



**The professional Newsletter for Greater Orlando's Society of
Gastroenterology Nurses and Associates | March 2022**

Join our Facebook group!



Mark Your Calendar!
March 26, 2022
Spring Into Endoscopy
Cape Canaveral Hospital

GOSGNA Updates

We had our first face-to-face meeting in almost 2 years on November 9th, 2021. Our meeting was held at the Advent Health Creation Health Center. Boston Scientific provided our meal and our speaker, Chris Marin. Elections were held, and Eton Stebbins is our new President-Elect, Monica Kirkpatrick is our new Treasurer, and Linda Fitzstevens is our new Secretary. You can see our entire board of officers listed at the end of this newsletter.

Our next face-to-face meeting will be Spring Into Endoscopy on March 26th, 2022 at the beautiful Cape Canaveral Hospital. This is a great site for our event. The

speakers are all signed up and vendors will be on-site to share information on their products. The vendors support our educational events, so please take time to visit their tables and speak with them. There will be raffle baskets and a 50/50 raffle. Lunch is included in the cost of SIE. Brochures will be mailed soon and will also be available on our website: SGNAFlorida.org > Region 14, Greater Orlando. Please share this information with your coworkers who are not members of SGNA.

The Board has met and decided to offer a scholarship to a GI tech to attend the State Meeting September 9-11, 2022. This meeting is being held at the Hilton Orlando Buena Vista Palace. Techs are an integral part of the GI team and we want to recognize them and provide more educational opportunities for them to advance their knowledge in GI. This scholarship will be raffled at our Fall Into Endoscopy Meeting. There are opportunities for SGNA members (nurses and techs) to apply for scholarships to attend the State Meeting and to attend the National Meeting, which is being held in Salt Lake City this year from May 22-24, 2022. Being a member, attending our SIE and FIE events, and being involved (providing a raffle basket for SIE, working the raffle area or registration area, hosting a meeting) provide opportunities to attend State and National conferences with the help of scholarships from your GOSGNA chapter.

We look forward to seeing many of you at our upcoming Spring Into Endoscopy Meeting!

Belly Laugh!



**IF YOU'RE STOKED
ABOUT THIS HALFTIME SHOW**



@drzurimurrell

Identify This!

Can you identify this:

See Footer for Answer



Letter From the President

Hope this Newsletter finds you all well. We are gearing up for our annual Spring int Endoscopy Conference on March 26th at Cape Canaveral Hospital on the Space Coast. Finally, we get to

This year, we will be working on collaborating with our endoscopy technician to build our knowledge and advance our expertise as a GI team. If you are not a member of SGNA, I

network and learn from our great lineup of speakers. Reaching out to each of you to bring a coworker and an endoscopy tech.

encourage you to get involved and engage with our local society to advance your profession.

See you in March!

- Lorraine Blake BSN
President GOSGNA 2020

How to Manage Your Stress

Adapted from Advent Health University Blog November 7th, 2018

Our Relationship with Stress

S-T-R-E-S-S. It's not a four-letter word, but for plenty of people, it might as well be. Although too much stress, or ongoing stress, can spell bad news for your health, overall well-being, some stress is a part of a healthy life.

Here's a look at what causes stress, and what you can do to keep it under control.

Everyone feels stress at some point or another, and the reasons can vary along with how people react to their stressors. There are many factors that can lead to feeling stressed.

About three-quarters of people report experiencing at least one symptom of stress within the past month. Just as many different things can cause stress, people's reactions to stress can take a variety of forms as well.

How Men and Women React to Stress

Stress affects men and women differently. The APA's survey found that women are more likely to report higher levels of stress than men. Women are also more likely to experience symptoms of stress, such as anxiety and depression.

Make the most of stress

How we respond to stress can ultimately influence whether it helps or harms us.

Change your perception

Instead of looking at stress as something that will bring you down, look at it as something that will prepare you for a challenging situation.

There is also a big difference between feeling stressed and being stressed. Recognizing that stress is an experience as opposed to who you are can help you better manage it and move forward with what you need to do.

It is also helpful to understand why you are experiencing stress. Once you are able to recognize the source or cause and understand your reaction to a stressful situation, you'll be better able to use your feelings of stress to your advantage.

Keep Calm and Carry On

Positive ways to deal with stress include

- Taking deep breaths
- Distracting yourself from the source of stress (turn off the news or log off from social media)
- Eat a healthy diet. B Vitamins are known for their ability to help reduce stress. Foods with Vitamin B include bananas, dark

Too much stress or ongoing stress can lead to serious health issues, but not all stress is “bad”. In some instances, we need stress to feel challenged and it can also trigger the “fight or flight” reaction that can save your life as well as others.

green vegetables, meats, and avocados.

- Exercising
- Journaling
- Talking to a friend or family member
- Praying
- Meditating
- Talking to a mental health care professional

GOSGNA Officers for 2021

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SGNA Legislative Liaison for National SGNA

Vacant

Board member at Large/CE Coordinator

Vacant

EVENTS & CALENDAR 2021

March 26, 2022

Spring Into Endoscopy
Cape Canaveral Hospital

May 22-24, 2022

49th Sgna Annual Course (aka

August 27, 2022

Fall Into Endo
OH, South Lake Hospital
National Training Center

National)

Salt Lake City, Utah

June 14, 2022

Regional Dinner/CE Meeting

TBA

September 9-11, 2022

46th SGNA/FGS Annual Joint Meeting

(aka State)

Hilton Orlando Buena Vista Palace

Lake Buena Vista, Florida

Nov. 8, 2022

Regional Dinner/CE Meeting

TBA



SGNA Florida

Don't forget to renew your SGNA membership for 2021-2022 and update your information so you can continue to enjoy all the benefits of SGNA!

Identify This:
GASTROINTESTINAL STROMAL TUMOR



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