

Welcome!

The end of summer 2024 is upon us! Many people feel summer ends with the meteorological date, the last summer holiday - Labor Day. I have always held the Farmers' Almanac in high regards here, with the autumn equinox, and that reveals the fall start date of September 22nd, 2024! Our long sun filled days are gone till next year, reduced to the twelve-hour shifts of daylight for now. But we here in Connecticut get to experience the absolute beauty of the fall foliage and the cool crisp air!

For the first time, CTSGNA's fall conference Beyond The Scope (BTS) will technically take place on the second to last day of summer! This will be the thirty-second year for BTS – our one-day symposium aimed at providing GI specific education for nurses and associates in the field of Gastroenterology. BTS had been held in October, but over the last several years it has coincided with other conferences. In an effort to provide members with the freedom to take advantage of attending other learning opportunities we moved it to September. We are looking forward to the various topics this years' BTS will cover along with the chance to network with colleagues and obtain the latest information from our exhibitors.

Keep an eye out as CTSGNA elections are on the horizon! We have several positions available and serving on the board has its rewards. Please think about it, we love enticing volunteers and experiencing their new ideas! The application and details are available on the www.ctsgna.org website and need to be submitted by September 30th, 2024.

Our nursing societies promote and help improve practice for us in the workplace on several levels and it also enhances patient care and outcomes. Practice resources and standards along with a wealth of educational opportunities provide support and guidance to our community through the Society of Gastroenterology Nurses and Associates, Inc. (SGNA).

Time management has been one of my challenges with regards to my recent retirement. Although I am back at work in a per diem position and presently doing three to four shifts a month! I have taken on a more proactive approach to self-wellness with exercise, walking, hiking and with some exceptions of course - diet! Generally, at home I find it easier to achieve nutritional goals but have been somewhat reasonable with dining out. By being proactive with my nutrition, I feel that I can grant myself those occasions for splurging on something special. So, my message to share is don't wait, take time now to assess and promote your own self-wellness! It will certainly get you on the path to feeling primed up and able with less fatigue and more energy to accomplish your goals.

For those able to attend the BTS program, enjoy! If anyone would like to share their thoughts on how we can improve CTSGNA please take a moment to contact us at ctsgnaboard@gmail.com. We welcome your comments and suggestions to improve CTSGNA's future and programs.

Thank-you.

Sincerely, 

Kathleen Saunders, BSN, RN, CGRN

2023-2024 CTSGNA President

