



Winter 2020
Volume 10 Number 4

What's TAPANing

The Official Newsletter of the West Texas and Panhandle Region

What's inside this issue

1. President's Message
2. Member-get-a-member
2. Financial report
- 3 & 4. wesTpan bits
4. Member Spotlight
5. State Conference 2020
5. wesTpan contact
Information and
Editor's note
6. TAPAN Article review
zoom meeting
6. Award
7. Thankfulness
8. Save the Date
9. A Note of Hope
9. Editor's note

Join the
[wesTpan Region](#)
group on Facebook!

Season's Greetings to you!

I hope you've all had a wonderful fall season. The Holidays are upon us and I hope all of you have been staying well throughout the continuing pandemic. We will be starting our annual donation drive for a local animal shelter!

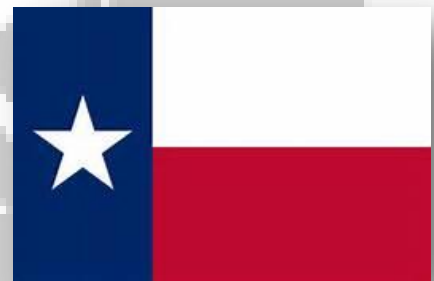
Our Member Spotlight has been an ongoing success. If you, or someone you know, would like to be mentioned in the Spotlight, please send us a picture and a short bio, and we will include it in the next newsletter. If there is more than one entry, we will publish the first one we receive and include the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

Please welcome Gina Davis RN from the Lubbock area! She has agreed to be a Liaison/Chairperson for the Lubbock area of our region! We are very excited to have her join us! Please see her bio and picture in the Member Spotlight section of this newsletter.

Are you interested in organizing an event with the other PeriAnesthesia nurses in your area to benefit your community or organization? If you would like to get something started, but are not sure what to do, please let us know. It is really very easy! We will help you in any way we can!

Again, if you have any ideas for activities or educational opportunities, please let us know. If you are interested in becoming more engaged in our regional activities, please contact us. Liaisons are needed for every area in our region. We would love to have suggestions and any help 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! Have a happy and healthy holiday season! Please stay healthy and safe during these unprecedented times!

Sincerely,

Trina Mora, MSN, RN, CAPA, CPAN

ASPAN Member-Get-A-Member Campaign

It's not too late to participate in the ASPAN Member-Get-A-Member Campaign, which runs from January 1, 2020 to December 31, 2020. Invite your colleagues to join ASPAN today! To thank you for your recruitment efforts, there are a variety of rewards:

- Tier One – (Recruit 4 – 9 members) \$25 Amazon Gift card, ASPAN Member Pin, or ASPAN Team T-Shirt

- Tier Two – (Recruit 10 or more members) \$50 Amazon Gift card, ASPAN Zip Pullover, or ASPAN 2019-2020 Standards

- Tier Three – Recruiter of the Year (Recruits the most members for the calendar year) Complimentary basic registration to the next ASPAN National Conference, complimentary 1-year ASPAN membership, and a commemorative plaque to be presented at National Conference.

You can obtain promotional materials and membership applications by contacting Doug Hanisch at the ASPAN National Office toll free at 877-737-9696, extension 215 or email dhanisch@aspan.org. Request as many copies as you like and make sure to put your name as the recruiting member on each application you distribute.

(article from Breathline vol.39 issue 36 November/December 2019 p.3)

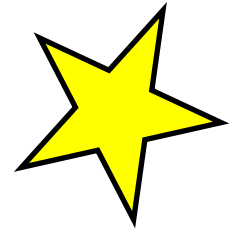
\$\$ wesTpan Financial Report \$\$

Report as of November 22nd, 2020

INCOME (including dues, fundraising, donations, etc): \$323.98

EXPENSES (reimbursements, meeting expenses): \$ 0

BALANCE: \$3144.38



Grace Ambulatory surgery Center (Lubbock):



Wearing pink for breast Cancer awareness month: Allison Lopez, Cara Davis, Gina Davis, Katelin Nelson, and Lori Nelson. Lookin good in Lubbock!

Photo by Cara Bragg

Midland Memorial Hospital:

Midland staff showing their support by wearing pink in October. Left to right in the back: Manuel Gonzales, Kim Woodard, Cathy Jones, Phyllis Hawkins, Trina Mora, and Dante Valenzuela. Bottom right: Norma Sanchez, Karin LeBlanc, Morgan Powell, and Maddie Wyrick. Front bottom: Jessica Herrera

Photo by Dr. Singleton (Anesthesia)



Hendrick Medical Center (Abilene):



Alexis Hansen, Carolyn Rogers, and Pratho holding some of the donations gathered for the Mission Thanksgiving event in Abilene.

Thanks to all who donated coats and blankets this year!

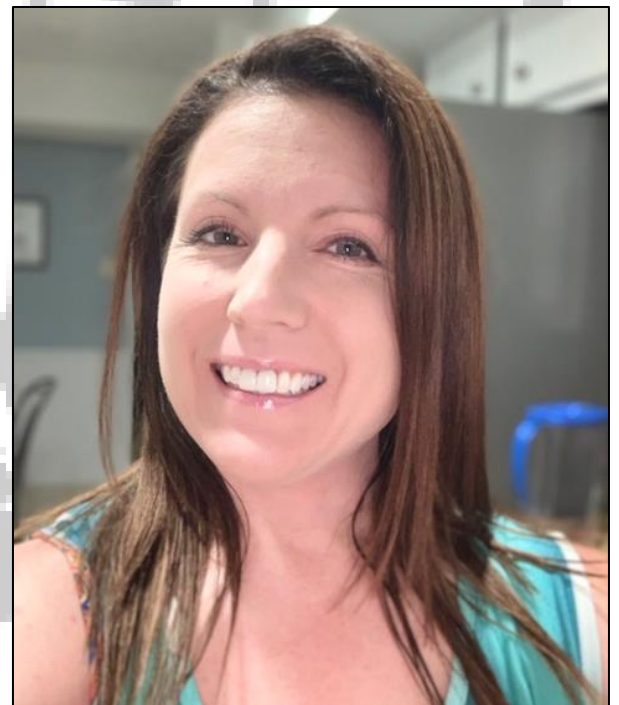
Photo by Kat Tollett

*****Share the news from your area! Send your top sTar-bits to be included in *****
What's TAPANing to admin@tapan-westtexas-panhandle.com

MEMBER SPOTLIGHT

Hi, my name is Gina Davis BSN, RN III. Currently, I work at Grace Ambulatory Surgical Center in Lubbock Texas and I've been nursing 17 years, with a variety of skills. When I'm not caring for others, I spend my time with my husband and two mini schnauzers. Our house is loud, busy and is about to get even crazier! We are expecting our first baby in March and ready for this new adventure. For fun, I love fitness and crafts. I teach group fitness and personal train clients to help them feel their best! If there's any time left, I like to hit up a coffee shop with friends or enjoy a Pinterest project. I'm excited to be part of the West Texas Region!

Thanks!



TAPAN State Conference 2020, A little different

Never did I think a State Conference would be offered virtually and free to top it off! 2020 has been a challenging year with new and innovative ways to live and learn. The 44th Annual State Conference rose to the occasion and became successful in my eyes. Since the State Conference was virtual the experience was a different, new and improved way of learning. It was also helpful in reaching out to several members. What would have been several days of a conference was compiled into one full day. Very little technical difficulties, and very well organized. We could have all been in our pj's and no one would have known, unless you were a speaker. This year's State Conference like others, had several speakers, they brought forth great information. I felt inspired and renewed when the conference was over. One thing I did miss from the conference was the camaraderie, smiling faces, new friendships, pictures and just all around being together.

Submitted by Jessica Herrera


*Best
Wishes
For The
Merriest of
Christmases!
And A Happy New
Year!!*

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



December 13, 2020 Article Review

TAPAN Research, EBP & Education Committee

Need Free CE

Join us for a

JOPAN Article Review

Contact hours awarded for reading the selected continuing education article.

FREE for ASPAN/TAPAN members

Date/Time: Sunday, December 13, 2020, 3:00 pm – 4:00 pm

Article: (1.5 CH – DC) Perioperative Pain Management Strategies in the Age of an Opioid Epidemic

Marjorie Everson, PhD, CRNA, Nina McLain, PhD, CRNA, Mary Jane Collins, DHA, CRNA, Michong Rayborn, DNO, CRNA

In order to access the article prior to and during the review, participants should:

1. Go to aspan.org website
2. Log in with your member ID
3. Education tab
4. ASPAN *Learn*
5. Article review
6. Choose ***Pain Management Strategies in the Age of an Opioid Epidemic.***

Complete all demographic information **before you can access the online post-test** and online evaluation.

Zoom Invite:

You are invited you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/84658601334?pwd=VDRzMHV4Q3BDZ0FIRGI0a3FJNXFGdz09>

Meeting ID: 846 5860 1334

Passcode: TAPAN2021

If you have any questions, please feel free to reach out @ tapancomponentpresident@gmail.com



Check it out:

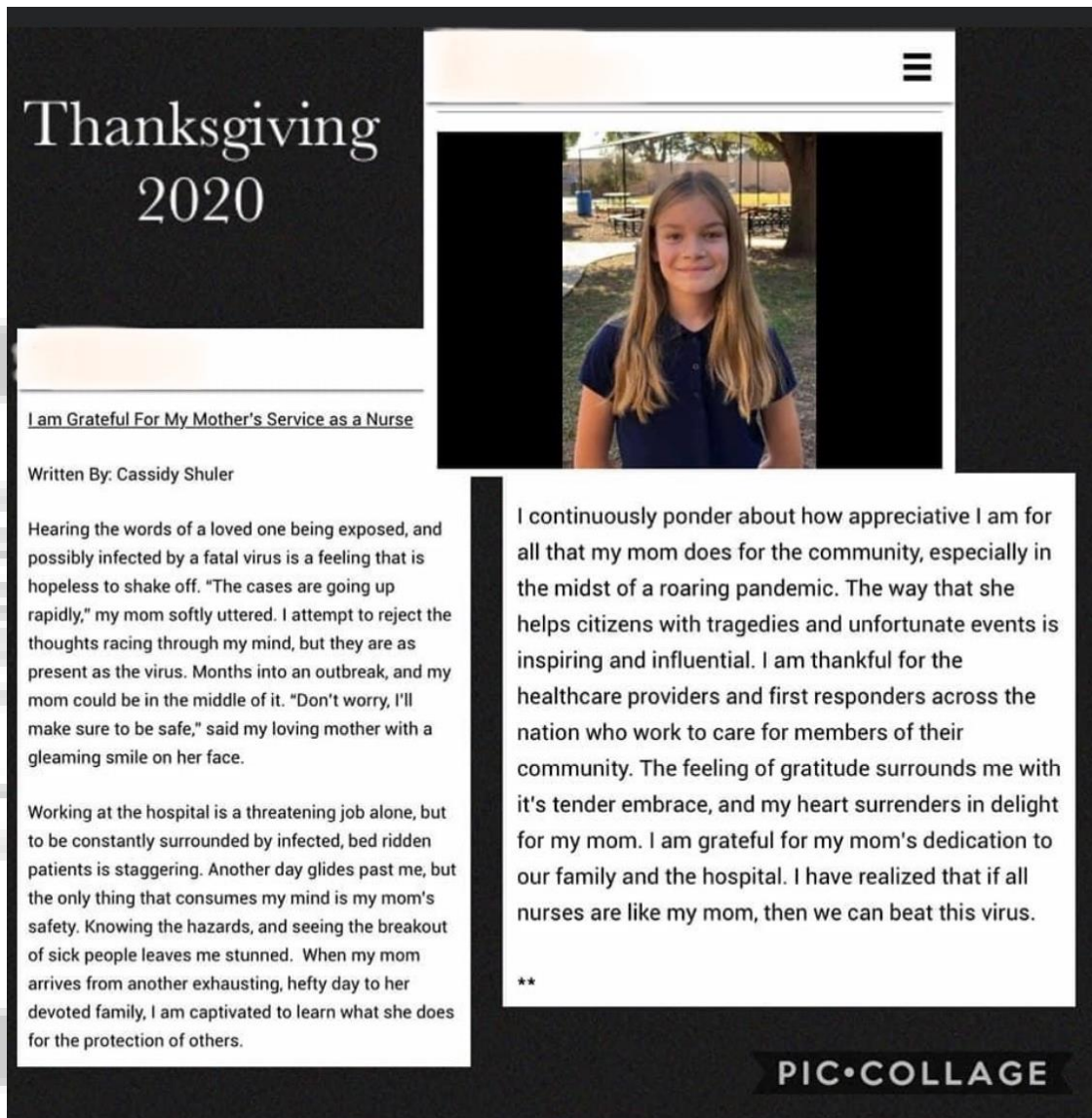
**wesTpan Region membership
is growing,**

thanks to all of our members, new and
experienced!

In October, our president Trina Mora,
received this award on our behalf!

***Sustained membership increase over the
last 6 months!!***

What are you thankful for?



The image shows a digital collage with a black background. On the left, the text 'Thanksgiving 2020' is written in a white serif font. To the right is a photo of a young girl with long blonde hair, wearing a dark blue polo shirt, standing outdoors. Below the photo is a white text box with a black border. The text in the box is a letter of gratitude from Cassidy Shuler to her mother, Corrie Shuler, who is a nurse. The collage is branded with 'PIC•COLLAGE' in the bottom right corner.

Thanksgiving 2020

I am Grateful For My Mother's Service as a Nurse

Written By: Cassidy Shuler

Hearing the words of a loved one being exposed, and possibly infected by a fatal virus is a feeling that is hopeless to shake off. "The cases are going up rapidly," my mom softly uttered. I attempt to reject the thoughts racing through my mind, but they are as present as the virus. Months into an outbreak, and my mom could be in the middle of it. "Don't worry, I'll make sure to be safe," said my loving mother with a gleaming smile on her face.

Working at the hospital is a threatening job alone, but to be constantly surrounded by infected, bed ridden patients is staggering. Another day glides past me, but the only thing that consumes my mind is my mom's safety. Knowing the hazards, and seeing the breakout of sick people leaves me stunned. When my mom arrives from another exhausting, hefty day to her devoted family, I am captivated to learn what she does for the protection of others.

I continuously ponder about how appreciative I am for all that my mom does for the community, especially in the midst of a roaring pandemic. The way that she helps citizens with tragedies and unfortunate events is inspiring and influential. I am thankful for the healthcare providers and first responders across the nation who work to care for members of their community. The feeling of gratitude surrounds me with it's tender embrace, and my heart surrenders in delight for my mom. I am grateful for my mom's dedication to our family and the hospital. I have realized that if all nurses are like my mom, then we can beat this virus.

**

PIC•COLLAGE

A daughter's words of gratefulness this year appeared in the Midland Reporter Telegram. In descriptive terms, Cassidy, age 10, tells the world how scared she is for her mom and at the same time how much she appreciates her. It is a nice little reminder of the kindness and thoughtfulness we all need right now. Corrie Shuler is her mother who works as a CRNA at Midland Memorial Hospital.

Shared with permission from Corrie Shuler.

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

December 13th, 2020

TAPAN Article Review

1.5 Contact Hours free to members

3p-4p CST see information in this newsletter or

Email tapancomponentpresident@gmail.com

February 15th

Spring 2021 Newsletter submission deadline

Submit events, pictures, congratulations, and even jokes

to admin@tapan-westtexas-panhandle.com

January 1st - March 15th

ABPANC Spring Exam Registration Open

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

March 15th - May 15th

Spring CAPA CPAN exam dates

Visit the ABPANC website at: www.cpancapa.org

April 25-29, 2021

39th ASPAN National Conference

In Orlando, Florida

Visit www.aspan.org for updates

Anytime, Anyday

Visit ASPAN.org to see a list
Of webinars available anytime

A Note of Hope

All too familiar now, after more than eight months, the masks and fear. No, it's not Halloween all year long, it is the pandemic of 2020. While most folks are ready to say goodbye to the year, please remember that there are folks who are simply ready to say good-bye altogether. As most folks get ready for the holidays, a little different, some are thinking of not-so-happy things. You can help these people, who have had enough of...everything. Listen, watch, and remember to be kind and open, not just for your patients, but for the people around you too. Friends, family, co-workers. 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 to just listen, or someone to cry to- please, reach out. People care, no matter what may be going on outside, maybe the most help is needed right now on the inside. 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.

Happy Holidays and Best Wishes for a better 2021!



Photo courtesy William Tollett

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

GENERAL MEMBERSHIP MEETING

February 27th
at 10 AM CST (9AM MST)
Virtual Via SKYPE



Mark your calendars to attend this virtual meeting for members of the West Texas and Panhandle Region of TAPAN. Instructions and an agenda will be emailed in February 2021.

Please plan to be "there" to support our region!
Thank you

