



## Fall

Mother Nature has wisdom all to its own. Fall is when trees and plants shed their leaves and become dormant. Spring and summer brought numerous challenges in our lives. We too must listen and follow the wisdom of nature.

As healthcare workers we are subject to a great deal of stress. We need to find a way to shed the negative burdens we let creep inside us. We need to take care of ourselves and find ways to renew our spirit. Like taking time to rest or treating ourselves with delicious fall comfort foods and wonderful scents of fall candles. We can not give what we do not have. We can not give the best care to our patients if we are all exhausted physically, mentally and emotionally.

Lastly, we celebrate Thanksgiving in fall. We also must find a way to be grateful and celebrate, for we all have each other through whatever weather that comes our way.



## Learning Opportunity

Thank you to everyone who attended our last webinar Esophageal Cancer Progression presented by Nate Jenkins of Merit Endotek!

We are in a process of planning our next webinar in November regarding colon cancer management by Dr. Danielle Giesler MD, Colorectal Surgeon. Invitation will be sent by email after CE approval.



## Scholarship

Now is the time to get certified!  
NTSGNA is giving away 1 scholarship for CGRN Certification Exam and 2 Associate Program/Advanced Associate Program .  
Requirements are:

1. Current member of SGNA.
2. Must show proof of passing the exam to be reimbursed by NTSGNA.
3. Must serve as a NTSGNA Board of director for a year.

If you are interested, please email us at [northtexassgna@gmail.com](mailto:northtexassgna@gmail.com)

From:  
The officers of NTSGNA

