



Make this your New Year's Resolution — financial security doesn't have to be a challenge.

Do you know the best way to retire in style, pay for your child's college education or protect your income? In times like this, taking control of your family's financial security is a top priority.

The COUNTRY Challenge can help you take a first step this year with an online educational program created especially for nurses. It's really easy – just go to the website www.countrychallenge.com and create your no obligation account. Log on whenever and wherever it's most convenient for you. The courses are personalized to match the financial issues of your current life stage.

After you successfully complete the Challenge...

- You will have the opportunity to talk to a knowledgeable professional about creating a tangible financial plan.
- You get a \$50 BP gas card.

Make financial security a New Year's resolution you can keep!

COUNTRY Challenge is sponsored by COUNTRY® Financial. COUNTRY offers a full range of property/casualty, life and annuity products, as well as financial and retirement planning services. Our representatives are committed to providing excellent service to their clients and communities and value the importance of relationships.

Investment management, retirement, trust and planning services provided by COUNTRY Trust Bank®.

Not FDIC Insured
No Bank Guarantee
May Lose Value

CONTINUING EDUCATION INFORMATION INSIDE

Fourth District MNA
101 Westport Office Bldg.
220 So. Robert Street
St. Paul, MN 55107-1626
Phone (651) 222-7448
Fax (651) 222-7449
E-mail: district4nurses@prodigy.net



PRESORTED
STANDARD
U.S. POSTAGE PAID
PERMIT NO. 1723
ST. PAUL MN



REPORTER

February, 2009

A PUBLICATION SERVING FOURTH DISTRICT MINNESOTA NURSES

The Reporter

A newsletter published six times each year by The Fourth District Minnesota Nurses Association

Editor:

Barbara C. Miller RN

Assistant Editor:

Deb Kruse RN

Reporter Committee:

Deb Kammerer RN, Chair

Sharon Masloski RN

Robin Moede RN

Board of Directors

President:

Jeanne Surdo RN

Children's SP

1st V-Pres:

Pat Dubberke RN

United Hospital

2nd V-Pres:

Lois Hillestad RN

Retired

Secretary

Virginia Turba RN

Retired

Treasurer

Linnæ Bittner RN

Children's SP

Directors:

Elayne Best RN

MN Nurses Association

Mary Feist RN

United Hospital

Lisa Kjeseth RN

St John's Hospital

Kathy Leach RN

United Hospital

Kathryn Mihulka RN

St Joseph's Hospital

Jan Navarro RN

HealthEast

Kathy Shemon RN

Allina

Ekua Taylor-Kregel

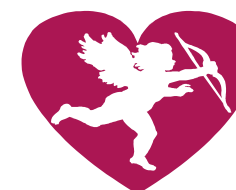
United Hospital

Richard Stoller RN

St. Joseph's Hospital

Linda White RN

United Hospital



Who Am I? Who Are You?

By: Barbara C. Miller RN, BA
Executive Director, Fourth District MNA

Who are you? That's question that is asked in many different ways and in many different situations. Who am I? That's a question we should ask ourselves throughout our lifetime. It is often called introspection when we ask ourselves that question. But when someone else asks us – the question by itself can have a variety of meanings – depending on where the emphasis is placed as well as what the actual situation is surrounding the question.

Thinking about this question on my way to work, I'll probably end up schizophrenic if I dwell on some aspects of it – but as a whole it's a good question. In the past I have attended a variety of workshops where they ask the participants to put down words that could be used to describe themselves. Words like daughter, wife, mother, nurse, neighbor, friend come to mind as very common responses. These nouns have common meaning in most of our vocabularies. But a deeper look helps us decide who we really are, often based on who we were growing up, or in college, or in church, or as defined by friendships and activities in which we have participated. Perhaps what I was really thinking was "why am I who I am?" What influences throughout my life have shaped me into the Barb Miller I think I am today? Why do I care about the things that have meaning to me?

Knowing about and participating in my communities is important to me. But why? As I look back, I remember my grandmother told me how, as a young woman she could not vote. She raised 5 boys on a farm in Missouri and was 35 years old when she was first able to go to the polls. Living until age 98, she never missed an opportunity to cast her ballot. One son died young but I do know that of the other four – two were democrats and two were republicans. I guess that showed me that we can move forward in life together even though we have some differences. Without differences, many a discussion might never take place – and many problems might not be recognized or solved.

Growing up, I lived 2 blocks from our county court house. It was not uncommon for those of us "in the neighborhood" to roam the halls and sit in the courtroom and pretend. No one forced us out, we didn't make trouble and we were interested in what this government thing was all about. I knew all of the county officials by name and of course they knew who I was and that my dad was the town cop. I also knew what each person did in that courthouse – the Registrar of Deeds (my good friend's dad), the Clerk of Court, the County Assessor, the County Attorney, the (ONE) public health nurse, the County Auditor – all with familiar names and always willing to explain to the community youth.

Today, many citizens have no idea what goes on in their county government. They may pay their taxes to the County Treasurer/Assessor. They probably complain about the amount of taxes the county gets. But most of the population has no idea where the money goes or very often, what services are available, who provides them and even who represents them as a County Commissioner. How many commissioners are there? When and how often do they meet? How many of us can name the county officers? How many

(continued on page 2)



Freedom to Breathe - Around the State

by Deb Kruse, RN

The following are statements from Saint Paul-Ramsey County Department of Public Health, January 2009. "To protect the health of students attending schools, colleges and universities in Ramsey County, Saint Paul - Ramsey County Department of Public Health encourages all academic campuses to prohibit smoking on their entire campus." Here are some interesting points about smoking in the young population: "According to the Minnesota Student Survey, about 23% of Ramsey County 12th graders indicated that they had smoked tobacco within the last month. About 28% of college students are current smokers and around one fourth began smoking regularly after age 19." Another point: "Surgeon General reports have described how smoking causes cardiovascular disease, cancer, chronic bronchitis, and reproductive effects. Through the years the list has expanded to include cataracts, pneumonia, acute myeloid leukemia, abdominal aortic aneurysm, stomach and pancreatic cancer, cervical and kidney cancer, and periodontitis. " Most secondhand smoke issues relate to indoor exposure, but evidence is also showing that smoking affects the air quality in outdoor areas. Rosemount has joined Eagan, Mendota Heights, Hastings, West St. Paul, and the Dakota County Park Systems in a policy that restricts/eliminates tobacco use. I will continue to share statistics and issues of ongoing tobacco topics that are around us.

There is currently a bill at our state legislature that would make it illegal to smoke in a car where there are children under the age of 18. Statistics show that even though windows are down, the concentration of smoke in a vehicle is detrimental to the health of those riding in the car. The bill is HF379 and SF359. Ask your legislator if s/he supports it.

Keep up to date on what's happening in your area of the district are: Dakota County - www.smokefreedakota.org; Ramsey County - www.ansrmn.org; Feel free to contact Deb at debkruse4district@hotmail.com.

Who Am I? (continued from page 1)

of us have taken time to find out who runs our city or town?

I was active in my school, graduated in a class of 45, participated in 4-H and church and wrote my senior social studies essay on the beginnings of the war in Vietnam. In addition, I have been shaped into who I am by the nursing experiences I have had, including work as a nurses aide.

Experiences include rural hospital, city/county hospital, med-surg, ICU, CCU, Critical Care, staff nurse, manager, mentor, leader, teacher, advocate. I remember when they allowed nursing assistants with experience to become LPNs without any formal schooling. All of the above shaped how I look at the powers around us.

Most of us have spent our whole nursing careers in an acute care hospital setting. Do you know anything about the rest of the nursing world? What do the Public Health Nurses actually do? Did you know that in addition to their BSN and a PHN certificate, most of them also have a Master's degree? Do you know to whom they report? Do you know the differences in responsibilities of the County Health Departments and the State Health Department? What aspects of health, other than nursing, are carried on in these departments?

We need to look at ourselves and at the reasons we are who we are. How do you feel about the healthcare system as a whole – and about the healthcare system in which you work? What are you doing about the way you feel? I hear many comments about "broken systems" and many thoughts about "fixing" the problems. It has been said that if we always do what we always did, we will get what we always got. So if you are not happy with what you got – maybe you need to look at NOT doing what you've always done. Reinvent your energies to make a difference. It will be good for you and especially good for your children!

We can help you to make a difference and you can help us to grow and change. Step up – speak out – advocate for those things that are most important to you. Learn about the "powers that manage" the various portions of your "Who Am I?"

Then the next time you ask "Who Am I?" you will be able to give a clearer answer and one that will guide the next generation of nurses toward "fixing" a "broken system." Early on in this portion of my nursing career, Arvonne Fraser spoke at one our workshops. She said to us – "you know far more than you think you know and can make a difference in healthcare if you choose to do so." I believe that to be true – no more victims – make a difference. Become a new "Who Am I?"

Editor's note: We welcome member input into our newsletter. Each of you is someone special with a "Who Am I?" story. If submit it - we will print it! Or if you have another story you would like to tell - we would welcome that as well.

THANK YOU...

... to Kay Bauer, Stella Essien, Muriel Olson, Rozann Reyerson, Ekua Taylor-Kregel, Ann Warec, Eileen Weber, & Kathy Andrews for doing blood pressures.

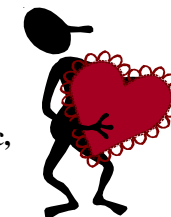


Image and Service Opportunities

We will still take leftover yarn and fleece for our Marvelous Mitten Knitters. We will also take used cell phones - must have charger - for adapting for battered women. Left over craft materials can also be donated here for use by elementary children and incarcerated women.

Helping the District Move Forward

During difficult economic times, your district also finds itself looking for ways to supplement the coffers so that we can continue to provide quality education, meaningful community outreach and support and resources for our members without raising dues. In order make the most of what we have, we offer ways for you to contribute.

Available here at the office are **Lucinda Pins**. Each is unique and represents an issue close to the souls of most nurses. A great Mother's Day gift or Easter Basket treat. We also have a few of the **handmade gift boxes**. We also have hand made (by Deb Kruse) **dishcloths** and **crocheted placemats**. Deb Kammerer has made some **handmade nurse cards** for Retirement and for Nurses Day. **Reusable, foldable tote bags** are also available. We have **coupon books for Herbergers Community Day, Feb 28th**. And a new venture is the sale of **Rada knives, candles and recipe books**. Through your continued support in these and other ways, we will remain strong.

We are also looking for donations for the annual **Silent Auction** to be held on May 12th at our Nurses Week Banquet. Please call the office if you have questions about any of these support opportunities.



Cut Your Grocery Bill

A synopsis of information from Market Watch.

1. Bagged salad is at least 3x more expensive than buying and cutting up your own greens. Buy & share varieties with a friend.
2. Energy & Protein bars are high in sugar and fat, often equalling that of a candy bar and more expensive.
3. Spice mixes for grilling and rubs are often primarily salt with a few added spices. Check the label, making your own with what you have on hand is much cheaper.
4. Bottled water is expensive and disposal of the bottles creates an environmental problem. Buy a reusable bottle and use tap water.
5. Boxed rice and side dishes are very often just rice, salt and spices and are expensive. Buy brown rice and make your own.
6. Pre-formed meat patties for grilling are expensive and easy to make and store in your freezer.

FOURTH DISTRICT MNA CALENDAR OF EVENTS February-April 2009

- Tues Feb 24 all day *Day on the Hill*
- Thurs Mar 5 4:30 p.m. Board of Directors
- Tues Mar 24..... 4:30 p.m. Renal Update Workshop
- Thurs April 24:30 p.m. Board of Directors
- Thurs April 8 ... 9:30 a.m. Education Cmte
- Tues April 14 ... 4:30 p.m. *Ethics & Practice Working Charge Workshop*



Future Blood Pressure Screening needs include:

- Montreal High Rise: 1st Wednesday- 11:00-12:00 p.m.- Mar 4, April 1*
- Winslow Commons: 3rd Wednesday- 1-2 p.m.- Mar 18, April 15*
- W 7th Community Center: 4th Monday- 12:15-1:00 p.m.- Feb 23, Mar 23, April 27*
- Osceola Place High Rise: 3rd Thursday- 1-2 p.m - Feb 19, Mar 19, April 16*

Workshop Drawings

We had another drawing at our January 28th workshop and the winners are:

Lois Stephan (Nursing pin), Cynthia Hudalla (free district workshop), and Dave Cheesebrow (\$25 uniform gift card). Attend our continuing workshops and you too can be a winner!!

Say Yes to the Nominating Committee

The Nominating Committee is currently making calls for members to put their names on the District ballot to assist in shaping the future of Fourth District. It's a good way to contribute to a successful professional association and takes a minimum amount of time. Please say "yes." There are Board positions as well as positions on the Nominating Committee.

On behalf of your nursing peers, I want to say Thank You in advance for making a difference by serving.