

Delaware SGNA

JUNE 2009

Inside This Issue

- 1 The President's Note
- 2 What is a Hero?
- 3 Upcoming Events

The highlight of the awards banquet was the presentation of the **"Proud to be GI"** award given to our own Karen Bell, treasurer of both the Delaware SGNA and the Multi-regional SGNA.

The President's Note

This past May I had the pleasure of attending the National SGNA Convention in St. Louis, Missouri. What a wonderfully planned and executed educational event! The America Center was the perfect location and conducive to all of the events held there. Although the attendance was down from past conventions, each state was well represented in addition to several different countries.

This years speakers were excellent. The motivational speakers, Dan Thurman, Angela Grupus and Juliet Funt were inspiring. Dan Thurman, who happened to show his gymnastic and juggling skills spoke on "maintaining focus and delivering superior performances everyday". Angela Grupus, whom happened to have an excellent sense of humor, spoke about her life with Crohn's disease, and Juliet Funt spoke about being "over committed, overwhelmed and over it." and the need to slow down, relax and take time for ourselves.

The educational classes that I attended were fantastic and I heard the same sentiment from many attendees. How fortunate we are to have access to such talented and informed instructors. In an effort to "go green" the SGNA planning committee asked the attendees to go on line and print out the syllabus for the classes they were to attend. In addition, we were given two DVDs, one containing the optional sessions, research and education and the second containing the full course syllabus materials, general and concurrent sessions.

The highlight of the awards banquet was the presentation of the **"Proud to be GI"** award given to our own Karen Bell, treasurer of both the Delaware SGNA and the Multi-regional SGNA. Karen has worked diligently as treasurer and has devoted much time and energy to assure that our educational conferences are successful. Melinda Huffman, our immediate past president, recognized and nominated Karen with this honor.

Looking ahead, mark your calendars for two upcoming educational events. Delaware is planning a one-day conference on November 7th, 2009 at Dover Downs in Dover, Delaware. Look for brochures and information on the web site as this date approaches. Old Dominion, Chesapeake and Delaware are in the process of planning a Multi-regional conference for March 19th -21st 2010 at the Double Tree Hotel in Charlottesville, Virginia. We are looking forward to an informative and exciting weekend with many great speakers on hand.

I would like to ask all of you to assist us and send in any pictures, letters and stories about your GI experiences in each of you work settings to add to our web site. Really show what you units are all about and the wonderful work that you do every day not only on the job site but also in the community with teaching and holding fund raising events. Lets get Delaware on the map and show what a great community of nurses we really are!! You can send these to Melinda Huffman at huffmanm@nanticoke.org so that she can post these on the web site. Please send any current accessible e-mail addresses to me, Kathy Stranahan at jds@verizon.net so that future information can be sent out about meetings, minutes and agendas. Some e-mail at work places have fire walls that do not allow this information to come through, so if you have an email that you can receive things on more easily please send these to me.

Kathryn Stranahan, BSN, RN, CGRN
President Delaware SGNA

What is a hero?

Madelyn Wojnisz

February 22, 2009

Diana Wojnisz's daughter.

A hero is an individual who has many qualities that make him or her an important and prominent figure in society. A hero is someone who is tenacious, self-confident, nonegotistical, and beneficial to mankind. These individuals are not only bold and humble, but they also overcome difficult odds, have success where others will fail, and do the right thing when no one is watching. They do what they do not for a reward or recognition, but because it is what feels right to them. If a person demonstrates all of these traits, then that makes him or her a hero.

In Greek mythology, Hercules is classified as a hero. He exhibits strength, self-confidence and courage. He proves that he has a keen sense as to what is right and what is wrong. He is, to the eye, everything that the Greeks admire as a hero: the son of a god, athletic, beautiful, and clear. However, Hercules has many inner qualities that do not coincide with the definition of a hero. He is not intelligent, even though he has the sense of right and wrong and good and evil. While he is strong, there are occasions in which his strength works against him. Sometimes he forgets how strong he really is, which causes him to kill innocent people. Hercules is impetuous, meaning that he acts at the spur of the moment, making him careless in his actions. Also, he has tendencies to let his emotions show, which is something that Greeks did not want in their heroes. So while Hercules is deemed as a hero in Greek mythology, I disagree that he actually can be considered a hero.

An excellent example of a contemporary hero is a nurse. They are highly trained professionals who perform what is impossible for others everyday. They put their own health at risk all the time to save the lives of others. They overcome the odds in both saving lives and being sued. Nurses get sued frequently and most of the time, win the case. They have integrity, tenacity, and confidence in both themselves and their coworkers. Most importantly, nurses perform crucial tasks and do their jobs beyond the standard for a small salary and little to no recognition. But, at the end of the day, they know that they have done something right, and are modest in doing so. These qualities make up a great hero, whether it is contemporary or classical.

An excellent example of a contemporary hero is a nurse. They are highly trained professionals who perform what is impossible for others everyday.



Future Events-Save the Dates

2010 Annual Course

September 14, 2009- Delaware SGNA Meeting-7pm-Nanticoke Memorial Hospital Cancer Care Center and Christiana Care Education Center- Room 14. Telephone conference also available.

November 7, 2009 Delaware SGNA Fall Education Day-Dover Downs Convention Center. 8am-5pm. Speakers to be announced.

November 9, 2009- Delaware SGNA Meeting-7pm-Nanticoke Memorial Hospital Cancer Care Center and Christiana Care Education Center- Room 14. Telephone conference also available.

January 11, 2010- Delaware SGNA Meeting-7pm-Nanticoke Memorial Hospital Cancer Care Center and Christiana Care Education Center- Room 14. Telephone conference also available.

April 2009- Delmarva Multi-Regional 11th Annual Education Conference. "Bridging the Chesapeake With New GI Trends"- Double Tree Hotel in Charlottesville, Virginia.

