I hope everyone is having a blessed 2014 and had a wonderful holiday season. The New Year is bringing an exciting opportunity to become actively involved with TNA as it is time to elect new District 3 board officers.

Please visit www.tna3.org to complete the nomination forms by February 24, 2014. The nominations are open for:

- President-Elect (2014-2018) (4-year term including one year as President-Elect, two years as President, and 1 year as Past-President).
- Secretary (2014-2016)
- Director (2014-2016)
- Nominating Committee (2014-2016)
- Delegate (2014-2016)

In addition to the nominations, there are several exciting educational offerings coming up. I hope to see you all at the Texas Team Summit on February 12, 2014 in Dallas, for more information see www.texasnurses.org.

Please mark your calendars to attend the TNA District 3 membership meeting on February 20, 2014 with featured speaker Dr. Julie Thomas, DNP, RN, CPHQ, NEA-BC, please see the flyer for more details.

Shakyryn Napier, MSN, RN – President, TNA District 3

President’s Message

Mission Statement

Promote excellence in nursing by delivering pertinent tools for nurses to achieve:

✓ Quality Patient Care
✓ Full Professional Potential
✓ Career Satisfaction

Community Service !!

Please send photos and associated information on community events that members of TNA District 3 support through participation.

We would love to promote your service and recognize the organizations you support through your activity and action.

Send to: Plonien@uta.edu.
Thank You, Sponsors

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:

**Texas Health Harris Methodist Fort Worth**
**Texas Health Harris Methodist Hospital Hurst-Euless-Bedford**
**Texas Health Harris Methodist Hospital Cleburne**

We would also like to extend our appreciation to **Texas Health Harris Methodist Fort Worth** for providing our Continuing Education Credits.

TNA, District 3 Committees

- Bylaws and Scholarship
  - Dennis Cheek
- Membership
  - Allene Brown and Joy Spears
- Public Relations
  - C. Plonien
- Continuing Education
  - Tammy Eades, Sheree Hensen
- Ways and Means/Finance
  - Antwoin Smith and Janice Walker
- Governmental Affairs Committee
  - Antwoin Smith
- Community Service Projects
  - All members report out
- Historical
  - G. Davis
- Great 100
  - Shakyryn Napier, Sheree Hensen

**Newsletter Postings and 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 Chelsey Carter at 817-249-5071 or by e-mail at tna3@usapathway.com by the 15th day of the month prior to publication.

Disclaimer of Endorsement: Reference herein to any specific company, organization, commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by Texas Nurses Association, District Three. The views and opinions of authors/presenters expressed herein do not necessarily state or reflect those of the Texas Nurses Association, District Three, and shall not be used for advertising or product endorsement purposes. Texas Nurses Association, District Three, and its Board of Directors reserve the right to refuse any article submission or advertisement for any reason.

Vision Statement

Satisfied nurses caring for satisfied patients
Call for Nominations

TNA-3 is seeking nominations for:

- **President-Elect**
  (2014-2016) 4 year term

- **Secretary**
  (2014-2016)

- **Director**
  (2014-2016)

- **Nominating Committee**
  (2014-2016)

- **Delegates**
  (2014-2016)

If you would like to have the opportunity to meet other nurses within our district, stay up to date on nursing issues and be involved in a forum to advance nursing practice, please consider serving on the TNA, District 3 Board of Directors or as a Delegate to the TNA House of Delegates. Each position requires TNA, District 3 membership and a two year commitment (four years for President-Elect). The board usually meets one Saturday morning per month with the exception of December and two summer months.

If you are interested in serving or would like to make a nomination, please contact the District 3 office. Nomination forms can be found at [www.tna3.org](http://www.tna3.org) and must be submitted prior to February 24, 2014. Further description of the duties for each office can be found in our bylaws, which can be downloaded from the TNA, District 3 website.

TNA-3 Office
[tna3@usapathway.com](mailto:tna3@usapathway.com)
Ph: 817/249-5071

---

**February 20, 2014**
*Update on Texas Team*

**April 17, 2014**
*Community Case Management*

**May 1, 2014**
*TNA Annual Banquet*

**May 14, 2014**
*Great 100 Nurses Celebration*

Membership Meetings:

**Texas Health Harris Methodist Fort Worth**

Education Center Auditorium
1301 Pennsylvania Ave.
Fort Worth, TX 76104
Texas RN Pins and TNA-3 Lanyards Available

Order Texas Registered Nurse Pins and TNA-3 Lanyards online at [http://tna3.org](http://tna3.org).

- **RN Pins**
  - Description: RN and outside edge raised & polished with sandblasted background.
  - Cost: $8.00 each

- **TNA-3 Lanyard**
  - Description: Navy Blue Lanyard with white TNA-3 Logo.
  - Cost: $2.00 each

Support the future of Nursing by contributing to

**NO-GALA GALA**

100% of your contribution supports the TNA-3 Scholarship Fund

Donate online at [http://www.tna3.org](http://www.tna3.org) or by mailing your contribution to:

PO Box 16958; Fort Worth, TX 76162

---

Newsletter Delivery Notice

**Reduce, Reuse, Recycle… District 3 is going Green**

In the interest of conservation, TNA District now delivering your District 3 News via email delivery or website download only. Thank you for making this endeavor a success!

---

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. Additional information and forms can be downloaded at the following website:

[www.texasnurses.org](http://www.texasnurses.org)

---

Don’t forget to check the website, for the latest TNA-3 news

[www.tna3.org](http://www.tna3.org)

- Calendar of Events
- Membership Meeting Flyers
- Order Texas RN Pins & Lanyards online
- TNA Membership Application
- Make No Gala Gala Contributions online
- Photo Gallery
- Download Scholarship Application
- Download Nomination Forms

Like Us on Facebook
<table>
<thead>
<tr>
<th>Years</th>
<th>Name</th>
<th>Years</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1920-1921</td>
<td>Alice Taylor</td>
<td>1980-1982</td>
<td>Margie Dorman</td>
</tr>
<tr>
<td>1930-1931</td>
<td>Mrs. L. Bordeaux</td>
<td>1982-1983</td>
<td>Kay Willis</td>
</tr>
<tr>
<td>1932-1934</td>
<td>Daisy Moore</td>
<td>1983-1984</td>
<td>Margaret Martin</td>
</tr>
<tr>
<td>1936-1937</td>
<td>Lelia Stone</td>
<td>1984-1985</td>
<td>Susan Pruitt</td>
</tr>
<tr>
<td>1937-1939</td>
<td>Myrtle Maimberg</td>
<td>1985-1986</td>
<td>Mary Ellen Wyers</td>
</tr>
<tr>
<td>1939-1941</td>
<td>Irma Lawson McCaleb</td>
<td>1986-1987</td>
<td>Sue Ochsner</td>
</tr>
<tr>
<td>1941-1942</td>
<td>Ita Murray</td>
<td>1987-1988</td>
<td>Dorothy E. Parker</td>
</tr>
<tr>
<td>1942-1943</td>
<td>Ardnella Horn</td>
<td>1988-1989</td>
<td>Jo Smith</td>
</tr>
<tr>
<td>1943-1944</td>
<td>Irma Lawson McCaleb</td>
<td>1989-1990</td>
<td>Pat Patrick</td>
</tr>
<tr>
<td>1944-1945</td>
<td>Lucy Harris</td>
<td>1990-1991</td>
<td>Karen Heusinkveld</td>
</tr>
<tr>
<td>1948-1950</td>
<td>Shirley Robertson</td>
<td>1993-1994</td>
<td>Sharon Judkins</td>
</tr>
<tr>
<td>1972-1974</td>
<td>Peggy Jennings</td>
<td>2003-2004</td>
<td>Stella Kohn</td>
</tr>
<tr>
<td>1978-1979</td>
<td>Gail Davis</td>
<td>2009-2011</td>
<td>Lygia Dunsworth</td>
</tr>
</tbody>
</table>
WHERE ARE THEY NOW?

The District 3 Board of Directors is searching for Past Presidents, to say “Thank You” for your leadership, time and commitment to our organization that has supported this organization in creating a supportive environment for excellence in professional nursing practice.

If you are a past president or have the opportunity to communicate with a past president, please send contact information to Cindy Plonien at Plonien@uta.edu.

Cleta Brown Alger
TNA 3 President 1979 – 1980

Cleta Brown, now Cleta Alger, is retired and living on farm land over-looking Lake Benbook with her two dogs. Cleta enjoys time with her family, particularly her grand children - Hanna, Hailey and Maci who live near by.

Prior to retirement Cleta spent her nursing career at Harris Fort Worth. She began her time there as a Candy Striper, becoming a staff nurse in various areas inclusive of OB and ICU, then evolved into management, inclusive of Chief Nurse and Chief Operating Officer.

Cleta is still actively involved supporting THR Harris Methodist Fort Worth through fund-raising events with Texas Health Resources Foundation. Specifically she works in the promotion of an Annual Golf Tournament that benefits the Bernard C. Alger Cancer Fund at Texas Health Harris Methodist Hospital Fort Worth, which supports cancer education, support programs and screenings.

Submitted by: Cynthia Plonien DNP, RN, CENP

Susy Sportsman
TNA 3 President 1991-1992

Susy Sportsman is currently enjoying her work as the Director of Academic Consulting Group, a service of Elsevier. After many years as a faculty member, most recently as the Dean of the College of Health Sciences and Human Services at Midwestern State University, she is enjoying providing consultation and faculty development workshops to nursing and health professions educators across the country. She is currently Co-Chair of the Texas Team Action Coalition Education Committee and is past-president of the Texas Nurses Association. She is a Fellow in the NLN Academy of Nursing Education (2011) and the American Academy of Nurses (2012). Her children are all grown and she has six grandchildren—a great benefit of driving carpool all those years!
Carolyn Spence Cagle
TNA 3 President 1996 – 1997

Carolyn is enjoying a sabbatical from TCU and she is beginning life in a newly built home in south west Missouri with her husband. The property was bought over 30 years ago. It overlooks Tablerock Lake. Carolyn says that the view of the lake and of nature is “spectacular every day!” Remaining a Texas resident, she has taking her sabbatical year to slowly transition to her new residence which is an 8 hour drive from Fort Worth.

Carolyn is academically very active. She is writing and completing several research projects on health literacy, Mexican American cancer caregiver needs, and culturally sensitive interventions to improve health care delivery for diverse population groups. One of the interventions includes using promotoras (Latina women with a history of cancer or caring for those with the illness); Testing on the study began last fall; hopefully, a funded study will be finished in the spring. She has also been active with grant reviews and award committee work for Oncology Nursing Society and SNRS this past year.

In her comments regarding the rural community to which she is transitioning, Carolyn says she has met some remarkable people. She is looking forward to using her skills and knowledge to engage in local politics and community service. She was recently was asked to join a BOD (Ozark Area Community Action Corporation). She also works occasionally at the local totally-volunteer managed and run library and will work on a literacy grant for the community this year. As a member of the Idyll Tyme Book Club, she enjoys reading a range of literature.

Submitted by Cynthia Plonien DNP, RN, CENP

Freda Murray
TNA 3 President 1997 - 1998

*Special Note: In general, a summary is written for the newsletter from an on-line or phone interview with the past-president. In this case, I would like to present Freda Murray’s well-written words.

I recall when I was TNA President I was employed as Assistant to the Dean of Nursing at Texas Christian University-Harris College of Nursing. It was a different and yet difficult phase for professional nursing. One month before fall meetings were to resume, I had to locate a new meeting facility with limited parking fees and refreshment donations. We were then challenged to raise District dues yet increase membership. District 3 co-chaired with TNA-District 4 the TNA State Convention in the Spring of my term; attendance did not meet expectations. However, we moved forward and were able to provide nursing scholarships at the annual meeting. I met so many great professional nurses; we are helpers, we are listeners and we support each other when it counts.

Professionally, I was afforded many opportunities during my year as TNA President which included President Beta Alpha Chapter Sigma Theta Tau International, TCU-YMCA Minority Achiever, DFW Great 100 Nurse recognition and one of the most treasured of my professional career, recognition as a UTA SON Distinguished Alumnus. I thought, “OK Freda, are the trumpets around the bend”!

After my tenure and with much contemplation, I pursued the post graduate Family Nurse Practitioner certificate program at UTA. I had previously graduated with the MSN (Administration focus) in 1988. Post FNP graduation in Spring 1996, I worked for eight years at the JPS South Campus as an APN. I decided to become more specialized and was offered the wonderful opportunity to work in breast oncology. For almost 10 years, I have been employed by Texas Oncology, Baylor Sammons Cancer Center, Dallas as an APN and Clinical Sub-investigator on most of the US Oncology breast cancer trials. I work in a very hopeful environment and in many roles with the goal of breast cancer cure.

Personally, still married to the love of my life, Lawrence and we are proud grandparents to five year old Garren. Grandchildren keep you young and broke. I’m looking forward to retirement in the near future. I plan to travel, sit on my deck, smell the roses and watch some of God’s smallest creatures evolve as I did within the profession of nursing over 40 years ago.

Submitted by: Cynthia Plonien DNP, RN, CENP
Texas Team Update

SPEAKER:
Julie Thomas, DNP, RN, CPHQ, NEA-BC
Co-Lead North Texas Region of Texas Team-Advancing Health Through Nursing

Thursday, February 20, 2014
6:00 PM  Sign In and Networking
6:30 PM  Meeting Begins

1 Contact Hour
TNA Members ... No fee for CEs
Non-members ... $10 for CEs

Bring a nurse friend or colleague.
All nurses & nursing students at welcome! Membership not required.

Texas Health Harris Methodist Fort Worth
Education Center Auditorium
1301 Pennsylvania Ave
Fort Worth, TX 76104

This event will also be available via Video-Conference:

Texas Health Harris Methodist Cleburne
Texas Health Harris Methodist Hurst Euless Bedford
Texas Health Dallas

The Education Center Auditorium is located on the Plaza level below the Visitor Parking garage off of 5th and Cooper, on the east side of the Harris Campus. Enter the garage elevator and go straight down to the “P” level. Parking will be validated. Please contact the TNA District 3 office at tna3@usapathway.com or 817-249-5071 for additional information or directions. A map is posted on the District 3 website.

Texas Health Harris Methodist Hospital Fort Worth Education Center is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Participants must attend the entire program to receive Continuing Education credit.