



NEWSLETTER: December 2021-January 2022



Welcome Winter and Attention to the New Year



"Attention is a way to connect and survive." Julia Cameron

There is a phenomenon about attention. We may relate to attention professionally as an attribute of alertness, awareness, and preparedness. There is also the survival portion that leads one with a growth mindset to seek healing and resiliency. Think on this when you are celebrating the end of 2021 and the beginning of 2022 from the Julia Cameron book *The Artist's Way* when she says, "The quality of life is in proportion, always, to the capacity for delight. The capacity for delight is the gift of paying attention."

There is also a core need for connection that gives purpose and meaning to our lives-humans are wired that way. So as we, who consistently serve others, seek self-care, be aware of what's around you-pay attention. Take the time to breathe deeply and intentionally, feel the cold air or smell the salt air, or the smell of pine, a wood fire, or even the damp earth. Practicing these intentional attentive actions renews the spirit and enables one to reclaim the ability to increase or maintain that same level of attention at work. If you are drifting off or feeling a lack of attentiveness, it's probably time to take a break and re-connect.

We have been through a lot this year and as we look forward to the New Year, let's promote the premise that those who have strong connections with others are for the most part happier, healthier, and more equipped to cope with the stresses of everyday life—at least that what research says.

Scheduled Events (May not be all inclusive)

December Events:

BOD Meeting December 6

Committee meetings

No CE Event

December 15th—deadline for Delegate applications and nominees for officer/BOD members

eChapter Ballot assessment conducted

Chapter Accountability Standards Submitted to AORN

Christmas

Boxing Day

January Events:

New Year's

BOD Meeting January 10th

Nominating Committee Ballot presented to BOD

Committee meetings

President-President-Elect Transition planning session

Registration of delegates for EXPO

CE Event January 26th 5pm Pacific-8pm Eastern

Deadline for Research/EBP grant applications

EXPO plans for eChapter events in process

AORN National Board of Directors (BOD) Update--December 2021

- AORN Expo 2022 Registration now open and Housing is open. Make plans now to join us. There are 3 ways to attend, live, leader summit, and virtual.
- The AORN foundation offers grants to support conference-related expenses. Apply through AORN Website
- New benefit for monthly payment of membership fees \$15.50/month. To qualify your membership must be within 3 months of signing up. You would select “ Monthly Subscription-Standard Membership” (aorn.org)
- 1-member challenge-Due by 12/31/2021. Prizes available ONE Member Challenge 2021 (aorn.org)
- 2022 AORN Guidelines available for order. Pre-order by 12/31/21 and receive the 2022 edition at 2021 prices.
- January 17, 2022. Next National Legislative Forum 6:30pm Mountain Time
- Guidelines + expansion includes 16 checklists to assist nurses and medical teams in transferring patients between phases of care
- Accreditation Assistant for the Joint Commission Standards <https://www.aorn.org/eguidelinesplus>
- AORN Mobile App now available and ready to download for Apple and Android users. Head to the App store or Google Play to download.
- Members and chapters can support the AORN Foundation by buying a brick in honor or memory of a friend, colleague, or family member. <https://www.aorn.org/aorn-foundation/pay-it-forward/engraved-bricks>
- AORN Mission, Vision, and Values statements is now posted-to include DEI
- Many education offerings, certificate courses, and Periop 202 offered (aorn.org)

We have had much response to our outreach for presenters and topics. Thank you! We are now able to complete the year. This will be an ongoing option for eChapter members to present relevant topics to our virtual events. Let us know your topics and availability, and we'll coordinate with you. I hope many of you will consider presenting.



eChapter CE Events / Enduring Library Trial continues... We need your evaluations

Check out the Enduring Education Library on the echapter.org website under the education tab, if you cannot attend the live event as most webinars are recorded and added as soon as possible with CEs offered to you. Please let us know how you like this library.

AORN's 2022 National Ballot --Learn more about the candidates

Congratulations to our eChapter members who have been selected to be on the national ballot (Highlighted)

President-elect (1 to be elected)

- Brenda G. Larkin, MS, RN, ACNS-BC, CNS-CP, CNOR, CSSM OR
- Elizabeth S. Pincus, MSN, MBA, RN, ACNS-BC, CNS-CP, CNOR CA

Vice President (1 to be elected)

- Darlene B. Murdock, BSN, BA, RN, CNOR, CSSM TX
- Kristy P. Simmons, MSN, RN, CNOR LA

Secretary (1 to be elected)

- Laura A. Gayton, MHA, BSN, CNOR, CSSM IL
- Jamie Ridout, MSN, MBA, RN, CNOR, CASC, NEA-BC NC

Board of Directors (3 to be elected)

- Donna J. Doyle, DNP, RN, CNOR, NE-BC OH
- Deborah Marie Ebert, MSN, RN, NEA-BC, CNOR, CCRN, CPAN, CAPA TX
- Jessica L. Gruendler, DNP, RN-BC, CPHQ, CNOR CA
- Robert J. Levin, MSN, RN, RRT, CNOR PA
- Megan K. Nolan, MSN, RN, CNOR, CSSM MA
- Rebecca K. Vortman, DNP, RN, CNOR IL
- V. Doreen Wagner, Ph.D., RN, CNOR, FAORN, FAAN GA

Nominating Committee (3 to be elected)

- Crystal A. Bricker, MSN, RN, CNOR IL
- Carol Ann Devlin, MSN, RN, CNOR PA
- Hung-Fu Charlie Lin, MSN, APRN, NP-C, CNOR CA
- Susan Lynch, Ph.D., RN, NEA-BC, CNOR PA
- Roderick D. McArdle, MSN, BA, RN, CNOR MA
- Daphny Peneza, MSN, RN, CNOR, CSSM TX
- Olivia Jean Raymond, BSN, RN, CNOR ME



Spotlight on: *Jennifer Menard*

I started the phone interview with Jen from the Pacific NW, mountains, and 20 degrees with nearly 2 feet of snow on the ground. Happy Washington State winter! With such a large membership we have a tremendous opportunity to give back to our membership and represent eChapter in many capacities, through charity designations, endowed scholarship, and Foundation donations and funding eligible delegates and grant winners. She has been doing a fabulous job. But what is this amazing nurse come from? What's her story?

She attended Wenatchee College in Wenatchee WA. After graduation she was given choices of the ER or the OR, and she wisely chose the OR. Jen also touts two friends from nursing school (Ashley and Rachel) who have remained lifelong friends and supporters of each other. It's so amazing that bonds we form in school remain strong through the years.

She started her career life as a Licensed Veterinary Tech and then started working part time in her local hospital in the lab for extra \$. While she enjoyed meeting everyone and working in both animal and human worlds, she decided after 5 years that she wanted to learn new things and branch out, and make more money. When seeking new opportunities in nursing her lab cohorts warned her that "Nurses eat their young", but she went ahead with her career path anyway, bolstered by her sisters who were nurses (one being her twin). They encouraged her to go to nursing school.

She completed a 16 week training program, and 3 month orientation to the OR in her current hospital and has since assumed duties as Neuro/Spine team lead, and relief charge nurse duties. Jen never did experience negativity in her workplace and has continued to be supported by her OR leadership and influencers who encourage her to demonstrate hands-on leadership, support teamwork, and appreciate everyone's contribution to the patient care. The principles of being approachable and fair (when doing charge duties) have paid off. Employees and even travel nurses respond positively to their work environment.

Her involvement in AORN and eChapter was a result of her OR Director's encouragement to grow and become more involved in the ways of the Operating Room Nurse. Since Jen has grown in her experiences and leadership, she would advise new nurses to be open to change, be aware of the fast-pace of new technology and new advanced in equipment. It's crucial to learn from others, but not let the job be your only focus in life. Be sure to take your vacation time. Her thoughts on improving eChapter are to reach out to young nurses to expand the chapter more and use all means of social media to gain influence in the nursing community. She also feels it's important for administrators in hospitals to encourage and send their engaged AORN members to EXPO more often.

Speaking of life outside of work, Jen has 2 dogs and a cat. She love corgis and Deuce is 12 years old, Tripp is 2 years old—both are Pembroke Corgis... and then she has the cat. The cat is a rescue from a dump truck trailer—her husband brought it home when he discovered meowing from the truck's trailer, and this 3 week-old cat stuck its head out from one of the trailer's openings. And since her husband names all the cats, this one earned the moniker of *Lucky Lawrence Luciano the Mobster Cat*. She says that the cat lives up to its name—even though it's a girl. Jen is an avid outdoors person, loves to hike and paddleboard. Her retirement dream is for her and her husband to put in a vineyard on their land and sell wine all day.



Thank you Jen for all your hard work day-to-day keeping patients safe, and serving as our Treasurer!



eChapter Board of Directors

President: Rebecca Roe (GA)

President Elect: Alecia Torrance (TN)

Treasurer: Jen Menard (WA)

Secretary: Patti Owens (CA)

Board Members: Susan Guerra (MX), Penny Smalley (IL), Wendy Perera (SC), Becky Davis (WA), Michael Garufi (OH)

Contact us and post on our web and social media sites

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<https://echapter.org>

<https://www.ornurselink.org/>

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