Dear Colleagues,

Many of your California board officers, chapter leaders and committee chairs attended February’s Leadership Orientation Conference in Las Vegas. I think I speak for all when I say we left inspired and with a renewed commitment to the ENA mission to advocate for patient safety and excellence in emergency nursing practice. During these events we always look forward to the networking, visiting with our ENA family and the sharing of ideas; this year the presentations were the highlight and certainly galvanized us. We are excited to implement the vision of the Emergency Nurses Association Five-Year Strategic Plan for 2015-2019. (I think I can also safely say several people would be fine if I took a break from emailing…I can’t help it, I’m ready to get started!).

The main components of the Strategic Plan include:

**Member Recruitment, Engagement and Retention.**
There are an estimated 180,000 emergency nurses in the United States. How can we promote tangible and intrinsic membership value for ENA members and increase membership? National is committed to engaging and supporting ENA state and chapter components.

**Leadership.** Lead the profession of emergency nursing past traditional task-oriented care towards knowledge-based safe practice and safe care. Get those practice statements out to the members! Engage with other professional organizations to increase recognition that ENA is the go-to for practice information.

**Knowledge.** More courses! ENPC, TNCC. Develop innovative delivery methods.

**Quality and Safety.** Let’s make the Lantern Award the “Gold Standard” as a visible symbol of an emergency department’s commitment to quality. We have set the bar high with the Lantern Award, recognizing emergency departments that exemplify exceptional practice and innovative performance in the core areas of leadership, practice, education, advocacy and research. Every ED should be a Lantern ED.

**Advocacy.** We must keep telling our stories to move forward, to influence emergency healthcare public policy and regulatory issues. Building relationships, increasing our visibility and engagement with partners and coalitions to leverage ENA influence.

**Technology.** Adapt to state-of-the-science technology to support leading-edge education, research and practice resources.

**Funding our Future.** Consistently achieve or exceed national association benchmarks for financial performance, philanthropic support and public funding, providing resources to be nursing (healthcare) market leaders in leading-edge technology, education, and research.

You can find the full 2020 Vision Emergency Nurses Association Five Year Strategic Plan 2015-2019 at [http://www.ena.org/about](http://www.ena.org/about)

Our way forward is exciting and there is so much we can accomplish together.

-Susan Smith
**Committee Chairs 2015**

- **Bylaws:** Linda Rosenberg
- **Communications:** Kara Davis
- **Delegates/GA:** Louise Hummel
- **Education:** Dianne Idman-Gervais
- **EMS Commissioner:** Linda Broyles
- **EMS Committee:** Judy Scott
- **ENAF/Fun Raiser:** Diane Schertz
- **Government Affairs:** Jen and Mark Denno
- **Historian:** Liz Taylor
- **IQSIP:** Susan Laverty
- **Nursing Practice:** Kathy Van Dusen
- **Membership:** Linda Rosenberg & Terri Sturgill
- **Pediatrics:** Vicki Dippner-Robertson
- **Press Secretary:** Diane St. Denis
- **Trauma:** Gail Dodge
- **Web Master:** Mark Wandro
- **National Board Liaison:** Sally Snow

**Important 2015 Dates**

- **State Board/Council Meetings:**
  - March 18th & 19th: Sacramento DoubleTree Hotel
  - May 21st & 22nd: Indian Wells
  - August 13th & 14th: Santa Barbara
  - November 12th & 13th: Long Beach
- **Next Newsletter Deadline:** April 3, 2015
- **Save the date:**
  - National Assembly
    - Sept. 28th to Oct 3rd, 2015
    - Orlando, Florida.

**Sponsorship Rates**

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**For contact info go to:** [CalENA.us](http://CalENA.us)
State Council Meeting Oakland
January 9, 2015
From the treasurer:

NATIONAL:

The biggest news from National ENA is that annual membership dues will be increasing by $15/year, effective for membership renewals in March 2015; it will be a phased-in renewal process that will eventually result in an additional $5 per California State Council member. This increase will allow the State Council to better provide for our members statewide.

STATE:

Each Chapter is required to submit its Chapter Account Report quarterly. Due dates are the 15th of the month following the end of the fiscal quarter. (First Quarter financial reporting must be submitted by April 15, for ex.) Instructions for use of the Chapter Account Report can be found at Instructions and Chapter Account Report (Excel) both are available on the calena.us website under “Documents.” I will be available at the March Chapter Leaders’ Meeting to provide additional help. The California State Council, Emergency Nurses Association, wants to emphasize that each Chapter and Committee operates under the authority of the Cal ENA State Council’s Corporate status; the Corporation authorizes each Chapter and Committee to act under and in alliance with the Bylaws and Standard Operating Procedures of the State Council.

As such, each Chapter and Committee, under Corporate oversight, is responsible for reporting their individual financial transactions. Income and Expenses must be appropriately categorized. Most importantly, expenses must be divided between travel, per diem, and stipend, among others: stipend includes payment to teach and/or monitor an educational event; per diem is paid to cover expenses while traveling, and includes meals, transportation, and parking, for example. Normally, per diem expenses do not require receipts, as long as the recipient has completed and signed the “Business Travel Substantiation Report.” However, allowable per diem amounts (with and without accommodations) vary based on time of year and location. If you have any questions about how to report these payments on your Chapter Account Report, please contact me at kansasrnindc@yahoo.com.

At the 2014 Sacramento meeting, the State Council BOD requested IRS W-9 forms from any person receiving a per diem or stipend. In 2015 and beyond, the necessity of completing a W-9 for any per diem, stipend and instructor expenses will likely be mandatory.

The California State Council, Emergency Nurses Association, approved the use of electronic transfer of funds for reimbursement of State Council-related expenses at the January 2015 Board of Directors meeting. If you are eligible for such reimbursement, please bring a voided check or appropriate deposit account numbers to the March meeting. If you decline to be reimbursed by electronic direct deposit, a paper check will be issued to you at a later date.

-David Samuelson

A special thanks to BJ Bartleson and Debby Rogers for their presentation on the California Hospital Association. It was a great overview of the resources available from CHA. Check out their website: www.calhospital.org

On the right, BJ Bartleson speaks to the members.
Oakland 2015

David Samuelson and Agnes Faria
Oakland 2015
COMMITTEE REPORTS:

Education-Thank You Tobin Miller for all of your hard work as Education Committee chair the past several years! We are in the process of working to partnership at this year’s CFED Conference May 18-22 in Indian Wells. Discussion of a preconference ENA educational opportunity as well as suggesting speakers for a nursing track at the conference. We are looking into an educational event cruise after the State Council meeting in Long Beach. More details to follow! We are also hoping to offer an educational event after our State Council meeting in San Diego. Additional information to follow.

- Dianne Idman-Gervais

ENA Fundraising-The State Challenge theme for 2015 is “Strike it up for Scholarships.” Today’s give away raised $375 towards the State Challenge. Thank you for the East Bay chapter for the prize donations, (donated by a new grad East Bay member).

- Diane M. Schertz

EMS Committee– Due to beginning of year, no report from several task forces and group committees since those groups have not yet met. EMSA is sponsoring two educational events one May 6th & 7th in Southern California and June 2nd and 3rd in Northern California. The state trauma plan is also on the agenda. The Public Safety regulations have been updated and approved and are posted on EMSA’s website. A task force/work group was convened to write draft regulations for implementation of the Epi-pen auto-injector legislation that was passed, (SB669). Training for Community Paramedicine Pilot Projects has begun. There are twelve pilot projects across the state. Four projects are focused on alternative destinations, two groups studying high utilization of 9-1-1, four projects focused on post discharge follow-up care, one monitoring the compliance of medication for TB, and one project working with agencies to provide hospice support.

- Judith Scott

Government Affairs Committee – Jen and Mark Denno are the new committee co-chairs, they live near Sacramento so it’s easy for them to get to the Capitol to meet with legislators and attend legislative events. Both are excited to chair this committee and appreciate the mentoring from Kara Davis and current members of the committee.

Exciting news! We have a bill sponsor for Violence Against Healthcare Workers. Assemblyman Freddie Rodriguez from southern California has agreed to sponsor our bill and it has been introduced, AB 172. Current law provides stricter penalties for healthcare workers such as EMT’s, medics and nurses outside the hospital; we wish to include healthcare workers inside the hospital, (not just nurses-we want to include doctors, technicians and other ancillary personnel), AND make it a felony for an assault against healthcare workers engaged in their duties. See page for further update on our progress. Leg Day: March 18th at the Doubletree Hotel, (about 15 minutes from the Capitol since the Hyatt was booked for a spelling bee!) Jen and Mark are lining up some great speakers for the morning presentations and will prepare the “leave behinds” of the bills we will identify as our legislative priorities. Registration
Bill discussion: 
This is the beginning of a new legislative cycle so all of the bills are not available until late February. We discussed the following bills: AB 8, AB 28 and SB 24. 
There are many others but we will wait to get more information and narrow it down for Leg Day. You can sign up to follow these bills at this site: http://leginfo.legislature.ca.gov/faces/billsearchclient.xhtml?sessionyear=20152016&house=both&author=all

Upcoming event: 
ENA Day on the Hill is April 28-29th in Washington D.C.

Leadership & Practice Committee— The committee discussed the announcement from National ENA on the 2015 General Assembly format change. The ENA board of Directors is encouraging members to support this new format by submitting topics for discussion rather than formal resolutions. Based on this and information from Bruce Olsen, the resolutions committee chairperson, we have decided to move forward with one practice topic: “Photographing of emergency healthcare providers.” Additionally, we voted to propose two resolutions for General Assembly consideration:
Safety restraints when transporting children
Safe pain medication prescribing
The committee briefly discussed the issue of boarding pediatric psychiatric patients in the ED as this is a huge concern throughout the state.

-Kathy Van Dusen

Pediatric Committee- The committee is planning for two state sponsored instructor courses in 2015. One will be held in the northern part of the state and the other in the southern area. Applications are open for a regional director for the North State as well as a chair-elect for the committee. Grant funding approved an ENPC Instructor course in Santa Maria. Mary Hay will be teaching this course.

-Stacie Crain
Safety, Quality & Injury Prevention

OLD BUSINESS:
In keeping with our 2015 Goals the ISQIPC would like to hear from ENA members on a few topics, here is the first: please send us HIPAA compliant stories regarding safety (successes or nightmares) from your ED so others might learn from your experience; Example: an ED not accustomed to dealing with inmates receives a high security inmate, but their registration doesn’t know to “opt-out,” so the inmate’s family finds a friendly physician to walk them in through the back hall security door to reach “their father who was just brought into the ED very ill.” Imagine the scenario if this had been a breakout or a hit and not just family!
The Nursing Leadership Committee will bring the issue of patient and family members photographing healthcare workers on the job, without their permission, and then posting them to social media sites, to the 2015 Annual Assembly as a Practice Issue.

NEW BUSINESS:
SB1299 went into effect 1/1/15 RE: healthcare workers: requiring increased violence prevention training and mandatory violent incident reporting to CAL/OSHA; standards must be set by CAL/OSHA by 1/7/16 and on-line posting of violent incidents involving healthcare workers begins by 1/1/17.
IQSIP will support a bill from the Government Affairs Committee sponsored by Assemblyman Freddie Rodriquez, Pomona, making an assault on any healthcare worker in a hospital a felony, the bill is in his legal department for wording, GAC will let us know as soon as a number has been assigned.

Other bills being followed are: AB53 requiring children remain in rear facing child safety seats until age 2 years and SB47 promoting the use of the Amber Alert System when looking for vehicles involved in hit and run crashes.

Kay Thompson-Moore, RN, Rady Children’s Hospital ED, Oceanside, CA, known for her work promoting safe training and interaction with dogs and dog bite prevention, is working on a new study to identify PTSD in children who have suffered dog bites.
This is a new committee for me, if you have any suggestions for topics you would like addressed please contact me with the information. Thank you!

-Susan Laverty

Committee Reports continued

Trauma Committee

Looking Back on 2014–Looking Ahead in 2015

The Trauma Committee was busy in 2014 with an assortment of activities suited for a wide variety of individuals. The overall purpose of the this committee is to oversee the TNCC program here in the state as well as carry out goals and objectives for the state council and provide a forum for discussion on trauma topics among people who attend its five meetings each year.

TNCC Instructor Courses:
We presented TNCC Instructor courses in the fall to support the need to increase instructor numbers, especially in underserved areas. Modesto and San Luis Obispo benefitted from this committee outreach which helped ensure their programs would not falter for lack of instructors. Following the course each individual must be monitored at a subsequent 2-day course, overseen by an approved state monitor. We’re quickly working our way through this process for our fall students, and while each student has up to a year in which to complete this phase, we should be done by the end of February. Two more instructor courses have already been presented this year in January in Modesto and Los Angeles, with two more planned for March in Long Beach and San Diego, after which there will be another batch of Instructor Candidates to take through their monitored phase. It’s exciting to see such an investment in helping nurses achieve their goals actually come to fruition, and to know that the state can maintain its presence as a supporter of quality trauma education.

Faculty:
As part of this process we have also been working to grow the number of faculty in the state (those that may teach instructor courses). The individual has a two-part process to follow in which observation is done at a first course and actual participation teaching is done at a following course. With the many instructor courses being held since fall offering opportunity to grow faculty, we’ll soon see Heather Venezio (Fairfield), Dana Bentley (Roseville), and Brian McCord (San Diego) complete their faculty requirements. Congratulations to them on their accomplishments!

On ENA’s current list of California Faculty, there are 50 listed, however only 27 have taught in an instructor course since 2012. In the spirit of giving Instructor Candidates the best and most relevant experience possible to take on their new role, to provide the classroom learner with the best possible learning experience possible to take on their new role, to provide the classroom learner with the best possible learning
opportunity, and ultimately to give the patient the best possible care, ENA’s Administrative Procedures state “Faculty must maintain their Instructor status which means they must participate as an Instructor in at least one (1) Provider Course every 18 months and it is strongly recommended that they participate as Faculty in at least one (1) Instructor course every 24 months. Faculty must maintain current ENA membership and uphold and adhere to these Administrative Procedures.” The Trauma Committee is available to help set goals for your site or regional instructor development needs and in providing direction on how to implement those goals.

If you are interested in learning more about the process of becoming a TNCC instructor or faculty, or in hosting a state-sponsored instructor course, please consider contacting one of the committee members for more information. You can find us at our website at www.traumacalena.com. In addition you can read through the ENA Administrative Procedures posted on our site to find out more.

-Gail Dodge

Web Report-The printed January Monitor is available on the website. Printed copies are available at the back table. Notice was also posted on the CalENA facebook page. Kara Davis has taken over as editor of The Monitor and the January Monitor was her first edition.

Be sure to fill out the Chapter/Committee Report forms available on the back table with information on your chapter or committee. These forms are also available digitally on our website on the documents page. Our website was updated with information on the new 2015 state and chapter officers as well as information for new courses and cruises. Several chapters have updated their pages and have information for upcoming events. If you have your own chapter website of facebook page, please let me know on your report and I will include the link. The education page lists ENPC, TNCC and CEN Review Courses. I will be happy to post any events for your chapters.

-Mark Wandro

Chapter Reports:

East Bay – On November 6, 2014 a panel of speakers from Napa Queen of the Valley Medical Center gave a presentation on the earthquake that happened on August 24, 2014. Several new grad nurses were in attendance which provided great new energy.

Upcoming meetings:
February 10, 2015 6-8 p.m. John Muir Medical Center, Concord Campus, Speaker TBA
May 19, 2015 6-8 p.m. Kaiser Oakland, Lower Level E1-2, Speaker TBA
August 11, 2015 6-8 p.m. Location/speaker TBA
November 3, 2015 6-8 p.m. Location/speaker TBA
Dinner is free!! And One hour of C.E.

We have an East Bay ENA Group Facebook page to post our East Bay Chapter information.

-Nancy Hiteshew

Greater Los Angeles-We had a well attended meeting sponsored by TEVA in December. We will start working on our EDAP conferences at our next meeting. Our 2015 Chapter Officers are: President-Holly Nagatoshi, President-elect-Lety Romero, Secretary-Ruth Keniston, Treasurer-Christine Zaiser, Recruitment/Retention-Lisa Martinez and Past President-Barbara Van Eck. Our next meeting is scheduled for March 25, 2015 7:00pm at Memorial Hospital of Gardena.

-Carole Synder

Kern County – We are planning:

a Spring educational event:
CPEN 2 day review
One day multi-topic event to include:
Coroner’s cases in the ED, “Dos and Don’ts”
Police and sheriff on assault and safety
Dog bite education

We are working on ideas to increase membership, monthly attendance and certifications.

Our chapter meetings are held the second Tuesday of the month at 0800, January through November at Mimi’s on California Ave in Bakersfield. Members and non-members are welcome.

-Susan Laverty
Loma Prieta – Monthly meeting are held the third Thursday of every month. Locations are rotated among the local hospitals in the Loma Prieta area. Our Annual Update is scheduled for Thursday, April 23rd at Good Samaritan Hospital in San Jose.

Orange Coast – We met in November and discussed our goals and objectives for 2015. The primary focus was on our desire to capture a greater number of participation from our chapter. To accomplish this we realized we needed those that are members to join us for our meetings along with increasing overall ENA membership. We decided we would identify point persons from each of the hospitals and ask them to rally their coworkers to join us. Christine Marshall is the new OCENA Membership Representative and will be in contact with these ED managers. During our meeting we also introduced and installed our new officers and followed this by updating our contact information. Our President, Phyllis Robby shared the value of attending the Chapter Leaders Orientation program offered on February 19-20 in Las Vegas. The Officers went on to set up dates for our upcoming chapter meetings, with the first one scheduled at a restaurant, sponsored by Teva pharmaceuticals, for January 27th. The speaker is Dr. Scott Zeller, Chief, Psychiatric Emergency Services. Topics that will be covered include: 1) definition, epidemiology and clinical manifestations of agitation associated with schizophrenia or Bipolar Disorder, 2) the treatment goals & 3) Pharmacology, efficacy and safety of Adasuve Inhalation Powder. In addition to scheduling our upcoming Chapter meetings we also, identified dates and locations for educational offerings to include both CEN and TNCC review.

Sacramento – Sacramento wrapped up a great year with a dinner at the Tower Café’ in December. We had a fun white elephant exchange thanks to Diane and we thanked Sandy for a wonderful year as chapter president. We are already planning great education events for the year. In January we had a lecture on toxicology, in March we have subject matter experts speaking on 5150/1799. We have booked a Trauma Care After Resuscitation (TCAR) to be held on June 9th and 10th at The Sutter Conference Center. Flyers will be posted on the CalENA website. We are hosting Paragon classes in February at the Sutter Conference Center for CEN and CPEN. Sign-up on the Paragon website: http://www.paragonrn.com TEVA will be sponsoring a dinner meeting in March and hosting the Legislative Day and State Council meeting. It will be a busy month! Check out our facebook page and newsletter on our chapter site: http://www.calena.us.sacramento.html We have excellent guest articles about violence in the workplace and community paramedicine.

San Diego – We met in December at Aubrey Rose Tea House for our annual tea. We donated toddler and infant toys to Rady Children’s Hospital ED. We are gearing up for our annual 911 Conference on April 24th at Vista Community Center. See our website for further information and registration. Still to come: joint meeting with Orange Coast Chapter and showing the film The Waiting Room.

San Francisco – Planning our next meeting with a free Violence workshop by Dr. Kevin Jones on January 20 from 8:30-11am, followed by our chapter meeting from 11-11:30. We will have an all day Nursing Conference at SFGH with speakers on medical issues, trauma in remote are-
as, spinal care, cardiac emergencies. The speakers are doctors and specialists from UCSF and SFGH. Cost, including breakfast and lunch, is only $75 for ENA members, $100 for non-ENA members and free for those who join ENA at the meeting.
Thank you to our President, Cheryl Randolph who is using her expertise to organize these session.

-Mark Wandro

Enhance Engagement to Reduce Work Stress
By Walter Perez MSN RN CEN
Staff Nurse, VA Greater Los Angeles Healthcare System

Emergency nurses work in a dynamic environment in which ill patients can present with critical issues. There may be a need for critical care nursing to grow due to increasing demand for critical care services internationally. (3) Such demands can contribute significantly to the stress of the emergency department nurse. Stressors in the workplace can cause an emergency nurse to leave to a less stressful or non-emergency department area. One solution to managing stress is engagement. Lack of engagement is a key factor that appears as significant among predictor to leave a nurse position. (4) Nurse engagement in the department when providing care for patients provides reduced stress. Awareness of possible clinical problems from being

References:
Are we ready to put our backboards out to pasture?

Backboard Controversy:

I used to feel sorry for patients brought in on a backboard after a fall or car crash. Most could not wait to get off the hard board and complained of pain just from being on the board. But I never realized that the subject of backboard use has been generating a lot of controversy in the EMS community until I attended a lecture at our local chapter’s ED Update. The speaker was Dr. Brian Savino from San Francisco General. He started off his talk by saying that there is really no evidence to support the use of backboards for spinal immobilization. In fact, research shows that subjects can freely move their spine and neck even when fully “immobilized” on a backboard and wearing a neck brace. It turns out that NHTSA made backboard use almost mandatory for patients with neck/spinal pain or mechanism of injury by putting it in the Paramedic curriculum in the seventies. Now, everyone in EMS does it because “we have always done it” and they are afraid of the lawsuits if they change the practice. In fact, some evidence-based research shows that neck braces and backboards can make the patient’s pain worse. Lying on the hard surface is painful; the tight straps impede chest wall movement and breathing. Being strapped to the board makes aspiration of vomit a real possibility if no one is available to log roll the patient. The neck braces even make it harder for patients to open their mouths. Remaining on the board for even 30 minutes can lead to the early signs of skin breakdown in areas that rest on the hard surface.

The controversy has intensified since the American College of Surgeons Committee on Trauma (ACS-COT) and the National Association of EMS Physicians (NAEMSP) published a Position Statement on EMS Spinal Precautions and the Use of the Long Backboard in December, 2012. It does not call for cessation of backboard use, but states that they are to be used for “Spinal Motion Restriction” instead of “Immobilization”. Specific indications for backboard use are given, including blunt trauma and ALOC, spinal pain or tenderness, numbness or motor weakness, spinal deformity and high-energy mechanism of injury along with intoxication, inability to communicate or “distraction” injury. A list of reasons not to use a backboard is given, including absence of any of the above symptoms. Reference the link to the Statement for complete details. Patients are to be taken off backboards ASAP on arrival at the ED after an MD has used the NEXUS criteria to clear C-spine. Backboards are not to be routinely used in the hospital.

Neck collars cannot prevent spinal motion, but can still be used judiciously in patients who exhibit neurological deficits based on mechanism of injury. The recommendation is to tell the patient that the collar is more of a reminder to keep their head and neck still.

What was of most interest to me is that San Francisco EMS has issued a new Protocol based on the Statement that will go into effect for the City and County of San Francisco on March 1. It may take a while to break old habits, but expect to see fewer backboards piling up in the ED. This should result in decreased patient pain, fewer CTs to clear C-spines and improved patient outcomes and satisfaction.

The thought has occurred to me that this may be a good topic for a Position Statement or a Resolution at national ENA. Who wants to work on it?

-Mark Wandro

Editor's note:
California is working on standardization of Spinal Immobilization throughout the State by implementing LEMSIA approved spinal immobilization protocols. Check with your Local EMS Agency for current pre-hospital policy.
For hotel reservations:

Guests can go online to https://resweb.passkey.com/go/cfed2015 to book their reservation or by calling 1.800.446.9875 and referring to the CFED room block. Please book by April 1, 2015. The CFED group room rate is available to your attendees, it's $159/night with a discounted daily resort fee of $1. The rate is being offered through the weekend. There are a limited amount of rooms available so make their reservations soon if you would like to stay a few extra days.
**Education Resources and Wellness**

**CEN Review Classes, ENPC, & TNCC**
Some courses are listed on the Cal ENA web site: www.calena.us

Or check with your local ENA Chapter.

**For the most up-to-date course information, go to the national ENA web site/Education, click on ENPC, TNCC or CATN to see courses available in California.**

**Please confirm dates with course directors.**

Contact one of these providers for their next class:

- **CME Associates**
  - (714) 998-2208

- **Paragon Education**
  - www.paragonrn.com
  - (800) 997-9937

- **Cathy McJannet** cathy.mcjannet@usa.net

- **Jeff Solheim** Solheimenterprises.com

**Wellness:** Did you know that March is National Nutrition Month? Spring is also known for the time of cleaning and clearing out. Cleansing diets seem to be a trend but are they healthy? Are they good for you? The body naturally cleanses itself daily. A diet that is high in fiber and has an adequate amount of fluid intake promotes the body's natural cleansing processes. The good part about most cleansing diets is that it forces you to drink more water. Trendy diets that slow your metabolism can cause a rebound in weight gain. As with anything let your body and common sense be your guide and check with your practitioner before starting any diet plan that may conflict with any medications or medical conditions that you may have.

References:
- [http://www.medicinenet.com/cleansing_and_detox_diets/page2.htm](http://www.medicinenet.com/cleansing_and_detox_diets/page2.htm)

-Kara Davis

Here’s a great recipe to celebrate the fruits of Spring:

**Kale, Strawberry & Avocado Salad with Lemon Poppy Seed Dressing**

**Ingredients:**
- **Salad**
  - 4 cups chopped kale
  - 1 cup sliced strawberries
  - 1 avocado, chopped
  - 1/3 cup sliced almonds
  - 1/4 cup feta cheese
  - Pinch of sea salt

- **Dressing**
  - 2 tablespoon olive oil
  - 2 tablespoons fresh lemon juice
  - 1 teaspoon honey
  - 1/2 teaspoon poppy seeds
  - Salt and pepper to taste

**Directions:**
Put the kale in a large bowl, sprinkle with sea salt and mix until the leaves are tender. Add the remainder of ingredients. Toss gently. Combine dressing ingredients, mix well and pour over salad.

Source: Two Peas & Their Pod

This makes a great Sunday brunch salad. Enjoy and Be Well!

-Kara Davis
Did you know that ENA is celebrating its 45th year? Chartered on December 20, 1970, the Roadrunner was our mascot and initially we were the Emergency Department Nurses Association, (EDNA). In 1985, the Association name was changed to Emergency Nurses Association (ENA), recognizing the practice of emergency nursing as role-specific rather than site-specific. Originally aimed at teaching and networking, the organization has evolved into an authority, advocate, lobbyist, and voice for emergency nursing. What started out as a vision of two nurses has grown into an organization of over 40,000+ members and with members representing over 35 countries around the world.

A small group of thoughtful people could change the world. Indeed, it’s the only thing that ever has.”

-Margaret Mead
Next Meeting

Thursday, May 21, 2015
Board Meeting: 4-8pm

Friday, May 22, 2015
State Council Meeting: 8am-4pm

Renaissance Hotel
44400 Indian Wells Lane
Indian Wells, CA
(866) 213-1780
Please make your reservations through CFED:
www.cfedwest.com