

Fall Quarter  
October 2020



# ASNA District 2 Newsletter

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*Surround yourself  
with people who  
get **happy** when  
something  
**amazing** happens  
to you.*

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## **President's Message**

Who is ready for some fall weather? Although I love the summer weather, I admit the beautiful colors of Fall reminds me how wonderful God's creation is bestowed upon us daily. The cool crisp air and refreshing fragrances is a natural way for us relax and let go of the worries of this world.

On that thought, how are you all doing? I hope that this letter finds you all doing well and by this point have adapted to the demands of our nursing career. If you are like me, you are over the masks, goggles, and face shields! But, we must continue protecting patients, family, and ourselves. Thank you all for what you do for our community. Without the strong efforts of nurses, our community would be in despair.

Our first ever Virtual Convention was a success! I hope next year we are all able to meet and celebrate our success in person. We have a solid organization that puts nurses first and allows us to have a voice. When you have a chance thank our board members and welcome our new ASNA President, Lindsey Harris. There is no doubt the strong leadership of our organization will continue to lead us in the right direction and fulfill our goals.

In closing, please keep up the hard work and remember to take care of yourself, too. As we embrace the upcoming months, let's continue to pray for our community and country. Pray that we can all live peacefully and love one another unconditionally.

Sincerely,  
Jennifer Humphries, DNP, CRNP, NNP-BC  
President District 2 ASNA  
[jennhumphriesdnp@gmail.com](mailto:jennhumphriesdnp@gmail.com)



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*Nurse is the Art of  
Helping and the  
Miracle of Hope*

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## Devotional

Provided by Patricia (Pat) Green

### The Ultimate Analogy

Much like a symphony orchestra  
Musicians fine tunes, so precise  
Disciplined, poised, knowing experts no less,  
Through their sounds, rhythm, passion entice...

So gracious as polished performers  
Practicing for hours on end  
Although each one can stand uniquely alone  
United the world they mend...

Conducted by well versed leader  
Facilitator, nurtures, guide  
Anticipated cues, intuitive moments  
Like clockwork, smooth, glowing with pride...

Impeccably dressed and on public display  
Performing their vision, their quest  
Resembling an elegant seasoned ballet  
In a word, so empowered, life's best...

Each musician no doubt  
Plays the best they can  
Professional, finesse, and such ease  
The ultimate team, no distractions, no gossip  
Respected with awe, if you please...

This is how I truly see the ultimate Health Care Team  
Working in sync, talent, demeanor so fine  
Similar to a symphony orchestra, I'd hope,  
With commitment, persistence, would shine...

So let's all join the forces and realize our worth  
Practice the science and art within  
We'll proclaim our true purpose, our mission in life  
As it's never too late, let's begin!

From the Book, Poetic Expressions In Nursing...Sharing The Caring  
By Susan J. Felice Farese, MSN, RN,CS 1993

## Year of The Nurse 2020



(Provided by our young artist)

## News

Please welcome our new and returning board members for District 2:



Etta Felton: Treasurer



Carl Henderson: Vice President



April Ervin: President Elect

## Save the Date

- District 2 Meeting November 16<sup>th</sup> & December 14<sup>th</sup> (Hopefully face to face for the holidays!)
- Our **community event** is on December 4<sup>th</sup> at the soup kitchen. We are accepting donations to help purchase food for the meal we are preparing. The past few years we have served Taco soup and it has been a big hit. If you are interested in serving, we would love to have you! Please contact Julie Savage @ [juliesavagejones@gmail.com](mailto:juliesavagejones@gmail.com) for more information.

## Brag Board

**It is no secret that we have some wonderful Nurses in our district!**

Thank you to all that helped with this year's Belk Charity Event: Kim Smith, Etta Felton, Letrell Peoples, Jackie Williams, and Mary Beth Bodin.



**Congratulations to the following Nurses for their accomplishments and dedication:**



Julie Jones, EdD, RN: newly elected Secretary, ASNA



Denise Robertson, MSN, RN, CNL: newly elected Chair of Nominating Committee, ASNA

## Recipe Corner

### Pumpkin Cream Cheese Squares

#### INGREDIENTS

##### Filling

1/2 package (8 ounces) cream cheese, softened  
1/4 cup sugar  
1 egg

##### Batter

1 cup canned solid-pack pumpkin  
1 cup sugar  
1 egg  
1/3 cup vegetable oil  
1 cup all-purpose flour  
1 teaspoon ground cinnamon  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground ginger  
1/2 cup semi-sweet chocolate morsels (optional)



#### DIRECTIONS

Preheat oven to 375°F. Using Kitchen Spritzer, lightly spray Rectangular Baker with vegetable oil. For filling, whisk cream cheese, sugar and egg with Stainless Whisk in Small Batter Bowl until well blended; set aside. For batter, combine pumpkin, sugar, egg and oil in Classic Batter Bowl; mix well. Stir in flour, cinnamon, baking powder, baking soda, salt, nutmeg and ginger. Pour into prepared Baker. Drizzle cream cheese mixture over batter; cut through batter with knife several times for marbled effect. Sprinkle with chocolate morsels, if desired. Bake 25-30 minutes or until wooden pick in center comes out clean. Cool; cut into squares. Yield: 18 squares servings

Nutrients per serving: Approximately 150 calories and 7 grams of fat per serving.

Cook's Tips: To soften cream cheese in microwave, place cream cheese in Small Batter Bowl. Microwave on HIGH 15 seconds. One teaspoon pumpkin pie spice can be substituted for the ground cinnamon, nutmeg and ginger, if desired.

## Quick Chicken Gumbo for the Busy Nurse

Provided by: Julie Jones

Rotisserie Chicken-deboned & chopped

Gumbo Vegetables frozen, 10 oz packages (2packs)

Rotel Tomatoes 10 oz cans (2 cans)

Water approx. 20 oz

Cajun Spice 1 Tbsp

Salt & Pepper to taste

Add all ingredients. Bring to a rolling boil and simmer for about 20 minutes. I cook in the Instapot for 10 minutes. Serve with crackers or cornbread.

## We Need Your Support!!!

District 2 is having a T-shirt sale in order to raise money for our district's Nursing Scholarship funds. We invited all districts to purchase a T-shirt. We thank you in advance for your support! See the flyer for details.

# ASNA T-shirt Sale!!

## Due Date November 5th



**Choose from 2 Colors (Blue or Gray) and Long or Short Sleeve! The top left corner of the template will be the front pocket area of the shirt.**

**\$20 short sleeve**

**\$25 long sleeve**

**\$25 for sizes greater than XL (add extra \$2 if long sleeve)**

**\$5 shipping (please provide your address)**

**Payment options: Cash, Check, or Venmo. (Venmo Jennifer Humphries @Jennifer-Humphries-14)**

**\*\*\*Please put "ASNA T-shirt" in the "What's it for" location on Venmo**

**If local (Tuscaloosa area) we will have a pick up location (date/time/location TBA)**

**\*Please use this link to place the size and number of shirts desired (leave your contact info here)**

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

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**Contact Jennifer Humphries, District 2 President for more information.**

**Email: [jennhumphriesdnp@gmail.com](mailto:jennhumphriesdnp@gmail.com).**

## District 2 would love to hear from you!

We would love pictures and hear about you in our quarterly Newsletter. Please send your favorite recipe, information on events happening in our district, photos, etc. to [jennhumphriesdnp@gmail.com](mailto:jennhumphriesdnp@gmail.com).



**Visit ASNA District 2 website for current events and review of meeting minutes**

<https://alabamanurses.org/district-2/>

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