



Dear Colleague,

The mental, physical, and emotional well-being of nurse anesthetists all across the country is of paramount importance to everyone: ourselves, our families, our healthcare colleagues, and our patients. Your AANA recognizes this and is taking aggressive, positive steps to help CRNAs achieve and maintain wellness in their lives.

One giant stride was taken with the creation of the *Jan Stewart Memorial Wellness Lecture Series*, which was introduced by 2003-2004 AANA President Tom McKibban, CRNA, MS, and Jan's daughter, Sarah Stewart Gomes, at the Annual Business Meeting on August 8 during the Annual Meeting in Seattle. The series, which will feature speakers on wellness-related issues at all future Annual Meetings, is named after our respected colleague, 1999-2000 AANA President Jan Stewart, CRNA, ARNP. Sadly, substance abuse contributed to Jan's untimely death two years ago at the age of 50.

Although Sarah could not attend the Annual Meeting in person, she videotaped a beautiful and powerful message that paid tribute to her mother and warned its viewers of the terrible toll that addiction can take on nurse anesthetists and their loved ones. Sarah's message struck a nerve and has been widely requested by directors of nurse anesthesia educational programs, state nurse anesthetist association presidents, peer assistance advisors, and others charged with creating awareness of addiction and other obstacles to wellness.

The next stride to be taken in this overall Wellness Initiative will be the establishment of a Blue Ribbon Panel to address wellness and professional issues affecting CRNAs and their families. The panel will recommend evidence-based strategies for the AANA to consider implementing that will best meet the needs of our members.

I know you will put the DVD to good use in promoting this important AANA initiative. Wishing you wellness and happiness in your professional and personal lives.

Sincerely,

Frank Maziarski, CRNA, MS, CLNC
President, AANA

American Association of Nurse Anesthetists

222 S. Prospect Avenue, Park Ridge, IL 60068-4001, Phone (847) 692-7050, FAX: (847) 692-6968,
<http://www.aana.com>