



Sacramento Chapter Pulse

November/December 2009

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Happy Holidays!

Welcome to the special Holiday Edition of the Pulse! As the holidays grow close, our sense of community and giving grows stronger. In this spirit, the Sacramento Chapter is holding a drive to collect supplies for Project Helping Hands.

Jeff Solheim has been a frequent contributor to Sac ENA and ENA as a whole. In addition, he organizes trips into countries without the medical privileges we take for granted. Instead of a gift exchange, we would like people to bring items to contribute to Project Helping Hands.

Items to contribute to “**Drive for Jeff:**”

- Toothbrushes
- Reading glasses
- Bottles of acetaminophen and ibuprofen
- Antibiotic ointment
- Saline eye drops

Eight two-week trips are planned for next year. Each trip is self-funded by the 25-30 volunteers attending. Encourage your coworkers to contribute, and bring all donations to the meeting December 3rd.

Helping Patients Have a Safe Holiday Season

ENA’s Injury Prevention Institute has several recommendations to keep people safe over the holidays. They include:

- Monitor alcohol consumption, including size, frequency, and number consumed and served.
- ALWAYS have a designated driver.
- Avoid mixing alcohol with any medications. Consult with a physician before skipping a dose.
- Drive defensively, and avoid driving after midnight due to increased risk of collision.
- Watch your nutrition—try not to skip meals or replace them with excessive snacks.

To print out the flyer, click [here](#).



Upcoming Events

SAC CHAPTER

Chapter Meeting

Date: December 3, 2009

Location: UCDCM PSSB
Basement

Time: 1830

For future meetings, visit
www.calena.us and click on
"Sacramento Chapter"

STATE

State Meeting

Date: January 14 & 15, 2010

Location: San Francisco, CA

For future meetings, visit
www.calena.us/meetings.htm

NATIONAL

Leading into the Future Leadership Conference

Date: February 17-21, 2010

Location: Chicago, IL

For more information, visit
www.ena.org/conferences



National Conference News

If you have not yet done so, visit www.ena.org to sign up for the 2010 Leadership Conference, *Leading Into the Future*. Representing our local chapter, Jennifer Denno has been selected to do a poster presentation representing her unit's success at decreasing blood culture contamination.

In additional chapter news, Andrea Perry, newsletter editor, has been accepted to present a lecture on Compassion Fatigue at the 2010 National Conference in San Antonio, TX.

Congratulations to both, and we hope to see many chapter members there!

Sacramento Chapter Meeting—December 3, 2009

The next meeting will be held in at UC Davis Medical Center.

December 3, 2009, 1830-2100

UCDCM, PSSB Basement

2315 Stockton Blvd.

Sacramento, CA 95817

Need a Smile?

Nurses can have a wide array of talents. Check out this group of Certified Registered Nurse Anesthetists from Minnesota. Called The Laryngospasms, they've been interpreting popular songs for years. Check out an example [here](#).

CalENA Shirts

CalENA shirts are available for purchase. Contact Teri Sturgill at tsturgill6@yahoo.com to order. Prices do not include shipping.

Ladies long sleeve tan dress shirts \$41.50

Men's long sleeve tan shirt \$43.50

Ladies and men's navy polo \$33.50

Call for Ideas

Is there something you'd like to see in the next newsletter? Are you interested in contributing? Let me know!

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