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"Aging Bravely" Addresses Discussions on End-of-Life Issues – written by GAPNA Member Dana Racinkas, RN, NP-C

As a seasoned geriatric nurse practitioner with over 20 years of experience in the medical industry, I deal a lot with family expectations and disputes. Some get very serious. I wish I could point to a single source of information but there was nothing out there. So I wrote a book called "Aging Bravely" to help address such issues.



This book is the first "how-to" guide and handbook for geriatrics specialists and social workers specifically to aid adult offspring in talking to their aging moms and dads about critical end-of-life issues. It provides easy to understand insight into advance directives, living wills, DNR orders and other complex healthcare issues with the aim of making those family discussions as painless as possible. Why not make your plans known to your loved ones beforehand?

The book is a very light read for this subject matter. It is available on Amazon to "sample" or purchase in book or Kindle form.



Thank you,
Dana Racinkas, RN, NP-C

AMDA Education Program

AMDA is extending their member registration rates to GAPNA members for the following educational program:

Upcoming Events

**Chicagoland Chapter
"Impacting Transitions of Care from the Hospital to LTC"**

Speaker: Lory Arquilla-Maltby, APN
Wednesday, August 21, 2013 at
6:00pm

Gottlieb Memorial Hospital
Professional Building
RSVP: Valerie Mathiesen at
vjmath@aol.com

Online Library



[Parkinsonism in the Older Adult](#)

Facebook

Connect with GAPNA members and other professionals through [the GAPNA Page on Facebook](#).



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"Advanced Curriculum on Medical Direction"
October 4-6, 2013
Intercontinental Buckhead Atlanta - Atlanta, GA

Discounted Registration Rate: \$525
*Use discount code "GAPNA"

Target Audience: This course will meet the needs for professional growth of experienced health care practitioners in post-acute/long term care medicine.

Areas of focus include: ACOs, billing and coding, fall prevention, health information technology, health policy updates, interfacing with hospice agencies, infection control, managing behavioral disturbances, risk management, and wound care.

Contact: meetings@amda.com or 800-876-2632
More Information:
<http://www.amda.com/education/advanced/index.cfm>

Join the Nurses' Health Study III

Harvard Medical School and Brigham and Women's hospital are excited to announce that the Harvard Nurses' Health Study is growing. Female nurses between ages 20 and 46 are being encouraged to join the new Nurses' Health Study 3. Join at www.NHS3.org.

The original Nurses' Health Study began in 1976 and over 237,000 nurses have participated in previous cohorts. These women have been followed ever since and have taught us much of what we currently know about how diet and lifestyle can affect women's risk of developing cancer and other serious health conditions. The study has received the endorsement of the American Nurses' Association, the National Federation for Licensed Practical Nurses and other major Nursing organizations.

For more information visit www.NHS3.org or email nhs3@channing.harvard.edu

GAPNA's Research Committee Offers Consults at September Conference

At the 32nd Annual Conference in Chicago, IL on September 18-21, 2013, the GAPNA Research Committee members will once again provide one-on-one guidance to researchers.

To secure your consult, please provide our National Office (GAPNA@ajj.com) with your name, email, contact information and a brief description of the research/project issue that you would like to discuss. Someone that has experience in your research area will set up a time to discuss your research project with you. You will be contacted and a time set up to come meet with a committee member during open Exhibit Hall or lunch on your own time.

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You are subscribed to GAPNA's eAlert, a publication for GAPNA members and colleagues. From time-to-time, you will receive an e-mail such as this one with important news and information relevant to gerontological nursing. If you wish to update your email address, please do so by [editing your profile](#) on the GAPNA website. If you would like to unsubscribe from the GAPNA eAlert, [click here](#).

The Gerontological Advanced Practice Nurses Association (GAPNA) is the organization of choice for advanced practice nurses who want to pursue continuing education in gerontological care and who seek peer support from experienced clinicians.

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