



Colorado's Peer Health Assistance Program for RNs and LPNs

Encourage nurses to **SEEK HELP EARLY**

Substance use and mental health concerns impact Nurses at the same rate as the general public.

Created in statute, DORA contracts with Peer Assistance Services to implement statewide services.

The program provides:

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- Support
- Practice Monitoring
- Confidential Assistance
- Resource Referrals
- Mutual Help Groups



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www.PeerHealthCo.com/nurses

CNA Awards Presented at Annual Conference

A highlight of the 2025 CNA Annual Conference was the Awards Reception. Hosted by the Metro Denver Oncology Nurses Society, the event provided a wonderful opportunity to recognize nurses who have contributed to CNA and nursing in Colorado. The evening began with a presentation about MDONS from Dr. Yuki Asakura-Strempek, President, who shared the work and activities of this dynamic group.

The Awards Presentations began with recognition of Constituent Association Nurses of the Year.

Kathy Crisler was honored as the Nurses Furthering Knowledge Nurse of the Year. As a long-time member of CNA/ANA, Kathy's sustained contribution to NFK has been demonstrated through elected and volunteer leadership positions. She has participated in various activities, programs, and fund-raising. She has also served as a mentor to new NFK members. Kathy is selected as NFK Nurse of the Year for 2025 for her initiative in writing the by-laws that changed DNA 20 to the Constituent Association Nurses Furthering Knowledge. Her leadership ensured that NFK has continued to be an active Constituent Association.

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The Nurses In Action Nurse of the Year Award was presented to Mary Kershner. Mary was recognized for her work in promoting nurses and nursing to the public. Her efforts resulted in the appearance of CNA in the Denver St. Patrick's Day Parade for several years. Mary was also responsible for allowing CNA and Colorado Nurses Foundation to participate in the Colorado Rockies Healthcare Appreciation Program. In addition to discounted tickets and on-filed appearances,

Mary's work resulted in thousands of dollars in contributions to support scholarships for nurses and nursing students. A dedicated member of Nurses In Action, Mary is a mainstay of the group.

The Dr. Margie Ball Cook Award, presented to a CNA member who has advanced equitable opportunities in nursing to members of under-represented groups went to Dr. Edmon Regachuelo. A member of the the board of the Philippine Nurses Association of Colorado, Edmon leads the Education and Professional Development Committees of PNAC. His work supports nursing professionals, enabling them to deliver outstanding care, promote health and well-being, and encourage innovation. Edmon is a career mentor for several organizations, guiding and supporting young nurses in their careers and assisting nurses transitioning internationally. In addition, he is an active volunteer with the Alzheimer's Association and was a 2025 Colorado Nurses Foundation Excellence in Nursing Luminary for exceptional achievement in Nursing Professional Development.

The CNA Leadership Award was presented to Dr. Jody DeStigter. This award is presented to a CNA Member for work on the board, a committee, or a task force. Jody has been all of these. As a previous CNA Board Member, she served on several committees and task forces during her board tenure. She has continued to serve as a member of the Accredited Approver Advisory Committee. CNA's Director of Nursing Profession Development states that Jody is an invaluable member of the Committee and a true super-star of Nursing Professional Development.

The final award of the evening was the Carol OMeara Award, presented to a CNA Member who has made Sustained Contributions to CNA. The award went to Mary Satre. Mary served as President Elect and President of CNA while simultaneously serving as Co-Chair of the Government Affairs and Public Policy Committee. She has represented CNA at the ANA Membership Assembly and on the ANA Leadership Council. She guided CNA through a change in Executive Directors and a transition in management. Mary's calm, courageous and effective leadership has ensured that CNA has stayed true to its mission.

CNA was pleased to honor all of these distinguished nurses and to recognize them for their valuable contributions to our association and our profession. ■



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As we begin the new year, it's the perfect time to reflect on your own achievements, challenges, and priorities.

Whether you're aiming to learn a new skill, step into a leadership role, enhance your work-life balance, or find an organization more aligned with your personal values, Intermountain offers resources to support you in achieving your goals.



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- Lutheran Hospital - *Wheat Ridge*
- Intermountain Home Health - *Denver area*
- Intermountain Hospice - *Wheat Ridge area*
- Platte Valley Hospital - *Brighton*
- Saint Joseph Hospital - *Denver*
- St. Mary's Regional Hospital - *Grand Junction*

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