MISSOURI NURSES:
Promoting a Healthy Tomorrow

85th Biennial Convention
October 7-8, 2011
Tan-Tar-A Resort
Osage Beach, MO
THE MISSOURI NURSE
WWW.MISSOURINURSES.ORG

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The Missouri Nurse encourages readers to submit articles and information for publication. Contact the Missouri Nurses Association (MONA) office for submission requirements and deadlines. The Missouri Nurse reserves the right to edit manuscripts. MONA reserves the right to utilize published articles in a variety of formats and for the purpose of the organization. Photographs, if included, should be of crisp and clear quality. Materials should be sent to: Editor, The Missouri Nurse, P.O. Box 105228, Jefferson City, MO 65110.

The Missouri Nurses Association is accredited as an approver and provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation, for the periods of February 2008 – February 2013 (Approver) and February 2008 – February 2013 (Provider).

The Missouri Nurse (ISSN 0026-6655) copyright 2011 – Missouri Nurses Association. The purpose of The Missouri Nurse, the official publication of MONA, is to disseminate information regarding policies, positions, and activities of the Association and to provide a forum for discussion of nursing issues relevant to its members.

The Missouri Nurse is published three times a year by the Missouri Nurses Association, P.O. Box 105228, Jefferson City, Missouri 65110. Subscription price is $12 per year (included in dues) for members, $25 per year for non-members, $30 per year to foreign countries. Periodicals Per the Post Office Postage Paid at Jefferson City, MO 65102. For information and ad rates, please call MONA at (573) 636-4623.

POSTMASTER SEND ADDRESS CHANGES TO: THE MISSOURI NURSE, P.O. BOX 105228, JEFFERSON CITY, MO 65110
Missouri Nurses Association is proud to host our 85th Biennial Convention on October 7-8, 2011, at Tan-Tar-A located in Osage Beach, Missouri. Make plans now to join us!

Conveniently located in the heart of Missouri, the Lake of the Ozarks is the Midwest's premier lake resort destination, offering world-class boating, golf, shopping and fishing, and a wide variety of restaurants, state parks, and other recreational activities to suit any budget and taste. Visit www.funlake.com for a complete listing of events and places to visit while attending the convention.

Conventions will give you the opportunity to celebrate our nursing profession, discuss current and future trends impacting our profession, network with colleagues from various work settings, and visit with a number of health care service representatives who will be exhibiting. As you attend the 85th Biennial Convention, remember the importance of having the Missouri Nurses Association (MONA) to be the One Strong Voice for Missouri Nurses.

I hope each of you has the opportunity to reflect on the work that you do, and acknowledge the work done by your nursing colleagues. Recognizing the excellent work done by nurses, and inspiring each other to make a difference each and every day, is perhaps the best way we may build a healthy tomorrow.

We are excited to have the American Nurses Association (ANA) President, Karen Daley and ANA Director of Government Affairs, Rose Gonzalez in attendance at the convention. Attendees will have a special opportunity to engage in a lakeside chat with our ANA colleagues on Friday evening of the Convention while enjoying a cruise on the Lake of the Ozarks. This is a time to hear more about nursing/health care from the national perspective and inquiry with any questions, concerns, or suggestions to ANA.

Nurses are always on the forefront of health care improvement; and this year we will celebrate that with our convention theme of “Missouri Nurses: Promoting a Healthy Tomorrow”. We must raise awareness to the value of nurses and help educate the public about the role nurses play in meeting the health care needs of the American people.
MONA CALENDAR

AUGUST
9th  MONA PAC Conference Call (1:30 p.m.)
11th  MONA Board Strategic Planning Work Day, Jefferson City (10 a.m.-2 p.m.)
17th  APRN Conference Planning Committee Meeting, Columbia (5:30 p.m.)
23rd  CE Provider Unit Conference Call (2 p.m.)
25th  New Member Orientation Call (12 p.m.)

SEPTEMBER
5th  Holiday (Office Closed)
12th  Approved Provider Training, Jefferson City
14th  Nursing Practice Committee Conference Call (1 p.m.)
22nd  CE Approver Unit Conference Call (12 p.m.)

OCTOBER
6th  Grad-SIG Meeting, Tan-Tar-A, Osage Beach (4-6 p.m.)
7th  MONA Biennial Convention, Tan-Tar-A, Osage Beach
MONA Board Meeting, Tan-Tar-A, Osage Beach (8-9:30 a.m.)
8th  MONA Biennial Convention, Tan-Tar-A, Osage Beach
MONA Board Meeting, Tan-Tar-A, Osage Beach (4:30-6 p.m.)
10th  Holiday (Office Closed)
12th  Approved Provider Training, Jefferson City
14th  Nursing Practice Committee Conference Call (1 p.m.)

NOVEMBER
9th  Nursing Practice Committee Conference Call (1 p.m.)
11th  Holiday (Office Closed)
24th  Holiday (Office Closed)

Proposed Bylaw Revisions

Proposed MONA Bylaw revisions will be available on the members-only section of the MONA website, www.missourinurses.org, by August 1, 2011. If you do not have access to the internet, check your local public library for free access.

For a brief explanation as to why the bylaws are being revised, see the article on page 25.

Printed copies are available by contacting the MONA office at 573-636-4623.
FROM THE PRESIDENT
Jennifer Gwin, DNP, APRN, FNP-BC

Dear MONA Members,

I hope this issue of The Missouri Nurse finds you well. It is a bittersweet issue for me. On one hand, it is very exciting because it is devoted to details about MONA’s 85th Biennial Convention. However, as my term as President draws to a close, this will be my last message in The Missouri Nurse. My thoughts go back to all that we have accomplished as an association in the past two years — transitioning to a regional model and obtaining and implementing a membership grant from ANA are just two examples.

Although our accomplishments are many, I am most excited by the opportunities that lie ahead. This is truly an exciting time to be a nurse. Many of you are familiar with the Institute of Medicine’s report, The Future of Nursing: Leading Change, Advancing Health that I discussed in the previous issue of the Missouri Nurse. There is currently much work taking place to advance nursing’s agenda in the areas of leadership, practice, and education. It is thrilling to see nurses representing all of these areas come together to discuss the future of nursing in Missouri. I have been truly honored to be a part of these discussions and look forward to the outcome of this ongoing work.

As MONA President, I have had the opportunity to meet many talented members of our profession. I have learned so much and been embraced and supported in my role by the staff and members of MONA. I look forward to the achievements of our association’s new leadership and ask you to join me in supporting their commitment to our profession.

Thank you,

Jennifer Gwin

Missouri Nurses Foundation Silent Auction

We are now accepting donations for silent auction items!

The Missouri Nurses Foundation (MNF) is seeking donated items for the MNF Silent Auction. Proceeds from the Silent Auction are designated toward raising scholarship funds for nursing students in Missouri. Items should be at least $25 in value and should be sent to the MONA office by October 5.

Please contact Krista Lepper at the MONA office if you have questions 573-636-4623, ext. 226 or krista@missourinurses.org.

The goal is to raise $2500.

Don’t miss your chance to get a bargain and help future nurses in the process!
CONVENTION GOALS
The goals of this convention are to:

• Explain the impact of healthcare reform on the nursing profession and patient care.
• Encourage nurses to serve as role models and educators by participating in and promoting nutritious foods from sustainable local food systems.
• Promote wellness in individuals and communities by encouraging nurses to incorporate such principles into their practice.
• Empower nurses to adopt healthier lifestyle for themselves and their patients.
• Highlight the benefits of human animal interactions and their positive impact on people's health.
• Encourage nurses to seek ways to balance the stress of their personal and professional lives which will lead to a healthier mind and body.

TARGET AUDIENCE
This convention is designed for registered nurses from a variety of practice settings, both members and non-members of the Missouri Nurses Association and nursing students.

CONVENTION FACULTY
Karen Daley, PhD, MPH, MS, RN, FAAN
President, American Nurses Association, Silver Spring, MD

Rose Gonzalez, MPS, RN
Director Government Affairs, American Nurses Association, Silver Spring, MD

Linda Hezel, PhD, RN
The Farm Steward, Prairie Birthday Farm, Kearney, MO

Rebecca Johnson, PhD, RN, FAAN
Millsap Professor of Gerontological Nursing, MU Sinclair School of Nursing and Director, Research Center for Human Animal Interaction, MU College of Veterinary Medicine, Columbia, MO

Helene Neville, RN
Nurse, Author, Transcontinental Runner & Fitness Coach, Phoenix, AZ

Merry Schlegel, RN, CHTP, HN-BA, OCN
Coordinator of Inpatient Integrative Medicine, St. John’s Mercy Medical Center, St. Louis, MO

PLANNING COMMITTEE
Judi Wehrle-Laschober, BSN, RN (Convention Chair)
Staff Nurse
BJC Home Care Services, St. Louis, MO

Mary Berhorst, BSN, RN
Parish Nurse
Sacred Heart Catholic Church, Rich Fountain, MO

Carol Hafeman, BSN, RN, MA
Nurse Coordinator
Children's Mercy Hospital, Kansas City, MO

Desma Reno, MSN, APRN, GCNS-BC
Assistant Professor
Southeast Missouri State University, Cape Girardeau, MO

Karin Riepe, MSN, RN, APRN-BC
Family Nurse Practitioner
Midwest Emergency Medical Serv., Inc., N. Kansas City, MO

Carol Walker, RN, MSN
Nurse Recruiter
Phelps County Regional Medical Center, Rolla, MO

Jill Kliethermes, MSN, RN, FNP-BC
Chief Executive Officer
Missouri Nurses Association, Jefferson City, MO

Sara Fry
Continuing Education Coordinator
Missouri Nurses Association, Jefferson City, MO

ACKNOWLEDGEMENTS
The Missouri Nurses Association is grateful to the following agencies for their generous support of this convention (as of printing).

Assessment Technologies Institute (ATI)
Barnes-Jewish Goldfarb School of Nursing
McCallum Place/Webster Wellness Professionals
North Kansas City Hospital
October 7-8, 2011
Tan-Tar-A Resort
P.O. Box 188TT, State Road KK
Osage Beach, MO 65065

AGENDA

Thursday, October 6
4:00 - 6:00 p.m.
Grad-SIG Meeting

6:00 - 7:00 p.m.
Executive Board Meeting

7:00 - 9:00 p.m.
Meet & Greet with the MONA Board

Friday, October 7
8:00 - 9:30 a.m.
Board of Directors Meeting

9:30 a.m.
Registration Opens
MNF Silent Auction Opens

10:00 - 11:15 a.m.
Welcome & Opening Ceremonies
Business Session

11:15 a.m. - 12:00 p.m.
KEYNOTE ADDRESS: “Health Care at a Turning Point:
Seizing the Opportunity”
Karen Daley, PhD, MPH, MS, RN, FAAN
President, American Nurses Association,
Silver Spring, MD

Today, we are at a turning point for health care delivery. The
Affordable Care Act will revolutionize care in the US. During
this presentation the President of ANA will discuss how ANA is
working to advance nursing and quality patient care.

12:00 - 1:00 p.m.
Luncheon - visit MNF Silent Auction

1:00 - 2:15 p.m.
GENERAL SESSION: “Eat As Though Your Life and
Health Depend On It”
Linda Hezel, PhD, RN
The Farm Steward, Prairie Birthday Farm, Kearney, MO
The connections among soil, food, the health of people and
the health of the planet are indisputable. This presentation will
empower each attendee to be an eater for health and illness
prevention so that they can encourage those they care for and
about to do the same.

2:15 - 2:45 p.m.
Networking Break – visit MNF Silent Auction

2:45 - 4:00 p.m.
GENERAL SESSION: “Health Care Reform Yesterday,
Today & Tomorrow: The Nursing Perspective”
Rose Gonzalez, MPS, RN
Director Government Affairs, American Nurses
Association, Silver Spring, MD

This presentation will explain how health care reform impacts
the nursing profession and what ANAs role was and is in the
process. A brief history and a glimpse as to where we are now
will be provided, as well as a description of how the legislation
will assist nurses. Plans on moving forward and the importance
of keeping nurses engaged positively in the process will also be
discussed.

4:00 - 4:15 p.m.
Networking Break – visit MNF Silent Auction

4:00 - 6:00 p.m.
Exhibitor Set-Up

4:15 - 5:00 p.m.
GENERAL SESSION: Issues Forum
5:00 p.m.
MNF Silent Auction Closes

5:00 - 6:00 p.m.
“MONA PAC Pre-Boarding Reception”
Featuring various Missouri wineries
All attendees welcome
$10 MINIMUM DONATION REQUIRED

6:30 - 8:00 p.m.
Tropic Island Dinner Cruise
All attendees welcome
Guests welcome, but require additional ticket
6:45 p.m. Dinner served
7:30 p.m. “Lakeside Chat” with President Karen Daley

Saturday, October 8

7:00 - 7:45 a.m.
Exhibitor Set-Up

7:00 a.m.
Promoting a Healthier Tomorrow 5K Walk/Run

8:00 a.m.
Registration Opens
Exhibits Open
MNF Silent Auction Opens

8:00 - 8:45 a.m.
Breakfast - All attendees welcome

9:00 - 10:00 a.m.
GENERAL SESSION: “Nurses in Shape: The Right Dose”
Helene Neville, RN
Nurse, Author, Transcontinental Runner & Fitness Coach, Phoenix, AZ
During this presentation you will learn how a cancer survivor made the decision to embark on a transcontinental journey in an effort to encourage nurses to embrace a healthy lifestyle. Helene Neville, RN will provide a step-by-step recipe for health. She will share details about her journey, the healthy environment necessary for success and tips each nurse can use to incorporate healthier habits into their everyday lives. Helene’s story will inspire nurses to care for themselves and in turn become better caregivers.

10:00 - 10:15 a.m.
Networking Break
Visit Exhibits & MNF Silent Auction

10:15 - 11:30 a.m.
AWARDS CEREMONY:
Membership, Nursing Practice & Hall of Fame Awards
Missouri Nurses Foundation Scholarship Awards

11:30 a.m. - 12:30 p.m.
Awards & Recognition Luncheon
Book Signing and Healthy Living Tips with Helene

12:30 - 1:30 p.m.
LUNCHEON ADDRESS: “Health at Both Ends of the Leash: Benefits of Human Animal Interaction”
Rebecca Johnson, PhD, RN, FAAN
Millsap Professor of Gerontological Nursing, MU Sinclair School of Nursing and Director, Research Center for Human Animal Interaction, MU College of Veterinary Medicine, Columbia, MO
Humans and animals have helped each other throughout history. In recent years, a solid body of research has established that this human animal bond can positively impact peoples’ health. In a variety of nursing settings, animals are helping people to be healthy and are benefiting from the interaction as well. This presentation will describe research evidence documenting the health benefits of human animal interaction for a variety of populations and settings of interest to nurses.

1:30 - 1:45 p.m.
Networking Break
Visit Exhibits & MNF Silent Auction

1:45 p.m.
MNF Silent Auction Closes

1:45 - 3:15 pm
GENERAL SESSION: Final Business Session
Business Meeting
- Proposed Bylaws Revisions
- Resolutions
- Teller’s Report for Election of Officers

3:15 - 4:30 p.m.
Merry Schlegel, RN, CHTP, HN-BA, OCN
Coordinator of Inpatient Integrative Medicine, St. John’s Mercy Medical Center, St. Louis, MO
The health-care scene is bombarded with high technology and high volume of human need. With our focus set on helping others, caregivers are often least likely to pay attention to our own needs. Hence, caregivers are at high risk for stress, tension-related illness, and “burnout”. We have the expression “take care of yourself”, but do we know how to do that? This presentation is intended to unify, energize, and create enthusiasm about learning to keep our peace and our joy while engaging in the physical, mental, emotional, and spiritual stress ever present in our work. This peace and joy will be contagious—it will spread to those around us. We know we can’t give what we don’t have and we automatically give what we do have.

4:30 p.m.
Convention Adjourns
Exhibits Close

4:30 - 6:00 p.m.
Board of Directors Meeting
Current and newly elected officers and directors
KEYNOTE SPEAKER
Karen Daley, PhD, MPH, RN, FAAN, was elected in 2010 as the president of the American Nurses Association, the nation’s largest nursing organization representing the interests of the nation’s 3.1 million registered nurses. President Daley spent more than 26 years as a staff nurse at Brigham and Women’s Hospital in Boston. She is a past president of the Massachusetts Association of Registered Nurses and the Massachusetts Center for Nursing. In addition, she has served on the boards of ANA, the American Nurses Credentialing Center, and the ANA-PAC.

As a vocal, nationally recognized advocate for legislation mandating the use of safer needle devices in health care practice settings, President Daley has traveled throughout the world raising awareness among nurses, legislators, and health care administrators on the importance of needlestick prevention. She was among those invited to the Oval Office to witness President Clinton sign the “Needlestick Safety Prevention Act” into law on November 6, 2000. President Daley has also been recognized for her outstanding leadership and excellence in practice, including being recognized as a living nursing legend by the Massachusetts Association of Registered Nurses. In 2006, she was inducted as a fellow into the American Academy of Nursing in recognition of her advocacy work in needlestick prevention.

In addition to her work as a practicing nurse and nurse advocate, President Daley is an experienced nurse researcher and writer. She has authored numerous articles on nursing and health care, and served as a staff writer for the Bay State Nurse News. Currently, she is a reviewer for the Journal of Emergency Nursing, the American Journal of Nursing and the American Journal of Infection Control. In addition, President Daley served as a project principal for the Nurses Education Hepatitis C Project funded by the Massachusetts Department of Public Health as well as a project coordinator for a trauma research study conducted by the Harvard Injury Control Center at the Harvard School of Public Health.

A resident of Boston, Massachusetts, President Daley holds a diploma in nursing from Catherine Laboure School of Nursing, a bachelor’s of science in nursing from Curry College, a master’s in public health from Boston University School of Public Health, a master’s in science and PhD in nursing from Boston College.

CONVENTION CHAIR MESSAGE
Judi Wehrle-Laschober, BSN, RN

Please consider this your personal invitation to join us on October 7-8, 2011, for MONA’s 85th Biennial Convention. The theme this year is “Missouri Nurses: Promoting a Healthy Tomorrow”. It is important for nurses to adopt a healthy lifestyle. Through caring for themselves they can in turn provide better care for others whether it is family members or patients. Establishing healthy habits, including healthier food options, regular exercise, healthy relationships, as well as finding balance with all of life’s stressors are vital to promoting a healthy lifestyle. The committee hopes that the program they have designed will be of interest to you and that it will arm each participant with the tools to promote their healthier tomorrow.

I want to share with you how much fun the convention can be. Besides earning continuing education on a variety of topics, I have met some wonderful nurses from throughout the state of Missouri. I see them only every two years, but it is often like we haven’t been apart. I do home health nursing which is often an isolated job. At the convention, I get to meet nurses who do many varied jobs and listen to them talk about issues that are happening in their part of the state. This is truly a time to network, renew old friendships, make new ones and to be the “One Strong Voice for Missouri Nurses”. I hope that you will join us at the Lake of the Ozarks for this year’s convention. It can change your life; I know it changed mine.
CONVENTION HIGHLIGHTS

MEET & GREET WITH THE MONA BOARD
For those of you arriving Thursday, October 6, we will be holding an informal “Meet & Greet” with the MONA Board of Directors from 7:00-9:00 p.m. Feel free to stop by and network with your elected officials!

“LAKESIDE CHAT” WITH PRESIDENT KAREN DALEY
Join the Missouri Nurses Association on the Tropic Island Dinner Cruise Friday, October 7, from 6:30 – 8:00 p.m. for a “Lakeside Chat” with special guest Karen Daley, PhD, MPH, MS, RN, FAAN, American Nurses Association President. President Daley will network with attendees and provide an opportunity to discuss and brainstorm about issues affecting the nursing profession.

MONA PAC PRE-BOARDING RECEPTION
The Missouri Nurses Association Political Action Committee (MONA PAC) will host a MONA PAC Pre-Boarding Reception on Friday, October 7, from 5:00 - 6:00 p.m. All convention participants are welcome to attend! A minimum $10.00 donation is required. Circle donors will receive a complimentary ticket. The MONA PAC is the only political action committee representing the interests of all professional nurses in Missouri. It was established to elect candidates that will advance MONA’s legislative and regulatory agenda. Join us as we highlight the many achievements of the MONA PAC, and learn how all Missouri nurses can become involved in the electoral process and as we honor those many individuals who have demonstrated leadership and contributed to the MONA PAC during the past year.

We will be honoring those who through their continuous contributions have assisted in the protection of the nurses in Missouri and we will also be highlighting the work of the MONA PAC and their support of the political process for Missouri nurses.

DISCOUNT TO TIMBER FALLS WATER PARK
Two discount coupons to the Timber Falls Indoor Water Park will be provided to each full convention registered participant upon request at the MONA registration. Children up to age four (4) are always free and those ages five (5) and over are $17.00/person. The discount coupon will give you an additional $5 off per ticket (limit two (2) per full convention registration).

Tan-Tar-A’s indoor water park centers on a three-story “Ozark wilderness” tree house topped with a six-foot-wide wooden bucket. The tree house is complete with suspension bridges, web crawls, water blasters and lots more interactive fun. Beware! The giant bucket tips every two (2) minutes, cascading more than 700 gallons of water on those standing below — prepare to get wet! Timber Falls also features over 600 feet of water slides (two slides from the tree house and two from an adjacent tower), an activity pool with water basketball and other games, a 21-seat whirlpool for family relaxation, and a lazy river for tube floating. Locker rooms, seating and a full range of concessions are also available.

MISSOURI NURSES FOUNDATION SILENT AUCTION
The Missouri Nurses Foundation (MNF) is seeking donated items for the MNF Silent Auction. Proceeds from the Silent Auction are designated toward raising scholarship funds for nursing students in Missouri. Items should be at least $25 in value and should be sent to the MONA office prior to the Convention. Please call the MONA office if you have questions 573-636-4623, ext. 226. The goal is to raise $2500. Don’t miss your chance to get a bargain and help the Missouri Nurses Foundation in the process!

AWARDS & RECOGNITION LUNCHEON
Join us on Saturday, October 8, for our awards luncheon as we honor many of our Missouri Nurses Association members and associates. In addition to membership, nursing practice, hall of fame awards and scholarship winners, MONA will recognize those nurses in Missouri who have been inducted as fellows into the American Academy of Nursing (FAANS) and nurse leaders from the Magnet Nursing Recognition Award facilities in our state. We will also take this time to honor friends and family members serving in our military.

LOCATION & LODGING
The convention will be held at Tan-Tar-A Resort, P.O. Box 188TT, State Road KK, Osage Beach, MO 65065. A block of rooms has been reserved at $89.00 for single and double occupancy (additional resort fee, state & local taxes will apply). Make your hotel reservations no later than September 8, 2011, toll free to 800-826-8272 or via the web at www.tan-tar-a.com identifying yourself with the Missouri Nurses Association under group block MO Nurses Association.
Tan-Tar-A Resort, located in Osage Beach, Missouri, is a resort removed from the hustle and bustle of the outside world. Quietly nestled on 420 lush acres along the Lake of the Ozarks, our Midwest 3-Diamond resort is a haven for endless excitement or complete relaxation. Come to the Lake of the Ozarks, only three hours from St. Louis and Kansas City, and discover a place unlike any other. Its convenient location and stunning surroundings makes Tan-Tar-A the premier Missouri family vacation resort. The resort offers boating, fishing, waverunning, waterskiing and parasailing on the beautiful Lake of the Ozarks. On land, guests can hike the lush hills of the 420-acre property or enjoy one of the two championship golf courses. Horseback riding, picnicking, tennis, swimming and other outdoor pursuits beckon some guests, while others prefer shopping excursions to nearby antique centers and outlet malls. Tan-Tar-A boasts Missouri’s largest indoor waterpark, Timber Falls, with 600 feet of waterslides, a lazy river, a pool and giant whirlpool, plus game areas and a three-story tree house topped with a giant water bucket. The Bear’s Den Arcade features state-of-the-art video games and simulators, while the fitness center is fully equipped with cardio equipment, free weights and resistance equipment. With a full range of amenities and resort services, Tan-Tar-A Resort in Osage Beach, MO is a destination all its own. Wilderness, recreation, pampering, dining, work and play — everything you have in mind is at Tan-Tar-A!

THINGS TO DO & SEE AT THE LAKE

Beyond the resort, you’ll find many exciting activities to suit nature lovers, history buffs, tourists and shoppers alike.

Antique Shopping Tours – Rummage through history at more than 53 antique shops in the area.

Country Western Music Shows – This Ozark tradition goes back over 40 years, with family-friendly performances at the Main Street Music Hall.

Osage Beach Premium Outlet – 110 top brands available at great bargains, including designer clothing, housewares, entertainment and more.

Lake Area Caves – Missouri is truly the Cave State, with over 5,380 registered and mapped wild caves, 300 of which are in the Lake of the Ozarks area. Show Caves are wild caves that have been “tamed” with paved walkways, bridges, handrails and lights.

State Parks – Our area features one of the newest state parks in Missouri (Ha Ha Tonka), and is also home to the state’s largest state park (Lake of the Ozarks State Park). Ha Ha Tonka is a 2,500-acre park offering an array of wildlife and “Karst” topography, characterized by sink holes, caves, underground streams and natural bridges. Lake of the Ozarks State Park offers 17,000 acres of wilderness playgrounds, 89 miles of shoreline, two beaches, a boat launch and an “Aquatic Trail.”

For more information about things to do and see in Osage Beach, please visit Ozarks Convention & Visitor Bureau at www.funlake.com. You may also get information and brochures about attractions in Osage Beach from the Tan-Tar-A Activities Desk located onsite next to the Front Desk.

REGISTRATION & FEES

Fees may be paid by check, cash or credit card. We currently accept Visa, MasterCard, American Express, and Discover. To pay by credit card, complete the information requested on the registration form and sign the form. You may register online or fax your completed registration form to 573-636-9576. You may also mail your completed registration form to MONA, P.O. Box 105228, Jefferson City, Missouri 65110. Please make all checks payable to the Missouri Nurses Association (MONA). There will be a $25.00 fee for any returned checks.

EXHIBITS/SPONSORSHIPS

Commercial vendors are invited to exhibit and sponsor this conference. Exhibit space will be available at Tan-Tar-A Resort. Call the MONA office at 573-636-4623 or email sara@missourinurses.org for an application or more information. Arrangements for commercial exhibits have not influenced the planning of or interfered with the presentation of this education activity.
REFUND/CANCELLATION POLICY
We encourage you to send a qualified substitute if you cannot attend. Registration fees, less a $25.00 enrollment processing fee, will be refunded to participants who cannot attend and notify the MONA office in writing of the cancellation no less than ten (10) business days prior to the date of the activity. No refunds will be made after that date (September 22, 2011). There will be no refunds due to inclement weather.

PLEASE NOTE THE FOLLOWING:
• The Missouri Nurses Association reserves the right to cancel an activity if insufficient enrollment occurs. If cancellation of the activity is necessary for any reason, you will be notified by email or mail and a full refund will be sent to you.
• The Missouri Nurses Association reserves the right to substitute an equally qualified instructor in an emergency.
• Sessions, exhibits, continental breakfasts, lunches and refreshment breaks may be attended only by paid registrants.
• Out of courtesy for participants, infants and children may not attend conference educational sessions.
• Taping/recording is not permitted.
• Parking charges and meals are the responsibilities of the registrants, unless otherwise noted.
• Please bring a sweater or jacket due to variations in temperature and personal preference.

SPECIAL DIETARY NEEDS
If you have special needs such as dietary meal requirements, please notify the MONA office at 573-636-4623 no later than September 16, 2011. Reasonable efforts will be made to accommodate your needs.

AMERICANS WITH DISABILITIES ACT
If you have special needs addressed by the ADA, please notify the MONA office before September 16, 2011. Reasonable efforts will be made to accommodate your needs.

CONTINUING EDUCATION ACCREDITATION
American Nurses Credentialing Center (ANCC) Certified Advanced Practice Registered Nurses: as of 2003, 50% of your contact hours must be provided by an ANCC accredited or approved provider.

Participants can receive a maximum of 8.5 contact hours for attending this activity.

The Missouri Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process. Please contact your State Board of Nursing if licensed in states other than Missouri, to ensure this program meets the requirements for your state.

Accreditation as a provider refers only to the recognition of continuing education activities and does not imply Missouri Nurses Association or ANCC Commission on Accreditation approval or endorsement of any commercial product.

Participants will be required to complete an evaluation form and sign a personal verification of attendance form to receive a certificate. Participants will be awarded continuing education credit only for those sessions attended.

Missouri Nurses: Promoting a Healthy Tomorrow

Thank You
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Since October 2009
MONA 85th BIENNIAL CONVENTION REGISTRATION
October 7-8, 2011
Tan-Tar-A Resort
P.O. Box 188TT, State Road KK • Osage Beach, Missouri 65065

NAME
(Please print name and credentials as you would like it to appear on your name badge)

ADDRESS __________________________________________________________

CITY/STATE/ZIP ____________________________________________________

MONA MEMBERSHIP NUMBER (if applicable) ______________________________

DAYTIME PHONE ___________________________  □ Cell □ Work □ Home

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(Email address is required for confirmation of registration)

□ I am a first time attendee.

JOIN MONA NOW AND PAY MEMBER PRICES! CALL 573-636-4623

FULL CONVENTION REGISTRATION FEE:
EARLY BIRD (Received on or before 8-15-11):
□ $175.00 MONA Members
□ $225.00 Non-Members

REGULAR (Received after 8-15-11):
□ $225.00 MONA Members
□ $275.00 Non-Members

ONE DAY CONVENTION REGISTRATION FEE:
□ $125.00 MONA Members
□ $175.00 Non-Members

STUDENT CONVENTION REGISTRATION FEE:
□ $ 85.00 Undergraduate/Graduate Students

Full Convention Registration Fee (MONA member & Non-member) includes: convention materials, refreshment breaks and luncheons on Friday and Saturday, one ticket to Tropic Island Dinner Cruise, and continuing education credit.

One Day Convention Registration Fee (MONA member & Non-member) includes: convention materials, refreshment breaks and luncheons for one day and continuing education credit. Friday only includes one ticket to Tropic Island Dinner Cruise.

Student Convention Registration Fee (Undergraduate Students ONLY) includes: convention materials, refreshment breaks and luncheons on Friday and Saturday, and one ticket to Tropic Island Dinner Cruise. Proof of full time enrollment (12 hours) is required to register at the student rate. Verification must be included for registration to be processed.

ADDITIONAL EVENTS
For planning purposes, please check any items below you plan to attend.

□ MONA PAC Pre-Boarding Reception, Friday October 7 - 5:00-6:00 p.m.  Minimum $10 PAC Donation
   No Charge for Governor, Senate, and House Circle Donors  (See List of Donors on Page 12)
□ Tropic Island Dinner Cruise, Friday October 7 - 6:30-8:00 p.m.  No Charge
□ I plan to donate items for the Missouri Nurses Foundation Silent Auction

I WOULD LIKE
□ To make a contribution to the MONA PAC $__________ ($10 minimum donation required to attend PAC reception)
□ To make a contribution to Missouri Nurses Foundation $__________
□ More information on becoming a member of the Missouri Nurses Association (MONA).
□ Contact me about volunteering for a convention event.
GUEST MEAL TICKETS
If a guest would like to attend a scheduled meal function, they will need to order a ticket in advance or make reservations at the convention registration table.

- Luncheon Ticket, Friday, October 7 - 12:00 - 1:00 p.m. $25
- MONA PAC Pre-Boarding Reception, Friday October 7 - 5:00 - 6:00 p.m. Minimum $10 PAC Donation
- Tropic Island Dinner Cruise, Friday October 7 - 6:30 - 8:00 p.m. $25
- Breakfast Ticket, Saturday, October 8 - 8:00 - 9:00 a.m. $25
- Awards Ceremony Luncheon Ticket, Saturday, October 8 - 11:30 a.m. - 12:30 p.m. $25

SPECIAL DIETARY NEEDS
If you have special needs such as dietary meal requirements, please notify the MONA office at 573-636-4623 no later than September 16, or specify here: ______________________________________________________________________.

Reasonable efforts will be made to accommodate your needs.

PAYMENT METHOD
- Check (Payable to MONA)
- MasterCard
- VISA
- American Express
- Discover

Card # ____________________________ Expiration Date ______________ Billing Zip ______________

Cardholder Name ___________________________________________________________ CVV ______________

OUT OF COURTESY FOR PARTICIPANTS INFANTS AND CHILDREN MAY NOT ATTEND THE CONVENTION EDUCATIONAL SESSIONS

REFUND/CANCELLATION POLICY
We encourage you to send a qualified substitute if you cannot attend. Registration fees, less a $25.00 enrollment processing fee, will be refunded to participants who cannot attend and notify the MONA office in writing of the cancellation no less than ten (10) business days prior to the date of the activity. No refunds will be made after that date (September 22, 2011). No refunds will be made due to inclement weather.

REGISTER TODAY!! Early Bird Discount Expires August 15th

REGISTER: ONLINE www.missourinurses.org
MAIL Missouri Nurses Association, P.O. Box 105228, Jefferson City, MO 65110
Fax 573-636-9576

By registering I give my permission to distribute my name to conference attendees and vendors and to allow any photos taken during the event by the Missouri Nurses Association to be used in future web and printed publications. If I prefer not to be included, I will include a written request with my registration to opt out.

MISSOURI NURSES: Promoting a Healthy Tomorrow

85th BIENNIAL CONVENTION
ACHIEVEMENT IN CLINICAL NURSING PRACTICE AWARD & OUTSTANDING CONTRIBUTION TO MEMBERSHIP AWARD

Each biennium the Missouri Nurses Association honors an association member in each of the following: Achievement in Nursing Practice and Outstanding Contribution to Membership. Award winners will be announced during the Awards Ceremony at the MONA Convention in Osage Beach, Missouri.

Selection Criteria
Each nominee must provide written consent at the time of nomination in order to be considered for the award.

Achievement in Clinical Nursing Practice Award
A MONA member who:
• Contributed in direct clinical practice
• Demonstrated excellence in education, experience, contributions, empowerment and leadership
• Contributed to organized nursing through active involvement in MONA and specialty organization through membership, holding office, or service on committees
• Committed to maintenance of professional competence and credentials through continuing education, certification and/or advanced degrees.

Outstanding Contribution to Membership Award
A MONA member who:
• Contributed to the promotion of nursing and the purposes and functions of the Association
• Sustained an active participation in the affairs of the Association
• Promoted membership through active involvement with other nurses in the affairs of the Association
• Provided a model for other nurses

HALL OF FAME AWARD

The continued progress of professional nursing in Missouri is a direct result of nurses who have made extraordinary contributions to MONA and to the profession in general. In addition, nurses in Missouri have made national and international contributions to the enhancement and progress of professional nursing. This prestigious Hall of Fame Award recognizes outstanding nurse leaders in the state of Missouri, whose leadership has advanced the goals of this association and the improvement of health care in Missouri. The impact of their lifelong commitment and leadership advanced the goals of the Association and the improvement of health care. Award winners will be announced during the Awards Ceremony at the MONA Convention in Osage Beach, Missouri.

Selection Criteria
1. The nominee must have been prepared in a formal nursing program unless the contribution was made before 1873 when no formal training was available.
2. The nominee must have worked in or represented Missouri during some period of his/her career.
3. The achievements of the nominee must have enduring value to nursing beyond the nominee’s lifetime. (Note: Nominees for the award can be living or deceased.)
4. The nominee shall have demonstrated leadership in four or more of the following areas:
   • As a pioneer, advanced the practice of nursing as a profession;
   • Improved the quality of health care;
   • Developed, promoted and maintained professional nursing standards;
   • Contributed to the process of regulation of professional nursing practice in the state of Missouri;
   • Influenced health care policy; and,
   • Contributed to the enhancement and progress of professional nursing on a state, national and/or international level.
5. The nominee must be a current or honorary member of the Missouri Nurses Association.

Nominations
A cover sheet and nomination guidelines may be obtained from the Missouri Nurses Association, P.O. Box 105228, Jefferson City, MO 65110; Phone 573-636-4623; Fax 573-636-9576; Web www.missourinurses.org; or Email info@missourinurses.org.

Nominations may be submitted by MONA structural units, regional nurses associations or individual MONA members. Self nominations will be considered. Nominations and accompanying materials will be treated in a confidential manner.

Deadline
Completed nominations and all accompanying documentation must be postmarked by August 12, 2011.
First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the federal government’s new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. MyPlate is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.choosemyplate.gov. The new MyPlate icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.

“This is a quick, simple reminder for all of us to be more mindful of the foods that we’re eating and as a mom, I can already tell how much this is going to help parents across the country,” said First Lady Michelle Obama. “When mom or dad comes home from a long day of work, we’re already asked to be a chef, a referee, a cleaning crew. So it’s tough to be a nutritionist, too. But we do have time to take a look at our kids’ plates. As long as they’re half full of fruits and vegetables, and paired with lean proteins, whole grains and low-fat dairy, we’re golden. That’s how easy it is.”

“With so many food options available to consumers, it is often difficult to determine the best foods to put on our plates when building a healthy meal,” said Secretary Vilsack. “MyPlate is an uncomplicated symbol to help remind people to think about their food choices in order to lead healthier lifestyles. This effort is about more than just giving information, it is a matter of making people understand there are options and practical ways to apply them to their daily lives.”

Originally identified in the Child Obesity Task Force report which noted that simple, actionable advice for consumers is needed, MyPlate will replace the MyPyramid image as the government’s primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the 2010 Dietary Guidelines for Americans. MyPyramid will remain available to interested health professionals and nutrition educators in a special section of the new website.

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. As Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children. Later this year, USDA will unveil an exciting “go-to” online tool that consumers can use to personalize and manage their dietary and physical activity choices.

Over the next several years, USDA will work with First Lady Michelle Obama’s Let’sMove! initiative and public and private partners to promote MyPlate and ChooseMyPlate.gov as well as the supporting nutrition messages and “how-to” resources.

The 2010 Dietary Guidelines for Americans, launched in January of this year, form the basis of the federal government’s nutrition education programs, federal nutrition assistance programs, and dietary advice provided by health and nutrition professionals. The Guidelines messages include:

**Balance Calories**
- Enjoy your food, but eat less.
- Avoid oversized portions.

**Foods to Increase**
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

**Foods to Reduce**
- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

Coupled with these tested, actionable messages will be the “how-tos” for consumer behavior change. A multi-year
campaign calendar will focus on one action-prompting message at a time starting with “Make Half Your Plate Fruits and Vegetables.”

“What we have learned over the years is that consumers are bombarded by so many nutrition messages that it makes it difficult to focus on changes that are necessary to improve their diet,” said Secretary Vilsack. “This new campaign calendar will help unify the public and private sectors to coordinate efforts and highlight one desired change for consumers at a time.”

As part of this new initiative, USDA wants to see how consumers are putting MyPlate in to action by encouraging consumers to take a photo of their plates and share on Twitter with the hash-tag #MyPlate. USDA also wants to see where and when consumers think about healthy eating. Take the Plate and snap a photograph with MyPlate to share with our USDA Flickr Photo Group [http://www.flickr.com/people/usda-gov/].

For more information, visit www.ChooseMyPlate.gov.


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- Giving Information
- Eligibility Requirements
- Geographic Area
- Application Deadlines
- Application Procedures
- Contact Info
## MONA Candidate Profiles

### 2012-2014 Term

#### PRESIDENT
Rebecca McClanahan, MSN, RN - Kirksville (NE)

#### VICE PRESIDENT
Martha Baker, PhD, RN, CNE, ACNS-BC - Republic (SW)
Terry Reese, MSN, APRN-BC - Poplar Bluff (SE)

#### SECRETARY
Nelda Godfrey, PhD, RN, ACNS-BC - Liberty (NW)

#### TREASURER
Andrea Garner, MSN, RN - Owensville (CE)
Susan Kenslow, MSN, RN, FNP-BC, AOCNP - West Plains (SW)

#### ANA DELEGATE
Nancy Barr, MSN, RN - Kansas City (WC)
Maryann Coletti, BS, RN - St. Louis (EC)
Corinne Fessenden, PhD, RN - Palmyra (NE)
Susan Hinck, PhD, RN - Springfield (SW)
Susan Kenslow, MSN, RN, FNP-BC, AOCNP - West Plains (SW)
Desma Reno, MSN, APRN, GCNS-BC - Jackson (SE)
Dianne Schmidt, RN, CPNP - Lake St. Louis (EC)
Florence Speer, RNC-NIC - St. Louis (EC)

#### NOMINATIONS COMMITTEE
(7 open, 1 per region)
- **Northwest Region (NW)**
  - Christina Gutierrez, RN - Smithville
- **Northeast Region (NE)**
  - Laura Miller, RN, MSN, MBA, CNML - Hannibal
- **West Central Region (WC)**
  - Nancy Barr, MSN, RN - Kansas City
- **Central Region (CE)**
  - Carol Levins, RN - Bridgeton
- **East Central Region (EC)**
  - Stacey Morgan, RN-MSN - Gobler
- **Southwest Region (SW)**
  - Susan Hinck, PhD, RN - Springfield
- **Southeast Region (SE)**
  - Mary Berhorst, RN, BSN - Linn

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### ELECTRONIC VOTING

This election will be held by electronic voting (eVoting). You can access the eVoting ballot by visiting the MONA website and www.missourinurses.org and clicking on the “eVoting Click Here” link. To cast your vote, you will need to log in using the following:

**USERNAME:** “Your Last Name with First Letter Capitalized”

**PASSWORD:** “Your MONA Membership Number”

The eVoting services are being provided through a contract with an independent firm who will be tabulating the results; therefore, all votes will remain anonymous.

If you do not have access to the internet, please contact the MONA office as soon as possible and a paper ballot will be mailed to you.

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### PRESIDENT

**REBECCA McCLANAHAN, MSN, RN**

#### Kirksville (Northeast Region)

**Current MONA Activity:** Membership ANA, MONA/Northeast Region (35 years).

**Past MONA Activity:** Vice President (2005-07); Regional Director (2003-05); Chair, Resolution Committee; Chair, Membership Committee; Member, Finance Committee; ANA Delegate; Center for American Nurses Delegate; rotated through all offices and committees at the district level.

**Position Statement:** This is a time of significant challenge and extraordinary opportunity for nurses and for the nursing profession. Although economic changes have provided a temporary respite from the shortage of nurses, we know that the need for more and better prepared nurses will accelerate into the foreseeable future. Decisions are being made now to assure access to high quality, cost effective health care for every American. Nursing has unprecedented opportunity to sit at the decision-making table to directly influence policies that will shape the future of nursing education and of clinical practice as integral to that system. The Missouri Nurses Association, and every registered professional nurse in Missouri, must seize the opportunity to redefine ourselves as an Association and to shape our preferred future of a transformed health care system in which nursing takes its seat at the table as a full partner. The time is now. Missourians deserve no less.
VICE PRESIDENT

MARThA BAKER, PhD, RN, CNE, ACNS-BC

Republic (Southwest Region)

Current MONA Activity: Member of MONA Nursing Education Task Force.

Past MONA Activity: Regional Director, MONA Board, member of MONA Ethics Committee (no longer in existence).

Position Statement: The time has come for nursing as a profession to take the next step in advancing the education of its members. The complexity and intensity of nursing care of our clients demand a highly educated workforce. Three documents, the IOM Report, the Tri-Council Report, and the study done by the Robert Wood Johnson Foundation, provide support for advancing nursing education. Collaborations with multiple stakeholders such as MONA's Nursing Education Task Force can lead the way and provide a model for cooperation within the nursing community. MONA is uniquely situated to lead this effort. MONA has a long history of being a strong advocate of all nurses in Missouri as well as an advocate for the citizens of the state. As an educator, I feel I can contribute to this effort from within MONA as an officer assisting with planning for the future of nursing in the State of Missouri.

TERRY REESE, MSN, RN, FNP-BC

Poplar Bluff (Southeast Region)

Current MONA Activity: Board Member/State Director-Southeast 2009-2011; Government Affairs Committee Member 2009 - Present; Bylaws Committee Member 2009 - Present; Communications Committee Member 2010 - Present, ANA/MONA Member 1994 - Present.

Position Statement: We are faced with many barriers to practice within the state of Missouri which prevent us from effectively and efficiently meeting the health care needs of our patients. We as nurses know how to be assertive when the need arises and now is the time to do so for the good of our patients. We have a prime opportunity in our current political and budgetary climate to make advances in the practice of nursing and the practice of advanced practice nursing. The release of the IOM Report on the Future of Nursing: Leading Change, Advancing Health brought about through an initiative funded by the Robert Wood Johnson Foundation documents and discusses the barriers the nursing profession faces and charges that these barriers need to be overcome to allow nurses to “lead change and advance health”. One of their four key messages reads, “Nurses should practice to the fullest extent of their education and training”. Let’s get involved and take advantage of this opportunity. Let’s pursue changes for the good of our patients!

SECRETARY

NELDA GODFREY, PhD, RN, ACNS-BC

Liberty (Northwest Region)

Current MONA Activity: Secretary; Chair, MONA Nursing Education Task Force.

Position Statement: It is an important move for professional nursing that MONA has voted to end the support of collective bargaining units in Missouri. The small number of people represented along with the costs involved in such an endeavor made it a good decision to discontinue this support. That said, MONA is making important strides in many other facets of professional nursing. One of these action areas is in becoming a Regional Action Coalition (RAC) with the Future of Nursing: Campaign for Action effort. I am very pleased to be able to serve as one of the conveners for some of the webinars, conference calls and meetings that will ultimately precede Missouri’s summer Regional Action Coalition (RAC) application. It is an exciting time for Missouri Nursing, and being actively involved in Missouri Nurses Association is an important decision for any Missouri nurse.

TREASURER

ANDREA GARNER, MSN, RN

Owensville (Central Region)

Current MONA Activity: Nursing Practice Committee Member, 2009 - Present; Reviewer, Missouri Nurse Editorial Advisory Board, 2011 - Present.

Position Statement: Continuing education for nurses in Missouri is necessary for quality patient outcomes and development of nursing as a profession. I support the efforts of health care educators across Missouri as we propose that newly licenses RN’s need to attain a BSN degree within ten years of initial licensure. As a diploma graduate many years ago, I felt prepared for the workplace with my education. It only took a few years to realize that continuing my education was necessary in order for my patients to receive high quality nursing care. Changes in health care occur daily and nursing education that only prepares the student to understand current health care practices is not enough to ensure an understanding of the organizational process in health care. BSN programs provide foundational knowledge about how to manage complex conditions, systems thinking, quality improvement, and health care legislation/policy. This advanced knowledge is necessary for the retention and advancement of nursing practice.
TREASURER - continued

SUSAN KENSLOW, MSN, RN, FNP-BC, AOCNP

Current MONA Activity: Southwest Regional Vice Chair, 2011-2013.
Past MONA Activity: Region F Director, 2008-2010.
Position Statement: In twenty-two years of nursing, I have experienced multiple levels of nursing, from a nurse tech to advanced practice. These experiences have challenged and rewarded me through the years. The knowledge gained along the way has been valuable in my professional and personal life. Our life experiences make us who we are today! The voice of experienced nurses is not only important in the promotion of the nursing profession but in our role as patient advocate. With the health care industry attempting to control cost, our profession is challenged to do more for less, but the patients are the ones who see the shortfall of services provided. As one voice, nursing can and does make a huge impact. Now is the time for nursing to unite and utilize our voice to be heard on issues that are important to the profession and to the safety of our patients. I would like the opportunity to be an active part of the voice of nursing.

WEST PLAINS (SOUTHWEST REGION)

ANA DELEGATE (4 open, 2 alternates)

NANCY BARR, MSN, RN

Current MONA Activity: Chair, Nominations Committee; Chair and MONA Board Representative, Nursing Practice Committee; Acting President District 2 (Chapter), ANA Delegate.
Past MONA Activity: President, Board Member.
Position Statement: The need for registered nurses to support Health Care Reform is an ethical obligation based on the ANA Code of Ethics. No resident or individual of this country or state should be deprived of the right to health care. I will work toward this goal with energy and with voice. Nurses must be visible and vocal defining their role in Health Care Reform. I will support these planks as an elected official of MONA and will take every opportunity to work for these initiatives.
I will support any effort for the betterment of nursing education in the state of Missouri. Nurses success will be insured with a level playing field nationally and locally. A strong foundation based on a consistent educational process will help citizens and peers promote and trust us for future endeavors.

MARYANN COLETTI, BS, RN

Current MONA Activity: Chair, Government Affairs Committee 2001 - Present; ANA Delegate 2003; ANA/MONA Member 1985 - Present.
Position Statement: Sound public policy comes about through the Political process. Health care issues are determined and regulated by rules created via the legislative process. Nurses must become more involved in the legislative process to enable us to access and deliver care and services for our clients.
Our elected officials trust nurses and we must be willing to work with policymakers to ensure a safe work environment and provide quality care for patients. As nurses, it is our responsibility to have a “seat at the table” to positively affect the nursing profession in the legislative and regulatory areas.
I have been actively involved in the legislative and regulatory process for more than 15 years and Chair of the MONA Government Affairs Committee for over 10 years. I have experienced first-hand the positive effect nurses have on health policy issues. If elected I will represent MONA well as a delegate to ANA.

Corinne Fessenden, PhD, RN

Current MONA Activity: State Director; Northeast Region Chair; Finance Committee; Chair, Bylaws Committee; Chair, Hall of Fame Committee; President, Missouri Nurses Foundation.
Past MONA Activity: Secretary two bienniums; Regional Director two terms; ANA House of Delegates x3.
Position Statement: I have served as a HOD representative for MONA in the past and believe that I have knowledge of the workings of the HOD to effectively represent MONA in that arena. MONA is facing challenges in terms of having a voice in the HOD due to the size of our delegation, which is being further diluted by representation accorded to ANA only members. We need to work to restructure how ANA only members are represented and work with other small states to form coalitions to further mutual interests and agendas.

KANSAS CITY (WEST CENTRAL REGION)

St. Louis (East Central Region)

Palmyra (Northeast Region)
ANA DELEGATE - continued (4 open, 2 alternates)

**SUSAN HINCK, PHD, RN**

**Current MONA Activity:** Nominations Committee Southwest Region, Nursing Practice Committee, Missouri Nurses Foundation Board Member.

**Past MONA Activity:** District 10 President, 1st Vice President, Secretary, Legislative Chair; District 4 President, Board of Directors Member, Education Committee Chair; Membership, Marketing, and Public Relations Committee.

**Position Statement:** All nurses lead health care improvement when they use their skills and knowledge developed through rigorous education programs and honed in practice. Nurses should consider taking the next steps. By building on the report, Future of Nursing: Leading Change, Advancing Health, recently released by the Institute of Medicine and the Robert Wood Johnson Foundation, MONA and ANA can guide nurses in assuming leadership positions in state and national settings. It is essential that more nurses step up and offer their expertise in committees, on boards, on executive management teams, and in policy and legislative bodies.

**SUSAN KENSLow, MSN, RN, FNP-BC, AOCNP**

**Current MONA Activity:** Southwest Regional Vice Chair, 2011-2013.

**Past MONA Activity:** Region F Director, 2008-2010.

**Position Statement:** In twenty-two years of nursing, I have experienced multiple levels of nursing, from a nurse tech to advanced practice. These experiences have challenged and rewarded me through the years. The knowledge gained along the way has been valuable in my professional and personal life. Our life experiences make us who we are today! The voice of experienced nurses is not only important in the promotion of the nursing profession but in our role as patient advocate. With the health care industry attempting to control cost, our profession is challenged to do more for less, but the patients are the ones who see the shortfall of services provided. As one voice, nursing can and does make a huge impact. Now is the time for nursing to unite and utilize our voice to be heard on issues that are important to the profession and to the safety of our patients. I would like the opportunity to be an active part of the voice of nursing.

**FLORENCE SPEER, RNC-NIC**

**Current MONA Activity:** President, 3rd District Chapter; Board of Directors East Central Region.

**Past MONA Activity:** Board of Directors, 3rd District; Membership Committee.

**Position Statement:** I believe safe staffing is the most important issues in nursing today. With budgets being cut the issues it even more important. The health of the patients we serve is directly related to the number of staff available to provide safe, quality care.

**DEsMA RENo, MSN, APRN, GCNS-BC**

**Current MONA Activity:** ANA Nominations Committee, 2008-2012; ANA Delegate, 2009-2011; Vice Chair Southeast Region, 2010-2011.

**Past MONA Activity:** ANA Delegate, 2000-2011; President, 1997-2001; Vice President, 1995-1997; Board, 1993-1995; District President, 2008-2010.

**Position Statement:** A major issue of concern is the involvement of nurses in the professional organization. I have had the privilege of being the State Consultant for the Missouri Nursing Students Association. Students tell me that there is little engagement between faculty and students other than in classes. This has been supported in recent studies that have looked at the “Culture of Engagement” between and among nurses. This is the time for nurses to be engaged and to make it happen, especially with the future generation of nurses. The time to ENGAGE is NOW!! Once we as a profession are committed there is no stopping us... YES WE CAN!!! I am very proud to be a member of this prestigious organization and look forward to serving the membership and being part of the many voices of Nursing in Missouri.

**DIANNE SCHMIDT, RN, CPNP**

**Current MONA Activity:** Board of Directors, Government Affairs Committee Member, East Central Region Chair.

**Past MONA Activity:** President, Vice President, Board of Directors, Government Affairs Committee Member.

**Position Statement:** Nurses have to have a VOICE about health care in the state of Missouri and our Country!! As a member of MONA, my dues help our professional organization in Missouri to have a voice in our Capitol. We have a lobbyist and a CEO who advocate and assist our legislators to understand health care issues. My membership with the national organization ANA gives me a voice in Washington about health care issues. As an ANA Delegate, I will be able to let the leaders of ANA know our concerns here in Missouri.
NOMINATIONS COMMITTEE  (7 open, 1 per region)

NORTHWEST REGION (NW)  
CHRISTINA GUTIERREZ, RN  
SMITHVILLE

NORTHEAST REGION (NE)  
LAURA MILLER, RN, MSN, MBA, CNML  
HANNIBAL

Current MONA Activity: Nominations Committee.
Past MONA Activity: Vice President, Region B, 9th District 2010; various positions local 9th District; Clinical Practice Committee.

WEST CENTRAL REGION (WC)  
NANCY BARR, MSN, RN  
KANSAS CITY

Current MONA Activity: Chair, Nominations Committee; Chair and MONA Board Representative, Nursing Practice Committee; Acting President District 2 (Chapter), ANA Delegate.
Past MONA Activity: President, Board Member.

CENTRAL REGION (CE)  
MARY BERHORST, RN, BSN  
LINN

Current MONA Activity: Board of Directors at Large; Nominations Committee 2009-2011; Finance Committee Member; Peer Assistance Committee Member 2009-2011; Bylaws Committee; Resolutions Committee; Central Region Secretary/Treasurer 2011-2012.
Past MONA Activity: ANA Med-Surg Committee Board; President 2008-2009; Vice President 2007-2008; Secretary/Treasurer; Board Member at Large and Region D Director; Bylaws Committee; Finance Committee; Peer Assistance Committee; 7th District - President, 1st Vice President, 2nd Vice President, Treasurer, Board of Directors, Editor of SNAP, Publicity Chair.

EAST CENTRAL REGION (EC)  
CAROL LEVINS, RN  
BRIDGETON

Current MONA Activity: Chair, New Grad - Special Interest Group
Past MONA Activity: MONSA Convention Director

SOUTHWEST REGION (SW)  
SUSAN HINCK, PHD, RN  
SPRINGFIELD

Current MONA Activity: Nominations Committee Southwest Region, Nursing Practice Committee, Missouri Nurses Foundation Board Member.
Past MONA Activity: District 10 President, 1st Vice President, Secretary, Legislative Chair; District 4 President, Board of Directors Member, Education Committee Chair; Membership, Marketing, and Public Relations Committee.

SOUTHEAST REGION (SE)  
STACEY MORGAN, RN-MSN  
GOBLER

NOTICE:  CANDIDATES LISTED ON YOUR ELECTRONIC BALLOT MAY DIFFER FROM WHAT IS LISTED HERE.
YOUR BALLOT IS BASED ON YOUR MEMBERSHIP TYPE AND VOTING RIGHTS. IF YOU ARE NOT ELIGIBLE TO VOTE IN MONA ELECTIONS YOU WILL NOT BE SENT AN ELECTRONIC BALLOT.

Full MONA/ANA members have voting rights on all state-level issues and elections, including MONA officers and delegates. Full MONA/ANA members are permitted to run for, or be appointed to, any office in the American Nurses Association (ANA) where they would vote in the ANA elections or on issues before the ANA House of Delegates.
State Individual Members (SIM) (MONA only members) have voting rights on all state-level issues and elections (excluding voting for MONA officers and delegates). SIMs are not permitted to run for, or be appointed to, any office in the American Nurses Association (ANA) or to vote in ANA elections or on issues before the ANA House of Delegates.

ELECTION DEADLINES

8/15/11  Polls Open - eVoting link on MONA website, www.missourinurses.org
9/16/11  Polls Close - 5:00 p.m.
10/08/11  Ballot Tally Results Announced at MONA Biennial Convention
1/01/12  Elected Members Assume Office

MONA Missouri Nurses Association
WANTS YOUR VOTE!!
WHAT IS ORGANIC PRODUCTION?
Unlike marketing claims such as “natural,” “sustainable,” “green,” or “local,” the word “organic” is defined in Federal law and regulated through an extensive certification process, from field to fork.

“Organic production” is defined by the USDA National Organic Program regulation as “a production system that is managed ... to respond to site-specific conditions by integrating cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity.”

WHY SHOULD I CARE?

Personal Health
Organic products are produced and processed without the use of prohibited synthetic and persistent pesticides, fertilizers, growth hormones, genetic engineering, artificial ingredients, and preservatives.

Exposure to agricultural pesticides is associated with the risk of prostate cancer. Twice as many children of Iowa farmers developed childhood lymphoma as the control population.

Research conducted by the USDA, California Dept of Health, and Consumers Union has consistently shown that organic products have very low, or no, pesticide residues.

Researchers at the University of Washington found that a diet composed of predominantly organic food “provides a dramatic and immediate protective effect against exposures to organophosphurous (OP) pesticides.” The researchers concluded that, “consuming food grown using organic production methods can virtually eliminate exposures to a dangerous class of insecticides known to disrupt neurological development in infants and children.”
The President’s 2010 Cancer Panel Report urges consumers to choose foods grown without pesticides or chemical fertilizers, antibiotics, and growth hormones to help decrease their risk of contracting cancer. The report states, “Exposure to pesticides can be decreased by choosing, to the extent possible, food grown without pesticides or chemical fertilizers...Similarly, exposure to antibiotics, growth hormones, and toxic run-off from livestock feed lots can be minimized by eating free-range meat raised without these medications.”

Vegetables grown on organic farms are no more likely or less likely to be a source of food-borne disease than vegetables grown on non-organic farms.

**Nutrition**

Mothers consuming mostly organic milk and meat products were found to have about 50 percent higher levels of rumenic acid in their breast milk. This Conjugated Linoleic Acid (CLA) is responsible for most of the health benefits of CLAs in milk and meat. The greater reliance of organic beef and dairy farmers on pasture and forage grasses increases the levels of CLAs in milk and beef, and in turn in the breast milk of women eating organic animal products.

In a ten-year comparison of the influence of crop management practices on the content of flavonoids in tomatoes, UC Davis researchers found that the ten-year mean levels of two important bio-flavinoids, quercetin and kaempferol, were 79% and 97% higher in organic tomatoes. The levels of flavonoids increased over time in samples from the organic fields.

USDA scientists have found that organic brands of catsup contain 57 percent higher levels of the health-promoting antioxidant lycopene.

Researchers in Texas found that organic grapefruits had higher levels of ascorbic acid, certain health-promoting flavonoids, and sugars, and were lower in nitrates.

According to Washington State University research, organic strawberries have higher levels of antioxidants and higher concentrations of Vitamin C. The organically farmed soils were found to have more total carbon and nitrogen, greater microbial biomass and activity, and higher concentrations of micronutrients.

Organic crops contain fewer nitrates, nitrites and pesticide residues but, as a rule, more dry matter, vitamin C, phenolic compounds, essential amino acids, minerals, and total sugars.

This article is reprinted with permission from Jim Riddle, University of Minnesota, Organic Ecology Research and Outreach Program, Southwest Research and Outreach Center, riddl003@umn.edu. For the full article and references please click the link on the MONA website under Events - Biennial Convention - Resources.

**ADDITIONAL ORGANIC WEBSITES OF INTEREST:**

www.attra.org/organic.html  
www.extension.org/organicproduction  
www.eorganic.info  
www.howtogoorganic.com  
www.mda.state.mn.us/food/organic  
www.mosesorganic.org  
www.organic-center.org  
www.organicecology.umn.edu
There has been some exciting work going on in the Committee on Bylaws. Now, before you think that “bylaws” and “exciting” do not belong in the same sentence or that they are contradictory, let’s explain. Bylaws provide the structure and governance of an organization and should be a dynamic document that reflects actual practice. The document provides authority for carrying out the business and functions of the organization but doesn’t need to give specific details as to how. Bylaws represent your membership rights. Every two years, or in odd years, MONA has a biennial meeting of the General Assembly which provides authority for carrying out the business of the organization. Bylaws are a biennial meeting of the General Assembly usually along with a convention. As the Committee on Bylaws prepares for this meeting, suggestions for bylaws changes are requested from members, committees, staff and the Board of Directors. At their March meeting, the Board of Directors gave some very spirited and strong feedback that centered on the bylaws being “too long,” “confusing,” and “difficult to find what you needed to know.”

Based on the Board’s feedback, the bylaws were given a good “read,” not only for content, but for logical consistency, understandability, reflection of actual practice, language, procedure and redundancy. Also, they were compared with the ANA Bylaws, which have been streamlined and updated. The Committee found them to be disorganized, redundant, and generally lacking in some of the areas mentioned above. For example, the MONA bylaws have twenty-five (25) Articles with Subsections and the ANA bylaws have only twelve (12). Let us tell you why.

Though not as old as ANA, MONA filed its Articles of Incorporation, Constitution and Bylaws with the State of Missouri in 1907. Many amendments have been made over this years and the document has continued to grow. We might add the amendments or changes made to the document have not always been noted on the preface, but have been incorporated into the text. Some amendments have been listed in the final Article “Amendments,” but not all. As new issues have come along, Articles were added and, additionally, the new content was often incorporated into old Articles. Some of us have been on the Committee for a long time, and we worked under the idea that we really had to make changes consistent with ANA bylaws. You can often find identical language in the two documents even with the ANA updates. Since the 2008 House of Delegates, ANA has given Constituent Member Assemblies (CMAs-MONA is a CMA) more latitude in developing their bylaws in that they only need to be “in harmony” with ANA’s bylaws. If you remember, last biennium MONA changed its structural units from districts to regions in the bylaws. Changing that language was a major undertaking and no work was done to update the structure or other content of the bylaws at that time.

As the Committee prepared for the 2011 meeting of the General Assembly we have undertaken a major overhaul of the MONA bylaws. The bylaws will not be amended this year but revised; this is suggested when bylaws become difficult to use and cumbersome. In effect, a revision is a new set of bylaws. First, the Articles have been reorganized to logically progress from the purpose of MONA, the relationship between MONA and ANA, membership and affiliations, regions, General Assembly and Board of Directors. This mirrors the organization of the ANA bylaws. To give you an example, if you wanted to know what the quorum for a Board of Directors meeting was you did not find it in the meeting section of the Article on Board of Directors; it was in an Article on Quorum. Now all information about various structures of the organization is included in the Article on that particular structural unit. Redundancy has been removed for the most part and there are only two or three instances where something is said twice. Also, the cross-referencing that has been part of additions/amendments/changes over time has been eliminated. When changes were made to the bylaws cross-references needed to be changed; sometimes this was not done accurately, it was time consuming to do, and resulting errors that were missed made the document confusing.

These above items noted are only a few of the improvements found in the revision document. There are changes in the content such as the removal of the E&GW and Workplace Advocacy programs as we will no longer have these formal programs. However, as part of its functions MONA will continue to do workplace advocacy. When the revised Bylaws document is posted on the website, you will be notified. If you want a printed copy, you can request one be sent to you. Any changes thought to be of interest or up for discussion will be highlighted on the website. The Committee encourages you to read the entire document and email questions you may have; additionally, we hope you will be at Convention in October to attend the forum on Bylaws and to vote on adoption of the revision. The Committee will be putting the revision forward for vote in total. If the revision does not pass in the General Assembly, the bylaws document as amended in 2009 will be retained. We look forward to hearing from you and your participation in this process as we move toward the meeting of the General Assembly in October! It is a pleasure to serve the General Assembly.

Corinne Fessenden, PhD, RN
Bylaws Committee Chair
As a nurse educator at Phelps County Regional Medical Center, Sue LaPlante knows the challenges of providing the latest health care training equipment and techniques to professionals in rural areas. She found a solution parked just outside her hospital when her staff participated in a hands-on learning session with the University of Missouri’s new mobile clinical simulation service, Mobile Sim.

“Many of our staff members had valuable ‘a ha’ type moments that I know they will carry forward into their individual practice settings,” LaPlante said. “By participating in this new simulation training, skills like teamwork, situation awareness and decision making were honed.”

The MU School of Medicine and its Russell D. and Mary B. Shelden Clinical Simulation Center, in partnership with Missouri Area Health Education Centers (AHEC), created Mobile Sim in response to the need for interactive and high-tech training resources in rural areas. Leaders from the medical school and AHEC unveiled the Mobile Sim service and many of its features April 27 during a roll-out celebration at the Missouri Capitol.

On board the 30-foot vehicle are three lifelike computerized patient mannequins and virtual reality devices with the ability to simulate more than 110 medical scenarios. Mobile Sim is also equipped with cameras to record participants and data storage devices to capture a variety of information from training sessions. Mobile Sim’s trained staff provides on-site setup and assistance for each session, and patient actors can be employed to make learning experiences even more realistic and effective.

“Especially in rural areas of the state, limited funding can make it challenging for hospitals and clinics to purchase high-tech training equipment,” said Kathleen Quinn, PhD, director of MU’s Area Health Education Center. “With Mobile Sim’s resources and staff support, we will be able to provide advanced educational resources to a broader audience of health care professionals, which will in turn improve the quality and safety of patient care throughout our state.”

From first-responders and law enforcement, to community college and vocational program students, the training can be tailored to fit the needs of a wide variety of learners. By experiencing hands-on interaction with a realistic “patient,” learners are faced with making decisions and prompted to respond quickly, preparing them for the unexpected.

“This program provides the opportunity for health care providers to practice high-risk patient events in an environment that is controlled and safe,” said Dena Higbee, MU’s clinical simulation center director. “The active training leaves providers better prepared, improves team dynamics found in real health care environments, and encourages students and professionals to become lifelong learners.”

The Mobile Sim training service is supported by a $288,133 grant from the Health Resources and Services Administration. For more information on MU’s clinical simulation training, visit http://clinicalsimulation.missouri.edu.
NoCube, LLC announces the release of Nutrient Depletions™, a new revolutionary health app, now available on iPhone®, iPad®, and iPod touch®. Nutrient Depletions, the only app of its kind, brings essential medication and nutrition health information to patients and medical professionals, instantly. Nutrient Depletions informs both patients and medical providers what natural nutrients, essential to healthy living, are being depleted by medications.

Medications drain essential nutrients from your body. Providing information on over 700 commonly prescribed drugs known to deplete the body of its natural nutrients, Nutrient Depletions gives easy-to-use recommendations on nutrient replenishment. Highlighting readily available, natural food sources, this easy-to-use app makes it effortless to maintain proper nutrient levels and optimal health. Nutrient Depletions creates awareness about concerns of drug-induced, nutrition-based symptoms to empower patients to have informed conversations with physicians about the side effects of medications.

“I wish I would’ve known about this years ago,” said pharmacist, Bob Begert at Milex Drugs, Caledonia, N.Y. “I'm recommending it to all my customers to help them have more information about their medications so they stay aware of how to adjust their diets. For less than the cost of a bottle of a multi-vitamin supplement, my patients can really benefit by learning the potential side effects of their medications.” Begert, discovered the benefits of the Nutrient Depletions app when his own physician alerted him to his low blood calcium levels. Nutrient Depletions showed him that his prescribed medications were causing him to lose calcium.

For consumers, Nutrient Depletions provides you with valuable information to balance your medications and diets. Certain medications will deplete nutrients in your body and you can help reverse those effects by replacing nutrients with healthy food sources. Taking a cholesterol-lowering medication for long periods of time can deplete Folic acid, Calcium, and Iron. A long term result of Folic Acid deficiency can lead to other medical conditions, such as anemia. Folic acid is a B vitamin and its role is to help the body make new red blood cells. Red blood cells are responsible for carrying oxygen throughout your body. Low red blood cell levels can leave you feeling weak and tired and causes anemia. It is important to monitor the effects your medications have on your body so you can have informed discussions with your health care practitioner about making changes to incorporate healthy foods into your diet. Good sources of Folic Acid include green leafy vegetables, whole grains, and fruits.

For healthcare professionals, better information means better care. Nutrient Depletions enhances the quality of patient care by providing a portable reference guide to look up nutrients depleted for your patient’s medication regimens. Have the information you need at your fingertips and make recommendations while evaluating a patient’s medical records. Become the source of information for your patients in real-time without waiting for internet connections or fumbling through medical books.

Easy and simple to use! Perform a search by medicine name or category, research a list of nutrients depleted by that medication, and see a list of the food sources you can eat to replenish those nutrients. Nutrient Depletions allows you to share what you found with your family, friends and patients through an easy in-app email feature.

Nutrient Depletions has gathered the most comprehensive information for your pocket reference from:

- United States Food and Drug Administration
- National Institutes of Health
- United States Office of Dietary Supplements
- National Cancer Institute
- United States Department of Agriculture
- And more!

Where to Buy
Nutrient Depletions is available now at www.nutrientdepletions.com and in the Apple App Store™, for only $1.99 USD.

About NoCube, LLC
Nutrient Depletions was created by the joint efforts of TwinSiS, LLC and NOCUBE, LLC. NOCUBE, located in Rochester, NY, started in a 100 square foot space of the owner’s home with an idea and inspiration to live the healthiest life ever. NOCUBE, www.nocube.co, is devoted to improving the health of individuals by developing innovative healthcare products.

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What are the Chances of Needing Long Term Care? Half of Americans will need Long Term Care Insurance either at home, in an assisted living facility or in a nursing home at some point in their lifetime.¹

People of All Ages Need Long Term Care Services. Long Term Care is not just for those who are older. Younger People need these services due to illnesses, physical disabilities, and injuries from automobile and sporting accidents. In fact, more than 40% of those receiving Long Term Care services are under 65.²

Contact Us for Additional Information Today. Long Term Care insurance is an affordable protection that has brought many association members and their families peace of mind.

As a member of the Missouri Nurses Association you will be offered this protection at a very advantageous price and those discounts can be extended to your entire family.

Not a member? Call or stop by our booth and I’ll show you how to save on your premiums by joining.

MAKE A DIFFERENCE

At Goldfarb School of Nursing at Barnes-Jewish College, you can transform your passion into an exhilarating and rewarding profession. We’ll help you find the nursing path that brings out your best — so you can make a difference.

Innovative programs | Cutting-edge simulation labs | Outstanding faculty | Clinicals at top hospitals

BarnesJewishCollege.edu
Our health care attorneys represent nurses, hospitals, nursing homes, long-term care facilities, physicians, and other health care providers. Our team has a long history of success through alternative dispute resolution and trial. We cut through the regulatory red tape so that our clients can do what they do best - provide health care services for their patients.
Welcome to MONA!

Carolyn Adams  Bruce Fletcher  Angela Powers
Susan Akins  Tina Fulbright  Nancy Price
Mary Allen  Elease Gathings  Kristin Pringer
Terri Amos  DJ Gross  Debbie Quinn
Jessie Anderson  Janet Hackmann  Dora Reishe
Deborah Asberry  Ann Hendrich  Jessica Rekowski
Catherine Blise  Stephanie Holder  Theresa Rice
Susan Bounous  Susan Howard  Kristin Riley
Leslie Bunyar  Candace Hudson  Carl Smith
Jill Byers  Patricia Hultz  Diana Smith
Stephanie Clark  Nicole Ivey  Lynn Stark
Elizabeth Cook  Amy Katsikas  Kayleen Thomas
Sandra Crank  Beverly Ketel  Carol Thomeczek
Christen Curran  Diane Klersy  Vickie Wade
Judy Curtright  Helen Lach  Kathryn Wayman
Thuy-Tien Dang  Kathryn Leuckel  Carole Wedington-Hunt
Kate Darst Hatfield  Matthew Lindquist  Lisa West
Cynthia Dicus  Cheryl Lummis  Samuel Wisely
Janet Diffey  Pamela Martin  Jill Wolf
Amy Dittmer  Jessica Muilenburg  Bonnie Woods
Connie Dunn  Michele Muraki  Emily York

MONA members are given an opt out option when joining if they do not wish to be listed in this publication. The above list are the new members from March 2011 through June 2011.

Webster Wellness
Your 1 Stop Shop for Integrated Outpatient Treatment for Eating Disorders & Weight Issues

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Body Images Issues & Muscle Dysmorphia • Compulsive Exercise
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ADDITIONAL CONTACTS:

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Phone: 301-628-5000
Fax: 301-628-5001
Email: memberinfo@ana.org
Web: www.nursingworld.org

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Web: www.icn.ch
Our hearts go out to the families of Joplin, Missouri. The devastation of the tornado on May 22, 2011, will be felt for years. What can you do to help? The Missouri Nurses Foundation has started a relief fund to assist Joplin area nurses. We have raised over $19,700!!

DONATE ONLINE NOW at www.missourinurses.org! 100% of the donations received will go directly toward Joplin relief.

Some comments from a few of our many generous contributors:

Nurses stand up for one another. Take care. - Briget (Arvada, Colorado)

My thoughts and prayers are with all of you. I can not imagine what you nurse’s had to go through taking care/evacuating patients while knowing your life was at risk. It really shows what a caring profession nursing is. - Patricia (Columbus, Ohio)

From one nurse to another, or many others, we continue to pray for you and admire your selfless service to your patients, in spite of your own losses. - Shirley (Columbia, Missouri)

May you find the strength to rise above. You are heroes, everyday! - Rhonda (Oregon, Illinois)

Donations will be accepted until August 22, 2011