

## Volume 2: Issue 1



### Meet the 2024 MN NACNS Board

Pictured above is the oncoming and off going board members: **Back row:** Pam Schmidt (Immediate Past President), Lisa Douglas (Past Treasurer), Emily Gorzycki (Past Student Representative), Mollie Meinhold (Student Representative), Ronda Nading (President), **Front row:** Melanie Zell (Treasurer), Emily Stelter (President Elect), Melissa Mueller (Secretary)

### MN NACNS Board 2024 Goals

- Increase Membership Recruitment
- Increase communication and membership engagement
- Revamp MN NACNS Website

### Inside This Issue

- Meet the 2024 MN NACNS Board & 2024 Goals
- Annual NACNS Conference
- Fall Conference Call for Abstracts
- President's Corner
- Member Recipe Spotlight



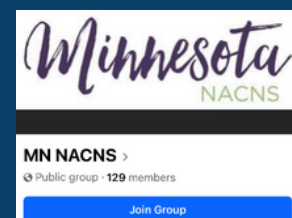
## WE WANT YOU!

If you are a CNS in Minnesota visit  
<https://mnnacns.wildapricot.org/join-us>

**01/02** to become a member of MN NACNS

Visit our [website](#) and join/follow us on Facebook for updates:

CHECK IT OUT  
↓



More social media sites to come



**Highlights:**

- Fantastic Keynote speakers
  - Oriana Beaudet, DNP, RN, PHN
    - *The ANA Enterprise*
  - Alice Benjamin, APRN, ACNS-BC, FNP-C, CCRN, CEN, CV-BC
    - *Breaking News Beyond the Bedside as a CNS*
  - Lynn Gallagher-Ford, PhD, RN, EBP-C, DPFNAP, FAAN
    - *Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare*
- MN NACNS Lunch Out
  - Members from across various health systems in Minnesota met for lunch to network and connect while enjoying the local New Orleans cuisine
- NACNS Incoming President Jennifer Manning, DNS, ACNS-BC, CNE
  - Remarks Announcing next year's theme of Innovate

## Fall Conference Call for Abstracts



### MN NACNS 2024 Fall Conference Poster or Podium Presentation Application

The MN NACNS 2024 Fall Conference Committee is now accepting poster and podium presentation that align with the NACNS theme of "Innovate." Suggested presentation topics include Innovation, Care Across the Continuum, state legislative focuses, and/or pharmacology. We'd love for you to share your innovative work at our MN NACNS 2024 Fall Conference, plus feel free to recommend to others that they present at our Fall Conference! Any of the following roles are invited to submit: CNS, CNS students, nurses, healthcare providers (APRN, MD, DO, PA-C), therapists, and pharmacists

For more information to submit an abstract visit: <https://www.mnncns.org/page-18100>

## Member Recipe Spotlight

MN NACNS Secretary & Board Member Melissa Mueller shares her Swedish Pancake recipe that has been in her in her family for four generations.



**Swedish Pancakes:**

- 3 eggs lightly beaten
- 3 tbsp sugar
- 2 Cups milk
- 1/2 tsp. salt
- 1 1/2 Cups flour

**Maple Syrup**

- 1 Cup sugar
- 1 Cup brown sugar
- 1 Cup water
- 1/4 cup corn syrup
- cap full of mapleine
- Directions: Bring to a boil & remove from heat

**Directions:** Mix the above in blender, then add 3 tbsp melted butter from same pan you'll cook pancakes in. Reblend and cook over med-high heat. Roll & top with fruit, syrup, etc.

If you have a recipe you would like to share we would love to feature it in our member recipe spotlight! please email [mncns.affiliate@gmail.com](mailto:mncns.affiliate@gmail.com)

02/02 Respectfully submitted,  
Emily Stelter, 2024 President Elect

### President's corner

Ronda Nading, MS, APRN, CNS



Welcome to Spring 2024! At the recent NACNS Annual conference, the theme for the upcoming year was identified - Innovate. What does this mean to you personally, to your organization, and to the role of the CNS? CNSs are instruments of change and bringing forth new ideas and ways to innovate our practices. We look forward to hearing from you! Your MN NACNS Board has been working hard at identifying goals for the year 2024, one of which is innovating our website.

The 2024 Spring Pharmacology series is on pause. We were not able to obtain enough volunteers to properly secure a successful series of events. We are hoping this can be resumed in the year 2025 and beyond. Please consider volunteering for planning committees when the call to join is made.