

SHARE:

[Join Our Email List](#)



### KPNAA 2022 Annual Meeting

We're back! Join us in-person Saturday, June 4, 2022 at the Waterfront Beach Resort in Huntington Beach, CA. You can also join via Zoom Webinar from the comfort of your own home. Take an ED Day and join us in-person.

**This program has been prior approved by the American Association of Nurse Anesthesiology for 2.00 Class A CE credits; Code Number 1042098; Expiration Date 6/4/2022.**

**REGISTER!**

**Saturday, June 4, 2022**

#### **Agenda**

9:00 a.m. - 9:30 a.m. - KPNAA Business Meeting

9:30 a.m. - 10:30 a.m. - Social Media: Making Connections in a Professional Association - Alexis Amato & Kate Bruckman

10:30 a.m. - 11:30 a.m. - Anesthesia Technology & Documentation - Haik Topadzhikyan, DNP, CRNA, Becky Ashlock, DNP, CRNA, Audra Kennedy, MSN, CRNA (1 CE)

11:30 a.m. - 12:30 p.m. - Overview of Kaiser Permanente System's Mandatory Arbitration of Medical Malpractice Claims - Capstone Project Presentation - Amelia Lentz, MSN, CRNA (1 CE)

12:30 p.m. - 1:30 p.m. - Lunch Break

1:30 p.m. - 2:30 p.m. - Retirement; A Purposeful Transition - Nancy Tankel, retired Kaiser Nurse & Educator

2:30 p.m. - 3:30 p.m. - Life after Kaiser: A Retirement Panel Discussion

## Meet our Speakers

### Alexis Amato



Alexis is the owner of Sips Productions LLC, Media Management and Content Creation company as well as a food photographer, food stylist, and writer, currently residing in the beautiful state of Connecticut. Coming from Italian descent, her love for food and travel comes from the core and she grew up with very strong values on how food should look and taste. Always being that person who took pictures of her food to post on social media, she became the Director of Experiences in 2017 for the company Babes who Create, and expanded this hobby into a website, blog, and social media following as an influencer. Now in 2021, she continues this passion by offering to assist her clients in expanding their brand marketing via various social media channels and strategic content creation. Most recently, Alexis has become a master mindset coach,

where she helps women manifest abundance into their life and change their limiting beliefs. Among other achievements, Alexis has been a speaker, panelist, and featured in various publications, as well as created a successful Instagram following with her account @fullofsips based on her food and travel adventures.

### Kate Bruckman

During college, Kate studied Sociology and Psychology at Quinnipiac University in Hamden, Connecticut. After graduating, she worked in special education with an emphasis on autism.

Earlier in her career, Kate was a behavioral therapist for autistic children. She spent her free time working at Sips Productions, where she quickly discovered her passion for social media and marketing. Additionally, Kate wrote a traveling food blog with which she collaborated with small and large businesses in order to create awareness. Kate and Alexis met through blogging in New England, and their relationship blossomed from there.

Currently, she is the Director of Sips Productions, a small women-owned business, working alongside the owner and CEO, Alexis Amato.



### Becky Ashlock, DNP, CRNA

Becky Ashlock began working for the Panorama City Medical Center following her graduation from the

---



Kaiser School of Nurse Anesthesia Program in 2010. She has represented her facility on the KPNAA Board of Directors for eight years. She served one term as KPNAA Secretary. Currently, Becky is a member of the newly formed Technology Committee.

Becky has a passion for global medical missions and has led a surgical team to Kenya six of the last eight years. She also travels to Guatemala with surgical teams providing anesthesia services.

Becky earned her Doctorate of Nursing Practice in 2014 and is currently working on her PhD at Texas Woman's University. Her research interests are focused on further understanding and mitigating the disparities seen in labor epidural utilization among Hispanic parturients. In addition to having co-authored the chapter on the preoperative care of patients with cardiovascular implantable electronic devices in the Nurse Anesthesia text she also provides the associated lecture for the KPSAN students.

Becky is a mother of five and a mimi to one granddaughter. In her free time she enjoys running, games with family and attending live sporting events and live music.

### **Audra Kennedy, MSN, CRNA**

Audra Kennedy has worked as a CRNA at KP Downey Medical Center since 2007. Before this, she worked as a nurse anesthetist and completed her CRNA training (2005) at Carolinas Medical Center/UNCC, a Level 1 trauma hospital in Charlotte, NC. Audra is currently working toward her Doctorate from Missouri State University and should complete her DNAP in 2023. Audra is the current President of KPNAA and has been involved in other capacities with the union since 2017. Audra is active with the KP SCAL Domain group, KPNAA Technology Committee and has participated in Health Connect Trainings and several Go-live launches. In her department, Audra sits on many committees and advocates for CRNA involvement in all aspects of departmental agendas. Cultivating relationships with perioperative stakeholders and finding commonality is the crux of her leadership style. In her time away from work, Audra likes to participate in surgical mission trips and advocates for other nurse anesthetists to join her in these endeavors. Audra enjoys living in Newport Beach, spending time with her pets, traveling, wine tasting, live music, and art events in her free time.



### **Haik Topadzhikyan, DNP, CRNA**

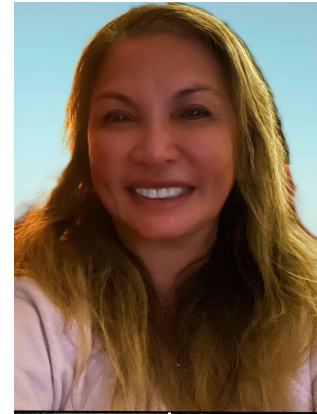
Haik graduated from Kaiser School of Anesthesia and has been working at LAMC since 2008. He is actively involved in anesthesia documentation workflows at the National Anesthesia Collaborative. Haik is currently leading a national roll out of anesthesia device integration for all Regions to include MRI and external devices. For 2021, his projects include bringing Cardiac Perfusion device integration with anesthesia to improve patient care. Haik is



also involved with the KP Washington Region to implement Anesthesia and charge capture modules to the CRNAs and Anesthesiologists to assist in standardizing all anesthesia documentation and services. He is part of the KPNAA Anesthesia Technology Committee working with other BOD members to improve information sharing to all providers.

## **Amelia Lentz, MSN, CRNA**

Amelia Lentz, MSN, CRNA. is a Per Diem Staff CRNA at Kaiser Downey Medical Center and Kaiser West LA. Working within the Kaiser Permanente system for the past 20 years, Amelia has come to the topic of Malpractice Claims as part of her Doctoral Program in Nurse Anesthesia Practice curriculum. Recognizing the similarity between malpractice burden for both physicians and CRNA staff, Amelia explores the differences in understanding of the claims process.



## **Nancy Tankel**



Nancy Tankel is an accomplished Kaiser Permanent nurse, educator, mentor, and administrator. Her passion was/is the safety and caring for patients and clinical staff She worked in Nursing Administration for 30 years ; first as a clinical manager, then clinical director, and lastly as the chief nurse at Kaiser Woodland Hills.

She worked in partnership with the clinical staff to achieve excellent service scores, awards for the performance in the operating room and maternal child area. She was instrumental in collaborating with staff to get the Beacon Award in the ICU and started the NICHE program for Medical /Surgical patient.(Nurses improving the care and

health of the elderly)

At present Nancy is retired and has repurposed her life. She has attended culinary school, teaches leadership, mentors new emerging leaders, and volunteers for several non profit organizations. She is happy at home with her cats, family, and friends

You can reach her at [Baxnmo@aol.com](mailto:Baxnmo@aol.com)

---

## **Mike Epperson, MSN, CRNA**



I was born in Los Angeles and have lived my entire life in southern California. I grew up in Huntington Beach when it was mostly open areas and marshlands. I have been married for forty-one years and have three adult children who have blessed us with nine wonderful grandchildren ages 3 to 19 years.



I graduated from KPSAN in 1998 and have worked at Kaiser Fontana (2 years), Kaiser Riverside (16 years) and Kaiser OC (3 years). Prior to anesthesia I worked in critical care, emergency, mobile intensive care, military and civilian flight nursing.

I retired in December of 2019 at age 63 and started my retirement adventure at the onset of the pandemic. Navigating through the financial, medical, and administrative challenges of retirement can seem to be overwhelming at times. Still, I love being retired and owning my own time. Much of my time is dedicated to maintaining and upgrading my fifty-five-year-old home in San Clemente. Also, each of my children maintain a "grandpa to do wish lists" for their own homes located in California and Colorado.

I am happy to share my retirement planning and transition to retirement with my former KPNAA colleagues. There are many routes to a successful retirement, I look forward to sharing my insights and answering your questions.

### **Darrell Nooner, MSN, CRNA**



Happily I have been a CRNA for 32 years. Truthfully I have enjoyed every year. After spending 10 years in private practice in Tennessee and North Carolina I moved to Los Angeles. My second job interview in LA was at Kaiser LAMC. Saying yes to Kaiser was the best professional choice of my life. After 21 years at LAMC I retired last year. It is so true that if you are good to Kaiser, Kaiser is good to you.

Now I enjoy living in Palm Springs. I am working 2 days a week at a cosmetic surgery center.

Independent work is so much easier because of my experience at LAMC. Life is great!

