

# The Alaska Nurse AaNA



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Community  
Outreach

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**AUTHOR GUIDELINES FOR THE ALASKA NURSE:** The Editorial Committee welcomes original articles for publication. Preference is given to nursing and health-related topics in Alaska. Authors are not required to be members of the AaNA. There is no limit on article length. Include names and applicable credentials of all authors. Articles should be Microsoft Word documents. Photos are encouraged and should be high resolution. Please include captions and photo credits at time of submission. All content submitted to The Alaska Nurse becomes property of the Alaska Nurses Association. Submit all content by email to [Gen@aknurse.org](mailto:Gen@aknurse.org).



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To update your address, contact AaNA:  
Phone: 907.274.0827

Email: [aknurse@aknurse.org](mailto:aknurse@aknurse.org)

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## From our President



As we bring in 2024, I would like to introduce myself, my name is Shannon Davenport and I am your new AaNA President. I began as an associate degree nurse at UAA and have since attained my BSN, MSN and am working towards my PH.D in nursing. I am a peroperative nurse at Creekside Surgery Center in Providence and a certified Hospice nurse. When I am not working, I like to compete in Strongwoman competitions, volunteer with my teenage daughter, wrangle my 150lb puppies for runs, and occasionally sleep. I am grateful to Jane Erickson, our former president, for mentoring me as I enter into this new position and for all the work she has done and will continue to do. I can't wait to see what the year brings and how we can make a difference in the lives of nurses and the communities we serve.

This issue of the AK Nurse focuses on Community Outreach and how we as nurses fill many roles to meet our communities' needs. As a Hospice nurse, I interact with patients and their families in the transition from life to death while ensuring the rights and wishes of my patient are upheld throughout the process. As a faith-

based nurse, I utilize my nursing skills to care for those in my church and community through health fairs, vital signs check, and grief support groups. From the hospital bedside to home health, the nurse role goes beyond science and into the heart of nursing. We're human compassion and kindness towards our fellow humans can mean more than any medical procedure can. We will look at our affiliations in the AFL-CIO and AFT to see what new legislative and union issues are affecting nurses and how we can fight for change both in and out of the hospital setting. Look to our website and calendar of events for upcoming Tuesday Talks, Volunteer Opportunities, and Meetings you may be interested in attending. I am always open to meet for a cup of coffee and a chat, so please contact me at any time.

Stay Warm and Safe,

*Shannon J. Davenport*

Shannon J. Davenport, BSN, MSN, RN  
President, Alaska Nurses Association





A Union of Professionals

## AFT Nurses and Health Professionals News Roundup

### ABOUT AFT

AFT is a union of 1.7 million professionals that champions fairness, democracy, economic opportunity, and high-quality public education, healthcare and public services for our students, our families and our communities. AFT is the national affiliate of the Alaska Nurses Association.



### LONG-TERM CARE NURSES IN NEW JERSEY TRIUMPH IN UNION WIN

For two decades, Lisa Tshetu found joy in her work at The Harborage, a 245-bed long-term nursing care facility in North Bergen, New Jersey. For Tshetu, it was more than a job; it was a tight-knit family. However, the dynamics shifted when Complete Care took over. Tshetu and her fellow nurses felt the impact of insufficient staffing and a lack of respect from the new employer, and it sparked a need for change; they ultimately decided to organize and form a union. In December 2023, nearly 50 registered nurses and licensed practical nurses at Harborage voted to join Health Professionals and Allied Employees, AFT Local 5097.

SEE HOW NURSES CAME TOGETHER: [www.aft.org/news/long-term-care-nurses-new-jersey-triumph-union-win](http://www.aft.org/news/long-term-care-nurses-new-jersey-triumph-union-win)



### CREATING OPPORTUNITY AND BRIDGING DIVIDES

In her latest column, AFT President Randi Weingarten focuses on the opportunities created by great career and technical education programs. She points out that programs like CTE—which help people have a better life and feel more hopeful, connected and secure—not only benefit individuals but also can help heal the country's divisions. Giving students access to experiential learning like CTE is a powerful way to address many of our kids' and our country's greatest challenges.

LEARN MORE ABOUT CTE: [www.aft.org/column/creating-opportunity-and-bridging-divides](http://www.aft.org/column/creating-opportunity-and-bridging-divides)



### 2023 FINISHES AS RECORD YEAR IN UNION ORGANIZING

The Bureau of Labor Statistics released its annual report in January, citing membership growth in the union movement overall. This includes the AFT, which

organized 89 new units in 2023. "Working people remain clear that union membership lines the pathway to the middle class and a better life for families and communities," says AFT President Randi Weingarten, "which is why young workers, workers of color and professional workers all signed more union cards last year. The difference for them is clear: 900,000 workers in unions got raises last year, and workers in unions made, on average, 11.4 percent more than non-unionized workers."

CHECK OUT THE NEW REPORT: [www.aft.org/press-release/light-bls-union-density-numbers-aft-president-randi-weingarten-highlights-record-year](http://www.aft.org/press-release/light-bls-union-density-numbers-aft-president-randi-weingarten-highlights-record-year)

The United States gained **135,000 new union members** in 2023.

Source: Bureau of Labor Statistics



employees—and they'll tell you that increased stress, trauma and anxiety are a part of their daily lives," says AFT President Randi Weingarten. "As their union, the AFT wants to make it easier for the people who care for our students, our patients, and our communities to get help when they need it, too."

GET THE SUPPORT YOU NEED: [www.talkspace.com/partners/aft](http://www.talkspace.com/partners/aft)

### 600 REHABILITATION PROFESSIONALS CERTIFY UNITED MICHIGAN MEDICINE ALLIED PROFESSIONALS AS THEIR UNION

More than 600 patient rehabilitation professionals at the University of Michigan are officially part of the AFT family, certifying the United Michigan Medicine Allied Professionals as their union. The healthcare professionals, including physical therapists, occupational therapists and audiologists, joined the union to improve patient care and secure safe working conditions and good wages for workers across the healthcare system.

READ ABOUT THEIR NEW UNION: [www.michigandaily.com/news/administration/600-mich-rehabilitation-professionals-certify-ummap-as-their-union/](http://www.michigandaily.com/news/administration/600-mich-rehabilitation-professionals-certify-ummap-as-their-union/)

### CELEBRATING CODE RED SUCCESS

AFT nurses and health professionals gathered at their professional issues conference in Baltimore Nov. 16-18. During three days of workshops, panels and vibrant discussions, the AFT's conference became a stage for change. From the success of the Code Red campaign to the strategies for legislative advocacy, the

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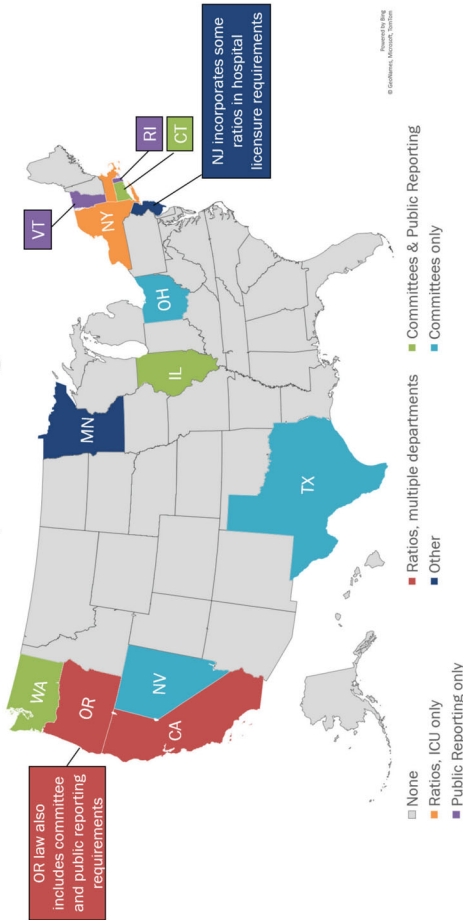




## State Approaches to Safe Staffing

August 2023

### State Hospital Staffing Laws



conference highlighted the resilience, determination and unity of healthcare professionals fighting for a better, safer future.

**TAKE A LOOK AT THE CONFERENCE HIGHLIGHTS:**  
[www.aft.org/news/afts-healthcare-professional-issues-conference-celebrates-code-red-success](http://www.aft.org/news/afts-healthcare-professional-issues-conference-celebrates-code-red-success)

### ATTEND A VIRTUAL STUDENT DEBT CLINIC

Is your New Year's resolution to manage your

student debt? Do you have questions about how to do it? Check out AFT's virtual student debt clinics. Student debt clinics provide AFT members with information on how student debt relief programs work, the necessary steps to take to qualify for these programs, resources to support them through the process, and best practices to make sure they are maximizing the benefits available to them.

**SIGN UP FOR A CLINIC:** [www.aft.org/student-debt-clinics](http://www.aft.org/student-debt-clinics)

### AFT+ Member Benefits

AANA union members have access to a rich array of discounts, services, and benefits that go beyond the workplace. Benefits include exclusive financial products, trauma counseling, pet insurance, scholarships, and savings on travel, computers, prescriptions, cell phone service, and so much more!

Explore your benefits at [www.aft.org/member-benefits](http://www.aft.org/member-benefits)

# EMBRACING THE HEART OF A NURSE EDUCATOR

## A Personal Journey of Empathy, Empowerment and Cultural Safety



By Ammie Tremblay

Embarking on the path of a nursing educator as a nursing professional career, has been a deeply personal and fulfilling journey. Beyond the classroom, my motivation revolves around forming genuine connections, inspiring students, and planting seeds of empowerment and cultural safety that resonate through our community in Alaska.

Let me share a bit about my journey into becoming a nurse educator in Alaska. When I arrived in 2011, I was new to nursing education and the role of a nurse educator. I had incredible mentors such as Dr. Pat, Gail, Judy, Tom, Marianne, Shelly, Cyndi, Heather, and Jill—individuals who were instrumental in guiding me as I embraced my newfound passion for educating nurses.

If you had me as your professor, I was there for the basics—the vital signs, health assessment, saying hello, and assisting with that first IV. I stood by you during your OB experience, which you might have initially thought you wouldn't enjoy but discovered to be your passion. I joined you in exploring our community and all it had to offer—just a few moments we shared on your nursing journey if you were my student.

Moreover, I was there to encourage you to persevere, regardless of the hurdles. I wanted to be in your corner, providing support and motivation as you embarked on your path in the nursing profession. Now, when I encounter some of you in the community, I want to smile and say hello, celebrating your accomplishments in your nursing careers. The memories and moments we shared during your journey are not forgotten by me; they are a part of me, shaping my continued efforts to teach and guide nursing students in their professional practice.

When I drive through the U Med District and visit various parts of Alaska, I sometimes feel a unique joy as I encounter nurses who've been part of my life—colleagues, friends, and former students from the various places I have taught and worked with as a nurse educator and maternal health nurse. Being part of their nursing journey creates immeasurable joy, forming bonds

beyond the classroom.

As a nursing educator, it's about more than imparting knowledge; it's forming bonds with students sharing similar aspirations. Witnessing their transformation from eager learners to confident nursing graduates that fills me with immense joy and a sense of pride. The nursing program where I currently work, Alaska Pacific University, takes pride in understanding each student personally and offering guidance tailored to their unique dreams, learning styles, and motivations on their journey to becoming nursing professionals.

The stories from my students fuel my passion. Each dream they share, every aspiration they hold, inspires me to continue to guide them through their educational journey. Witnessing them become dedicated nursing professionals' post-graduation is a testament to the impactful role educators play in shaping the future of nursing.

The Alaska and the U Med District isn't just a physical space; it's a thriving landscape for nursing professionals. As an educator, my role extends beyond teaching nursing skills and health assessment. I help to guide students to create connections, develop therapeutic nurse-patient relationships, understand ethical dilemmas, and foster critical thinking, encouraging them to be ethical and compassionate professionals.

In the ever-evolving field of nursing, being a nurse educator is a commitment to lifelong learning. Staying abreast of the latest research ensures that my teaching remains relevant and captivating—a journey of discovery that keeps the field of nursing interesting for both me and my students.

Active practice of collaboration, empathy, and cultural safety is the cornerstone at the Alaska Pacific University Nursing Program. We don't just expect these qualities; we actively practice and embrace them. I work with some of the most gifted and amazing nurse educators. Being a part of their journeys and sharing in their dreams, has been a motivation for me to be open to their ideas while building the new RN program at APU.



# 2023 General Assembly Resolutions

The 2023 General Assembly Resolutions are issues identified by the organization and members as paramount to nursing. These resolutions encompass areas of legislation, health and safety, professional practice, continuing education, editorial, and the Labor program. Below is a list of the current resolutions and committees assigned to facilitate the work needed to make change happen. To attend these committee meetings, please contact the AaNA office at 907.274.0827 or contact committee chairs online at our website, [www.aknurse.org](http://www.aknurse.org)

## LIST OF COMMITTEES AND CHAIRS

Legislative- Sara Massmann and Shannon Davenport  
Health and Safety- Stacey Sever  
Professional Practice- Beth Farnstrom  
Editorial- Donna Philips and Shannon Davenport  
Continuing Education- Angella Trujillo  
Labor Program- Terra Cosgrove and Donna Phillips

## RESOLUTION 2023-1

**Support Increasing Nurses Awareness of the Unhoused Population and Health Risks Associated with being Unhoused**  
The Alaska Nurses Association, **THEREFORE, RESOLVES**, to increase awareness and advocacy of the unhoused population in Alaska and the health risks associated with being unhoused, as appropriate, through publication of articles in The Alaska Nurse, and information disseminated during continuing education events. Such efforts show registered nurse advocacy for the health of all people of Alaska.  
AaNA committee assignment: CE, Health & Safety, Legislative & Editorial

## RESOLUTION 2023-2

**Attending the Alaska State Board of Nursing Meetings**  
**BE IT RESOLVED** that a professional practice committee representative will continue to attend the Alaska State Board of Nursing quarterly Board meetings and will report back to the AaNA Board of Directors the activity of the state board that impacts the Alaska nursing profession.  
**BE IT FURTHER RESOLVED**, the AaNA will continue to provide support to our AaNA members who have questions about nursing practice issues.

**THEREFORE, BE IT FURTHER RESOLVED**, the AaNA is available to work with the Alaska Board of Nursing.  
AaNA committee assignment: Professional Practice & Legislative

## RESOLUTION 2023-3

**Commit to Supporting Licensed Practical Nurses (LPNs), Registered Nurses and Advanced Practice Registered Nurses in Increasing Awareness of Naloxone in the Reversal of Overdose from Opioids and the Availability of Naloxone in Alaska**

**BE IT RESOLVED** that the Alaska Nurses Association commits to support LPNs, registered nurses, and advanced practice registered nurses in increasing awareness to patients and the public of naloxone in the reversal of overdose from opioids and the availability of naloxone to individuals in Alaska.

**THEREFORE, BE IT RESOLVED** that the Alaska Nurses Association commits to increase the awareness of naloxone in the reversal of overdose from opioids and the availability of naloxone to individuals in Alaska, as appropriate, through articles published in The Alaska Nurse, information dissemination via electronic media, webinars, and continuing education events. Such efforts demonstrate nurse advocacy for the health of all the people of the great State of Alaska and beyond.  
AaNA committee assignment: Legislative, Health & Safety & CE

## RESOLUTION 2023-4

**Affirming Opposition to Nurse Licensure Compact Legislation in Alaska**  
**BE IT RESOLVED**, the Alaska Nurses Association affirms our position that licensure for nurses working in Alaska should be under the jurisdiction of the Alaska Board of Nursing; and

**THEREFORE, BE IT FURTHER RESOLVED**, AaNA affirms our unequivocal opposition to Nurse Licensure Compact legislation in the state of Alaska; and  
**THEREFORE, BE IT FURTHER RESOLVED**, AaNA will intensify our efforts to educate Alaskan nurses, legislators, and the public on the dangers of joining the Nurse Licensure Compact and will mobilize our members in opposition to Nurse Licensure Compact legislation in Alaska.  
AaNA committee assignment: Legislative & Professional Practice

## RESOLUTION 2023-5

**Participating in AFT's Code Red Campaign**  
**THEREFORE, BE IT RESOLVED**, the Alaska Nurses Association actively participate and support the AFT's Campaign Code Red: Understaffing = Patient Care Crisis.  
**THEREFORE, BE IT FURTHER RESOLVED**, the AaNA will work to educate Alaska's student nurses about the

AFT Code Red campaign. **THEREFORE, BE IT FURTHER RESOLVED**, the AaNA will advocate for safe staffing legislation.

AaNA committee assignment: Legislative, Health & Safety & Labor Program

## RESOLUTION 2023-6

**Establishing a Union Nurse Retiree Program**

**BE IT RESOLVED** that AaNA Labor Program will reach out to union nurse retirees to engage their participation with AaNA by establishing a group of union retirees who are willing to participate in all activities afforded them, further benefiting our association, communities, and AaNA members' workplaces.

**BE IT FURTHER RESOLVED**, that through this journey of engaging with our retirees AaNA will continue to honor the many years of service to our patients, of nurse advocacy, promoting education, and mentoring that retirees have provided to our nursing communities.  
AaNA committee assignment: Labor Program & Membership

*For information on how to participate in the NEW Union nurse RETIREE program, email [donna@aknurse.org](mailto:donna@aknurse.org) or call 907.830.5333*

# JOIN AaNA

AKNURSE.ORG/MEMBER-CENTER



## **BECOME PART OF OUR COMMUNITY**

- Nurse-driven, Nurse-run, Nurse-focused
- Exclusive member benefits
- Make a difference for our profession
- Tools & connections to elevate your career
- Membership options for all nurses & students

CONTINUED FROM PAGE 7

As a collaborative team, we create a learning space where communication, cultural safety and collaboration is a lived experience.

My commitment extends to creating a community of empowered nurses who actively practice collaboration, confidence, compassion, empathy, and cultural safety. Driving through the U Med District and traveling throughout Alaska, I envision a future where nurses have ownership, autonomy, and a seat at the table in shaping healthcare policy, fostering inclusivity, empathy, competence, compassion, and cultural safety.

In the face of policy decisions made by non-nurses, my role as a nurse educator becomes a platform to amplify nurse voices. "We can do Hard Things," Glennon Doyle,

as one of my students wisely said, and it resonates. Nurses' voices need our support to actively champion safe, compassionate, empathetic, collaborative, and culturally safe future nursing professionals in Alaska.

In the tapestry of Alaska, I am not just an educator; I am part of a community, a mentor, and a nurse who believes in the power of everyone to make a difference. I cannot do this without the amazing team I work with every day at Alaska Pacific University and those who came before them that guided and supported me along the way. Thank you to all. It's a journey of inspiration, impact, empowerment, and the active practice of empathy and cultural safety—shaping the future of nursing one nurse at a time.



# THE NURSE ADVOCATE

By Zingre E. Veenstra, J.D., RN, BSN  
(attorney with Cashion, Gilmore & Lindernuth)



As a nurse attorney, my primary role is advocacy. I am deeply committed to supporting and defending the rights of fellow nurses who are in the midst of legal challenges involving their professional licenses. My education and background in nursing, in combination with my legal training and experience, provide me with a unique perspective, enabling me to understand and navigate the complexities of both the medical and legal aspects of a situation.

A crucial part of my job involves educating and supporting my clients. For many healthcare providers, a complaint or malpractice allegation against their license presents one of the most stressful and confusing experiences of their professional career. As a nurse attorney, it is my privilege to help my colleagues navigate the legal challenges they face by presenting clear options and guidance for moving forward. I assist in drafting responses to licensing complaints or malpractice allegations, and act as an intermediary between nurses and opposing parties. I strive to alleviate the stress and confusion of legal proceedings, enabling my clients to concentrate on their vital roles in healthcare.

In addition to addressing licensing complaints and malpractice issues, I play a pivotal role in negotiating employment contracts and handling contract disputes on

behalf of nurses. Contract negotiation involves advocating for the most favorable terms, as well as ensuring that agreed upon contractual rights are upheld. By leveraging my dual expertise in nursing and law, I can effectively navigate the intricacies of these negotiations and empower nurses to secure agreements that align with their professional goals and protect their contractual rights.

My role as a nurse attorney impacts the nursing profession in ways that extend beyond individual legal cases and help shape the legal landscape of the nursing field in Alaska. Through my active involvement in legal advocacy, I influence the development of policies, regulations, and case law that affect the entire nursing community. My involvement in addressing licensing complaints, malpractice issues, and contract negotiations not only safeguards the rights of individual nurses but also helps establish a legal precedent within the nursing profession as a whole.

Throughout my career as a nurse attorney, I have found the words of Judge Albright to be true: "if you love what you do, you will try every day to channel your passion for what you do into the way that you do it." This simple truth shapes my practice. Representing my fellow nurses is both a joy and a privilege, and I firmly believe that passion is the key to achieving excellence.

# HOSPICE CARE

By: Shannon Davenport, BSN, MSN, RN  
Certified Hospice RN

FEAR. A four-letter word that every nurse knows and encounters on a daily basis. Eleanor Roosevelt once said, "You gain strength, courage, and confidence by every experience in which you really stop to look-fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along. You must do the thing you think you cannot not do'". As nurses, we make decisions every day that impact the care we provide to individuals, while inside our hearts are racing and our minds are second guessing every step we make because we know that one wrong move can mean life or death. "We deal with the fear by looking it in straight in the eye and saying," not today, not this time" and persevering with all the courage and dedication we have within ourselves. Fear is a reminder that we are all infallible beings and to respect what it stands for while not allowing it to have power over us. My journey into nursing would begin with overcoming fear, accepting the past, and giving others the ability to find peace with the choices they have made.

I was never supposed to be a nurse. My dream was to be a veterinarian who would work in a zoo brushing tiger's teeth and cuddling with penguins all day but life had other plans for me. In 2005, I received a phone call that would set me on the path to trading one dream for another. My father in law was diagnosed with stage 4 liver cancer and after a plethora of tests and treatments it was decided that he would go home on hospice. I was asked to help care for him in the final two months of his life which would become a pivotal moment in my journey to becoming a nurse. The night he passed I can remember how quiet the house was except for the ticking of the clock and the exhale of the oxygen concentrator. As I began talking to him about the events to come, holding his hand in mine, I felt a slight squeeze on my fingertips and looked up to see him take his last breath before finally succumbing to the pain free peace that death had to offer. In the ensuing days after his

death, the only instances I can recall are a blur of images and a barrage of emotions except for a single memory; he and I sitting on the bed and my father in law asking me why I did not choose to become a nurse when I had done so much to make his last few days ones of comfort and caring? I had no answer to this question and it would not be until the loss of my daughter that clarity would come.

I have had the pleasure to work in various aspects in nursing; including being a pediatric nurse where being a good card player especially at go fish is a mandatory job requirement, a psychiatric nurse that can never be too careful where she sits because you may sit on an angel by accident, to pursuing a doctorate degree in nursing because more school is always a good thing. It has been my role as a hospice nurse that has shown me what human connection and empathy truly mean. Being invited into a person's home and having the honor of being a part of their last moments on this earth is the greatest privilege I have received as a nurse. To know that you can possibly ease another's suffering just by being present is an insurmountable gift and I am thankful that I was given the opportunity to be there for every individual and their family that I have met. A simple act of holding a hand, being a shoulder to cry on, and even just a listening ear is not something they teach us in nursing school but a skill we learn from the remarkable nurses we are mentored by, the patients we care for, and even the strangers we come into contact with by chance. Nursing is not for the faint of heart, we are the voice for those who can't speak, we are the warriors for the those who can't fight for themselves, we are the front line and the last defense when it comes to our patients' rights. We are nurses, we stand united for those who came before us and those who will follow in our footsteps.

# UNLOCKING BETTER HEALTH

## The Power of Correctional Nursing

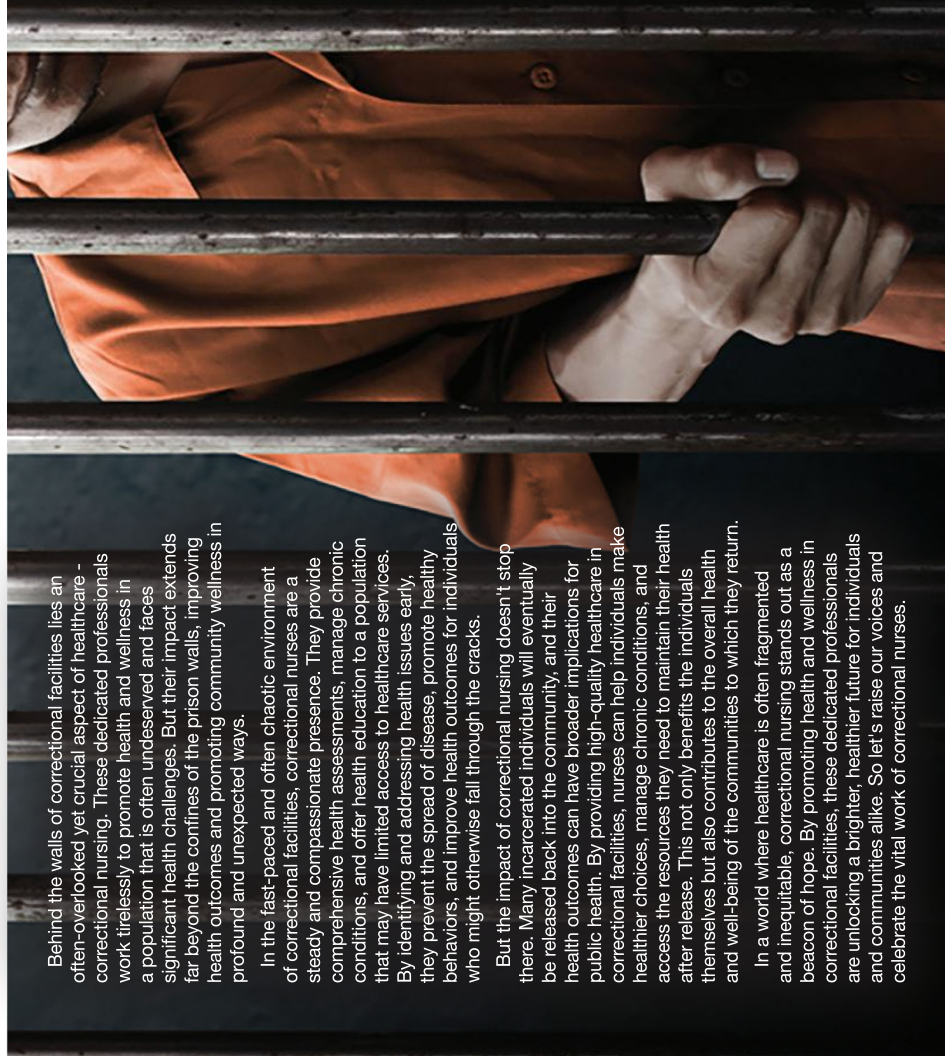
By: Madiran Shirley, Corrections Nurse 4  
Alaska Department of Corrections

Behind the walls of correctional facilities lies an often-overlooked yet crucial aspect of healthcare - correctional nursing. These dedicated professionals work tirelessly to promote health and wellness in a population that is often underserved and faces significant health challenges. But their impact extends far beyond the confines of the prison walls, improving health outcomes and promoting community wellness in profound and unexpected ways.

In the fast-paced and often chaotic environment of correctional facilities, correctional nurses are a steady and compassionate presence. They provide comprehensive health assessments, manage chronic conditions, and offer health education to a population that may have limited access to healthcare services. By identifying and addressing health issues early, they prevent the spread of disease, promote healthy behaviors, and improve health outcomes for individuals who might otherwise fall through the cracks.

But the impact of correctional nursing doesn't stop there. Many incarcerated individuals will eventually be released back into the community, and their health outcomes can have broader implications for public health. By providing high-quality healthcare in correctional facilities, nurses can help individuals make healthier choices, manage chronic conditions, and access the resources they need to maintain their health after release. This not only benefits the individuals themselves but also contributes to the overall health and well-being of the communities to which they return.

In a world where healthcare is often fragmented and inequitable, correctional nursing stands out as a beacon of hope. By promoting health and wellness in correctional facilities, these dedicated professionals are unlocking a brighter, healthier future for individuals and communities alike. So let's raise our voices and celebrate the vital work of correctional nurses.



# SCHOOL NURSES

## MORE IMPORTANT THAN EVER FOR ALASKA'S STUDENTS

By: Nancy Bale, BSN, NBCSN

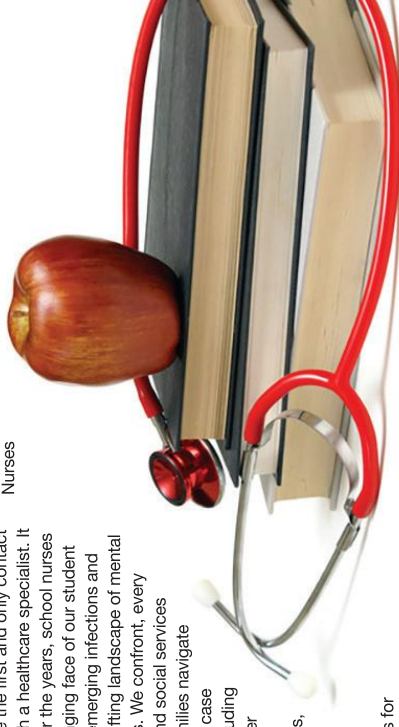
Becoming a school nurse was the most fortunate professional decision I ever made. Helping school children to understand and manage their health, to deal with scary and uncomfortable situations, and to navigate the path toward adulthood - this work is fulfilling and satisfying in countless, unexpected ways. I have been fortunate to work in a district that appreciates nurses as professionals and is committed to a one nurse-one school philosophy. I am aware that there are places in Alaska where a professional school nurse is not present every day, all day. As budgets become tighter and our legislature's commitment to education funding fades, this problem will worsen.

Not only is this a problem for us nurses, it's a problem for Alaska's school kids. School nurses are at the front lines of health care and may be the first and only contact some school children have with a healthcare specialist. It isn't just about band aids. Over the years, school nurses have evolved to meet the changing face of our student populations, the challenge of emerging infections and chronic conditions, and the shifting landscape of mental and emotional health concerns. We confront, every day, an overwhelmed health and social services system, and try to help our families navigate it as smoothly as possible. We case manage for every student, including newly arrived immigrants, foster kids whose homes change often or who become homeless, or students in and out of corrections. It's a whole new landscape out there. We are a vital link in making connections for our students, along with counselors, social workers, teachers, paraprofessionals, administrators, and special education specialists. It truly takes a village, and our role is key.

School nurses are professionals, constantly learning and gaining skills to advance our care. We all had

to learn, fast, how to manage Covid in our schools, how to advise nervous staff and parents, and how to interpret symptoms. We all had to learn how to help save a life, with narcan, with epinephrine, with seizure interventions, with CPR, with just, plain, quick thinking. We all work to stay current on the latest technologies to manage diabetes. Some of us have moved forward to obtain master's and doctorate degrees, with projects that explore how to give better and more inclusive care. Some of us advocate for legislation that will help kids.

It is my hope that our leaders, be they legislators or school board members, will continue to support our students' health and well-being by fully funding education and recognizing the importance of school nurses. Our professional organization, Alaska School Nurses



Association, with help from the Alaska Nurses Association, has a voice in Juneau. Find out more and join us in our advocacy.

Visit our website at <https://alaskasna.nursingnetwork.com/>





ALASKA NURSES  
ASSOCIATION

# TRENDING TOPICS IN NURSING



## SAVE THE DATE!



### FOR ALASKAN NURSES

- Affordable contact hours
- Licensure renewal year, Nov 2024
- Local expert presenters
- Swag bags, silent auction & more!

# OCTOBER 3, 4, & 5, 2024

[WWW.AANACONFERENCE.ORG](http://WWW.AANACONFERENCE.ORG)

the statewide conference to educate & empower Alaskan nurses

# Calendar of Events

### Book Club virtual

Hosted by AaNA-1st Tuesday of the month, March 5, April 2 & May 7 @ 6 PM  
Contact hours available [www.aknurse.org](http://www.aknurse.org)

### TUESDAY TALKS virtual

Hosted by AaNA 3rd Tuesday of the month March 19, April 16 & May 21, 2024  
Contact hours available [www.aknurse.org](http://www.aknurse.org)

### Volunteer Opportunity Anchorage & Fairbanks

RAM-The free clinics aim to serve 300+ patients per day and assist more than 1,200 Alaskans. The Mountain View Lions Club will host them, in partnership with the internationally acclaimed nonprofit Remote Area Medical (RAM).  
April 20-21 at Begich Middle School in Anchorage  
April 27-28 at Ryan Middle School in Fairbanks

**Anchorage FB event page:** <https://www.facebook.com/events/291007553962218/>  
**Fairbanks FB event page:** <https://www.facebook.com/events/755986740028117/>

### Alaska Health Fair, Inc

Many dates and locations are available. Need volunteer hours to renew your license (Expires Nov 2024)  
Health Fairs & Affordable Blood Tests in Anchorage, Fairbanks & Juneau [alaskahhealthfair.org](http://alaskahhealthfair.org)

### Legislative Committee meeting

Every other Tuesday while Legislature is in session. March 5, March 19, April 2, April 16, April 30  
To join this committee, contact [Gerl@aknurse.org](mailto:Gerl@aknurse.org)

### Anchorage Municipal elections-vote by mail

Post-marked or drop box April 2, 2024  
Runoff election day (if necessary) May 14, 2024  
Watch for elections in your area.

### Happy Nurses Week

May 6-12, 2024

### Nursing Narratives in-person

Hosted by AaNA May 9, 2024  
Beartooth Theatrepub [www.aknurse.org](http://www.aknurse.org)  
[beartooththeatre.net](http://beartooththeatre.net)

### LOVE A NURSE Run in-person

Hosted by AaNA May 11, 2024  
Goose Lake, Anchorage [www.aknurse.org](http://www.aknurse.org)

### Nursing Narratives 2.0 in-person

Hosted by AaNA October 2, 2024  
Beartooth Theatrepub [www.aknurse.org](http://www.aknurse.org)  
[beartooththeatre.net](http://beartooththeatre.net)

### 2024 Trending Topics in Nursing Conference

Hosted by AaNA October 3, 4 & 5, 2024  
APU-Grant Hall, Anchorage [www.aanaconference.org](http://www.aanaconference.org)  
[www.aknurse.org](http://www.aknurse.org)

### 2024 General Assembly

Hosted by AaNA October 5, 2024 (Following Trending Topics conference)  
APU-Grant Hall, Anchorage [www.aknurse.org](http://www.aknurse.org)

### Alaska Board of Nursing Meeting

May 15-16, 2024  
Location: TBD (receive CE's for attending BON meeting) [nursing.alaska.gov](http://nursing.alaska.gov)

### Holiday Helping Hands AaNA Holiday Assistance Program for Nurses

November - December 2024  
[www.aknurse.org](http://www.aknurse.org)

Visit [www.aknurse.org/](http://www.aknurse.org/) events for frequent updates and information on AaNA events and local continuing education opportunities.

Want to list your event in The Alaska Nurse Calendar of Events and at [www.aknurse.org](http://www.aknurse.org).

Send information to [gerl@aknurse.org](mailto:gerl@aknurse.org)





# STAFFING SURVEY

AaNA is taking on the staffing crisis. Fill out our survey to help win safe staffing standards in Alaska.



[WWW.SURVEYMONKEY.COM/R/SAFESTAFFINGAK](http://WWW.SURVEYMONKEY.COM/R/SAFESTAFFINGAK)