



# ASPAN

American Society of PeriAnesthesia Nurses

## Message from the President

### Heart and Science of Caring - Inspiring Watermarks and Three C's

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**Connie Hardy Tabet MSN RN CPAN CAPA FASPAN  
ASPAN President 2022-2023**

How will you make a difference in your profession? The first place to look is inside of you, your open heart and mind. How can you leave an inspiring watermark for perianesthesia nursing? Have you considered how you want to be recognized for carrying the torch as a national organization contributor? How will you influence your unique profession by leaving a lasting impression? These are important questions to contemplate as we seek our own potential in giving and serving others. Each of us is an influential role model within our professional and daily lives. Sharing your personal watermark to aid others to grow, develop, coach, inspire, and engage is a perfect start, and wonderful gift to be freely given away.

ASPAN applauds those who compassionately care and use their voice to uplift and serve others. Will you be one of those nurses who leaves a legacy of virtues for caring? Who do you want to be and what virtues will you share in your nursing watermarks? Embrace your personal and professional virtues. Make them count as your unique, inspiring, and purposeful perianesthesia watermark.

#### **The Three C's**

I recently read about a concept that highlighted three C's: cultivating, connection, and collaboration.<sup>1</sup> The article highlighted individuals first desire a sense of belonging, enabling opportunities of relationships to foster connections.<sup>1</sup> Being acknowledged and adequately heard is how humans and animals thrive. It is like receiving a warm and embracing hug, making us feel loved, appreciated, and wanted. This essential experience is attained through supportive environments and open communications. Build a collaboration foundation as a genuine connector. Without a doubt, we can integrate the three C's as a spirit to encourage others to join our causes, purpose and perianesthesia practice.

#### **REFERENCE**

1. Wilson M. The three C's: Cultivating connection, communication, and collaboration. ForbesBooks. July 22, 2020. Accessed May 13, 2022.  
<https://www.forbes.com/sites/forbesbooksauthors/2020/07/22/the-three-cs-cultivating-connection-communication-and-collaboration/?sh=f7f04992d47c>

### The Legacy of a Life of Service - Lois Schick Leaves her Watermark

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Life has a way of exposing us to bittersweet experiences. Saying a forever farewell to loved ones, friends, and colleagues creates a heartfelt challenge. ASPAN has many giving and contributing members. Recently, we heard the expected, yet heartbreaking news regarding the loss of a friend, nurse and

ASPAN colleague, Lois Schick. Lois is among many past ASPAN presidents who have made countless perianesthesia nursing contributions.

I met Lois through Nancy O'Malley, my regional director at the time. We connected immediately. I was not even certified, and she said to Nancy, pointed to me and said, "we need to get this one on the board!" My eyes were wide, wait...WHAT exactly does that mean? Needless to say, my professionalism flourished with my many ASPAN mentors. I was gratefully blessed, as Lois was one of my FASPAN sponsors. I shared my home with Lois and Nancy in Albuquerque, NM. She quickly reciprocated her hospitality as PANANM members were privileged to share her home attending a RMPANA retreat. It was an opportunity to share more meaningful and personal experiences. At a national conference in Indianapolis, we had an extra day to spend in the city. Lois made sure I was entertained. We took a bus tour, went to the Indy 500, squeezed into famous race cars for photo shoots, shared belly laughs and meals with lingering ASPAN members.

### **Lois Schick and her Watermark**

Lois leaves behind her spirited legacy and an impressionable watermark. She was a compassionate nurse, leader, educator, author, role model, mentor, friend, colleague and so much more. Lois genuinely valued each of her connections, collaboration and talked to anyone both in and outside of her circles. She cultivated open communication to ensure you belonged. Each of us has been impacted directly or indirectly by her excellence, leadership, life's work, and to make our nursing world a better place. As a national speaker, she packed the rooms. As a champion for ASPAN components, she readily said yes to being your speaker, no matter the topic, she became an expert. Brene Brown's book, *Dare to Lead*, noted the significance of service in regards to causes and purposes.<sup>1</sup> Lois wholeheartedly shared ASPAN's commitment to our specialty, core values, vision, and mission through shared causes and purposes.

It was an honor to read the heartfelt tributes and messages sent by email to those attending her funeral services from past presidents regarding Lois and her lifelong accomplishments. I admit, each shared, special thought triggered a long pause to notice the intimacies from the caring comments and connections each person experienced. Her spirit will shine brightly within ASPAN's past, present and future dimensions.

This newsletter edition [*Breathline*, July/August 2022] offers a loving tribute to Lois's nursing experience, celebration, and vibrance for life. Her unstoppable force and purpose flowed to her educational activities as she shared joy, passion, bedside patient stories, and knowledge. We can't imagine her without a camera as she had a gift of capturing moments and created memories. She is valued for her vast support system for family, friends and colleagues. May each of you contribute your own inspiring watermark to nursing, and ASPAN while serving others through activism.

### **REFERENCE**

1. Brown B. *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.* Vermillion. 2018.