



West Central Minnesota Oncology Nursing Society

Volume 1 Issue 2

September 10, 2019

Fall 2019 Member Newsletter

Meet the Board

Special points of interest:

- Election Time
- Upcoming Events
- Are you wanting to become more involved?

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1st Row (From left to right): Melissa Kruger, Madi Sieben, Sara Maciej

2nd row: Crystal Fleishhacker, Brenda Hommerding, Teagen Lambert, Kara Panek, Jill Massmann, Tara Hinnenkamp

In order to remain an active chapter ONS requires that we send at least 1 board member to Leadership Weekend in Pittsburgh, PA. This year our board was fortunate enough to send (2) nurses to leadership weekend! Tara and Jill have both come back with some GREAT ideas that we are excited to implement into practice!

- We are excited to hear that ONS is hoping to become more tech savvy and incorporate new technology into our meetings and events so that we can hope to reach more members by a webinar type platform! We are very excited about this given the large geographic area that our chapter encompasses. We hope this will result in more participation from our members!
- Also, please keep an eye out for a Needs Assessment Survey that will be coming to your inbox this November. This is your opportunity to tell us what you want or need so we can tailor our events and educational information to be most beneficial for you! We WANT to hear YOUR voice!

Current Corner

Submitted by: Teagen Lambert, President

In May we hosted our Connecting and Caring event which allows pharmaceutical companies to come and provide education to nursing staff on many new treatment options as well as holistic vendors that offer massage and dietician services!

We are always looking for more people to become involved in our group so if you know anyone who may be interested please bring them to an event with you! It can be intimidating to go to an event as the 'new' person so take them under your wing and show them how great and supportive our oncology circle can be!

"When you are a nurse, you know that every day you will touch a life or a life will touch yours."

-Anonymous

West Central MN Scholarships- Are you looking to grow professionally?

April marked the 44th annual ONS Congress Conference. West Central MN ONS was able to grant three scholarships to qualified applicants. These recipients will be sharing highlights from the conference at our next event on Tuesday, September 17th at O'Neil's in Spicer, MN. Feel free to inquire with presenters if you want more information about Congress or how to

apply for the scholarship for next year's ONS Congress Conference.

Congratulations to our most recent scholarship recipient, Melissa Kruger, who will receive the Nursing Student Scholarship. Best of luck as you continue to grow professionally!

We want to continue to support chapter members to enhance their knowledge. Find the schol-

arship applications by going to <https://communities.ons.org/westcentralminnesota/resources>. Your application can be submitted via mail or email. Please remember to complete the points system that is designated to decipher the most qualified applicant.

Enhanced knowledge = Professional Development = Higher Quality Care = Better Patient Outcomes

Treasure's Update

Submitted By: Tara Hinnenkamp -Treasurer

The WCMONS remains in sound financial standing for the 2019 year. We are ahead of our targeted income this year due to a robust Connecting and Caring Expo. The expenses for the year thus far remain within our budgeted goal. The current checking account balance is \$5205.74 and the savings account balance is \$7029.78. Overall, as a chapter, we will continue to strive to find ways to support you, the oncology nurse!



Election Time

Submitted By: Crystal Fleishhacker



It's Election Time

Election Is Open from NOW until 9/20/2019!! You should be receiving an email with the survey link to cast your vote! This is a great opportunity to have input on this great ONS chapter! Election results will be announced end of September and new members will be inducted to board at the November 21st Holiday Meeting! If you have any troubles casting your vote please contact us!

WE NEED YOU!!! Are you interested in becoming part the West Central MN ONS board! Becoming a board member is a great way to become more involved in your local chapter. Open board positions for next year will be Secretary, President Elect, and Program Co-Chair! Please email Crystal at: onscentralmn.nominating@gmail.com if you know anyone interested or have questions!

Have you found us on Facebook?

Have you seen us on Facebook? Don't forget to watch our page for reminders of events, fun pictures and educational opportunities.

Make sure to like and share our page to help other members find it...

Find us at...

<https://www.facebook.com/WCMONS/>



Social Media

Submitted by: Jill Massmann

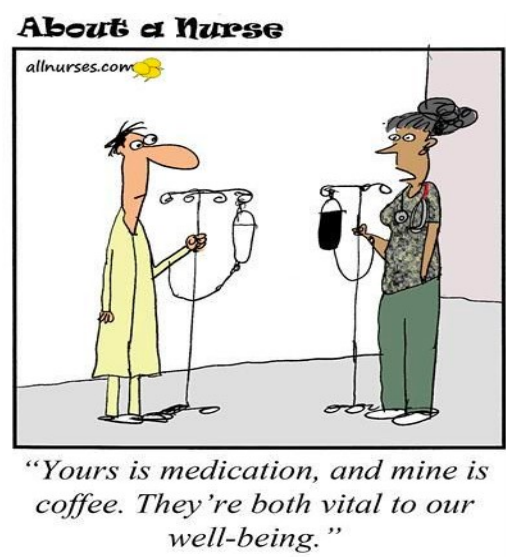
Did you know we have a Virtual Community?? Make sure to check it out at: <https://communities.ons.org/westcentralminnesota/home>

Did you know that in order to register for events on our virtual community you need to log in to see them? There is now a disclaimer on the events page that states this. Non-Members can also register however they need to create a free account to do so. These directions are on the events page as well. <https://communities.ons.org/westcentralminnesota/events/recentcommunityeventsdashboard>

We also have a Facebook page: West Central Minnesota Oncology Nurses Society

"Humerus" Section

Submitted by: Sara Maciej



Self-care

Self-care is not about self-indulgence, it's about self-preservation. - Audrey Lorde

Take time for yourself to be the best nurse to your patients - you owe it to yourself and them!

Why ONS?

Here are some testimonials of why colleagues are joining this organization!

I joined ONS because my colleagues had highly encouraged it. I was inspired to not only grow professionally but to find a network of individuals who truly understood oncology nursing and want to support one another - Kara P.

I joined initially because I thought it was what I should do as a new nurse. I have stayed because I enjoy getting to see and socialize with other nurses who understand the tough days we go through - Jill M.

Program Chair Update:

Submitted by: Brenda Hommerding and Melissa Kruger, Co-Program Chairs

We hope you had a wonderful summer! It's hard to believe fall is just around the corner. In May, we had our annual Connecting and Caring Event which is our largest event of the year. It was a great night to socialize with WCMONS members and pharmaceutical reps to learn about some of the latest advancements in cancer treatment. Attendees also had the opportunity to get a massage, enjoy a smoothie, make bath salts, and learn about integrative therapies. We would like to thank all those who attended the event and the vendors who helped to support WCMONS. The money raised from this event goes directly toward our members in the form of educational scholarships, opportunities to attend ONS conferences, and bringing speakers to our events.

In July, we had a social event at Bad Habit Brewing Company in St. Joseph, MN. It was a beautiful summer evening for members to socialize and enjoy some pizza and beer. This was a great opportunity for our members to share experiences and build relationships within our chapter.

We look forward to three great events coming up this fall. Our September event will be held at O'Neil's in Spicer, MN and will feature a presentation on highlights from ONS Congress, led by nurses from our chapter. A meal will be provided at this event. In October, we will have a speaker from Brave New Workshop lead an interactive presentation on how your mindset affects your outcome, emphasizing the importance of humor. This event will be geared toward Oncology nurses/healthcare providers, patients, and their families and will be held at the Coborn Healing Center. In November, we will have our annual holiday party at Millner Heritage Winery in Kimball, MN. We will reminisce on the year's activities, applaud the contributions from our outgoing board members, and celebrate the induction of our new board members. The evening will include a meal and interactive wine tasting. Stay tuned for more information as we send out save the dates, share event information on our Facebook page, and post on ONS virtual community. We hope you can make it to these upcoming events!

To Register for upcoming events please visit: <https://communities.ons.org/westcentralminnesota/events/recentcommunityeventsdashboard>

- Once you have signed in you will be able to register.

Also, keep your eye out for a Needs Assessment survey coming soon! We plan our events based on member feedback, so we would love to hear your input on meeting days, times, locations, and topics of interest!!

Membership Section

ONS is always welcoming new members! We currently have about 160 members in our chapter. This is a great opportunity for students, along with new and experienced staff in the medical field! This is a place where you can learn more about Oncology care, while interacting and connecting with other members! Come to our events and check it out!

Did you know that for each meeting/event you come to you can get closer to earning yourself a prize? The best part is all you have to do is to show up! If you bring a friend it helps you as well!

Attending events can also increase your chances of getting a scholarship from ONS! The more active you are the more points you get!

You may have received a post card letting you know you are due to renew your membership or thanking your for renewing your membership. These are just something we thought would be helpful and also fun to get some mail! We are also sending out packets to new members to welcome them to the chapter and encourage attendance at events. If you have any feedback on any of these things we would love to hear it!

SAVE THE DATE! Upcoming WCMONS Events

Educational Event

- Tuesday, September 17, 2019 5:30pm
- Topics: Sexuality, USP 800 and ONS Congress
- O'Neil's 152 Lake Ave N, Spicer, MN 56288
- Open to all Healthcare Professionals

Fun Networking Event

- Thursday, October 10, 2019 6-7:30 pm
- Topic: Health with Laughter
- Speaker: Jenni Lilledahl
- Coborn Cancer Center
- Open to all health care professionals, cancer survivors and their care givers. Refreshments will be provided.

Networking Event

- Thursday, November 21, 2019
- Stay Tuned for Details!

More details regarding future events can always be found on our chapter webpage at

<http://wcminnesota.vc.ons.org>

Or on Facebook at:

<https://www.facebook.com/WCMONS/>