in critical care practice have been provided, but also much more! Making friends, developing communication and leadership skills, and serving communities have all been wonderful experiences provided by chapter membership.

An article by Cline, Curtin, and Johnston (2019) discuss the benefits of professional organization membership. Their abstract states: “Membership in professional organizations is a way for professionals with similar objectives to join together to have the voice of many, versus the voice of one. Joining an organization can lead to personal growth, enhanced professional perspectives and knowledge development, and support for creating change.” Personal growth opportunities are available by attending educational events and conferences, discounted certification exams, and subscriptions to peer-reviewed journals. Those are benefits of belonging to NWCAC’s parent organization, The American Association of Critical Care Nurses (AACN). Nurses need to belong to AACN if they want to join NWCAC, but the chapter membership also provides free access to our quarterly educational events. Due to COVID-19 restrictions they have been free online events for RN’s.

I have enjoyed the many networking experiences provided by NWCAC. Although the pandemic has limited these opportunities, there are still many ways to get involved. Attending our live online events has provided ways to interact by discussions and breakout groups. Volunteer occasions are designed to serve communities in need and provide fulfilling experiences. If you sense a calling to get involved at the chapter leadership level, I encourage you to reach out to any of the board members to discuss it. I am very thankful for the opportunity to serve on the board. I credit it with helping me develop organizational skills.

Last but not least, being an active member of NWCAC is fun! Everyone involved has a sense of humor and spirit of helping others. Attending local events or the National Teaching Institute (NTI) with other chapter members was an epic event for me! If you are not yet a chapter member, I encourage you to make it a New Year’s Resolution!! You will benefit, and the chapter will benefit from your enthusiasm and skill.

Reference:

Cline, D., Curtin, K., & Johnston, P.A. (2019). Professional Organization Membership: The benefits of increasing nursing participation. Clinical Journal of Oncology Nursing. 23(5), p. 543-546.

Submitted by Linda Smith, MS RN CCRN-K (Chamberlain University faculty and NWCAC Program Co-Chair).

Membership

The Northwest Chicago Area Chapter AACN is *all in*

Calling for new members: 2020-2021

- **Fees: 1 year-\$15.00; 2 years-\$25.00**
- **Must have an active National AACN membership to join**
- **Invited to attend NWCAC Board meetings at 6:30 pm on the Wednesday evening before the Saturday educational sessions (9/9, 11/11, 1/6, 6/9). Meetings are held at Northwest Community Hospital in the CCU Classroom (3NP) or via Zoom. If interested in attending, please contact Debbie Kantoris at Debbie.kantoris@gmail.com for link to Zoom conference.**
- **Quarterly Saturday morning meetings/education included with membership. Sessions start at 7:30am (Continental breakfast) and end at 12 noon on the following dates at Northwest Community Hospital for live sessions. Watch our Facebook page or website for updated information on meeting times and location during COVID-19.**

September 12th-ZOOM conference

November 14th- ZOOM conference

January 9th-ZOOM conference

June 12th-ZOOM conference

- **Chapter sponsored Midwest Conference**

Due to COVID-19, we are unsure at this time when we will be providing the MWC.

Apply for membership online at <http://nwchicagoaacn.org/>

****Recruit 4 new chapter members, receive free 1 year AACN Membership**

Questions? Contact Deb Marinoff: heydeb@comcast.net or

Kirsten Howe: khowe@nch.org





THIS
is OUR
MOMENT

NWCAC VIRTUAL EDUCATIONAL OFFERING

**Saturday, January 9, 2021
9:00 AM to 11:30 AM**

Agenda

- 0900-0915 Welcome and Chapter Announcements—Chapter President
Debbie Kantoris, RN, MSN, CCNS, CCRN
0915-1130 Educational Sessions

Topics

“Venothrombotic Events: A Potentially Fatal Encounter”
Daria Ruffolo, RN, ACNP

***“Behavioral Symptoms, Inflammation and Cortisol: Relationship to Health
and Quality of Life in Cardiac Rehabilitation Patients”***
Deborah Sindewald, RN, MSN, PhD

Both Presenters will have time for questions and answers from the attendees.

**Attendance is free but does require pre-registration by contacting Linda Smith at
lindacdhrn@aol.com. She will then send you the link to Zoom to sign in.**

**Attendees will be eligible for earning 2 CE's 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."



2020-2021 Board of Directors

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CCNS, CCRN

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Sheila Coogan, RN, MSN

Community Liaison

Sheila Coogan, RN, MSN

Web Site

<http://nwchicagoaacn.org>

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