

## ASPMN Northern Virginia Local Chapter Minutes

October 26, 2011

Location: Home of Michelle Jacques

Time: 18:45 Meeting called to order by Michelle Jacques

Attendance: Gerry Higgins, Florence Mooney-Cotter, Michelle Jacques, Mary Beth Smith, via telephone Regina Stiles and Nancy Eksterowicz.

Michelle moved to approve the August 2011 minutes as prepared. It was confirmed unanimously.

-Michelle suggested to kick off the new year we offer a one hour educational offering to celebrate our chapter, and use the opportunity to renew dues.

-The treasurer will be responsible for budget and finance. Membership is also to be transferred to the treasurer.

-Regina suggested that political issues could be addressed at the national level. Ie; alerts are put out to contact your congressperson when a pain issue needs advocacy in the political arena . Regina agreed to alert the group when a political alert is released.

-The bylaws were then reviewed and amended. See bylaws for changes.

-Michelle would like to see ASPMN members have the opportunity to pay local dues at the same time that national dues are being renewed. Michelle will send an email to active members for nominations for elections. Survey monkey will be utilized.

-Regina will send Gerry information from the national meeting for the newsletter. We will mention dues in the newsletter.

-Nancy will contact us about what is going on in the National Communications Committee.

-Regina suggested increased involvement on Captiol Hill since we are so close to Washington D.C. Nancy stated members need to be trained, and said she and Regina are to receive that training.

-Michelle said that our chapter website is up for renewal. It is agreed unanimously to continue the website. Gerry suggested that we need to get our membership application back on the web.

-Possibilities for community outreach were Ashby Ponds, Leisure World, Spring Arbour Retirement Home.

-Everyone then reviewed and edited the membership letter. Michelle will send to all of our Virginia members.

-There was discussion about where we can meet for a January celebration and education. The group agrees that it would be great to have an annual symposium in the spring so that people would associate spring with ASPMN. The group needs to determine if we want a symposium. If so, Nancy will look into Cadence providing lunch, a webinar, AV equipment . Regina will ask what topics people are interested in on survey monkey. Some suggested topics are sickle cell, cancer, and sleep apnea.

-The group agrees we will need a conference call meeting in early December. The newsletter will go out November 15<sup>th</sup>. Survey monkey to go out shortly after .

The meeting was adjourned at 2055.