

# PNRN

Volume 35, Issue 3

NORTHEASTERN WISCONSIN DISTRICT NURSES OF THE  
WISCONSIN NURSES ASSOCIATION

December-January  
2008-2009

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



**January Meeting:  
Hot Nutrition Topics  
Speaker: Beth Sheelk**

**Tuesday, January 20, 2009**

***Holiday Inn-City Centre***

*200 Main St.*

*Green Bay, WI 54301*

*Phone: (920) 437-8085*

**Directions —From Sturgeon Bay:**

- ◆ Take WI-57 south approx. 38 mi.
- ◆ Take exit for Hwy 43 North
- ◆ Take exit for Webster Ave (before the Tower Dr. Bridge)
- ◆ Turn left at the end of the exit
- ◆ Proceed on Webster Ave to Main St. (1001 Club on your left on this corner).
- ◆ Turn rt on Main St.
- ◆ Proceed to 200 Main St.

<b>Social</b>	<b>5:30 PM</b>
<b>Dinner</b>	<b>6:00 PM</b>
<b>Program</b>	<b>6:30/7:00 PM</b>

**REGISTRATION REQUIRED WITH CHECK BY  
TUES. JANUARY 13 TO JUDY FRIEDERICHS.**  
See Program description, speaker info, and  
REGISTRATION FORM ON PG. 3.

**NEWDNA  
SCHEDULE 2009**

- |                    |  |
|--------------------|--|
| <b>February 17</b> | TBA<br><i>Eagles Nest, Green Bay</i>   |
| <b>March 17</b>    | Enriching Life the Heartland<br>Way: End of Life Care<br>Today<br><i>LTBA, Green Bay</i> |
| <b>April 21</b>    | Workplace Advocacy<br><i>1951 WEST, Green Bay</i>  |
| <b>May 19</b>      | TBD<br><i>Eagles Nest, Green Bay</i>   |

\* Open forum at end of each meeting  
\*\* See STAT or [www.wisconsinnurses.org](http://www.wisconsinnurses.org)  
for registration details





**Presidents Message**

Dear NEW DNA members:

Greetings as we see another page turn on the month and year.

It is time to start looking ahead to our next meetings and also to next year. Nominations for offices will be open soon. Consider how you might serve the organization. We welcome nurses who have not been active in the organization to come to a meeting, learn more about the organization locally and within Wisconsin. My term as president will end in June. Consider this opportunity. There is a lot of support for the nurse in this position.

We will be having a couple non-nurse speakers at the next couple meetings. We are interested in feedback about other organizations, individuals or services in the community that could broaden our horizons.

In April, Donna Warzynski will be our speaker. Donna holds a national office as President Elect of the Center for the American Nurse. She assumes the Presidency in 2010. We will be inviting the Lakeshore District to join us. Dinner will be at 1951 West (formerly Rock Garden) just off Hwy #41. Mark your calendar.

Have a blessed holiday season.

Connie Korger  
NEWDNA President 08-09

**2009**  
**MEETING SCHEDULE\***

<b>February 17</b>	TBD <i>Eagles Nest, Green Bay</i>
<b>March 17</b>	Enriching Life the Heartland Way: End of Life Care Today <i>LTBA, Green Bay</i>
<b>April 21</b>	Workplace Advocacy <i>1951 WEST, Green Bay</i>
<b>May 19</b>	TBD <i>Eagles Nest, Green Bay</i>

*\* Open forum at end of each meeting*

**PRN**

The PRN is issued every other month. Issues will provide information on the programs for the covered two months.

The schedule for deadlines for newsletter submission are as follows:

<u>Issue</u>	<u>Deadline</u>
Feb/Mar	Fri. Jan.23
Apr/May	Fri. Mar.27

There are no summer issues.

**JANUARY SPEAKER  
AND TOPIC**

**Beth Sheelk**

Beth Scheelk is a Registered Dietitian and Certified Lactation Specialist for the Oneida Tribe of Wisconsin for 6 yrs. She works with the Wisconsin WIC (Women, Infants and Children) Program and provides out patient Medical Nutrition Therapy to all ages at the Oneida Community Health Center.

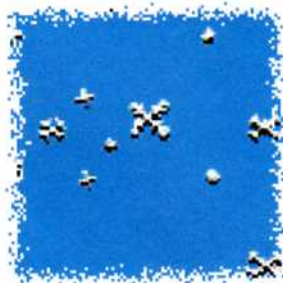
Beth completed her Bachelors Degree in Nutritional Sciences at the University of Wisconsin – Green Bay in 1998. After completing her degree she worked for the NEW Community Clinic WIC Program as a nutritionist and breastfeeding coordinator. In 2003 Beth Completed her Dietetic Internship through Utah State University Distance Program. (Note: Beth is also the daughter of one of our members: Sharon McNulty!)

**Hot Nutrition Topics**

*Vitamin D:* more than just the bones and increasing risk of deficiencies.

*Omega 3's:* Choosing the right source and the many conditions that can benefit.

*Probiotics and Prebiotics:* What is the difference and how will they help?



**JANUARY NEWDNA MEETING**

**Tuesday, January 20, 2009  
Holiday Inn-City Centre**

**Topic: Hot Nutrition Topics**

Please choose one of the following menu selections and **send with your check** made out to NEWDNA for \$9 (includes tax and tip). **NO LATER THAN TUESDAY JANUARY 13** to:

**Judy Friederichs  
1540 Russell St  
Green Bay WI 54304**

**Please complete the following:**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

**Menu Selections (Choose one):**

\_\_\_\_\_ **Chicken Almareto** with rice pilaf  
\_\_\_\_\_ **Fresh Tilapia** with choice of potato

Both entrées include tossed salad, vegetable, rolls, and beverage.