



District 2 Newsletter | Issue #2 | August 2020

District 2 Officers:
President: Jennifer Humphries
Vice President : Chris Forbes
Secretary: Letrell People
Treasurer: Etta Felton

President's Message

I hope this newsletter finds everyone in our district doing well as we continue to remain strong in our personal lives and careers during the COVID-19 trials. There is much gratitude for the nurses and other healthcare workers that have worked hard to keep our community safe and healthy. Thank you for taking care of those patients that have tested positive for the virus. Let it be known that if it were not for nurses that risk our own health to take care of others, our communities would be greatly impacted by the poorer outcomes related to the COVID-19 pandemic.

As the communities and states around us appear to be in dismay, I would like to invite you to pray for those communities that are experiencing tragedies. Without unity we are weakened. As nurses we are more than a profession that manages the care of the sick. We are professionals and leaders. We hold a strong and trusting bond with the people. Let us be the example and show the world our purpose. We heal the people, strengthen the weak physically and spiritually, and most of all we have the ability to advocate and offer guidance to those experiencing grief.

I want to thank every nurse for being an important part of our presence. Your efforts do not go unnoticed. You are part of what makes us the best profession. This year not only represents the Year of the Nurse, but exemplifies our strength.

Sincerely,
Jennifer Humphries, DNP, CRNP, NNP-BC
President District 2 ASNA
jennhumphriesdnp@gmail.com
205-331-1676

Devotional

The mysteries of COVID 19 remain with us as we continue the tremendous challenge of balancing our commitment to caring, between work and home life. The critical role of the Nurse is paramount to the provisions for maintaining quality care across the healthcare continuum in all 'seasons' of health. Let us be mindful of the need to support our frontline staff in all areas of healthcare, and the community at-large. Let us be reminded of the value of prayer, let us thank God for His guidance and love as we experience one of the most difficult Public Health Crisis of our lifetime. Let us ask God to give us all we need to do His will for ourselves and others. We give Thanks for the trust we have our leaders, trust in our scientists and researchers, trust in our doctors, and each other, trust in our face covers, equipment, and God willing, trust that in time this pandemic will become a memory. A famous quote by Charles H. Spurgeon-“God is too good to be unkind and too wise to be mistaken. And when we cannot trace His hand we must trust His heart.” Feel inspired, be encouraged, and most of all be Thankful for our ability to help others.

- By Patricia Green, RN, MSN

News

- Business meetings will continue to occur via Zoom. The calendar is posted on the ASNA District 2 website.
- The ASNA District 2 Scholarship was established to encourage students who have chosen nursing as a career. This year we are honored to offer three scholarships. It was difficult for the scholarship committee to narrow down the final three recipients, because all of our applicants were unique. We will announce the names of those receiving scholarships soon.
- As of June 1, 2020 our district has already exceeded our yearly membership goal! This is amazing! Let's keep working hard at increasing membership. Let's give a BIG shout out to our Vice President, Dr. Chris Forbes for collaborating with other members of our district to increase our membership. Thank you for your hard work.
- The Ethics and Human Rights committee is collecting toiletries throughout the year to supply the state prison. Please contact Dr. Julie Jones if you would like to contribute. juliesavagejones@gmail.com
- We are reaching out to nursing students and asking them to help us design a District T-shirt! The T-shirt sales will go towards supporting our scholarship funds. Please contact Dr. Jennifer Humphries at jennhumphriesdnp@gmail.com
- We need volunteers for our community project! Below is the link for members to sign up to volunteer for the Tuscaloosa Community Soup Bowl ASNA District 2 Community Service Day on December 5th. Donations for this event are appreciated, as it would be great if we had \$500 to pay for the meal. The soup bowl web-site says the cost is \$650

per day. We will serve taco soup, tortilla chips, and fruit for approximately 300 people. Last year we spent about \$350 and I had to take some items off of the list to keep it at that price. The meal is always a hit, as the director says that we are the only group that serves taco soup. I would love to be able to provide cheddar cheese to go with the soup. Please sign up by August 15th. We will send reminders 3 days before the event. Please notify Julie Jones at 205-799-7959 if you have any questions.

<https://www.signupgenius.com/go/30E044AACAC2BA7F94-asna>

Save the Date

Join us for the 2020 ASNA Annual Convention!

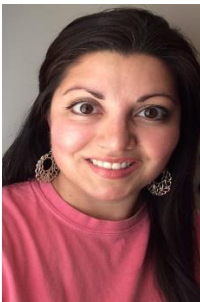
- 2020 ASNA Virtual Annual Convention held via Zoom on Friday, September 25, 2020 from 4-6pm. Sign up today and please invite someone that is a nonmember. Remember, nursing students can attend **FREE!** This is a great opportunity to see what ASNA represents!

Don't Forget!

- Nominate a nurse who has demonstrated excellence in nursing for The ASNA Citation of Excellence Award. Nominations can be throughout the year and the nominee does **not** have to hold ASNA membership.
- We need a few more delegates for the virtual convention. It is a great opportunity to get involved and demonstrate your leadership skills. This year delegates receive discounted convention fees and will receive 4 CEUs included with cost of convention. Please contact Dr. Jennifer Humphries at jennhumphriesdnp@gmail.com by Sept. 15th.

Brag Board

We have two Citation of Excellence Awards Recipients in our District! Congratulations to both of these ladies.



Jessica Dutton, RN has been a nurse for 14 years. The Neonatal Intensive Care Unit (NICU) is where you will witness her compassion for her patients. She is an outstanding nurse and a true advocate for her patients and families. She is clinically sound and her colleagues respect her as a leader. It is not a surprise that she has been elected for the Citation of Excellence Award.



Olivia Smith, RN has been a nurse in the NICU for nearly 3 years. She demonstrates great critical thinking skills at the bedside and is a team player. She is a hard worker and shows true leadership. Olivia is a member of Project Sweet Peas, an organization that supports NICU families in need. Her advocacy is reflected by her dedication to our local NICU families by assisting in projects that help raise awareness and funds in order to assist families in need.

Recipe Corner



Hidden Veggie Marinara Pasta

Ingredients

Pasta

- 1 lb. (450 g) penne pasta
- 2½ cups (625 mL) water
- 2 oz. (60 g) mozzarella cheese
- 2 oz. (60 g) fresh Parmesan cheese

Sauce

- ¼ cup (60 mL) water
- 1 tbsp (15 mL) [Italian Seasoning Mix](#)
- 1 tsp (5 mL) salt
- 4 garlic cloves, peeled
- 1 cup (250 mL) carrots, peeled and cut into chunks (about 2 medium carrots)
- 1 small zucchini, cut into chunks

Add-In

- 1 can (28 oz./750 g) diced tomatoes, drained

Directions

1. Bring a large pot of water to a boil. Add the pasta and cook according to the package directions.
2. Meanwhile, add the sauce ingredients, in the order listed, to the [Deluxe Cooking Blender](#). Replace and lock the lid. Turn the wheel to select the HEATED PUREE setting; press the wheel to start.
3. When the timer is up, press CANCEL. Remove the vented lid cap and carefully add the tomatoes. Replace the cap and blend on speed 2 of the CUSTOM BLEND setting for 30 seconds.*
4. To serve, pour the sauce over the cooked and drained pasta; stir to combine. Top the pasta with the mozzarella cheese.**



Yield:

- 8 servings

Nutrients per serving:

U.S. nutrients per serving (1½ cups/375 mL): Calories 240, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 470 mg, Carbohydrate 51 g, Fiber 1 g, Sugars 7 g, Protein 9 g

Cook's Tips:

For a thicker sauce, drain the tomatoes before adding them to the puree.

Watch this soup come together in the Deluxe Cooking Blender

District 2 would love to hear what you have to say! We would love pictures and to hear about you. Please send anything you would like to see added to the newsletter, your favorite recipe, information on events happening in our district, photos, etc. to jennhumphriesdnp@gmail.com. We plan to publish our newsletter quarterly.