

## President's Message

Dear Colleagues,

Spring has arrived after a winter that seemed to enjoy itself so much that, in the words of my mother, "it overstayed its welcome". There was no shortage of LDNA activities over the winter months, we enjoyed four events, beginning in December with our first annual holiday celebration held at Franciscan Skemp Center for Health and Healing.

In February, your LDNA board hosted our first student supper. Present were student nurse association members and presidents from our three local schools of nursing. In addition, local WNA officers were present and shared with the group why they joined and continue to be active in our professional organization. If the level of conversation is an indicator, I'd say the evening was a success.

In February and March,

LDNA members enjoyed two very important and informative educational events related to healthcare and the relationship to the environment. They were "Mercury and Pharmaceuticals in the Environment" and "Hospital Practices that Contribute to Waste and Toxicity of the Environment".

In this issue, you will read about our remaining two events for the year. On May 6<sup>th</sup>, our Honor a Colleague Celebration will be held at the City Hospitality Center. This is an excellent opportunity to let those nurses in your life know how much they mean to you. Take this opportunity to honor them by completing and sending the form included and then do come to this annual event that celebrates nurses!

Our final event of the year is our annual meeting. If you have never attended please consider attending this year. We begin with supper at Hackberry's located in the

food co-op, next we move to our business meeting which includes an overview of the work from this year, then vote on officers for the next year. The annual meeting offers a great opportunity to meet new nursing colleagues and to catch up with old nursing friends in addition to catching up with the business of your professional organization.

On behalf of the La Crosse District Board, thank you for the opportunity to serve you. Please do come to one or both of our remaining event, you'll be glad you did!

Sincerely,

Judy Talbott

## SPECIAL POINTS OF INTEREST:

- *GLMC Environmental Coordinator Speaks on Local Energy Saving Initiatives*
- *La Crosse County Special Waste Management Manager Speaks on Medication Collection Program*
- *Monroe County Public Health Nurse Speaks on Mercury Collection in Monroe County*
- *Annual Meeting May 20, 2008.*

## • **Honor a Colleague Celebration** **May 6, 2008**



## Environmental Coordinator from Gundersen Lutheran Hospital, Presented on Local Energy Saving Initiatives on March 22, 2008.

According to Nick Nichols, Environmental Coordinator from Gundersen Lutheran Hospital, saving energy is not just about saving money. Most of our energy comes from toxic coal burning plants that pollute our air, stream, and land. These emissions cause emissions of mercury, sulfur, nitrogen oxide, carbon dioxide, and various toxins.

Gundersen has made a commitment to make new and old buildings more efficient. A innovation will be to use the methane gas waste from City Brewery (the eternal flame!) will create power for 13% of Gundersen usage.

### More good methods:

- \*Hybrid cars for the fleet
- \*New coffee thermos rather than coffee pots on burners
- \*New chillers for air conditioning will save \$30,000 annually
- \*CT Scanners cooling used glycol plus water for cooling which saved 16 million gallons of water
- \*EXIT signs with lower wattage

\*Compact fluorescent bulbs have been installed

\*Compact fluorescent bulbs were sold to employees and customers

\*Light bulbs taken out of soda machine to save \$1800 annually

\*Recycling of confidential paper with shredding saved about \$45,000 annually

Hospitals have not traditionally used creative methods but now the future will include solar power and wind power.

The nurses who attended asked questions about at home and hospital changes. Many had ideas about reducing red bag contents, turning off unused computers at quiet times, unplugging appliances at home, and responding to packaging excesses from manufacturers. The nurses confirmed the importance of community effort to reduce energy waste and pollution.

The ANA Principles of Environmental Health for Nursing Practice is a new booklet (~\$10) with background and

key points for advocacy. Copies will be available at the WNA annual meeting or you can order them from ANA online store.

Kathryn Lammers will be presenting in at the WNA fall meeting on environmental issues. She is part of the Wisconsin Environmental Health Nursing Coalition. If you would like to serve on this state initiative please contact Kathryn (home 608-783-2450) or the WNA. We all need to get involved to make a difference.

Submitted By Kathryn Lammers RN

## An Invitation to Serve An Opportunity to Learn

The Nominations Director is preparing the Spring ballot which will include six LDNA Officer and Director positions. Elections will take place at our Annual Meeting in May. All positions are two-year terms. If you are interested in serving on our Board, please contact Brenda Owen at [bowen004@centurytel.net](mailto:bowen004@centurytel.net) or by phone at 608.374.2554.

### Spring '08 ballot

- President Elect
- Secretary
- Publications Committee Director
- Public Relations Committee Director
- Education Committee Director
- Nominations Committee Director

For role descriptions, visit our LDNA website at [www.ldna.org](http://www.ldna.org). Please consider contributing your time and talent.

## La Crosse County Special Waste Manager Educates Local Nurses About Medication Collection Program in February

Deputy Jeff Gloyd, La Crosse Special Waste Manager gave a presentations at the LDNA Meeting on February 19, 2008. His topic was the problem of disposal of medications that are no longer being used or those whose expiration date is past..

According to Gloyd indiscriminant disposal of medications through water and landfill systems has lead to a situation in which medications have been found in streams and lakes. This long-standing problem has a potential for creating problems effecting vegetation, wildlife and the Ecco System.

This is a complex issue involving the rules and regulations of many different departments through out the state and beyond. In 2003 the Household Hazardous Waste Program began in La Crosse County including the collection of paint, aerosols, pesticides, automo-

tive fuel, acids and bases. The staff of the La Crosse County Hazardous Materials Program recognized the need for a solution to the problem of pollution and dangers of improper disposal of medications. After much work, by 2007 the

*Program Goal to develop a priority strategy for managing the disposal of discontinued and unnecessary medications .*

Hazardous Waste program included the Medication "Take Back" Program. Some of the barriers faced in developing the program included how to manage controlled drugs, funding, State of

Wisconsin approval, community participation and consensus and support from the DNR, EPA and DEA. Once established, the service was used by 397 households and 41 businesses, disposing of 595 #s of medications for households and 6,270 #s for businesses, a total of 6,865 #s of medication disposal in 2007. The service is free for households and a reasonable fee is charged to businesses.

According to Gloyd, this was a big problem with an easy solution for the public and businesses Many pounds medication have been collected in 2008. The operational Plan for 2008 calls for the expansion of the program to 30 counties and increased hours of operation. Future ideas include expanding access through mail order disposal and kiosks.

**Don't Forget to Honor a Colleague**

## Mercury Collections Efforts in Monroe County Explained

Ann Andersen an RN from the Monroe County Public Health Department was also at the LDNA Meeting in February. She explained how they obtained a grant from the Department of Natural Resources to collect thermometers containing mercury. They were able to replace the old mercury containing thermometers with new digital types. This reduces the risk of exposure to mercury by children and people of all ages. Exposure to Mercury can cause adverse effects if ingested, inhaled or if it comes in contact with skin. Ingestion of mercury can

have adverse effects on hearing, sight, memory coordination, kidney function, nerves, liver and mucous membranes causing increased blood pressure and heart rate as well as difficulty breathing.

The Monroe County Public Health department along with the local fire department collected 126 thermometers in 2004, 293 in 2005 and 48 in 2006 for a total of 467.

**La Crosse District Nurses Association  
5th Annual Honor a Colleague Celebration  
Tuesday May 6th, 2008**



**Celebrate the Nursing Profession**

**Flag rising and proclamation**

**Mayor Mark Johnsrud**

**Feature presentation**

**Laura Gentry, B.A., M.A. /M. Div**

**“Laughing for Health and Happiness”**

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Please detach and send to Sandy Schlichenmeyer, 313 Olivet St., La Crosse, WI 54603  
Phone 608-781-2816 by **April 20, 2007**. Please make checks out to **LDNA**

Event to be held at **City Brewing Hospitality Center**, 1111 3<sup>rd</sup> St., La Crosse, Wisconsin  
**May 6, 2007** - Networking at 5:00 pm, event from 5:30 pm-7:30 pm

**Honor a Colleague**

*The fifth annual community Nurse’s reception this year we will be honoring colleagues nominated by you. These are men or women in your nursing career who have been mentors, leaders, or friends who have helped you to become the nurse you are today. All nominees will receive a personal invitation to attend the Nurses Celebration, a certificate, and will be listed on our Nursing Wall of Fame. We graciously request a donation of \$5.00 per nominee. This money will be designated for nursing scholarships distributed by the La Crosse District Nurses Association.*

**Nominator Name and address:** \_\_\_\_\_

**Please print clearly the name and mailing address of each nominee**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_