

CAPANA

Cincinnati Area Peri Anesthesia Nurses Association

Raffle Baskets

Please consider donating a Raffle Basket from your hospital or unit to be raffled at our Spring Workshop. Themed baskets of foods, local products, relaxation/pampering, gift cards, etc are always popular. Get creative with your co-workers and have some fun creating a basket to help fund our local chapter! Proceeds from these baskets help fund scholarships, awards and monthly educational meetings. Bring the completed basket to the workshop or contact any board member to arrangement for pick up.

CAPANA Spring Workshop: "For the Health of It"

March 12, 8:00-12:45 in Bethesda North Golder Room. Topics will include Everyday Health Through Nutrition and Choices, Yoga for the Body and Mind, Mindfulness and Spirituality, Financial Health, and De-stressing. There will be networking, basket raffles, door prizes, and more! We will be collecting non-perishable foods to donate to a local food bank. Please consider bringing any canned goods to the workshop. Special requests have been made for peanut butter & canned tuna. Thanks!

Letter from the President

Happy New Year to all CAPANA members! We are planning a great 2016 with our monthly educational/networking meetings and the 1/2 day workshop "For the Health of It" on March 12. Many of you will attend the ASPAN Conference in Philadelphia in April, so be looking for your conference brochure in the mail. Please bring a co-worker to the February meeting at Bethesda North when TriHealth Heart surgeon Dr O'Keefe will be speaking. Wear red to support heart health! Please read the newsletter for information on CAPANA meeting places for the coming months.
Debby Niehaus
CAPANA President

Save the date!! April 10-14, 2016 for ASPAN's 35th National Conference in Philadelphia, PA : "Renew Peri Anesthesia Passion: Inspire Excellence"

Awards:

It's not too early to think about nominating a fellow nurse for the Legacy Award. This award is presented to a peri-anesthesia nurse who exemplifies excellence in nursing based on the following components: 1. How

does this nurse promote him/herself to be the best nurse for their patients? 2. How does this nurse advance him/herself professionally? 3. How is this nurse an "ambassador for nursing?" 4. Does this nurse participate in nursing programs, committees, or projects resulting in contributions to peri anesthesia nursing? 5. Is he/ she a practitioner whose practice exemplifies a high level of compassion and specially expertise documented by peers/patient/families?



CINCINNATI AREA PERI ANESTHESIA NURSES ASSOCIATION

**Networking & Refreshments at 6:00 - Educational Programs at 6:30
2015-2016 program**

January, 2016 NO MEETING - Stay Warm!

February 17, 2016 / Women's Heart Health - Dr.
Kathryn O'Keefe / Bethesda North Hospital

March 12, 2016 / Spring Workshop - Multiple Topics
& Speakers / Lincoln Financial Building

April 10-24, 2016 / ASPAN National Convention /
Philadelphia, PA

April 20, 2016 / Drugs, Common and Uncommon in
Anesthesia - Dr. William Beckmeyer / Mercy West
Hospital

May 18, 2016 / Turning Lemons into Lemonade - Lea
Peacock / Bethesda North Hospital

June 15, 2016 / Dinner Meeting, Installation of
Officers and Awards / Place TBD