



Third District Nurses Association



E-Dimension Newsletter

Facing Today's Nursing Challenges - Together
February 2010

Run for the 3rd District Board of Directors

We are looking for nurses willing to give some of their time to keeping 3rd District vital and relevant! Please consider sharing your thoughts and ideas by running for the Board of Directors. Great place to learn the work of a Board, the finances of an association and the rewards of working with other nurses in the area. Please contact molson@nursesCE.org for more information and for candidate forms.

2 Volunteers Needed...

to promote nursing careers and Adventure in Nursing Career Camp

When: Saturday, March 6, 2010, 9 am - 1pm

Where: Blake School - near the Walker Art Museum and Parade Stadium

Why: to promote our camp and nursing careers to representatives from high schools throughout the Twin Cities.

How: staff information booth with display and handouts

Please call or email Laurel Anderson at 952 920 9860 or landerson@nursesCE.org to sign up or for more information.

105 Responses to our Survey on the Value of 3rd District Nurses

Thank you to all the 3rd District members who responded to our email survey on the value of 3rd District! We will compile data and let you know what you think we do well and what suggestions were brought forward from members for improving 3rd District value.

NEW LOOK for 3rd District Nurses website Coming Soon!

Our new website is in its final stages of being ready to launch - we will send a special eDimension to let you know when it is live!

We have new features to help us communicate better:

- A new Home Page that will help you find what you want immediately
- A more user friendly Independent Studies section
- The ability to register for workshops online
- A members only Forum where you can register and discuss topics of interest
- A newly revamped membership section that is easy to access and to navigate
- A 3rd District events calendar and a continuing education calendar
- An updated nurses resource section
- An APRN section with some new features - check out "Find an APRN"

Day on the Hill

February 23rd with orientation on February 22
Join nurses from across the state at the capital!

[Click Here to learn more!](#)

15th Annual MNA Nursing Practice Summit

Care for Yourself & Lighten the Stress

Tuesday, April 27, 2010, 8:00 am to 4:30 pm

Sheraton Bloomington Hotel, Minneapolis South, 7800 Normandale Boulevard, Minneapolis, MN 55349

[Click Here for event flyer.](#)

Connect with MNA via Social Media

Stay current with MNA, join us on [Facebook](#), [Twitter](#) & [YouTube](#)!

Continuing Education

Healthy Feet for You and Your Patient

Date: Thursday, February 18, 2010

Time: 6:30 - 8:00:pm

Contact Hours: 1.5 ANCC/1.8 MN BON

Purpose: To educate the audience on the importance of healthy feet as it relates to overall wellness and quality of life especially as we age.

[Click Here to Register!](#)

Lung Assessment of the Elderly

Date: Thursday, March 25, 2010

Time: 6:30 - 8:00:pm

Contact Hours: 1.5 ANCC/1.8 MN-BON

Purpose: There are unique changes in respiratory functions that occur with aging. When coupled with other age-related changes, the symptoms and presentation of altered respiratory functions can be under-reported by patients and undetected by health care professionals. This section describes the age-related respiratory changes and provides a hands-on experience to improve clinical assessment and monitoring skills for nurses and other health care personnel. We'll also focus on optimal respiratory function for older adults as well as treatment of common acute and chronic respiratory illnesses.

[Click Here to Register!](#)

23rd Annual APRN Spring Conference

Treatment and Pharmacology Updates for APRN Practice

When: April 9 & 10, 2010

Where: Sheraton Minneapolis West, Minnetonka, 12201 Ridgedale Drive, Minnetonka, Minnesota 55305

Contact Hours: Friday: 6.5 ANCC/ 7.8 MN-BON, Saturday: 3.3 ANCC/ 4.0 MN-BON

Total Conference 9.8 ANCC/11.8 MN-BON

[Click Here to Register!](#)

Planned by APRN Interest Group of 3rd District Nurses and all health professionals are welcome.

Osteoporosis and Exercise

Date: Thursday, April 22, 2010

Contact Hours: 1.5ANCC/1.8 MN-BON

Time: 6:30 PM-8:00 PM

Purpose: Osteoporosis is the most common bone disease. Prevention includes a healthy diet and staying physically active. Learn about factors that can make bones stronger or weaker and the three types of exercise needed to build healthy bones.

[Click Here to Register!](#)

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