

# TASNA NEWS

Unite and Protect | Our profession, our patients

## TANA Districts



Above are the educational districts for TANA. Each district has a director who also has a seat on the TANA Board of Directors.

## AANA Regions



Tennessee is in region II of the AANA. Our AANA Region II Director is Dina Velocci, CRNA, DNP, APN. You may remember her from the AANA update presentation during this years TANA Annual Convention.

## Mid-Year Assembly

Save the date! Will be held in Washington D.C., April 5th-9th. More information in next newsletter.

## *Purpose of this newsletter:*

The goal of this newsletter is to keep students involved by keeping them informed. The SRNA lifestyle is both time consuming and extremely challenging. Along with our life outside of school, we often don't have the time, or energy to be involved in additional organizations and activities. I encourage you to use this newsletter as a quick resource to inform you what is happening within TANA as well as our national chapter. If you have any comments, questions, or suggestions for improvement please don't hesitate to email me at [alissa.geurts@mtsa.edu](mailto:alissa.geurts@mtsa.edu).



## TANA Annual Convention

Congrats to LMU on winning the spirit award at College Bowl with a crowd surfing President Lincoln. This year 253 students attended the TANA Annual Convention and 40 student posters were presented. Also 28 students made contributions to the TANA Student PAC! Don't forget that those contributions can be utilized to waive the mentorship program fee.



## No Bake Energy Balls

An idea for a convenient, on-the-go breakfast or snack for the chaotic, on-the-go lifestyle of a student nurse anesthetist.

Ingredients:

- 1 cup old-fashioned oats
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips
- 1/3 cup honey or agave nectar
- 1 tbsp chia seeds (opt.)
- 1 tsp vanilla extract

Combine all ingredients. Cover and chill dough in the refrigerator for 30 or so minutes.

Once chilled, form into balls and enjoy! If you make a large batch, throw some in the freezer to keep longer.

## TANA Website

For more information about TANA please visit their website at [www.tncrna.com](http://www.tncrna.com)

## Annual TANA Planning Retreat

This will take place Friday, January 27th - Sunday, January 29th at the Drury Plaza Hotel in Franklin, TN. The topic focus is still being determined. Two students from each school are invited to attend. Please discuss with your program director or school TASNA representative if you are interested.



## Stay Healthy During School

Here is a little neuroscience based motivation to stay healthy and workout as a student! The hippocampus is a critical brain structure in the formation of long-term memory and learning. The hippocampus is unique because it is one of the only known areas where new brain cells continue to be generated throughout our lives. Studies in rodents have demonstrated that increased levels of physical exercise can result in improved memory by enhancing both the birth rate and survival of new hippocampal brain cells. Furthermore, exercise has been shown to lessen the negative consequences aging has on our brain through exercise induced increases in hippocampal neurogenesis. Therefore, one could reason an hour at the gym may be better than an extra hour studying.

Praag, H. V. (2005). Exercise Enhances Learning and Hippocampal Neurogenesis in Aged Mice. *Journal of Neuroscience*, 25(38), 8680-8685. doi:10.1523/jneurosci.1731-05.2005