



2016

Hello from CAPANA President Debby Niehaus

Spring is here and we just concluded a very successful **"For the Health of It"** Workshop. Speakers shared the importance of using "Mindfulness" daily in our choices of eating, exercise, meditation and planning for our financial future with activities to destress our lives to be healthier and happier. Thank you to the **2016 CAPANA Workshop Committee:**

Barb Berling

Lisa Clemmons

Sharon Gallagher

Sue Geary

Sheila Hoff

Debby Niehaus

Nila Seibert

Diane Smith

Chris Stone

Mary Sullivan

Sue Tiemeier

ASPAN 35th National Conference, *Renew Perianesthesia Passion Inspire Excellence* will be in historic Philadelphia **April 10-14th**. Many CAPANA members will be attending, and feel free to contact me if you are still considering to register or have plans in place but have questions. Debby's Cell 513-641-6849 or debbyniehaus@zoomtown.com

April 20th the Mercy West Hospital perianesthesia nurses will host CAPANA with Dr. William Beckmeyer presenting ***"Anesthesia and Age: Should Things Be Done Differently?"*** Networking will be at 6:00 PM and Educational offering at 6:30 PM.

OPANA Spring State Conference and Meeting is May 14, 8:00 AM-3:00 PM at Hope Hotel on campus of Wright Patterson Air Base in Dayton. The title is ***"A Salute to Hard Working Nurses Making a Difference"***. The flyer to register is on the following pages.

May 18th CAPANA will meet at Bethesda North with the very popular Lea Peacock, Bethesda North Patient Representative presenting ***"Turning Lemons into Lemonade"***. Lea is very experienced in her role and will share some of her positive ways to deal with difficult situations with patients, families, and people during stressful times.

June 15th CAPANA will celebrate another successful year, as well as, install new officers at a dinner meeting at Ferrari's Little Italy in Madeira. More information to come.