



April News & Updates

Thank you for joining us last March to celebrate GI Nurses and Associates Appreciation week. We understand how valuable your time is, that's why we made the event more informative and enjoyable. Thank you very much to ERBE for sponsoring this event. Visit our website to register for future events.

www.ntsnga.org

“The promise of spring’s arrival is enough to get anyone through the bitter winter,”

–Jen Selinsky



Spring is the most beautiful season of the year. It's the season for flowers and plants to bloom, which symbolizes life, love, hope, youth, and growth. This is the time of year when nature promises new life and new hope. Many people are looking forward to this season as an opportunity to make positive changes in all aspects of our lives.

Spring Cleaning List



In Every Room

Vacuum the floor and underneath furniture
Dust or polish every surface
Dust the ceiling fan and light fixtures/bulbs
Wash the walls and baseboards
Dust ceiling corners for cobwebs
Dust the blinds and windowills
Wash the interior windows

Living & Family Room

Vacuum under the couch cushions
Organize mantels and shelves
Remove winter clothes from the closet
Organize toys, books, and other clutter

Extra Tip: Try rearranging the room. Nothing feels fresher than a new layout.

Bedrooms

Wash the sheets and duvet cover
Do a Marie Kondo on your clothes
Flip the mattress

Extra Tip: Buy a plant for your bedroom to add color and new life

Bathrooms

Deep clean the toilets and tub
Clean toothbrush holders and soap dispensers
Empty and wipe out drawers
Clean the mirror and light fixtures
Sweep and mop, and scrub tile grout

Extra Tip: Spoil yourself with some fun sprays to liven up the bathroom

Kitchen and Dining Room

Sweep, mop, and wax or polish the floor
Remove everything from the cupboards and wipe them out
Polish the sink
Clean the interior of microwave and oven
Deep clean other appliances
Empty the fridge and clean the interior

Extra Tip: Buy yourself an extra set of dishes for something new in the cupboard

Laundry Room

Organize the shelves
Throw out old product
Empty washing machine drain pump
Dust cubbies and shelves

Extra Tip: Toss out mismatched socks and give yourself a fresh start

Outdoors

Sweep the garage and put away tools
Put away winter toys and gear
Mow the grass early
Get a pressure washer and wash sidewalks, driveway, and sidings of house
Trim trees and bushes

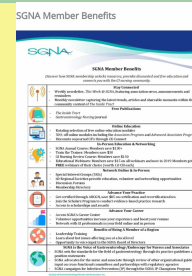
Extra Tip: Add a seasonal touch with a spring wreath on your front door



SGNA Membership

Interested in becoming a member of SGNA?
[Link to Additional Resources](#)

Visit our website



Ready to be certifiedCGRN

NTSGNA is providing scholarship for RN's and Associates, please check our website for details

Certification

[Aspiring to be certified? Check ABCGN for further details.](#)



Visit our website

Note:

- *Application for scholarship for both Nurses and Associate is available in our website.*
- *Application deadline for Nurses is April 1, 2022 - for Fall exam and November 30, 2022 - for Spring Exam.*
- *Application deadline for Associates is October 31, 2022*

[Click here for more info](#)

SAVE THE DATES:

SGNA 49th Annual Course

May 22- 24, 2022

Pre-conference May 20-21

Salt Palace Convention Center

Salt Lake City, Utah

REUNITE

RECHARGE

REFLECT

[Click for more info](#)

GALA- 9th Annual Dallas Conference

Live! by Loews Arlington Texas

June 17, 18, 2022

SGNA members will received code for FREE registration

REGISTER HERE:

NTSGNA Summer Lovin Conference

June 25, 2022, Saturday 1100 - 1400

Sponsor: CONMED

REGISTER HERE:

15th Annual NTSGNA Lonestar Roundup

September 10, 2022 Saturday 0700- 1700

Venue: DoubleTree by Hilton Hotel Dallas Richardson

NTSGNA Last Hooray of the Year/Annual Meeting

November 5, 2022, Saturday 1200 - 1400

Venue/Sponsor: TBA

Volunteer Details:

North Texas Food Bank - May14, 2022 Community Missionary Baptist Church -Desoto Texas

Please email us if you are interested to volunteer: [Send us a message](#)

