President’s Message

As we mark the change from Daylight Savings Time to Central Time our days will shorten and our nights will get longer. This surely means that the holidays and cooler temperatures are just around the corner!

Thanks to all of you who attended our Membership CE Meeting in September at Texas Health Resources (THR). Over 80 people were in attendance including members, guests and students. In addition, we utilized video conferencing to share our CE presentation with Walls Regional Hospital in Cleburne and with Harris Methodist HEB Hospital in Hurst. This service helps to fulfill our mission to link and to network with members of the nursing community within the counties that we serve.

Please join me on Wednesday, November 19th for our collaborative service project with District 4 and the North Texas Organization of Nurse Executives (N-TONE) at 5:00 pm. This holiday project for the Visiting Nurse Association (VNA) consists of wrapping gifts for local charities. I hope you can join us! The VNA is located at: 1440 W. Mockingbird Lane, Dallas, 75247. We will wrap gifts until 7:00pm.

I look forward to spending Thursday, November 20th, 2008 at 6:00 pm at Texas Health Resources (601 Ryan Plaza Drive, Arlington) with you to enjoy Clair Jordan, Executive Director for TNA, who will present her annual Fall Issues Forum to the nurses of Districts 3 and 4. Networking begins at 6:00 pm with Clair’s CE offering at 7:00 pm. Please come early to get a good seat! Remote video conferencing will be offered at Walls Regional Hospital, Harris Methodist HEB Hospital, and at Presbyterian Hospital of Dallas. Please take advantage of joining us at one of our remote locations if you cannot join us in Arlington!

Once again, I ask that you continue to collect delete and save sample size/travel size toiletry items for our Second Annual Community Service Project for the Residents of Westchester Plaza Assisted Living in Ft. Worth. Please join us on Saturday, December 6th at 9:00 am at Westchester Plaza, 554 S. Summit Ave, Fort Worth, TX 76104. We will distribute more than 300 goodie bags to the residents. Please bring your toiletries to our meeting on November 20th or call Renee James at 817-249-5071 to arrange for pickup of your items.

I encourage you to submit nominations for nurses that have touched your life or made a difference in the lives of patients and families. The deadline to submit a nomination for the 2009 Great 100 Nurses is December 12, 2008. Please call Renee James at 817-249-5071 if you have questions about the nomination process.

In the spirit of the holidays Kiran Sharma is hosting our Annual Holiday Magic Open House/Luncheon at her home: 228 Willow Ridge Road, Ft. Worth Texas, on Saturday, December 20th from 12:00pm-2:00pm. For many years we have enjoyed fellowship, food, and holiday raffles at Kiran’s house and I hope you will join us!

I want to wish each and every one of you a Happy Holiday Season and a very Prosperous New Year! Help the BOD at TNA District 3 make 2009 truly memorable for nursing in Texas by participating in the legislative process at both the state and national level!

The great use of life is to spend it for something that outlasts it. ~ Williams James

Warmest Regards,
Sandi McDermott, RN, MSN, NEA-BC
Texas Nurses Association, District Three is very grateful to each of the organizations who sponsor our district meetings. We would like to extend our gratitude to each of the organizations that will be hosting our meetings ….

Harris Methodist Fort Worth Hospital
Harris Methodist HEB Hospital
Harris Methodist Walls Regional Hospital
Texas Health Resources

We would also like to extend our appreciation to
Harris Methodist HEB Hospital
for providing our Continuing Education Credits.

And each of our
Continuing Education Program Sponsors

Gold Sponsor
Las Colinas Medical Center

Silver Sponsor
Baylor All Saints Medical Centers

Website CE Sponsors
Arlington Memorial Hospital
Harris Methodist Southwest Hospital
Huguley Memorial Hospital
Nurse Advocacy
Presented by:
Cindy Zolnierek, RN, MSN
TNA Director of Practice
Thursday, February 19, 2009
6:00PM—Sign-in
6:30-8:00PM—Meeting
Harris Methodist Fort Worth
Education Center Auditorium

TNA Members……………………No Fee for CE’s
Non-members……………………$5.00 for CE’s

Video-conference Meeting
at Harris Methodist Walls Regional Hospital & Harris Methodist HEB

…from the Scholarship Committee

Fellow TNA-District 3 Members

TNA-District 3 supports two scholarships for nursing students who are currently enrolled in a program for registered nurses within the TNA District Three area. The scholarships are the Academic Scholarship for $500 and the Monika Dewar Memorial Scholarship for $500. This year the No Gala-Gala Event will be the ONLY event where 100% of the proceeds will go to support the scholarship funds. If you would like to make additional contributions to support either the Academic Scholarship or the Monika Dewar Memorial Scholarship you may designate your funds. In this time of economic stress any support that can be provided to nursing students is a welcomed relief. Thank you for your continuing support of TNA District 3 and the scholarship funds.

Dennis Cheek
Scholarship Chair

8th Annual Nursing Leadership Conference

On September 11—12, 2008, Texas nurses attended the 8th Annual Nursing Leadership Conference at the Omni Hotel in Austin, Texas. Clair Jordan brought the audience up-to-date on the State of the Profession for nurses of Texas. Members of the Board of Nurses and Jim Willmann provided an update on Texas regulations, legislation and policies impacting nurses in Texas. Other learning opportunities included: Management of Variability in Patient Flow, Partnerships Advancing Nursing, and Safe Staffing. TNA District 3’s Harris Continued Care Hospital of Fort Worth was recognized for its successful journey to the Pathway to Excellence Designation and Cook Children’s Medical Center of Fort Worth was recognized for the ANA 2007-2008 Best Practices in Seasonal Influenza Vaccination Campaign. Many nurses at the conference were called away on the evening of the first conference day to respond to the needs of those living at or near the areas devastated by hurricane Ike and many others gave up hotel rooms on the second day to make room for evacuees coming to Austin to escape the wrath of the storm. As in every disaster—manmade or natural—nurses give of themselves and their time to help others in the community.

Lygia Dunsworth, BSN, RN
TNA-3 President Elect

Our Website has a new face. Don’t forget to check the website, for the latest TNA-3 information.

www.tna3.org

The following items can now be found on the website:

* Calendar of Events
* Order Texas RN Pins online
* TNA Membership Application
* Meeting Flyers
* TNA-3 Photo Gallery
* Holiday Magic Information
Texas Nurses Association in conjunction with Districts 3 & 4 Invite you to attend this year’s

**Annual Fall Issues Forum**

**State of the Profession-2008**

Presented by:

**Clair B Jordan, MSN, RN**
Executive Director, Texas Nurses Association

Thursday, November 20, 2008

Reception  6:00 PM  
Program  7:00 PM

**Texas Health Resources Complex**
Tower Building, 7th Floor Conference Room  
601 Ryan Plaza Dr., Arlington, TX 76011

This event will also be available via Video-Conference  
at Harris Methodist Walls Regional Hospital, Harris Methodist HEB Hospital & Presbyterian Hospital of Dallas

- TNA Members……………………..No Fee for CE’s  
  Non-members……………………..$5.00 for CE’s

- Please bring unscented travel size toiletry items for Community Service Project.

- Free parking is available at facility
  For information or directions, please call 817-249-5071

1.0  Contact Hour.

The Texas Nurses Association/Foundation Provider Unit is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
Meet LaDonna McKee, RN.
LaDonna is currently the Operating Room Supervisor at Harris Methodist Walls Regional Hospital in Cleburne, and she is a new member of TNA, District 3.
LaDonna chose a career in Nursing for several reasons. She explained, “As the eldest child, I was always helping to care for my siblings and younger friends. I felt a duty and responsibility to watch out for them. As I researched careers in nursing, I was intrigued that there were so many different areas in which to work and the opportunities for advancement were numerous. I also looked for stability and for something where I could take pride and joy in my assignment.”

Prior to her recent promotion in July 2008, LaDonna was a Staff Nurse in the operating room, circulating and scrubbing all cases. LaDonna said that she had been the “go-to-person” in the O. R. for several years, so when the Supervisor position became available, she decided to apply. In her current position, she works 50% in the clinical setting and 50% in administration. LaDonna said that she tries to encourage the Operating Room Staff to be the best they can be, and she tries to be a good example. She said, “I believe that my staff knows that I am here to support them and I am the first one to jump in and help where needed. I am always willing to share my knowledge and learn from others as well.”
LaDonna is a new member of TNA, District 3. She said that she had been a member of TNSA, while in nursing school, but had lost contact with the organization. “I rediscovered TNA a few years ago while attending to the Great 100 Nurse Celebration. At that time, I became interested in having the TNA District 3 meetings video-conferenced to Harris Methodist Walls Regional Hospital,” said LaDonna. She has taken an active role in working with the district to set up the satellite membership meetings in Cleburne. “With high gas prices, I thought this would encourage staff nurses to participate in a professional organization without having to travel far from home,” said LaDonna. The satellite meetings offer continuing education opportunities for registered nurses, and seem to have good attendance thus far.

LaDonna McKee has been nominated for employee of the quarter for her hospital as well as the Nightingale Award. She, along with her husband, has served as a volunteer for LifeGift Organ Donation, and she has been the First Aide Chairman for the Grand Chapter of Texas Order of the Eastern Star. In her spare time, she likes to knit, and cross stitch, but really enjoys playing Texas Hold’em.

Meet Cynthia Plonien, RN, MSN.
Cynthia is currently the Chief Nursing Executive at Harris Methodist Walls Regional Hospital in Cleburne, and she is a long time member of TNA, District 3.

Why did Cynthia Plonien choose Nursing as a career? “I was attracted to the profession of nursing because of the various aspects of health-biological, psychological, social, and spiritual—and an inherent commitment in nursing that involves care and compassion. Choosing nursing as a career also fit “logical” decision-making. As a young married individual and planning to begin a family, nursing had a lot to offer in the way of options for varied work hours. Nursing also supports a career with an opportunity for growth and development with varied skills and jobs” says Cynthia.

In her current role at Harris Methodist Walls Regional Hospital, Cynthia says that her primary focus is supporting and promoting nursing with both nursing staff and nursing leadership. Cynthia explains, “Support has many components—inclusive of securing budgetary support and implementing activities to promote recognition, recruitment, retention and professional practice.” Additionally, Cynthia’s role includes facilitating best practices in the interest of patients and families. “Best practice involves establishing and re-establishing standards of practice, initiating process improvement activities from the point of care to broad based systems that guide practice, and coordinating partnerships with physicians and within the community,” states Cynthia. She explains that nursing practice continues to evolve as new evidence for changes are known and implemented. “Although caring and compassion as a key component of nursing has not changed, data-driven and computerized equipment has greatly impacted our nursing world. Information that is now available at our fingertips is information that previously took days and weeks to obtain, if at all.” Cynthia sees the world today as being supportive of the nursing profession. “Magnet and Pathway to Excellence (formerly Nurse Friendly) programs and designations have changed the daily work life of many. For instance, most hospitals have set behavioral expectations and do not tolerate abusive behavior directed at nurses.” These are only a few examples of ways in which nursing has made advancements.

Throughout her nursing career, Cynthia has received numerous honors and awards, including the 2008 TNA, District 3 President’s Award. She has been honored as a Great 100 Nurse and has served District 3 as President from 2000 to 2001. Cynthia is also a member of Sigma Theta Tau, serves as a board member for the Family Crisis Center in Johnson County, and is a member of First Baptist Church in Burleson.

Cynthia’s career is more than an occupation, it has been a journey full of purpose. “As I have grown through life, my career in nursing has grown with me. For me, nursing has been an avenue to work toward accomplishment of a mission in life—to make the world a better place before I leave it.”
Merry Christmas and Happy New Year!
From everyone at Nightingale Solutions

The team at Nightingale Solutions wants to extend our warmest wishes to you and your families during this wonderful holiday season and say thanks for everything that you do for your patients and their families all year long. We hope that all of your wishes come true and that you have a very Merry Christmas and Happy New Year!

Is it time to do a self-diagnosis on your nursing career?
Now is the time to diagnosis where you are in your career as a Nurse, so that you can choose the best course of therapy for your chosen profession.

Why is Nightingale Solutions the right medicine for your career?
When you join the team at Nightingale Solutions you choose the top-paying assignment you want and receive constant support from our highly experienced, dedicated team.

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From One Nurse Leader to Another........

As nursing leaders, we spend a good part of our time trying to determine what educational opportunities and organizations of our profession will be a positive impact for our staff. Our desire is to continue our mentoring roles and ensure that our nursing staff have evidence based practices, educational opportunities, and information about organizations that they will benefit from networking into. However, the list is long and let’s be honest; time away from our families needs to be selected with precise thought. What organizations will benefit our nurses the most? What organizations can they contribute to and which ones will pay them back with opportunity? As a mother (of eight), wife, sister, teacher, aunt and CNO; I am challenged every day. What activities can I accomplish today and which ones will give back to others?

I have been a member of Texas Nurses Association for several years, and as a member of their Board, I have learned so much about who they are. I have found an organization that is dedicated to the profession of nursing, the students of nursing and the professors of nursing. They have given me opportunities to serve the community, to educate others and to work as a team to become a voice for DFW nursing.

TNA’s Mission is to move nursing forward through leadership, advocacy and innovation. TNA advocates for all Texas nurses on all fronts. From staying on top of evolving policies to developing legislative initiatives that effect positive change, TNA is actively supporting and representing Texas nurses each and every day. TNA is the only Texas nursing group representing all nurses’ interest at the Texas Legislature. Your TNA membership provides invaluable opportunities to enhance your practice competency, help you grow professionally and advance your career. Your membership includes professional publications, discounted resource materials and the answers you need now. And these are just the benefits from the state level. TNA needs you in order to make a difference and they in turn will make a very positive difference in your life.

We need the Leaders of DFW Nursing to assist us in getting the message out to all of our wonderful nurses in the area about TNA. I have challenged my Directors and Managers here at Las Colinas Medical Center to become involved and seek out opportunities for themselves and their staff. I have asked them to get involved with nursing organizations such as TNA, TONE, N-TONE, and in their specialties of practice however, I can’t ask of them what I am not willing to also do. My time that I volunteer to this organization has made me a better person and a much better nurse.

If I have done one thing right as a mother I have taught my kids to give back to others. My daughter Ashley Ikeler volunteered in the Shattered Dreams Project in Carrollton just a few short months before she died in a car accident. One of my twins (Brittany), who was in that same wreck and who almost lost her life, has carried on the tradition of volunteer work as she joins us at TNA as an interpreter for the deaf at our community holiday volunteer event. God is good and He has blessed me with a wonderful family, a great job, and the ability to give back – won’t you join me?

Sharon Ikeler, RN, MSN, NEA-BC
TNA-3 Board Member

TNA-3 Community Service Project

Saturday, December 6, 2008 will mark our 2nd annual community service project serving the residents of Westchester Plaza Assisted Living in downtown Fort Worth. Westchester Plaza is home to 300 residents, all of whom we plan to bring some holiday cheer.

In preparation for this event, we would like to ask all members and student members to donate gender neutral toiletry items that will be used to make holiday gift bags. Cash donations are also welcomed, whereas the proposed holiday bags will each cost approximately $5. Donations can be brought to the Fall Issues Forum on November 20th, dropped off at the TNA-3 office, or arrangements can be made for pick-up.

We would also like to extent an invitation to all members and student members to assist in assembling and / or delivering these gift bags to the residents. I think that everyone who participated in this event last year will agree; it was a great way to kick of the holiday season.

If you are interested in assisting with this year’s community project, please contact Amanda Robbins through the TNA-3 office at tna3@usapathway.com. Volunteers will meet on November 23rd from 2:00 - 4:00pm to assemble the gift bags for this event. Please help our district make this endeavor a success!

(Please, no perfumes or scented lotions. Trial-sized items are ideal.)

Newsletter Postings & Advertisements

Do you know an outstanding nurse, who is a member of TNA, District Three? Do you have pertinent nursing information that needs to be shared with the district? Do you know of upcoming nursing events & CE opportunities that would interest the membership of District Three? Any member wishing to submit information or advertisements to be published in the District 3 News should contact Renee James at 817-249-5071 or by e-mail at tna3@usapathway by the 15th day of the month prior to publication.
Mavericks in the Spirit of Nursing

In the spirit of advancing the nursing profession, TNA Districts 3 and 4 have formed a collaborative with the North Texas Organization of Nurse Executives (N-TONE). The collaborative is intended to strengthen the voice of nursing and to give back to the community. TNA has a 100-plus year history of providing support and advocating for nurses in Texas. Through the voice of nurse leaders, N-TONE advocates for nursing and healthcare issues. Both organizations have similar goals, especially when it comes to effecting legislation that supports nursing. It only makes sense that the organizations should combine efforts in a “maverick” collaboration.

This innovative collaborative of nursing organizations has resulted in a planned community project. November 19th from 5 pm to 7 pm, members from N-TONE and TNA Districts 3 & 4 will be at the Visiting Nurse Association (VNA) in Dallas, volunteering their time. The VNA relies on volunteers to assist with their Eldercare, Hospice, and Meals on Wheels programs. The “mavericks” involved in the collaborative are pleased to volunteer their time and give back to the community. Stay tuned for more progress that results from the nursing mavericks!

Julie Withaeger, RN, MSN
TNA-3 Vice President

Texas R.N. Pins Available for Holiday Gifts

Order Texas Registered Nurse Pins for your friends and co-workers before the Holidays arrive. Every RN can wear this pin with pride. These pins are available at all TNA-3 events, available for purchase on our website www.tna3.org.
Or they may be purchased by mail, using the order form below.

Order Texas Registered Nurse Pins for your friends and co-workers before the Holidays arrive. Every RN can wear this pin with pride. These pins are available at all TNA-3 events, available for purchase on our website www.tna3.org.
Or they may be purchased by mail, using the order form below.

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<tr>
<th>Size:</th>
<th>7/8&quot; Texas Shaped Pin</th>
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<tr>
<td>Color:</td>
<td>Two tone gold.</td>
</tr>
<tr>
<td>Description:</td>
<td>RN &amp; outside edge raised &amp; polished with sandblasted background.</td>
</tr>
<tr>
<td>Cost:</td>
<td>$8.00 each</td>
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Please return this order form with your payment to:
TNA-3, PO Box 16958, Fort Worth, TX 76162

Enclosed is $__________ for _________ Texas RN Pin(s).

Name:_________________________________________ Daytime Phone:________________________

Address:_____________________________________________________________________________

City:________________________________ State:___________ Zip:________________________

Gloria Kidwell
Jeff McCranie
Marguerite McDowell
LaDonna McKee
Diana McNees
Emily Merchant
Mary Nelson
Christi T. Nguyen
Debbie Phillips
Bernardine Powell
Karen C. Robeano
Ione M. Scivally
Pamela Simmons
Angela Stephens

We're glad you're here. We look forward to visiting with you at meetings and events.
Texas Nurses Association, District 3
Invites you to attend the Sixteenth Annual

**Holiday Magic Open House**
Gourmet Luncheon & Holiday Raffle

Saturday, December 20, 2008
12:00-2:00 pm

At the home of Kiran Sharma
228 Willow Ridge Road
Ft. Worth, TX
817-457-8407

Raffle Tickets on sale now for $2.00 each

**Prizes include:**
Gift Certificates, Entertainment Passes,
Restaurant Dinners, Gift Baskets, Holiday Gifts & more

**Door Prizes & Giveaways**
No RSVP Necessary -- Membership Not Required

Please call the TNA-3 Office at 817-249-5071 for information or directions.

All Proceeds from raffle benefit Texas Nurses Association, District 3
"DO YOU KNOW A REGISTERED NURSE WHO HAS MADE A DIFFERENCE?"

On **April 19, 2009**, the “Great 100 Nurses Celebration” will be held to honor one hundred Registered Nurses who have made a significant difference to the profession of nursing and in the lives of patients, peers, and the community-at-large.

Any individual, client/patient, or group may nominate a Registered Nurse whose place of employment is within the Texas Nurses Association, Districts 3 and 4 Regions. To nominate a Registered Nurse, please contact the TNA-3 office at 817-249-5071 or tna3@usapathway.com. Nomination Forms are available for download at www.tna3.org.

**The Deadline For Nominations Postmarked Receipt is: December 12, 2008.** There will be no exceptions. Fax Transmittals WILL NOT be accepted. Over-night mail, i.e., FedEx, UPS, WILL NOT be accepted.

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**A Note from the Ways & Means Committee**

The Ways and Means Committee is asking the District 3 Membership to either collect raffle item donations from local businesses or make a raffle item donation for the Holiday Magic Open House. In order for this to be a successful fundraiser, we need to offer a large variety of prizes, i.e. gift baskets, movie passes, restaurant gift certificates, shopping certificates from local department stores, items donated by local businesses, etc. A raffle item donation request letter can be downloaded from the TNA-3 website www.tna3.org. The raffle items can be given to Suzy Lockwood at the November 20th meeting, or you can call Suzy at 817-257-6758 to arrange for someone to pick them up.

Raffle Tickets for the Holiday Magic Open House are on sale now, for $2.00 each. Raffle tickets are included with this newsletter, and we are asking that you assist us in selling them. If you need additional tickets to sell, please contact Renee James at 817-249-5071 or tna3@usapathway.com

**All raffle proceeds support TNA, District 3.**

**Thank you for supporting the future of nursing.**

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**Texas Peer Assistance Program for Nurses**

TPAPN volunteers act as an advocate providing peer support for their nurse colleagues. If you would like to volunteer or refer someone call 1/800-288-5528 (24-hour helpline) or 1/512-467-7027, fax 512/467-2620, or email www.tpapn.org. Additional information and forms can be downloaded at the following website: http://www.texasnurses.org/tpapn/index.htm.
November 1, 2008--Board of Directors Meeting
9:00 – 11:00AM
Harris Methodist Fort Worth
Education Center Meeting Room

November 19, 2008—TNA-3 & 4 & NTONE Collaborative Project –Gift Wrapping
5:00 – 7:00AM
VNA—1440 W. Mockingbird Lane
Dallas, TX 75247

November 20, 2008-- Fall Issues Forum
Topic: TBA
Presenter: Clair B. Jordan, MSN, RN
Reception: 6:00PM
Program: 7:00PM
Texas Health Resources Complex
601 Ryan Plaza, Arlington, TX 76011

Video-conference Meeting at Harris Methodist Walls Regional Hospital, Harris Methodist HEB & Presbyterian Hospital Dallas

November 21, 2008-- Joint Districts 3 & 4 Meeting
MEETING CANCELLED

December 6, 2008—Community Service Project
Westchester Plaza Assisted Living
9:00—11:00AM

December 12, 2008—Deadline for Great 100 Nurse Nomination

December 20, 2008--Holiday Magic Open House
At the Home of Kiran Sharma
228 Willow Ridge Road; Fort Worth, Texas
12:00—2:00PM

February 7, 2009--Board of Directors Meeting
9:00 – 11:00AM
Harris Methodist Fort Worth
Education Center Meeting Room

February 19, 2009-- Membership Meeting
Topic: “Nurse Advocacy”
Presenter: Cindy Zolnierek, RN, MSN
6:00PM—Sign-in
6:30-8:00PM—Meeting
Harris Methodist Fort Worth
Education Center Auditorium

TNA Members……………………No Fee for CE’s
Non-members……………………$5.00 for CE’s

Video-conference Meeting at Harris Methodist Walls Regional Hospital & Harris Methodist HEB

March 7, 2009--Board of Directors Meeting
9:00 – 11:00AM
Harris Methodist Fort Worth
Education Center Meeting Room

April 3, 2009—TNA North Region Golf Tournament for Fun(D)
Location: Canton, Texas

April 4, 2009—Mock Trial Workshop—SAVE THE DATE
8:30AM—Sign-in
9:00AM—12:00PM—Workshop
Cook Children’s Medical Center
Hochberger Auditorium

More information to follow.

April 4, 2008--Board of Directors Meeting
12:00PM – 2:00PM

April 19, 2009—Great 100 Nurse Celebration
Dallas, TX

April 25, 2009--House of Delegates
Omni Southpark Hotel, Austin, TX

May 2, 2009--Board of Directors Meeting
9:00 – 11:00AM
Harris Methodist Fort Worth
Education Center Meeting Room

May 21, 2009—Annual Dinner
Texas Christian University
Kelly Alumni Center
2820 Stadium Drive
Fort Worth, TX

June 6, 2009-- Board of Directors “Wrap-up” Meeting
9:00 – 11:00AM
Harris Methodist Fort Worth
Education Center Meeting Room
Reduce, Reuse, Recycle….. District 3 is going Green.

Remember, in the interest of conservation district three has shifted toward email as the favored delivery method for our newsletter. The US Postal Service delivery of the District 3 News has discontinued, for all members who currently have an email address on file with TNA. Many of you have received the newsletter by this method for quite some time, and know the convenience of having your newsletter available at a moments notice. The Newsletter email can also be easily forwarded to nurse friends and co-workers, who may be interested in TNA, District 3. Members, who do not currently have an email address on file with TNA, will continue to receive the District 3 News by the US Postal Service delivery. Members who wish to update their contact information and/or request a specific delivery option may do so by notifying the district office by email at tna3@usapathway.com or by returning the form below. Please help us in making this endeavor a success!

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Information Update
Please use this form to indicate any changes in your contact information.

Name: ____________________________________________________________
Address: _______________________________________________________
City________________________ State: _________ Zip:_______________
Home#_________________ Work#_________________ Cell#_______________
Email #1:________________________ Email #2________________________

Please send my District 3 Newsletter via __________________________

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Return to TNA, District 3; PO Box 16958; Ft Worth, TX 76162