

THE WISCONSIN LEAGUE FOR NURSING COMMUNIQUE

FALL 2022/WINTER 2023

FEATURED IN THIS ISSUE...

Spring 2023 Conference

2022 Fall Conference Recap

DAISY Foundation Press Release

Meet Our Newest Program Director

Follow Your Own Lead

Benefits of Bone Broth & How to Make It

& MUCH MORE!



Wisconsin League
for **Nursing**



OUR MISSION

Impacting the lifelong learning of nurses in diverse healthcare environments.

WHO WE ARE

We are nurses, nursing students, agencies and individuals interested in fostering the development and improvement in nursing care in a variety of collaborative healthcare environments.

WHAT WE DO

Provide collaborative educational opportunities. Promote professional development. Support writing and research. Disburse scholarship funds for nursing education.

WHO WE SERVE

Diverse populations in the state of Wisconsin.

HOW WE DO IT

Conferences, Workshops, Networking, Scholarships, Mentoring, "Communique", the WLN Professional Nursing Journal, & Community Alliances.

Caring

Promoting health, healing, and hope through the process of supporting nurse educators in the education of nurses



Integrity

Mutual respect, acknowledgment of different viewpoints, and a focus on excellence in nursing education to promote a just culture



Excellence

Fostering high standards in nursing education reflective of evidenced-based teaching/learning strategies; promoting a spirit of equity to assure quality and safety in patient-centered care



Diversity

Affirming the uniqueness of and differences among persons, ideas, values, and ethnicities





THE WISCONSIN LEAGUE FOR NURSING COMMUNIQUE

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PRESIDENT'S MESSAGE

Marijo Rommelfaenger, PhD, RN, CNE

Welcome to our Fall 2022 – Winter 2023 edition of the WLN newsletter **“The Communique”**. The newsletter is our opportunity to update our members and others with the activities of the WLN. As our mission states, we are the professional nursing organization in Wisconsin “Impacting the lifelong learning of nurses in diverse health care environments”.

The year 2022 marked some big changes for the WLN and a wonderful return to in-person events as we emerged from the past two years’ of challenges due to the pandemic. Thanks to our forward-thinking board of directors, we embraced the call to not only sustain, but grow the WLN and hired an association management group. Wisconsin Association Management (WAM) officially on-boarded with the WLN beginning January 1, 2022 and provides a wealth of services to the WLN.

In the past we sub-contracted and separately paid for services such as financial oversight, bookkeeping, tax filing, accounting, website development and updates, graphic design, and conference oversight. WLN board and committee members, all volunteers, basically kept the organization running. We realized as we experience organizational growth it is time to hire an association management group, whereby all previously sub-contracted activities are now handled by WAM. The contracted affiliation with WAM streamlines our organization and provides much needed administrative support for many needs of the WLN. With the help of WAM, we launched a brand new website in June that is more interactive and meets our growing needs.

You will find elsewhere within the newsletter an overview of the activities from the past year. We were busy expanding our outreach with DAISY and our scholarships. We had two great conferences, and most significantly we returned to an in-person conference on November 12 at the beautiful site of Carroll University in Waukesha. The excitement was palpable as we welcomed back our members, nurses, and nursing students to the event. We had quite a celebration of our DAISY Award nominees and recipients, and congratulated our scholarship winners. The vendors and exhibitors were well received by all attendees and we expanded our Poster Presentations in person and virtually.

I would be remiss to not mention our growth and enthusiasm from our board and committee members. All the behind the scenes work is accomplished by a dedicated group of passionate nurses in academia and healthcare settings who volunteer their time to help the WLN reach our goals. Thank you to everyone who helps make the organization what we are today! If you are interested in joining our team of volunteers, we are always ready to welcome anyone at any time. Our committees are growing, and we typically need a few extra board members to fill vacancies.

Here is to a wonderful new year filled with possibilities!

Marijo Rommelfaenger, PhD RN CNE
WLN President

CLICK HERE
to follow us on Facebook
& always be in the know!





TREASURER'S REPORT

Katie Weis, DNP, RN, AGCNS-BC

In 2022 our organization suffered financially due largely to investment losses from market volatility and inflation. We buffered some of the losses by launching a successful hybrid Fall Conference and obtaining financial support from our generous sponsors and exhibitors. If you haven't already, please take a moment to review the services offered by [our sponsors](#).

Our success and viability as an organization relies on their past, present, and future financial support!

Looking ahead to 2023, we are excited for the potential of our Spring Conference to bring in added revenue. We are offering it in a convenient hybrid format in the Milwaukee area on a topic that is very timely in today's nursing practice! Our Strategic Planning Committee and Finance Committee continue to brainstorm opportunities for additional sources of revenue, which includes services that add value to our membership base and sponsors and grant support. While we saw financial losses in the past year, our organization showed resiliency amidst the challenges, and we continue to creatively explore new solutions!

- **Katie Weis, DNP, RN, AGCNS-BC**
WLN Treasurer and DAISY Committee Chair

TREASURER'S REPORT:

	<u>Dec 31, 22</u>	<u>Dec 31, 21</u>
ASSETS		
Checking/Savings		
Associated Bank - WLN Operation	26,554.93	7,239.20
DWS Investment Account		
xxxx2264	55,487.38	90,960.83
Landmark Checking	560.68	1,518.32
Landmark Savings	5.13	0.00
Total Checking/Savings	<u>82,608.12</u>	<u>99,718.35</u>
TOTAL ASSETS	<u>82,608.12</u>	<u>99,718.35</u>
LIABILITIES & EQUITY		
Equity		
Retained Earnings	99,718.35	86,740.40
Net Income	<u>-17,110.23</u>	<u>12,977.95</u>
Total Equity	<u>82,608.12</u>	<u>99,718.35</u>
TOTAL LIABILITIES & EQUITY	<u>82,608.12</u>	<u>99,718.35</u>



RECAP OF PAST WLN CONFERENCES

Marijo Rommelfaenger, PhD, RN, CNE

The WLN offers excellent professional development opportunities for nurses and nurse educators working in academic and healthcare settings. In accordance with our organizational goals, the WLN is committed to offering programs through the year. During the Spring and Fall seasons we offer formal conferences.



Susan Luparell, PhD, RN, CNE, ANEF



Cynthia Clark, PdH, RN, ANEF, FAAN

As we were all emerging from the tough phases of the pandemic, the WLN decided to continue to offer a virtual Spring Conference in 2022. Dr Cindy Clark and Dr. Susan Luparell provided inspiring sessions addressing the issue of incivility in nursing and the professional identity in nurs-



Wisconsin League for Nursing

CALL for ABSTRACTS & POSTER PRESENTATIONS

2023 SPRING CONFERENCE
Reaching, Teaching & Launching Nurses to Practice

April 21, 2023
WLN Chapter Office
11801 W Silver Spring Drive, Suite 200
Milwaukee, WI 53225

ing guiding us toward civility. Dr. Clark shared up to date research and encouraged nurses to foster civility in healthy work environments. Dr. Luparell shared her passion for integrating positive professional identity domains as a means of promoting civility in any work setting. The conference was very well attended by nurses and nurse educators from a variety of settings across the country. We look forward to welcoming Dr. Clark and Dr. Luparell back to the WLN in the future as their message of promoting civility remains increasingly important in our work lives and careers.

Wisconsin League for Nursing

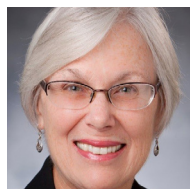
CALL for ABSTRACTS & POSTER PRESENTATIONS

Submit your Poster/Podium Presentation abstracts TODAY for the

2022 FALL CONFERENCE
Inspiring the Spirit of Inquiry in Nursing
The Scholarship of Nursing Practice

November 12, 2022
Carroll University

2022 Fall Conference Speakers



Marilyn Oermann
PhD, RN, ANEF, FAAN



Randi Flexner
DNP, RN, FNP-BC



Shelly Lancaster
PhD, RN

events and the excitement of being together with each other pervaded the entire conference. The ability to see, speak with, network, and connect with each other as nursing colleagues captivated all attendees. We had a full house of attendees at the conference ranging from nurses, graduate nursing students, prelicensure nursing students, families of award recipients, and a full slate of exhibitors and vendors. For those unable to attend we tried a new approach of offering a live “hybrid” event with zoom connectivity to the main speakers’ which worked very well. We will continue to offer hybrid conference sessions moving forward and we can thank Covid (a little bit) for guiding us on the steps to providing zoom conferences.

Our topic for the Fall Conference “Inspiring the Spirit of Inquiry” was enthusiastically received by participants. Dr. Marilyn Oermann opened the conference with a virtual session titled “Clinical Based and Academic Nursing: EBP, QI, and Research Starts with Dissemination in Mind”. Dr. Oermann walked us through the steps leading toward writing for publication and shared lots of practical tips for developing quality research, QI, and EBP projects.

Dr. Shelly Lancaster joined us in person and focused on “Research, Evidence Based Practice, and Quality Improvement Facing Challenges in Complex Systems” offering constructive ideas for nurses in practice, students, and in academic settings. Dr. Lancaster is an expert and lead nursing scientist for Advocate Aurora Health System and brought her unique perspective from experience in the academic and healthcare sector.

Dr. Randi Flexner joined us in person, traveling from her home in New Jersey. Dr. Flexner has quite a bit of experience working with the QSEN Academic Task Force and shared “Bringing EBP and QI to the Clinical Setting for Nurses and Nurse Educators”. She has a passion for advancing quality improvement initiatives and shared many ideas from her years working in undergraduate and graduate level nursing education. The afternoon sessions used a “World Café” technique facilitated by Dr. Lancaster with attendees participating in small group activities using the knowledge gained from the morning sessions to present potential EBP or QI projects. The pre-licensure nursing students joined in with the small group sessions and provided a refreshing enthusiasm to the afternoon.

The conference also provided a real sense of celebration as we recognized our FIVE new DAISY Award honorees and recognized the DAISY Award nominees in attendance. We highlighted the scholarship recipients who recently were awarded scholarships. Nine colleagues and students participated in sharing their scholarship with Poster Presentations. The exhibitors and vendors participated in our raffles and provided prizes awarded to lucky visitors to their tables. Lastly, we initiated the first annual WLN Raffle where we raised funds for the WLN Heroes Scholarship.

We look forward to continuing the long-standing tradition of offering high quality conferences twice per year. Stay tuned to the WLN website for upcoming events which will include webinars. We are the Wisconsin League for Nursing, and will be moving our in person events to locations around the state to maximize the opportunity to attend.



A Very Special Thank You GENEROUS SPONSORS & EXHIBITORS

GOLD SPONSORS



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Froedtert



National League
for Nursing



American
Heart
Association.



Laerdal®
helping save lives

RQI RESUSCITATION
QUALITY
IMPROVEMENT.

An American Heart Association®
and Laerdal Program

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EDUCATION



Nurse
Think®

A NurseTim® Brand



SSMHealth®

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Bellin College



EMS

Education Management Solutions



PROHEALTH CARE



VITERBO
UNIVERSITY

2022 FALL CONFERENCE EXHIBITORS

TABLE TOP EXHIBITORS



HERZING
UNIVERSITY



NICOLET COLLEGE



College of
Nursing



Wolters Kluwer
Health



COMPLIMENTARY PARTNERS



wisconsin
**health
literacy**



HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES

The WLN is a proud partner
of the DAISY Foundation™

Thank You! WLN would not be the same without your support.



DAISY COMMITTEE REPORT

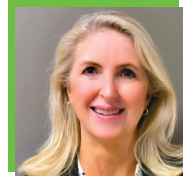
Katie Weis, DNP, RN, AGCNS-BC

Lots of updates since our last Communique! In 2021, our task force successfully piloted our first cycle of the DAISY Nurse Leader Award for Extraordinary Nurse Educators and honored two exceptional clinical practice-based nurse educators.

2021 DAISY AWARD WINNERS



DONNA GOELZ
MSN, RN
ACADEMIC
HONOREE



SUE HOEFS
BSN, RN, CCRN, FCCS
CLINICAL PRACTICE
HONOREE

In 2022, our task force was officially changed to the DAISY Committee. Our DAISY Committee met multiple times to evaluate our first pilot and the ability to reach our intended target audience of clinical practice-based formal and informal nurse educators. We revised the award description, characteristics and nomination criteria. We even changed the name of the award to “The DAISY Nurse Leader Award for Nursing Clinical Educators”, DNLANCE for short. We successfully launched and piloted our second annual cycle

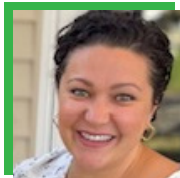


of this new DAISY Nurse Leader Award in 2022! We also expanded our pilot to include national collaboration with our sister constituent leagues, Arizona and New Jersey Leagues for Nursing, who administered the award within their states. In summary, our second pilot received 33 total nominations, and of those, our committee selected 5 honorees for this pilot cycle. One of the awards we distributed included the prestigious Lifetime Achievement DAISY Award for a retiring nurse educator! We had an exciting recognition ceremony for all honorees and nominees at our Fall Conference.

2022 DAISY AWARD WINNERS



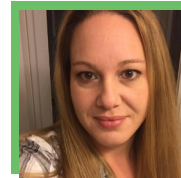
CAITLIN BRECKLIN
MSN, RN, OCN, CMSRN, NPD-BC
HEALTHCARE PRACTICE -
FORMAL EDUCATOR



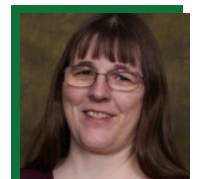
MICHELLE EMICK
BSN, RN
HEALTHCARE PRACTICE -
FORMAL EDUCATOR



ROSE PETERSON
MS, RN, ACNS-BC, CCRN
LIFETIME ACHIEVEMENT AWARD
HEALTHCARE PRACTICE - FORMAL EDUCATOR



ERIKA MITTELSTRASS
RN, ADN
HEALTHCARE PRACTICE -
INFORMAL EDUCATOR



SALLY SCHULTZ
RN, MSN
ACADEMIC CLINICAL
INSTRUCTOR

On behalf of our DAISY Committee and the WLN Board, we give a warm congratulations and thank you to all of our DAISY honorees and nominees!!

We are well under way planning the DNLANCE for 2023 which will include a third pilot with additional national expansion and continued administration of the award within Wisconsin. The WLN is dedicated to advocating for an extremely under-recognized group of nurse educators: formal and informal nurse educators in clinical practice settings. We will continue to honor these exceptional nurse educators who form the backbone of compassionate nursing care with the DNLANCE. We look forward towards creating a culture where recognition of these nurses becomes common practice and not a novel idea.

Join us by spreading the word about our initiative and nominating someone for this prestigious new award when nominations open! [Click here](#) to learn more about the award, description, characteristics and nomination criteria. Nominations will open early summer and close in early fall for recognition at our Fall Conference.

- **Katie Weis, DNP, RN, AGCNS-BC**
WLN Treasurer and DAISY Committee Chair

DAISY FOUNDATION PRESS RELEASE

The WLN is a proud partner of the DAISY Foundation™

About The DAISY Foundation

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from Nurses while he was ill inspired the creation of The DAISY Award® for Extraordinary Nurses, an evidenced-based means of providing Nurse recognition and thanking Nurses for making a profound difference in the lives of their patients and patient families.

In addition to the DAISY Award for Extraordinary Nurses, the Foundation expresses gratitude to the nursing profession internationally in over 4,800 healthcare facilities and schools of nursing with recognition of direct care Nurses, Nurseled Teams, Nurse Leaders, Nurses Advancing Health Equity, Nursing Faculty, Nursing Students, Lifetime Achievement in Nursing and through the J. Patrick Barnes Grants for Nursing Research and Evidence-Based Practice Projects, Health Equity Grants and Medical Mission Grants.

More information is available at DAISYfoundation.org.

About the Wisconsin League for Nursing

The Wisconsin League for Nursing, Inc. (WLN) was incorporated on June 23, 1954 to foster development and improvement of organized nursing services through the coordination of nurses, allied health professionals, and citizens to meet the health care needs of the community. Today, the WLN's mission is impacting the lifelong learning of nurses in diverse health care environments. WLN achieves this mission by providing collaborative educational opportunities, promoting professional development, supporting writing and research, and disbursing scholarship funds for nursing education.

The WLN is a full affiliate Constituent League of the National League for Nursing, Inc. and adopts bylaws and policies consistent with the NLN. More information can be found at our website by clicking here.



**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**

The DAISY Foundation: Expressing Gratitude to Nurses Through Meaningful Recognition



Established in 1999 in memory of J. Patrick Barnes who passed away after an 8-week hospitalization.

The DAISY Award honors nurses wherever they practice, wherever they are in the careers, internationally.



200,000+
Nurses Honored in 5,600+ healthcare organizations and schools of nursing

2.5 million
Nominations written by patients, families, colleagues

\$800,000+ in grants given to nurses for research, EBP projects, and medical missions.

12 Industry Partners help sustain DAISY

9 Honoree Benefits and Opportunities to Advance & Empower Career Goals



70 healthcare Supportive Associations help promote our mission



The DAISY Impact: Evidence Based

Nurse Engagement

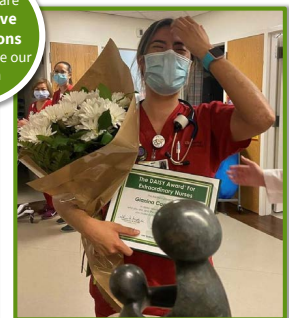
- Ignites Extraordinary Compassionate Care
- Improves Satisfaction and Retention
- Promotes Wellbeing and Resilience

Patient/ Family Experience

- Communicates Profound Gratitude
- Reinforces Patient and Family Centered Care
- Inspires Community Loyalty

Healthy Work Environment

Celebrates All the Right
Reminds Nurses Why they became Nurses
Builds Team Spirit



"Receiving the Award was probably the most touching acknowledgement I will ever receive as a nurse"

www.DAISYFoundation.org



Wisconsin League for Nursing Scholarships

The Wisconsin League for Nursing (WLN) Scholarship Committee is committed to our mission: impacting the lifelong learning of nurses in diverse health care environments. To achieve this mission, the WLN Scholarship Committee actively searches for and applies to various grants to receive funding to distribute to students enrolled in nursing programs. Each scholarship grant has different eligibility criteria. The Scholarship Committee reviews all scholarship applications and awards available monies to individuals whose application matches the philosophy of the scholarship funds received.

In order to be eligible to receive a scholarship from the WLN, students MUST BE a Wisconsin student currently enrolled in a Wisconsin School of Nursing. Scholarship winners are announced at the WLN Spring and/or Fall conferences and awarded ONLY as monies are available.

Scholarship Application Deadlines

We will be accepting new scholarship applications soon. Continue to check back on the WLN website for scholarship criteria, updates and opportunities! Please read about our past scholarships below.

Deaconess Alumni Association

The Deaconess Hospital School of Nursing Alumnae Association provides six \$1000 scholarships for AY 2022/2023 to support nurses enrolled in nursing programs. It is our wish to award the Deaconess Alumni scholarships as follows (specific criteria for each award will apply and be described on the WLN website):

- One is the LaVerne Foster Memorial scholarship for a high school graduate (& first-semester nursing student)
- One is in memory of Russell Seager
- Two scholarships are for BSN students
- Two scholarships are for ADN students



2022 SCHOLARSHIP RECIPIENTS

Deaconess Joyce Ball Memorial
LeShonda Keith
Madison Area Technical College

Deaconess LaVerne Foster Memorial
Carli Green
Bellin College

Deaconess Russell Seager Memorial
Emily S. Roeder
Viterbo University

Deaconess Pre Licensure ADN
Jacklyn Payne
Gateway Technical College

Ilianna J Arcelay
Carroll University

Deaconess Pre Licensure BSN
Eleanor Henry
University of Wisconsin-Milwaukee

Rachel Cooper
Mount Mary University

Ruth Seris Gresley
Lorna Zweck
Cardinal Stritch

Bader Number One
Christopher Edward Stein
University of Wisconsin-Milwaukee

Bader Number Two
Katlyn Kay Faga
Viterbo University

Elizabeth Patrick
UW-Eau Claire

Bader Number Three
Kristin Leeming
Concordia University

Marie Howard
Marquette University

Bader Number Four
Layne Heling
Marquette University

Bader Number Five
Bayan Alqam
University of Wisconsin-Milwaukee

NurseThink Faculty
Gean M Swiatko-Klee
Alverno College

NurseThink Pre Licensure
Alyssa J Lorenz
Carroll University

WLN Nursing Heroes
Kaitlyn King
Bellin College



MEMBERSHIP UPDATE

The WLN is most clearly represented by our members: *“Who We Are. We are nurses, nursing students, agencies, and individuals interested in fostering the development and improvement of nursing care in a variety of collaborative healthcare environments.”*

The WLN has had successful membership drives associated with our conferences. Our memberships continue to sustain and grow with representation from nurses, nurse educators, and other professionals within Wisconsin and throughout the United States. We continue to welcome new members and encourage our existing members to renew your WLN membership at or before your renewal date.

[CLICK HERE to learn more about joining WLN.](#)

Visit our WLN membership page for all the details and benefits of WLN membership.

We need an **interim membership director** to fill the role until our next election in Spring 2023. Please consider this role if you enjoy networking with nursing colleagues from across Wisconsin and the United States. Training is provided and your input is needed to assist the WLN in meeting our mission and goals! This is a wonderful opportunity to try out board membership and join the exciting team at the WLN.

What can you do to help us grow?

- Consider joining our leadership team! We are excited to have you join us and will provide mentoring support as you learn your new role.
- We are always looking to add to our committees with interested nurses. Committee membership is an easy way to test the waters of becoming active within the WLN.
- Spread the word! Share this information with your colleagues. They don't have to be WLN members to learn about these opportunities!
- Encourage your colleagues to join the WLN. It's easy, just follow the [Membership tab on the website](#).
- Share nominations and event information on [Facebook](#) or other social media!
- If you or anyone you know is interested in learning more about leadership opportunities in the WLN, please contact: Karen Roberts at kmroberts@marianuniversity.edu

 Wisconsin League
for Nursing
UPDATES CONTINUED...

STRATEGIC PLANNING

The WLN is busy planning for the needs of the organization and addressing value-added benefits to our membership. Three major initiatives were completed this year:

1. We hired WAM as our association management partner as described in the President's message.
2. During the summer: a Strategic Planning Retreat was held at WAM offices, with presentations by UWM Lubar Entrepreneurship Center. Board of directors and committee members planned next steps for strategic planning with an eye toward WLN growth initiatives.
3. Summer 2022 Strategic Planning Initiative Phase 1 commenced with outreach and interviewing of current and expired WLN members to determine value-based membership direction. Phase 2 informally began as we interviewed sponsors and vendors for stakeholder input to best meet their needs. Future surveying of sponsors and vendors planned.

The WLN is working with a web based learning platform vendor, Correlative, as we develop a new program for our members. We are in the process of obtaining funding to open a new members only "Professional Development Corner" within our website. Stay tuned for the exciting details of an upcoming membership benefit.

The NLN requires submission of an Annual Report on January 31 of every year. As a constituent league affiliated with the NLN, we comply with all reporting requirements. An initiative is underway with the inclusion of the Illinois League for Nursing, the New Jersey League for

Nursing, and the Arizona League for Nursing along with the WLN for sharing of resources and networking among our leagues. The networking and communication has been very successful for our DAISY Award expansion and sharing of best practices among our leagues.



FOLLOW YOUR OWN LEAD...

Rev. Betty McManus, WLN Inspirational Author

When I was 12, I had a palomino pony named “Taffy” that I rode every chance I got. Whenever I followed the road to the farm north of us, I always saw the two horses owned by our neighbor. One was quite a bit smaller than the other, but ironically, the bigger one always followed the smaller one around. I always thought it was great they were such good friends... and that the big horse was gentle enough to let the smaller one lead.

One day, I decided to ride Taffy up to the fence to see if I could get them to come meet my pony. As I watched the two horses walk over, the bigger one closely following the smaller one, I noticed something amazing... looking into the eyes of the bigger horse, I could see he was blind. His eyes had a white film over them. In the horse world, it was unheard of to keep a horse that was blind. I was so grateful my neighbor chose not to have that beautiful blind horse put down.

The fact that the horse was spared is an amazing story all by itself. But it gets even better.

As I watched them walk towards me, I heard the sound of a bell. I looked to see where the sound was coming from – it came from the smaller horse. She had a small bell attached to her halter. That bell helped her blind friend know where she was so he could follow her. As I watched these two friends, I saw the smaller horse with the bell was always checking on the blind horse... and that the blind horse would listen for the bell and slowly walk to where the smaller horse was, trusting he would not be led astray.

Often new insights and new perceptions can come to us when we open our eyes and our hearts. Before I looked closely, I simply saw two horses at pasture. But as I thought about the beautiful relationship these two horses had, I came to realize sometimes we are the blind horse guided by the little ringing bell of our friends, family, or mentors... and other times we are the guide horse, helping others to find their way. That’s the beauty of life.

Whether you lead or follow, both are important and serve a true purpose.

ANNOUNCEMENT!

MEET OUR NEWEST PROGRAM DIRECTOR!



Heidi Monroe, PhD, RN, CAPA, CNE

We are thrilled to have Heidi join the WLN Board of Directors! Heidi works for Bellin College of Nursing and has extensive experience with the Next Generation NCLEX initiatives and also is an expert in providing continuing education contact hours. Welcome Heidi!

We are pleased to announce *TWO NEW SUBCOMMITTEES* under Heidi’s guidance and oversight.

The Poster Presentations subcommittee is co-chaired by Miranda Peterson, RN, BSN and Catherine Schmitt, PhD RN CNOR(E). We are responding positively to the call for promotion of dissemination of nursing scholarship and projects offering year-round poster presentation opportunities (in person during conferences and virtual enduring presentations on our website)

The Professional Development (PD) Corner subcommittee is co-chaired by Sireen Jaber, MSN RN and Marijo Rommelfaenger, PhD RN CNE. New on the horizon launching later this year will be a special “members only” portal for professional development and CNE resources.

Visit the WLN website and click on the Posters tab for viewing all 2022 Spring and Fall Poster Presentations.





BOARD OF DIRECTORS

PRESIDENT

Marijo Rommelfaenger

TREASURER & DAISY COMMITTEE CHAIR

Katie Weis

SECRETARY

Krista Polomis

DIRECTOR: SCHOLARSHIPS & GRANTS

Christine Laurent

DIRECTOR: PROGRAMS

Heidi Monroe

DIRECTOR: POSTER PRESENTATIONS
CHAIR/FLOAT

Catherine Schmitt

DIRECTOR: FLOAT

Shanita Washington

DIRECTOR: NOMINATIONS/FLOAT

Karen Roberts

DIRECTOR: ANEW LIAISON/FLOAT

Mary McMahon Bullis

COMMITTEES

EXECUTIVE COMMITTEE

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Katie Weis, Treasurer

Krista Polomis, Secretary

NOMINATIONS COMMITTEE

Karen Roberts, Chair

Elected Positions:

Breana Sutfin

Laurie Paugel

Sireen Jaber

Lisa Schmidt

Kim Walker-Daniels

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Katie Weis, Chair

PROGRAMS COMMITTEE

Heidi Monroe, Chair

FINANCE COMMITTEE

Katie Weis, Chair

SCHOLARSHIP & GRANTS COMMITTEE

Christine Laurent, Chair

STRATEGIC PLANNING COMMITTEE

Marijo Rommelfaenger, Chair

BONE BROTH CAN SUSTAIN YOU AT HOME & IN THE WILD. HERE'S HOW TO MAKE IT.

Published by: Pocket Worthy Stories to Fuel Your Mind



Knowing how to cook a simple broth will keep you well-fed and hydrated.

It's so ubiquitous that your local grocery store now stocks it, and so trendy that complete diet plans are being built around it. But bone broth is more than a traditional food source or recent health fad. It's also a great way to add more nutrients to your diet, especially in a survival situation. Here's what you need to know about this ancient superfood and how it can sustain you.

What is Bone Broth?

While it should technically be called "stock," bone broth is a nutrient-laden liquid with deep historical roots. A broth is typically made from water and one or more food ingredients. For example, vegetable broth can be made by simmering available plant foods in water without any animal food ingredients. The broth could also be meat based, but the true transition to stock occurs when bones are added (with or without any accompanying meat or vegetables). Like a proper barbecue, these ingredients are cooked low and slow for maximum flavor development and nutrient extraction. In typical usage, broth is lighter and cooked for a shorter period of time. Stock is richer and cooked longer than broth.

"Survival By Soup"

Think of this healthful broth as a survival food (rather than just a recipe ingredient), and you will see that it has many benefits. In colder weather, this liquid can be sipped while hot to provide valuable warmth. It's also a great source of nutrients. Vitamins and minerals abound, though the exact nutritional profile will vary wildly depending on the plant

and animal foods that are used (as well as the length of cooking time and the heat). Whichever plants and bones you include, you should expect the broth to contain fat, protein, calcium, magnesium, phosphorous, manganese, thiamine, riboflavin, niacin, vitamin B6, folate, potassium, selenium, copper, zinc, and much more. In the growing movement of health-conscious consumers, bone broth is hailed as a mineral source that can help combat osteoporosis. It's also reputed to support our adrenal glands, relieve arthritis and even fight tooth decay. This broth can also be a natural source for glucosamine, chondroitin, keratin and hyaluronic acid (substances which provide support for our joints, skin, and other useful organs). Let's face it, most of the commercially available "survival foods" just don't have a nutritional profile that comes close to bone broth.

Which Bones Will Work?

Any bones from a trip to the market, or for those hunting types, can provide us with the raw bones for this simple recipe. Don't be shy about mixing species, if you like. Throw in some fresh turkey bones along with some fish bones, or keep the broth mammalian by blending bones from a variety of hooved animals. Just consider the diseases that your local animals (hunted) may have before you add certain bones to your food chain. Species that can carry chronic wasting disease and other serious illnesses are best left on the landscape and not dropped into the soup pot.

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BONE BROTH CAN SUSTAIN YOU AT HOME & IN THE WILD. HERE'S HOW TO MAKE IT. CONTINUED...

Getting Started

In the old hunting cabin or for outdoor cooking enthusiasts, you may set your Dutch oven on the woodstove or coals from a fire and load it up with water, fresh bones, and a splash of vinegar. At home, you can follow a similar course of action. Combine 1 gallon of water, 1 ounce of vinegar and 3 to 4 pounds of bones and tissues in a large vessel. Bring it to a boil and reduce to a simmer. You can also add vegetables, spices, herbs (sage and thyme are excellent), and other ingredients to build more flavor. Keep it going as long as you can safely monitor the liquid levels. Simmer for at least a few hours, though 10 to 24 hours would provide the best results. Just add more water periodically (at it evaporates) and stir occasionally. This can also be done in a crock pot, set for 160 F or a little higher. Pull out the liquid by the cupful or strain out the bones.



You Have Options... Use them Wisely

Bone broth is often used as a soup base for more complex soups and stews. It's also a common cooking liquid (I love cooking greens in it). Yet these aren't your only choices for use. You could sip it from a mug like a hot beverage. You could also add it to common dishes like sauces, risotto, dumplings, casseroles, beans, gravy, and my personal favorite: stuffing. Not only does it impart a rich flavor, but it boosts the nutrient value of your food significantly. Yes, we should use it wisely, but simply making this liquid food resource is a smart move. If we cooked some meat over an open fire, the precious fat will melt and drip down into the fire. These are vital calories that are completely lost. On the other hand, if we place that meat on the bone in our stock pot, the valuable fat (calories) and many minerals will end up in the soup stock, becoming a liquid meal made from your wild game animals and leftover bones from dinner preparation. It's an excellent way to conserve and use the nutrients you harvest. Broth, stock and soup are also a great way to feed a hungry group and stretch thin food resources. It is easy to store your bone broth in freezer containers and use any time a recipe calls for stock or broth.

Source: Pocket Worthy Stories to Fuel Your Mind

MacWelch, T. (2023). Read It Later, Inc. Retrieved from: https://get-pocket.com/explore/item/let-s-cut-the-b-s-around-bone-broth-here-s-what-it-is-and-how-to-make-it-yourself?utm_source=pocket-newtab

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