

THE WISCONSIN LEAGUE FOR NURSING COMMUNIQUE

WINTER/SPRING 2024

FEATURED IN THIS ISSUE...

2024 Spring Conference
WisPAN Peer Support Group
Fall 2023 Conference Recap
WLN Committee Updates
Scholarship Information
& *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 COMMUNIQUE

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2024

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PRESIDENT'S MESSAGE

Marijo Rommelfaenger, PhD, RN, CNE

Welcome to our 2024 Winter/Spring 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".

You might notice a slight change to the timing-name of the Communique. We decided to update the edition name of the newsletter to better reflect the publication season and for many of our nurse educators, the edition name change reflects the academic calendar. We didn't lose "Fall 2023" because within this publication you will find reports from the WLN Fall Conference and our scholarship and DAISY award notices. So welcome to spring colors as we look forward to the season change of emerging new life that spring delivers each year.



We continue to be busy meeting our organizational goals. We renewed our contract with Wisconsin Association Management (WAM) for administrative, financial, bookkeeping, graphic design, website management, and overall communication needs. With the assistance of our exceptional WAM account executive, Kristin Houte, we are better organized, kept on track with all our programming needs, and are able to deliver a polished and professional nursing association to our members and the nursing community.

Our professional development theme for the year is **Leveraging Technology to Guide Nursing Practice, Education, and Professional Practice**. As a direct result of increased proficiency within the WLN, we were able to offer a new program-

ming feature this winter with a three-part Lunch and Learn webinar series delving into the topic of Artificial Intelligence (AI) and how AI affects our work life in nursing education or healthcare. We sincerely thank Dr. Christine Laurent and Dr. Cheryl Seelig from Marian University for providing webinars number one and two that successfully launched the new series with lots of information for nurses. Nathan Ewings from UW Extended Campus will round out the final webinar with information guaranteed to enlighten on the topic of student issues related to AI.



Our upcoming Spring Conference will be held at Marian University on April 20. We will continue to offer both in-person and virtual attendance. The conference will offer two tracks for participants to choose from. Refer to the Spring Conference details elsewhere in the newsletter or check out the event details on our website. We will continue along the theme of AI and add Virtual Reality to one track, with standardized participant training for simulation (high and low tech sim) for the other track. You don't want to miss these opportunities to expand your toolkit as a nurse educator or nursing professional. Our Fall Conference is scheduled for November 16 to be held at Froedtert Hospital in Milwaukee. We anticipate a HUGE event as we are focusing on simulation and have two keynote speakers lined up that are pioneers in the world of simulation: Dr. Pamela Jeffries and Dr. Kristine Dreifuerst. Stay tuned to our website for more information.





PRESIDENT'S MESSAGE *Continued...*

The WLN has a commitment to our new nursing graduates as they enter the nursing workforce. We will offer a free NCLEX prep session during the morning of the spring conference on April 20. Registration is required for this virtual and in person session, with the recordings shared until May 31, 2024. We are proud to partner with NCLEX RN Mastery offered by Higher Learning Technologies (HLT) for the benefit of our nursing students.

I am thrilled to announce that for the first time in years, we have nearly a full slate of Board of Directors. I welcome two new directors to fill vacancies: Liesette Rendell is our new Membership Director and Lynn Murphy is our new Marketing Director. Both Liesette and Lynn filled vacant positions with specified terms of service. Speaking of the board of directors, anticipate a phone call in the next month or so from one of our nominations committee members. We are always looking for interested people to fill board director terms and those interested to round out our committee structure. I have great news to report for those who enjoy less meetings and

engaged working groups. The WLN adopted quarterly board meetings successfully whereby active committees complete their focused tasks between the board meetings. We are running a more efficient organization with targeted meetings for the work associated with the committees.

I wish to thank our dedicated group of board and committee members for their time and passion in delivering our organizational goals. I am honored to work beside a great group of nurses!

Enjoy reading the updates in the newsletter, and I look forward to seeing you at our upcoming events.

Best always!

Marijo Rommelfaenger, PhD RN CNE
WLN President

Greetings and gratitude from all of us at WisPAN. We are so excited to share that we have officially launched our peer support program for nurse mental wellness. We have partnered with the Wisconsin League for Nursing (WLN), the Wisconsin Nurses Association (WNA), and the Wisconsin Organization of Nurse Leaders (WONL) to offer this additional arm of WisPAN that focuses on peer support for nurse wellness. We have held the first few pilot meetings, and they have been a great success. We will continue to offer virtual peer support meetings for nurse mental wellness every Wednesday at 7pm central time. What these meetings offer:

- Free, confidential, anonymous, safe space to share
- 5-minute wellness exercise practice that you can take with you
- Peer to peer sharing on topics related to nursing and wellness
- No attendance is taken and there is no obligation to attend, come once or come often
- Free resources offered

Would you or someone you know benefit from talking with other nurses (all nurses would by the way)? We are meeting together to support one another and share ways to build resilience and cope with stressors. All nurses, from student nurses to retired nurses, can benefit from this type of support. We hope you will join us! Email wispan2021@gmail.com for more information or to get the meeting link.



Peer support for
nurse mental wellness
Peer support connections: nurse to nurse



EVERY WEDNESDAY
7:00-8:00 PM CST
VIRTUAL, FREE
CONFIDENTIAL

Open to any nurse who would like to
connect with other nurses. Come to
listen, share, learn, and explore

Contact WisPAN at
wispan2021@gmail.com
for the meeting link
or call 414-376-7002

BROUGHT TO YOU IN PARTNERSHIP WITH:
WisPAN, WLN, WNA, WONL



Wisconsin League
for Nursing

SPRING CONFERENCE

Leveraging Technology to Guide Nursing Practice, Education,
& Professional Development

APRIL 20TH, 2024

Marian University - Fond du Lac, WI

REGISTER TODAY!
www.wisconsinwln.com

AGENDA (4 contact hours awarded)

7:15 - 8:15 AM

Doors & Registration Open - Breakfast Served
Poster Presentations viewing - Exhibitors/Vendor Visits

8:15 - 8:30 AM

Welcome & Announcements

8:30 - 10:00 AM

TRACK A

Standardized Participant Training for Simulation: How to Enhance the Simulation Experience within Your Program

*Beth Stay, MSN, RN, CHSE
Tammy Davis, BSN, RN, NPJ-BC, CHSE
Froedtert & The Medical College of Wisconsin*

TRACK B

Exploring Virtual Reality for Use in Nursing Simulation in Academic & Healthcare Settings

*Mitch Luker, MSN, RN, CHSE
Northeast Wisconsin Technical College*

10:00 - 10:45 AM

Break: View Posters & Exhibitors

10:45 AM - 12:15 PM

TRACK A

Standardized Participant Training for Simulation: How to Enhance the Simulation Experience within Your Program

*Beth Stay, MSN, RN, CHSE
Tammy Davis, BSN, RN, NPJ-BC, CHSE*

TRACK B

Navigating the World of AI for Educators: A Whole New World - Part One

*Lane Sunwall, PhD
UW-Milwaukee - Center for Excellence in Teaching & Learning*

12:15 - 1:00 PM

Lunch Break - View Posters & Exhibitors

1:00 - 2:00 PM

TRACK A

Standardized Participant Training for Simulation: How to Enhance the Simulation Experience within Your Program

*Beth Stay, MSN, RN, CHSE
Tammy Davis, BSN, RN, NPJ-BC, CHSE*

TRACK B

Navigating the World of AI for Educators: A Whole New World - Part 2

*Lane Sunwall, PhD
UW-Milwaukee - Center for Excellence in Teaching & Learning*

2:00 - 3:00 PM

Simulation Center Tour (Optional)

Marian University

3:00 PM

Conference Ends

Bellin College is the provider of nursing contact hours, jointly provided with the Wisconsin League for Nursing

Choose between 2 Track Options for the Conference - Make selection at ticket purchase.

MEET THE PRESENTERS



Beth Stay

*MSN, RN, CHSE
Froedtert & The Medical College of Wisconsin*



Tammy Davis

*BSN, RN, NPJ-BC, CHSE
Froedtert & The Medical College of Wisconsin*



Mitch Luker

*MSN, RN, CHSE
Northeast Wisconsin Technical College*



Lane Sunwall

*PhD
UW - Milwaukee - Center for Excellence in Teaching & Learning*



TREASURER'S REPORT

Katie Weis, DNP, RN, AGCNS-BC

The Wisconsin League for Nursing (WLN) ended its 2023 fiscal year with total net income (surplus) of \$15,667. The organization had a small "operations" loss of about \$3,000; however the value of its investment portfolio rebounded from its prior year decrease with a gain of just under \$18,000 to net the organization its surplus for the year.

To start 2024 the organization has total net assets of just over \$98,000 (about \$25,000 in its bank account with the value of its investment portfolio about \$73,000). With an approved 2024 expense budget of about \$50,000 the organization holds just under 2 full years of its expense budget in net assets/reserves. The WLN is thus in a strong overall financial position relative to its budget size.

Respectfully submitted by,

- **Katie Weis, DNP, RN, AGCNS-BC**
WLN Treasurer

TREASURER'S REPORT:

	<u>Dec 31, 23</u>	<u>Dec 31, 22</u>
ASSETS		
Checking/Savings		
Associated Bank - Operations	24,784.37	26,554.93
DWS Investment Account	73,420.47	55,487.38
Landmark Checking	65.14	560.68
Landmark Savings	5.13	5.13
Total Checking/Savings	<u>98,275.11</u>	<u>82,608.12</u>
TOTAL ASSETS	<u>98,275.11</u>	<u>82,608.12</u>
LIABILITIES & EQUITY		
Equity		
Retained Earnings	82,608.12	99,718.35
Net Income	15,666.99	-17,110.23
Total Equity	<u>98,275.11</u>	<u>82,608.12</u>
TOTAL LIABILITIES & EQUITY	<u>98,275.11</u>	<u>82,608.12</u>

Register Today



SPRING CONFERENCE

*Leveraging Technology to Guide Nursing Practice,
Education, & Professional Development*

April 20, 2024

Marian University

45 S National Ave, Stayer Auditorium, Fond du Lac, WI



Bellin College is the provider of nursing contact hours, jointly provided with the Wisconsin League for Nursing

REGISTER TODAY!

A Very Special Thank You to Our Fall Conference 2023 Sponsors & Exhibitors

Silver Sponsor



Bronze Sponsors



WLN Partners



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



NOMINATIONS COMMITTEE REPORT

Spring ELECTIONS UPDATE:

JOIN A COMMITTEE!

The Nominations Committee will be busy calling member to elicit nominations for Board and Committee positions.

This spring the open positions include:

- PRESIDENT - 2 year term
- PRESIDENT-ELECT - 2 year term then move to President
- MEMBERSHIP DIRECTOR - 3 year term
- PROGRAMS DIRECTOR - 3 year term
- MARKETING DIRECTOR - 3 year term
- FLOAT DIRECTOR x2 - 3 year term
- NOMINATIONS COMMITTEE MEMBERS - 4 positions; 1 year term

We encourage all members to consider serving in a leadership or committee position. These are great opportunities to gain leadership and Board of Directors experience. It also allows you to gain knowledge about all the wonderful programs the WLN offers. Please contact Karen Roberts at kmroberts@marianuniversity.edu if you are interested in any of these positions.



PROGRAM COMMITTEE REPORT

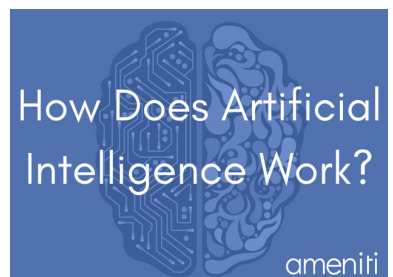
Heidi Monroe, PhD, RN, CAPA, CNE, WLN Program Committee Director

The program committee has been busy in the first couple of months of 2024! We began 2024 with a 3-part webinar series: "Introduction to Artificial Intelligence (AI) in Nursing Practice." These webinars are a precursor to our April 20 in-person conference, "Leveraging Technology to Guide Nursing Practice, Education, & Professional Development". The spring conference will have a poster presentation and offer two different educational activity tracks. One of the tracks will be on standardized participant training and the other track is on virtual reality and artificial intelligence. In addition to these educational offerings for nurses, we are once again offering a free NCLEX review by Mastery NCLEX-RN for nursing students.

Also, mark your calendars for Saturday November 16 for our fall conference, "Leveraging Technology to Guide Nursing Practice, Education, & Professional Development: Part 2". Our keynote

speaker will be the nationally renowned Dr. Pamela Jeffries, presenting on the topic of simulation. Dr. Kristina Thomas-Dreifuerst, nurse researcher and author of the Debriefing for Meaningful Learning (DML) Model, is also presenting. The fall conference will be held at Froedtert Hospital in Milwaukee, WI. More details and information about the fall conference will be coming in the next several weeks.

Lastly, if you are interested in helping plan future WLN conferences, please reach out to me (Heidi Monroe). It does not have to be a huge time commitment. Any amount of help is appreciated!



Source: ameniti.com/blog/how-does-ai-work



**Wisconsin League
for Nursing**

UPDATES

CONTINUED...



**Wisconsin League
for Nursing**
Scholarships



The Wisconsin League for Nursing (WLN) Scholarship Committee is committed to our mission, which is impacting the lifelong learning of nurses in diverse environments. To achieve this goal, 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 Fall conferences and awarded **ONLY** as monies are available.

Currently the WLN has scholarship funds available for students enrolled in all types of nursing programs and for one high school student planning to attend a nursing program. Six one-time scholarships will be awarded in Fall 2024, provided by the very generous support of the Deaconess Alumni Association. The Deaconess Alumni Association President, Ruth Carpenter attended our Fall 2023 conference and presented the awards to scholarship winners. Conference attendees were delighted with Ruth's warm and heartfelt message to not just the awardees, but all the conference attendees as well.

In addition, we are pleased to provide two additional scholarships, one entitled The Ruth Seris Gresley Scholarship which honors the memory of Ruth Seris Gresley who was a beloved nurse educator for over 45 years. Ruth was passionate about nursing and successfully taught at all levels of nursing education. John Gresley, Ruth's husband, was able to be virtually present to award the scholarship at our Fall 2023 conference. Through the generous donations of John Gresley and others who loved and respected Ruth the Ruth Seris Gresley Scholarship Fund has a balance of \$13,143.43 managed by the Waukesha County Community Foundation (WCCF). The WLN organization sponsors the Nursing Heroes Scholarship to honor Wisconsin Nurse Educators who died due to COVID-19. This fund is also managed by the WCCF and currently has a balance of \$3,862.29. The WLN is actively requesting donations in order to assist the fund to become self-sustaining.

Scholarship Application Deadlines

We will be accepting new scholarship applications starting in August. If you are interested (or know someone who might be interested) please go to the WLN website and scroll down on the left side of the screen to the Scholarships link for scholarship criteria, updates and opportunities. Applications for scholarships must be made online through the WLN website. If you have further questions or encounter problems with the website, please contact Dr. Christine Laurent at cplarent58@marianuniversity.edu

Congratulations to the 2023 Scholarship Winners!

Emmalyn Koboski
University of Wisconsin-Eau Claire

Jammie Burt
Midstate Technical College

Katelyn White
Fox Valley Technical College

Chloe Kennedy-Abdella
Chippewa Valley Technical College

Maria Lisowe
University of Wisconsin-Green Bay

Amber Madden
Lakeshore Technical College

Kate Ledegar
Viterbo University

Allison Bertrand
University of Wisconsin-Stevens Point

Shanon Brickner
University of Wisconsin-Milwaukee

Erin Kupkovits
Alverno College




**Wisconsin League
for Nursing**
UPDATES CONTINUED...


MARKETING UPDATE

Marketing is going well with Constant Contact, which is the email marketing and digital marketing platform that helps to create the effective email campaigns and scheduling. It allows the creation of new email flyers and tweak old messages. Email lists are being worked on to identify current and active emails and remove those that are not current.

It is working well to assist with development of messages and scheduling the upcoming events:

- WisPAN Peer Support Sessions that occur every Wednesday evening.
- Past Chat GPT Webinars #1 and #2
- Chat GPT Webinar #3 in March
- Call for Posters for April Con
- NCLEX Review for April Conf
- Sponsor and Vendor Recruitment for the Spring Conference

I am becoming more familiar with the system and Marijo is helping me to stay caught up with all the email lists and the need to get word out regarding all upcoming events. If anyone has any new marketing ideas, please feel free to reach out to me.

I also was present with an exhibit table at the WNA's Nurse's Day at the Capitol. More than 1,000 Nurses were present and there was a lot of traffic and many flyers for the upcoming spring conference were distributed.

Best,
Lynn Murphy DNP, APRN, APNP, CPNP-PC
Bellin College

SAVE THE DATE



2024 FALL CONFERENCE



November 16
2024



Froederdt Hospital
900 N 92nd St, Milwaukee, WI 53226



8:00 AM to
4:00 PM

Keynote Speakers:



**Dr. Kristina
Thomas Dreifeurst**



Dr. Pamela Jeffries



**Wisconsin League
for Nursing**

UPDATES CONTINUED...

DAISY UPDATES

The DAISY Nurse Leader Award for Nurse Clinical Educators (DNLANCE) has completed a three-year pilot program. As a result of the innovative and forward-thinking work of nurse leaders from several State Leagues of Nursing (Wisconsin, New Jersey, Arizona, and Ohio) the DAISY Foundation developed and approved a new award, The DAISY Award for Extraordinary Nurse Educators. The new award recognizes the role nurse educators in both academic and clinical settings play in forming and influencing compassionate nurses across a wide spectrum of settings. It is an honor to carry forward the original vision of the DNLANCE as we continue to support nurse educators with meaningful recognition through the DAISY Award for Extraordinary Nurse Educators.

Congratulations to our 2023 Honorees!



SARAH CAELWAERTS
BSN, RN
Bellin College



BETH STAY
BSN, RN, CHSE
*Froedtert & the Medical
College of Wisconsin*



HEATHER RITTER
BSN, RN, ONC
*Froedtert & the Medical
College of Wisconsin*



EMILY TETZLAFF
BSN, RN, CAPA
*84 South Advocate Aurora
Ambulatory Surgery Center*

2023 Nominees

Janice Lastovich
Marshfield Medical Center

Katelyn Zietlow
Advocate Health

Melissa Pilachowski
Advocate Health

Julie Sommer
Waukesha County Technical College

Alicia Burgess
Advocate Aurora Health

Kaitlin Kastern
Froedtert Hospital

Jennifer Becker-Manthey
UW-Oshkosh

Kaitlin Peterson
Herzing University

Alyssa Jordan
Aurora Medical Center Sheboygan County

Karin Stefancic
Froedtert Hospital

Jill Saxton
UW-Milwaukee

Sarah Bichler
Froedtert Hospital

Melinda Thompson
SSM St. Mary's - Madison

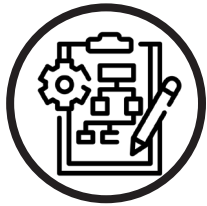
Melanie Krueger
Froedtert Hospital

Jessica Rotier
UW-Milwaukee



HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES



**Wisconsin League
for Nursing**
UPDATES CONTINUED...


STRATEGIC PLANNING

The NLN is changing the affiliation structure with all Constituent Leagues (CL). A new alignment agreement is underway between state leagues (formerly known as constituent leagues) and the NLN. With any new change, the opportunity for growth and positive outcomes emerges. The state leagues are collaborating together with strategies for ongoing communication and networking, which sadly was lacking in the prior CL structure. A new

WLN logo will be forthcoming, as the current logo with the NLN prominently displayed will no longer be allowed. All state leagues will likely be adopting a new, consistent logo. The WLN bylaws will be updated, reflecting the drop from constituent league status to that of alignment with the goals of the NLN. Lastly, the NLN shared minimal revenue funds (roughly 2% of annual WLN income) which has ceased as of 2024.

The WLN board of directors and committee members will be meeting in June 2024 for an in person retreat to update the bylaws. Any interested WLN member is welcome to join us.

Elsewhere in the newsletter, additional information is reported about changes with the DAISY Award the WLN developed. The DAISY leadership team from the WLN meets regularly with members from the New Jersey League for Nursing, Arizona League for Nursing, and Ohio League for Nursing as we move forward each year with the DAISY clinical nurse educator award. Changes from the DAISY Foundation moved us all ahead with the end of our three-year pilot program and on to new pathways for meaningful recognition of clinical nurse educators. The team continues to meet throughout the year to develop a statewide Wisconsin League for Nursing DAISY Award for Extraordinary Nurse Educators (DAENE). We will continue to promote and offer the newly named DAISY Award for Extraordinary Nurse Educators, formerly known as the DAISY Nurse Leader Award for Nursing Clinical Educators (DNLANCE).



SPRING CONFERENCE

*Leveraging Technology to Guide Nursing Practice,
Education, & Professional Development*

April 20, 2024

Marian University

45 S National Ave, Stayer Auditorium, Fond du Lac, WI



REGISTER TODAY!





Volunteer at Camp



Camp Odayin is seeking cabin counselors and nurses for five days of fun at overnight camp for children with heart disease.

At our medically-staffed camps in Minnesota and Wisconsin, Camp Odayin provides opportunities for children with heart disease to build connections and try new things.

Kids Play. Worries Rest. Fun Happens.

www.campodayin.org



HOW YOU BENEFIT:

- Friendships with amazing campers and volunteers
- Time outside at a beautiful lakefront camp
- Training, personal growth, and mentoring experience
- The joy of providing kids with heart disease a sense of belonging and fun
- Up to \$300 in travel reimbursement for expenses to get to camp from afar



WHAT YOU DO:

Each cabin of 7-9 campers is supported by two cabin counselors and a nurse. Nurses distribute medications and provide first aid as needed. All volunteers:

- Encourage campers and are positive role models
- Participate in activities with campers
- Build connections and have a ton of fun
- Prioritize the needs and experiences of their campers
- Work as a team to ensure camper safety

CAMP DATES:

Elkhorn, WI

June 24-28 (grades 1-11)

Staff Training: June 23

Crosslake, MN

July 15-19 (grades 6-8)

July 22-26 (grades 1-6)

July 29-Aug 2 (grades 9-11)

Staff Training: July 14



HOW YOU'RE PREPARED:

Volunteers receive resources and training, including:

- Medical orientation to support children with heart disease
- Strategies for listening to kids effectively and encouraging growth
- Methods for fostering diversity, acceptance and inclusion

VOLUNTEERS MUST:

- Be 20 years of age or older (by the 1st day of camp)
- Nurses must have a LPN, RN, or NP license
- Believe in creating inclusive, welcoming settings for all
- Find joy in working with youth
- Possess communication skills, maturity, and patience
- Have the enthusiasm and endurance to supervise campers at all times



HOW TO APPLY:

www.campodayin.org/apply



Contact Alison Boerner at alison@campodayin.org or 651.351.9185 with questions

COMMITMENT TO EQUITY & DIVERSITY:

Camp Odayin welcomes people of any race, color, creed, religion, national origin, gender identity and expression, sexual orientation, or socioeconomic status.

We are excited to receive applications from a broad spectrum of individuals.

NEW PERSPECTIVES

Betty McManus, WLN Inspirational Author

In WLN's last newsletter, this column's focus was on paying attention to the miracles around us – becoming "**FOND**" of life (**F**ind **O**ne **N**ew **D**etail) – spending 60 seconds living in the moment to reduce stress. Sometimes Finding One New Detail to marvel over means looking at life from a different perspective. Even changing one word can make a difference. For instance:

**I'm stuck at home... or
I'm safe at home.**

**I have to... or
I get to...**

It's all about perspective. Comedian George Carlin says, "Some people see the glass half full. Others see it half empty. I see a glass that's twice as big as it needs to be."



My own personal perspective is that while some see a glass half full and others see it half empty, I say who cares! It's refillable!

With the idea of using the **FOND** method bearing in mind the chance to change perspective, what will you examine today? What detail that you never noticed before will come to light? As you ponder, try any or all of these tips to help you live in the moment.

- Focus on your breathing. (Breathe in slowly, breathe out slowly. Repeat x3.)
- Remember thoughts are just thoughts – and you are in control of your thoughts.
- Learn to let go of your thoughts... and of those things you cannot change.
- Strive to develop your awareness and your concentration.
- Keep bringing your attention back to the living thing you are studying.
- Remember that living in the present is not always easy and can take time.
- Be gentle with yourself – all things take practice.

May your days be full of wonder and new perspectives; may you notice new marvels you've never seen before.

BOARD OF DIRECTORS

PRESIDENT

Marijo Rommelfaenger

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Catherine Schmitt

DIRECTOR: MARKETING

Lynn Murphy

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Diane Vanderlin

DIRECTOR: MEMBERSHIP

Liesette Rendell

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Sireen Jaber
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Vicki Swaney
Diane Vanderlin
Lynn Murphy
Terri Kaul
Kathleen Blumreich (student nurse rep)
Lisa Schmidt
April Folgert

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Teri Kaul
Norman Brooks
Heidi Monroe, Program Director
Lynn Murphy, Marketing Director
Liesette Rendell, Membership Director

ACKNOWLEDGMENTS

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CONTRIBUTORS:

Betty McManus

Questions and comments for the next newsletter can be submitted [HERE!](#)