



Spring 2021
Volume 11 Number 1

What's TAPANing

The Official Newsletter of the West Texas and Panhandle Region

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Join the
[wesTpan Region](#)
group on Facebook!
Pictures, comments,
events are posted regularly!



Happy Spring Fellow wesTpan Members!

I hope you all had a wonderful Christmas season.! Spring is right around the corner and I am sure many of us are happy to see the cold leave us for the year. I hope all of you have been staying well throughout the continuing pandemic.

Our Member Spotlight has been an ongoing success. If you, or someone you know, would like to be mentioned in the Spotlight, please send us a picture and a short bio, and we will get it in the next newsletter. If there is more than one entry, we will publish the first one we receive and include the next one in the next newsletter. Everyone deserves their time in the spotlight for the work they do!

Are you interested in organizing an event with the other PeriAnesthesia nurses in your area to benefit your community or organization? If you have any ideas for activities or educational opportunities, please send an email to admin@tapan-westtexas-panhandle.com. If you would like to get something started, but are not sure what to do, please let us know. We will help you with ideas or answer any questions you may have.

We are looking for additional liaisons from other areas, so if you are interested, please contact us. Liaisons are needed for every area in our region. We would love to have suggestions and any help from you that you can give.

Please go to the ASPAN website at <http://www.aspan.org>, the TAPAN website at <https://www.tapan.org>, and the wesTpan website at <http://tapan-westtexas-panhandle.com> for information about our organization. You can also get ideas about ways to get more engaged and involved. Any time you can give will be greatly appreciated!

Thank you for all you do every day for your family, friends, coworkers and communities! I hope you and your family stay healthy and safe.

Sincerely,

Trina Mora, MSN, RN, CAPA, CPAN

Member



Member CAMPAIGN

January 1 – December 31, 2021

Invite your colleagues to join ASPAN today! To thank you for your recruitment work, a [variety of awards](#) are available for members who participate.

You can obtain promotional materials and membership applications by contacting ASPAN's National Office toll free at 877-737-9696 or emailing: dhanisch@aspan.org. Request as many copies as you like, and be sure to place your name as the recruiting member on each application you distribute.

Campaign Awards

- Five names (one from each Region) are randomly drawn each quarter. Winners receive an award of their choice from [Tier One](#).
- **Recruit 4-9 new ASPAN members in 2021** and receive an award of your choice from [Tier One](#).
- **Recruit 10 or more new ASPAN members in 2021**, and receive an award of your choice from [Tier Two](#).
- **The Recruiter of the Year, the individual who recruits the most members during 2021** will win one free year of ASPAN membership (*non-transferable*), one free 5-day registration to the 2022 ASPAN National Conference (*non-transferable*), and a commemorative plaque.

(image and text direct from <https://www.aspan.org/Members/Member-Get-A-Member-Campaign> accessed 3/14/2021)

Congratulations!!



Jessica Herrera and Trina Mora were each rewarded with an amethyst bracelet from the TAPAN board! The CPAN amethyst bracelet is an honor to obtain, representing hard work and dedication to the profession. The TAPAN board presented the bracelets to recognize the hard work of our vice president and president and for attending the TAPAN leadership conference. Congratulations to Jessica and Trina!



There is always a place for those willing to help the wesTpan region, visit our website and submit your Willingness to Serve form today!



2021 ASpan National Conference, April 25-29, 2021
Early Bird Registration Extended to 3/31!

A Virtual Experience

Visit <https://www.aspan.org/Events/2021-ASpan-National-Conference>

for more information and registration

(image and text accessed via website listed above 3/14/2021)

\$\$ wesTpan Financial Report \$\$

Report as of February 27th , 2021

INCOME (including dues, fundraising, donations, etc): \$40.00

EXPENSES (reimbursements, meeting expenses): \$ 258.00

BALANCE: \$2926.38

Check THIS out!! 2.0 CEUs

TAPAN Hill Country and South Texas Region
is holding a SPRING SEMINAR
Via ZOOM

April 17th at 8:30 AM (CST)

- Peripheral Nerve Blocks: A Review of the Most Common Blocks and Associated Clinical Implications in the PACU
- Duke Protocol and Enhanced Surgical Recovery ESR: The Peri-operative Experience

Go to TAPAN.org under the

Educational Offerings for details

Don't miss this great opportunity to gain a couple of CEUs presented by a colleague region in TAPAN!



Photo courtesy William Tollett

wesTpan Region Officers

President

Trina Mora MSN, RN,
CAPA, CPAN
Midland, TX

Vice President

Jessica Herrera BSN, RN, CPAN
Midland, TX

Treasurer

Carrie Watson BSN, RN
CAPA, CPAN
Midland, TX

Secretary

Kat Tollett BSN, RN,
CNOR, CPAN, CST
Abilene, TX

Webmaster

Kat Tollett BSN, RN,
CNOR, CPAN, CST

Any officers can be contacted at:

admin@tapan-westtexas-panhandle.com



Save the date...2021!

24/7/365

Willingness to Serve

TAPAN and wesTpan websites are *always* ready
To take Willingness to Serve forms!
Show how much you care for your patients and your profession
By filling out a form found on the websites under the “forms” tab

April 17th

Spring Seminar via zoom

Presented by HCSTRRegion

For more info visit: www.tapan.org/educational-offerings.html

May 15th

Summer 2021 Newsletter submission deadline

Submit events, pictures, congratulations, and even jokes
to admin@tapan-westtexas-panhandle.com

July 1st- September 15th

ABPANC Fall Exam Registration Open

Check out the website at: www.cpancapa.org Be sure to review the new rules
for testing and recertification.

September 15th- November 15th

Fall CAPA CPAN exam dates

Visit the ABPANC website at: www.cpancapa.org

April 25-29, 2021

40th ASPAN National Conference

A Virtual Experience

Visit www.aspan.org for updates

September 25th, 2021

TAPANs 45th Annual State Conference

Expected to be a virtual event- visit website for updates

Visit www.TAPAN.org

Anytime, Anyday

Visit ASPAN.org to see a list

Of webinars and on-demand modules available anytime

A Note of Hope

Now approaching a year long experience of uncertainty, job and wages lost, and distancing. Hopefully, many of you have found a way to make personal connections in some form. Please keep in mind that some folks have distanced so much that they have entered into a hole. Particularly with winter's short daylight hours, it can seem hopeless.

You can help these people, who have had enough of....everything.

Listen, watch, and remember to be kind and open for those who need your help. If you can give a glimmer of hope to someone who needs it, you might be doing more than just saying a kind word, you might be saving someone's life. If you happen to be the one who needs someone, please, reach out! People care, WE care, I care, no matter what may be going on outside. It has been a tough year, it is not over yet.

You can make it through to better times.

We are ALL in this together.

Help is available!

1-800-273-8255 National Suicide Prevention Lifeline



Image courtesy Carrie Watson

Editor's Note:

What's TAPANing is the official Newsletter of West Texas-Panhandle Region.

Contributions to *What's TAPANing* are encouraged. All articles and comments relevant to Perianesthesia care must be double spaced and typed. The author is responsible for providing appropriate references for accuracy and reliability of information.

Submission Deadlines:

Feb 15th - Spring newsletter

May 15th - Summer newsletter

August 15th - Fall Newsletter

November 15th - Winter newsletter

Photos are property of the editor unless otherwise noted. Send comments, suggestions, and/or submissions (including individual achievements!) to admin@tapan-westtexas-panhandle.com

Member Meeting

Mark your calendar for date and time.

It is always great to hear from members, let your voice be heard!

Instructions will arrive via email prior to the meeting.

You are already a member, join the meeting!

Duration expected is less than 1 hour.



Sunday, August 15th at
3 PM (CST)
Zoom meeting



Sponsored by wesTpan region