

Happy Holiday Season!



Isn't it exciting for all of our Minnesota Association of Occupational Health Nurses to be reading our first electronic newsletter just in time for your holiday reading? Your MAOHN Board of Directors continues to listen to membership needs and to support your requests to sustain communication regarding issues specific to occupational health in Minnesota.

This electronic newsletter will attempt to support the communication links that were first started by the MAOHN and Team Approach newsletters; it continued with the development of our very own website.

www.maohn.org

The electronic newsletter will be produced three to four times annually and it will bring you the information which supports your work in the field, organizational offerings and events, along with "lighter fun" updates related to our membership. I hope you enjoy reading this first holiday edition of this newsletter which has been created by your dedicated MAOHN membership team. Please join the contest in creating a name for this newsletter. Send your suggestions to:

lfwalch@mmm.com

In closing, I want to thank you for your support and commitment to this great organization and to the profession of occupational and environmental health nursing. We truly are proud of the committed members of MAOHN. During your holiday giving, remember your MAOHN gift to the scholarship fund.

www.maohn.org

Have a Safe and Joyful Holiday Season

Linda Carlson
MAOHN President



Membership Committee Announcements

Name the Newsletter Contest!

We are looking for a *memorable name* for the MAOHN Newsletter.

Send your suggestions for the name of the MAOHN Newsletter to: lfwalch@mmm.com

Membership committee, publishers of the newsletter, will choose the winning name. Deadline for entries is January 7, 2010.

The member who submits the winning name will receive a \$25 Target Gift Card!

E-MAIL UPDATES NEEDED!

Important: If your e-mail address changes, you need to let us know by going to maohn.org and clicking on the link. Changes submitted to AAOHN do NOT transfer to the MAOHN website. Please let us know whenever your e-mail changes.

It is Time to Renew your AAOHN/MAOHN Registration and Participation

Please join us in working to keep our organizations strong, viable and valuable to members.

Step 1: Go to AAOHN.org and Register for 2010 Membership

Step 2: Volunteer to be on a MAOHN Committee or Project

Step 3: Participate and learn about new initiatives in OEHN

Step 4: Have fun networking and meeting new & "old" members

Welcome to New MAOHN Members

Peter Mitchell VAMC Minneapolis

Jill Stewart

Lynn Smolenski

NE Metro K-12

North Country Health Services

2009-2010 MAOHN Board of Directors

Officers

President:

Linda Carlson

Work: 952-906-7840 ext: 260

Linda.Carlson@ridgeviewmedical.org

President Elect:

Jennifer Hastings

Work: 763-954-402

Jennifer.hastings@honeywell.com

Secretary:

Susan Husby

Work: 612-863-3550

susan.husby@allina.com

Treasurer:

Lynn Sontag

Work: 612-672-1912

lsontag1@fairview.org

Board of Directors

Jane Brownlee

Work: 218-362-6844

jbrownl1@range.fairview.org

Carol Dexter

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Mary Navara

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mary.navara@state.mn.us

Catherine Rausch

Work: 651-458-2685

clausch@marathonpetroleum.com

Lucy Walch

Work: 651-733-7608

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Nominating Committee

Billie Sue Wolfe (2008-2010)

Work: 651-982-7806

bwolfe1@fairview.org

Jane Brownlee (2009-2011)

Work: 218-362-6844

jbrownl1@range.fairview.org

Committee Liaison To:

Awards

Bylaws and Nominating

Finance

PR/Communications

Programs

Governmental Affairs

Special Projects

Membership

Julie Peterson (2008 – 2010)

Work: 651-388-1165 x 408

Julianne.Peterson@nmcco.com

Chairpersons

BYLAWS Merrie Healy

Work: 651-647-0246

merriehome@yahoo.com

MEMBERSHIP Lisa Anderson

Work: 651-848-7031

Lisa.anderson@thomson.com

SPECIAL PROJECTS

Lois Klobuchar (BP at Capital)

Email: lklochuchar@msn.com

Officers



Left to right, back row: Jennifer Hastings, Catherine Rausch, Mary Navara, Lucy Walch
Front row: Carol Dexter, Linda Carlson, Susan Husby, Lynn Sontag *Not pictured: Jane Brownlee*

Retiree News

MAOHN is creating a link on our web page for **Retiree Information**. The purpose of the Retiree Link is to provide a secure place for the retiree roster, announcements and information about retiree events. Only retiree members and other MAOHN membership classes will have access to the Retiree Link. In addition, the link will include a roster of retirees who are interested in: being informal mentors to active members, participate on MAOHN committees/projects, and licensure status for worksite services.

MAOHN sponsored a Retiree Event October 15, 2009

The event recognized the contributions of retirees in doing Blood Pressure Screenings at the Capitol. Novartis co-sponsored the event by providing delicious refreshments and a nurse educator who presented "Hypertension Overview and Blood Pressure Screening Updates." The event was hosted at 3M Center in the Riviera Room. Everyone agreed that it was a morning of renewing friendships while updating skills. We closed the morning with a shopping trip to the 3M Company Store. Attendees included retirees: Sharon Ellis, Susan Engel, Donna Garbe, Deanna Hamel, Lois Klobuchar, Karen Mascia, Elaine May, Marladene Mohr, Carol Turbenson, Rita Wick. Thanks to everyone who participated.

Scholarships



Awards Committee Update

The Awards Committee for 2009 (Sue Kalgren, Jane Brownlee, Merrie Healy, and Carol Niewolny) have been busy evaluating the nominations for this year's awards. Thanks to Sue Husby for preparing the applications and for the committee's hard work in determining this year's recipients of awards. The award winners were announced at the November 10, 2009 member meeting.

I am happy to announce the winner of the 2009 awards were:

MAOHN Scholarship Award for 2009: Carol Dexter



**MAOHN Nurse of the Year for 2009:
Nancy Nachreiner receiving plaque from Linda
Carlson, MAOHN President**



**Edwards Medical Supply Excellence Award:
Nancy Nachreiner**



The application process is **NOW open for 2010** for the following awards and scholarships at www.maohn.org

- MAOHN Nurse of the Year
- MAOHN Scholarship Award
- Medique Leadership Award
- Edwards Medical Supply Excellence Award and scholarship

Respectfully submitted by:
Linda Carlson
Board Liaison for Award Committee

AAOHN 2010 Annual Conference



The American Association of Occupational Health Nurses Inc will be holding its annual conference in 2010 in Anaheim, California.

Come be a part of this historic event!

April 13 - April 15, 2010

Anaheim, California

We'll see you there! For more information, please go to www.aaohn.org

Team Approach Update

By Jennifer Hastings

Mark your calendars for the annual Team Approach meeting! This year's event will be held on March 18, 2010.

The "Team Approach" is the annual joint meeting of several area organizations associated with workplace health, safety, and environmental issues. The organizations that make up the cooperative are ASSE, AIHA, CHMM, and MAOHN. It has been a chance to network with other professionals in the field, share educational topics that impact the members, and also allows for some rare socialization, too. We are excited to bring a new format and location to the meeting this year, with a focus on "green" technology and ideas and how they impact our work in occupational health nursing. The details are all being finalized, but we are excited about this new offering and will bring you more information after the first of the year.

Nominating Committee Update



This has been a busy year for our Nominating Committee, first with unexpected changes at the Board level during the summer of 2009 and now with the preparation for the upcoming elections in the spring of 2010. Thank you to the entire Nominating Team for all your hard work in soliciting and nominating dedicated members for the MAOHN Board and MAOHN committees.

We will have open elections in spring of 2010 for the following positions:

- President Elect
- Treasurer
- 3 - Board of Director positions
- 2 - Nominating Committee positions

Please consider running for one of these open positions. Now, more than ever, your MAOHN needs your support. Time commitments vary, and full job descriptions are available at www.maohn.org

The nominating committee is also looking to fill an immediate need. There is currently one opening on the nominating committee that needs to be filled before proceeding with spring elections, and the term would continue next year as well. If you are interested in this position, please contact me at (763) 954-4025.

***Respectfully submitted by: Jennifer Hastings
Board Liaison for Nominating Committee***



The 1st Winner of Scholarship Fund raffle basket was Lucy Walch. Pictured: Basket donated by Mary Navara, Board Member; Luch Walch; Linda Carlson, MAOHN

January Scholarship Raffle

Donate to MAOHN scholarship fund. Raffle \$5/chance are now being accepted now at www.maohn.org for MAOHN. You will be entered in the raffle drawing to be held at January 12th MAOHN meeting. January Raffle Prize Winner will receive the Stovetop Kettle Cooker from Noricware. *actual prize in green in color.

Stovetop Kettle Cooker description

Get outdoor smoked results when cooking meat, seafood, vegetables and pizza! Nonstick aluminized steel interior with porcelain enamel exterior. Includes high-domed cover for large capacity, water pan, non-stick smoking rack, smoke vent, thermometer, recipe booklet and instructional video. Wood chips are included. 14.5" x 12.75" x 9.5" Value: \$90.50

Raffle item was kindly donated to MAOHN by:
Northland Aluminum/Nordicware St. Louis Park, MN



Program Committee Update 2009-10

Committee Members:

Carol Dexter - Anne Lilleskov - Karen Ferrara

The Program Committee is working to strengthen your MAOHN experience through educational opportunities that respond to your interests. Please feel free to contact any member of the Board or the Committee with comments or suggestions for future programs.

2009-2010 Program Update

September: Women's Health Issues - Osteoporosis and Heart Disease, presented by Gillian Auslander, DVM, and Joanne Raymond, PharmD, of Novartis provided detailed information on common Women's health issues and tools to assist the OHN in assessing patients in the work environment.

November: Coordination of Public Health and Healthcare Systems in Responding to Public Health Emergencies in Minnesota

presented by Jane Braun, MS, CTR, MNCEM from the Minnesota Dept. of Health presented an overview of the entire State Emergency Response System and suggested ways in which companies and individual nurses may be able to contribute in a public health emergency. Slides are posted on the MAOHN website.



Guest speaker Jane Braun Deputy Director of Emergency Preparedness MDH

UPCOMING EVENTS

January 12, 2010: Outback Steakhouse Annual Government Affairs Meeting

Topic: Health Care Homes

Speaker: Marie Maes-Voreis, RN, MA,
Program Manager for Health Care Homes
Minnesota Dept. of Health

Health Care Homes are a new way of providing primary care and chronic disease management through primary care clinics. The Health Care Home concept was passed into law by the Minnesota Legislature in May 2008 and rules were just promulgated in November. This revolutionary model of health care delivery is so new that the impact on the workplace is not yet known. Marie Maes-Voreis, RN, MA, will be presenting this exciting topic at the January meeting.

March 18, 2010 TEAM APPROACH: Joint Meeting of ASSE, AIHA, CHMM, MAOHN

Topic:

Location: Great River Energy
Maple Grove (across from Arbor Lakes Shopping Center)
Time: 5:00 p.m.-8:30 p.m.
Cost: \$35

This meeting will include a tour focusing on the “green” features of the facility followed by a panel discussion. There will be catered food and a cash bar.

April 6, 2010: MAOHN Scholarship Endowment Gala – a special meeting to raise funds to re-endow the MAOHN Scholarship Fund and have some fun together.

May 11, 2010: Annual Business Meeting
After that we have SUMMER



PR/Communications

Jane Brownlee, MAOHN Board Liaison

PR/Communications is in charge of maintaining the MAOHN web site on an ongoing basis. If you have any comments or suggestions to improve communications to you, the members, please let me know at www.maohn.org. Our goal is to bring value added communications and information to our members.

I am looking for committee members to assist with communications. If you are interested, you may call me at 218-362-6844.

Watch our web site for changes and updates.

Jane Brownlee, RN, LNC, COHN, COHC
Manager
JobCare Occupational Health
Fairview University Medical Center-Mesabi
218-362-6844
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MAOHN Recipe Corner



Grilled Sweet Potato Wedges

Submitted by Lucy Walch

This recipe was shared with me at a Weight Watchers meeting. It is easy, healthy and delicious.

2 large sweet potatoes (10 oz. each), peeled, each cut into 8 wedges
1 tsp. ground cumin
1 tsp. paprika

$\frac{3}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. pepper

1. Spray the grill rack with nonstick spray. Preheat the grill to high.
2. Put the sweet potato wedges in a large bowl and spray with olive oil nonstick spray; toss to coat evenly. Combine the remaining ingredients in a cup; sprinkle evenly over the potatoes. Toss to coat.
3. Arrange the potatoes, cut side down, on the grill rack and grill until tender and crispy in spots, about 7 minutes on each cut side.

Note: I found it easier to prepare them in a vegetable basket that sits on my grill rack.
Serves 4 (4 wedges each)
Points Value = 1

Do you have a healthy recipe to share on the MAOHN Recipe Corner?

Send them to lfwalch@mmm.com

Note from the Editor: My name is Colleen LaVine and this is my second year as a member of MAOHN. I currently work in Infection Prevention and Employee Health at Northfield Hospital. I have really enjoyed putting all of this information together and I am excited about the existence and future of the Newsletter. If you have any suggestions or ideas I would love to hear from you. Please submit any items to me at: clavine@integraonline.com

Till next time.... Colleen

Upcoming Meetings

**Outback Steak House
Bloomington, MN**

January 12, 2010

March 18, 2010 Team Approach

**April 6, 2010 MAOHN
Scholarship Endowment Gala**

**April 13-15, 2010 AAOHN
National Conference**

**May 11, 2010 Annual Business
Meeting**

Merry Christmas & Happy New Year