

COLORADO AWHONN

H A P P Y N E W Y E A R

FEBRUARY 2025

Happy belated 2025!!

Thank you for your vote of confidence in both Rainy and myself, as your re-elected representatives for CO AWHONN for 2025 & 2026! We are both thrilled to lead this inspiring group of AWHONN members.

Our goals are to increase our communication with our members and to grow our membership by hosting more events. We also want to boost our knowledge by presenting more educational in person events and webinars. We have already co-hosted two educational dinners with our local Similac representatives so far in 2025, with more to come. If you haven't attended, make sure to sign up for our future events. The dinners are a great way to earn free CE's, network with fellow nurses and have fun!

As your leaders, we love feedback! So please don't hesitate to reach out to us to let us know how we can best support you as members. We want to make sure you get the most out of your membership.

Hope to see you all at our annual State conference September 11th/12th in Denver!

**~Samantha Smeak Sullivan
CO AWHONN Section Chair
coawhonn@gmail.com**

Remember your WHY!

Save
The
Date

SEPTEMBER

11-12, 2025

LOCATION: DENVER, CO

PRICE:

\$140.00 MEMBERS

\$175.00 E-MEMBERS

\$190.00 NON-MEMBERS

\$50.00 STUDENTS

More information coming soon!

2025

COLORADO

STATE

AWHONN

CONFERENCE



Meet your CO AWHONN Section Chair

Samantha Sullivan (BS, BSN, RNC-MNN, CLC) moved to Fort Collins, Colorado from Columbus, Ohio after graduating from the Second Degree BSN program at Mount Carmel College of Nursing in 2009. Prior to that she attended The Ohio State University where she earned her Bachelors in Science in Health Sciences: Geriatrics and Gerontology.

Sam is currently a direct care and relief charge nurse at UCHHealth Poudre Valley Hospital. She has worked on the Women's Care Unit for the last 14 years, caring for High-Risk Antepartum patients and Mom-Baby couplets. She is known for her bubbly personality and her compassionate patient advocacy. She is also the chair of the PVH Magnet Committee and has been nominated for Magnet Nurse of the Year at PVH several times.

Sam was a clinical and simulation instructor for University of Northern Colorado's Maternal Newborn Nursing rotation from 2015 until 2023. She is enthusiastic about helping others reach their highest potential and for the bright future of nursing.

Sam has been a leader within AHWONN since 2018, serving as the Northern Colorado Chapter Coordinator prior to being elected as Chair of the Colorado Section in 2021. She is grateful for your confidence in her and thanks you for re-electing her for 2025/2026 term. She looks forward to hosting many more exciting events.

Sam has a passion for all women's health objectives, including antenatal/postpartum care, fertility and breast cancer prevention.

Sam enjoys cooking, running, reading, the outdoors and all animals! She is a breast cancer survivor (almost 5 years now!) and actively volunteers for local cancer charities. She and her husband, Patrick, have 2 rescue dogs, 4 turtles and a 29 year old giant fish!



Meet your CO AWHONN Section Treasure

Rainy Tieman DNP, MSN-Ed, RNC-MNN, RNC-OB, RNC-IAP, C-EFM, C-ONQS, CNML received her Associates Degree in nursing in 2005 from Trinidad State Junior College, her Bachelor of Science in Nursing from the University of Phoenix in 2009, her Master of Science in Nursing with an emphasis in education from the University of Phoenix in 2011, and her Doctor of Nursing Practice from Chamberlain College of Nursing in 2016.

Dr. Tieman has experience in medical/surgical nursing, neuro-trauma nursing, post-surgical/trauma nursing, outpatient obstetrics, low-risk neonatal, high-risk OB, labor and delivery, postpartum and OB flight nursing.

Dr. Tieman's passion is in obstetrical nursing, and she is currently the Clinical Nurse Manager of Labor and Delivery, OB Emergency Department, Postpartum, Lactation and Well-Nursery at St. Mary's Regional Hospital in Grand Junction, Colorado. She is also an Adjunct Nursing Instructor at Colorado Mesa University. Dr. Tieman also has a passion for legal liability and litigation in obstetrics and in her spare time is an independent contractor for legal nurse consulting. Dr. Tieman is currently in the process of obtaining a post-master's certificate in healthcare law.

Dr. Tieman has been engaged in AWHONN as a 2016 Emerging Leader, National Membership Committee Member, Fetal Heart Monitoring Instructor (advanced and intermediate), Colorado's Western Slope Chapter Coordinator, Colorado's Communications Coordinator and currently is Colorado's Secretary/Treasurer. In 2020, Dr. Tieman was awarded the Nightingale Luminary award, the highest honor given to a Colorado nurse for her work with discharge teaching and technology. She is married and has two energetic children.

Upcoming Events:

March 11th @ 5pm:

**Webinar about Recent updates on
Antenatal Corticosteroids**

More info to follow



April 15th: All Day

AWHONN at the Colorado Capitol

Registration info to follow

2025 CO AWHONN Leaders at Leadership Development Conference in Seattle, WA



AWHONN Events



FREE
1.0
RN | CE
RD | CPEU

Eat, Sleep, Console

ORIGINALLY PRESENTED AS A LIVE WEBINAR ON APRIL 29, 2021

LEARNING OBJECTIVES:

- Compare and contrast the modified Finnegan Assessment Scale (FNASS) to the Eat, Sleep, Console (ESC) Assessment Scale.
- Summarize and review emerging research on the ESC method for Neonatal Abstinence Syndrome (NAS) infants.
- List consoling support interventions.
- Discuss implementation strategies for ESC.

SPEAKER:



HEAVEN HOLDBROOKS
PNP, CNS, RNC-NIC
Clinical Nurse Specialist
Southern CA, USA

MEETING INFORMATION:

Date: Wednesday, February 5, 2025
Time: 5:30pm-Arrivals & Welcome; 6:00pm Program Begins
Location: Culinary Dropout 4141 E. 9th Ave, Denver, CO 80220

Please join your local leaders of AWHONN and Abbott Similac Reps for a dinner and web-based continuing education opportunity. We look forward to an evening of education, peer engagement & networking.

RSVP TO: RSVP by Jan. 29, 2025:
Cecilia Jacoby, Abbott Similac Rep
cecilia.jacoby@abbott.com
(970)408-8061



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Thank you Abbott for a Wonderful evening of learning!



AWHONN Events



Image

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COLORADO AWHONN CONTINUING EDUCATION DINNER, LOVELAND

Topic: Handling Human Milk & Formula in Healthcare Facilities: Tried & True and What's New (1.0 Nursing CE)

Please join the leaders of Colorado AWHONN & your local Abbott Similac Representatives for a dinner and web-based continuing education opportunity. We look forward to an evening of education, peer engagement, and networking.

When: Tuesday,
January 21st, 2025
6:00PM- Welcome
6:30 PM- CEU
Course Begins

Where: Loveland
Chophouse (125 E
4th St, Loveland,
CO 80537)

RSVP TO: