



## Happy Spring MAOHN Members!

It is with optimism that I reach out to membership this spring. We have much to be thankful for. We have shown that despite our membership numbers decreasing, we are capable of taking steps to sustain our organization in the business climate we are experiencing today. Both at a state and national level your Board of Directors are staying abreast of the decreases in membership within professional organizations nationwide and discussing options that not only meet our members learning needs but also take steps to remain the strong and viable professional organization you have come to expect. There are three (3) key steps you can take to support MAOHN

- It is critical that we reach out to all Occupational Health Professionals and encourage them to join or re-join our organization if their membership has lapsed.
  - When the billing for membership renewal was sent out, there was a glitch at AAOHN. The dues for the Minnesota Chapter were omitted. **Please check to determine if you inadvertently did not renew the MN portion of your membership (you would have needed to add on \$35 extra to bill, making a total of \$220 and indicate your desire to be listed as a Minnesota member.** It is not too late to add MN to your membership, please contact Megan Menth at 800-241-8014

- Attend our membership meeting and share your voice through communication at the meetings, through email or phone to our management team ( BOD) available at [maohn@maohn.org](mailto:maohn@maohn.org) and BOD phone list available at our website: [www.maohn.org](http://www.maohn.org)
- Attend AAOHN National Convention and attend business meeting. Many changes will be reviewed at this meeting that will effect our organization

On a fun note, spring is just around the corner. We hope to see you at our **April 6<sup>th</sup> membership meeting**. Our format for this meeting will be a refreshing change from previous member meetings. We are planning a fun interactive “Alternative Health Options” education program coupled with a silent auction fundraising scholarship event. Dinner will be composed of a multitude of finger foods and will allow you to mingle with your professionals. Your whole evening will be interactive allowing time for networking with professionals in Alternative Health Medicine and Occupational Health.

See you in the SPRING and don't forget to vote in current election!  
Sincerely,

Linda Carlson  
Your MAOHN president

## Membership Committee Announcements

### Winner of the Name the Newsletter Contest!

Jane Brownlee submitted the winning name for the MAOHN newsletter, *The Buzz*. To show our appreciation, Jane was presented with a \$25 Target gift card at the January MAOHN program.

**E-MAIL UPDATES NEEDED!**

**Important:** Please let us know when your e-mail changes. Go to [maohn.org](http://maohn.org) and click on the link. Changes submitted to AAOHN **DO NOT** automatically transfer to the MAOHN website.

**Welcome to New MAOHN Members**

Lonna Selkirk Saint Francis Medical Center

**2009-2010 MAOHN Board of Directors**

**Officers**

President:

Linda Carlson  
952-934-6402  
[lcarlson26@comcast.net](mailto:lcarlson26@comcast.net)

President Elect:

Jennifer Hastings  
Work: 763-954-402  
[Jennifer.hastings@honeywell.com](mailto:Jennifer.hastings@honeywell.com)

Secretary:

Susan Husby  
Work: 612-863-3550  
[susan.husby@allina.com](mailto:susan.husby@allina.com)

Treasurer:

Lynn Sontag  
Work: 612-672-1912  
[lsontag1@fairview.org](mailto:lsontag1@fairview.org)

**Board of Directors**

Jane Brownlee  
Work: 218-362-6844  
[jbrownl1@range.fairview.org](mailto:jbrownl1@range.fairview.org)

Carol Dexter

Cell: 651-491-6277  
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Mary Navara

Work: 651-201-3654  
[mary.navara@state.mn.us](mailto:mary.navara@state.mn.us)

Catherine Rausch

Work: 651-458-2685  
[clrausch@marathonpetroleum.com](mailto:clrausch@marathonpetroleum.com)

**Committee Liaison To:**

Awards

Bylaws and Nominating

Finance

PR/Communications

Programs

Governmental Affairs

Special Projects

Lucy Walch  
Work: 651-733-7608  
[lfwalch@mmm.com](mailto:lfwalch@mmm.com)

Membership

**Nominating Committee**

Billie Sue Wolfe (2008-2010)  
Work: 651-982-7806  
[bwolfel@fairview.org](mailto:bwolfel@fairview.org)

Barbara Flemming  
Work: 507-385-4062  
[barbara\\_m\\_fleming@lesueurinc.com](mailto:barbara_m_fleming@lesueurinc.com)

Julie Peterson (2008 – 2010)  
Work: 651-388-1165 x 408  
[Julianne.Peterson@nmcco.com](mailto:Julianne.Peterson@nmcco.com)

**Chairpersons**

**BYLAWS** Merrie Healy  
Work: 651-647-0246  
[merriehome@yahoo.com](mailto:merriehome@yahoo.com)

**MEMBERSHIP** Lisa Anderson  
Work: 651-848-7031  
[Lisa.anderson@thomson.com](mailto:Lisa.anderson@thomson.com)

**SPECIAL PROJECTS**

Lois Klobuchar (BP at Capital)  
Email: [lklochuchar@msn.com](mailto:lklochuchar@msn.com)



**AAOHN 2010 Annual Conference**



**Creating a Positive Business Impact:  
Engage the Aging Workforce  
April 13 - April 15, 2010  
Anaheim, California**

We'll see you there! For more information, please go to [www.aaohn.org](http://www.aaohn.org)



## Retiree Corner

### **BPs at the Capitol**

The Minnesota Legislature is *In Session* and our MAOHN Retirees are busy taking the blood pressures of legislators. Thanks so much to our committed volunteers for assisting in keeping the legislators healthy and for representing MAOHN so well.

Active MAOHN members are welcome to participate, also. If you are interested in doing BPs at the Capitol, contact Lois Klobuchar:

[lklobuchar@msn.com](mailto:lklobuchar@msn.com)

### **Are you new retiree?**

If you are a new retiree, please let us know. Contact Lucy: [lfwalch@mmm.com](mailto:lfwalch@mmm.com)



## Update Scholarships

### **APPLY TODAY**

- Members our website is OPEN for applications to all of our awards. You may complete all forms online TODAY and then be eligible for awards that are to be given out in the Fall of 2010.
- **Follow links at [www.maohn.org](http://www.maohn.org) for forms to apply for:**
  - MAOHN Nurse of the Year
  - MAOHN Scholarship
  - Edwards ( now called Moore Medical) scholarship
  - Medique Award

Any questions please send email to [maohn@maohn.org](mailto:maohn@maohn.org) and we will respond promptly.

Sincerely,  
Your MAOHN Awards Committee



*Raffle Winner for January 2010 – Merrie Healy with NordicWare Stove Top Kettle Cooker (above photo)*

## Members looking for:

### **Other members to meet and review Job resume formats**

Ever wonder what other OHN professionals resumes & cover letters are like? Ever wonder if I need different resumes for different jobs?

Want to gain insight into what your peers have developed?

Want to join group of MAOHN professionals to review and share your ideas, insights and examples resumes and cover letters? Join this group of MAOHN members if you're currently job hunting or just want to review your resume to prepare for future.

We could meet centrally somewhere in Mpls/St. Paul. If you said yes, please contact [lcarlson26@comcast.net](mailto:lcarlson26@comcast.net)

Thanks

Linda Carlson



## MAOHN Recipe Corner



### 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, or if you have an area of interest you would like to see posted or are experiencing issues with the site, please send your input to [maohn@maohn.org](mailto:maohn@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  
[jbrownl1@range.fairview.org](mailto:jbrownl1@range.fairview.org)

### Nominating Committee Update

**Don't forget to vote**



### **Pizza Bread**

Submitted by Lucy Walch

1 loaf of frozen bread dough-thawed  
½ tsp. oregano  
½ tsp. seasoned salt  
1 tsp. parsley flakes  
½ tsp. garlic powder  
3 Tbs. melted butter  
½ cup sliced pepperoni in quarters  
2 cups grated mozzarella cheese

Roll out dough to 9" x 12". Melt butter and add oregano, seasoned salt, garlic powder, and parsley flakes. Brush butter mixture onto dough, saving some for the top. Spread pepperoni and then cheese onto dough. Roll up the dough like a jelly roll. Place onto greased cookie sheet with seam side down. Brush on remaining butter mixture. Bake at 350 degrees for 25-30 minutes. "Slice like a jelly roll. Delicious served with warm Marinara Sauce."

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

Send them to [lfwalth@mmm.com](mailto:lfwalth@mmm.com)

**Note from the Editor:** If you have any suggestions or ideas I would love to hear from you. Please submit any items to me at: [clavine@integraonline.com](mailto:clavine@integraonline.com)

## **Upcoming Meetings**

**March 18, 2010**

**Team Approach**

**Held at: Great River Energy**

**Maple Grove, MN**

**April 6, 2010**

**MAOHN Meeting & fundraiser**

**Outback Steak House,**

**Bloomington, MN**

**April 13-15, 2010**

**AAOHN National Conference**

**Anaheim, CA**

**May 11, 2010**

**MAOHN Annual Business**

**Meeting**

**Outback Steak House,**

**Bloomington, MN**

**Happy Spring!**