

## ***The Bluest Skies You've Ever Seen are in Seattle!***

### ***We're Jazzed You Came! Conference a Grand Success!***

Merci Beaucoup to the entire 2010 National Conference Strategic Work Team (NCSWT) for a wonderful 29<sup>th</sup> National Conference!

#### **NCSWT**

##### **Co-Coordinator:**

**Jane Ehrhardt & Lois Schick**

##### **Members:**

Terry Clifford	Michael Guillory
Kim Kraft	Susan Carter
Michelle Stieffel	Linda Ziolkowski
Courtney Papp	Kevin Dill
Rob Spina	

We hope that you have met old and new friends, enjoyed some great food and music, and learned a lot.

Thank you to the entire ASPAN National Office Staff. No conference is possible without their dedication and hard work.

Thank you to every host, hostess, volunteer, and moderator for your part in our conference here in New Orleans.

Thank you to the Louisiana component (LAPAN) for your gracious hospitality. You were phenomenal! Thank you to all who served as hosts, hostesses, moderators and those who volunteered their time to make this conference such a grand success. You are truly "All 'Dat"! ASPAN and we appreciate you.

Au revoir and come back y'all!

*Jane and Lois*

### ***ASPAN Shoppe***

The Tuesday drawing winner is Kathy Steindl. There will be a Wednesday drawing. Please stop by the ASPAN Shoppe to see if you are a winner!

Monday winner: Zenaida Claudio

Tuesday winner: Kim Demas

ASPAN Shoppe hours: 11- 12 noon today

Thank you for your patronage. ASPAN Shoppe merchandise will be available online at [www.aspan.org](http://www.aspan.org) soon!

### ***Closing Ceremonies, Closing Address***

The Closing Breakfast is a ticketed event. Please be sure you have your ticket if you signed up for the breakfast when you registered. The Closing Ceremonies will include the presentation of awards, the installation of ASPAN Officers and Board of Directors. It also marks the passing of the gavel to Kim Kraft as she becomes ASPAN President 2010-2011. See a sneak preview of the 2011 30<sup>th</sup> ASPAN National Conference in Seattle, Washington. The Closing Address will feature "*Shed or You're Dead® - How to Stay Alive and Thrive in the Midst of Healthcare Change*" with speaker Kathy Dempsey, CSP.

### ***Seattle Hosts ASPAN's 30<sup>th</sup> National Conference***

Experience all that ASPAN and beautiful Seattle, the Emerald City, can offer for the ASPAN 30<sup>th</sup> National Conference. Mark your calendars now for April 3-7, 2011.

Enjoy fabulous dining, shopping, museums and galleries, dozens of theaters, the Pike Place Market with flying fish, the Space Needle, Home of Starbuck's coffee and the Original Shop, and Mariner's baseball.

There are incredible tours to wonderful places such as Underground Seattle, the Tulip Festival, ferries across Puget Sound, Native American lands, and cruises on the lakes. Within two hours are mountains to the east and west, the Pacific Ocean, Mt. St. Helens, Canada or Oregon State.

Known for friendly people who recycle **everything**, you will find Seattle a welcome place to **Reinvest in your Potential!** See you there.

***Sheri Howell***

***2011 NCSWT Chair***

### ***Conference Pins Still Available***

Don't leave the Crescent City without a lovely souvenir conference pin – just \$5.00 at the hospitality table, available today from 11:00 to 12 noon. Bring some home to your colleagues.

### ***Silent Auction***

The Silent Auction winning bids will be posted on bulletin boards at the Registration Desk area. Items may be collected between 4 and 6 pm at the Registration Desk. Winners are to take the auction form to the ASPAN Registration Desk to pay for item/s. A paid receipt must be presented to collect the auction item.

### ***Thank you!***

ABPANC extends a special thank you to outgoing President, Phoebe Conklin and Secretary/Treasurer, Lori Crosby for their contributions to the CPAN<sup>®</sup>/CAPA<sup>®</sup> certification programs! ABPANC wants to thank Valerie Gillis BSN RN CPAN for her years of service as the ECC President.

### **ABPANC Board for 2010-2011**

Kathy Paskewitz, President  
Teresa Emmons, Secretary/Treasurer  
Cheryl Coleman Jeannie Mauser  
Betty McMullin Tony Pridemore  
Alisa Shackelford  
Kim Kraft, ASPAN President, Ex-Officio to  
ABPANC Board

### **Examination Construction Committees:**

Bonnie Crumley Aybar, Chair  
Gail Kuhlman, Chair-elect

### ***Be a "Magnet for Quality"***

Seek and promote CPAN/CAPA certification. Call ABPANC at 1-800-6ABPANC or visit our website at [www.cpancapa.org](http://www.cpancapa.org) for answers to your certification/recertification questions, becoming a certification coach, item writing, or award programs.

### ***Has anyone seen Lola?***

### ***PAPAN's iPod Prize***

The iPod from PAPAN's Component Night table has not yet been claimed. Please check your ticket stubs for the winning number. All winning numbers are posted on the boards at the Registration Desk area. Contact Laura Kling at 412-610-4162 to collect your prize.

### ***Component Development Institute***

The site of the 2010 ASPAN Component Development Institute has been announced: we're going to Louisville, Kentucky in September! Watch for more details over the coming months.

### ***Balance in the City***

In her President's message, Terry Clifford asked that we "engage in balanced activities, enjoy the pleasures of the city, and make sure to allow time to relax as well!" One useful and simple way to reduce stress and increase relaxation is through diet and exercise. Thirty minutes of exercise 3-4 times per week reduces stress. A vigorous walk along the waterfront is relaxing while offering a panoramic view of the Mississippi River. Some simple food choices that decrease stress include:

- Oranges – excellent source of Vitamin C and strengthen the immune system
- Spinach – contains magnesium and helps regulate cortisol levels
- Avocados – very high in potassium, offer more potassium than a small banana
- Almonds – full of Vitamin E to bolster the immune system

Enjoy and have fun!

### ***Conference Evaluations***

For your contact hours to be validated, you **must** turn in **all top white** copies of your Conference Contact Hour and Session Evaluation forms. Please also complete the ASPAN Overall Conference Evaluation form and include your suggestions for future topics. We listen!

### ***ASPAN Member-Get-A-Member***

ASPAN membership has grown over the past year thanks to you and your dedication in recruiting new members. Keep up the good work! Remember to have each new member you recruit list you as the recruiter and you will be in the running for *ASPAN Recruiter of the Year*. Member application forms are available on the ASPAN Web site.

### ***Many Thanks!***

I offer my sincere appreciation and thanks to Courtney Papp and Jane Certo for all their assistance in being sure that *PArTiCUlarS* reached you every day. Thank you to Ernie Nunes who served as guest editor for Monday's edition.

My apologies if you sent me submissions via e-mail. I received nothing posted to my ASPAN account.

I hope you enjoyed the conference as much as I did. Have safe travels, a great year, and see you in Seattle!

*Kathy Menard, Editor, National PArTiCUlarS ~ 2010*