

MONTHLY NEWSLETTER



PRESIDENTS MESSAGE

May always feels like a reset—longer days, a little more energy, and a reminder of why we do what we do. In the middle of busy clinics and full schedules, it's worth pausing to recognize the real impact you're making in patients' lives every single day.

VANP is built on that shared purpose, and it continues to grow because of each of you. I'm grateful for the connections, collaboration, and support within this group—it truly reflects the strength of our profession.

I hope you take a moment this month to be proud of the work you're doing.

UPCOMING EVENTS

May 14th VANP Meeting
(6:00PM) @ TBA

Scholarship Fall 2026
deadline:
TBD

July 9th VANP Meeting
(6:00PM) @ TBA



NP INFORMATION

We are adding a member directory to the VANP website to highlight our local Nurse Practitioners. If you would like to be included, please send a professional photo, your name and credentials, place of work, and city/location.

Please note that directory listings are reserved for current VANP members, so dues must be paid and up to date (\$50 annually) to be included.



CLINICAL CORNER

Mental Health Awareness Month

May is Mental Health Awareness Month. A timely reminder of the important role we play in recognizing and addressing depression and anxiety in primary care. Routine screening with tools like the PHQ-9 can help identify patients who may otherwise go unnoticed and open the door to meaningful conversations and early intervention.

As you move through your visits this month, consider incorporating (or reinforcing) the use of the PHQ-9 as part of your standard workflow. Small steps in screening can make a significant impact in reducing stigma and improving access to care for our patients.



Advocacy Update

VANP members proudly participated in both the precinct and county conventions here in Victoria and Jackson Counties in March, where our resolutions were successfully adopted at each level. This is an exciting step forward, as adoption at the local level allows our resolution to advance to the state convention.

Our resolution supports allowing nurse practitioners to practice to the full extent of their education, training, and licensure by removing the requirement for a delegated or contractual agreement with a physician in the State of Texas.

We're encouraged by this progress and remain committed to advocating for our profession and improving access to care for the patients we serve.



COMMUNITY CORNER

MEALS ON WHEELS SOUTH TEXAS

Meals on Wheels South Texas provides nutritious, home-delivered meals to older adults who may have difficulty preparing food or accessing proper nutrition. Beyond meals, the program supports independent living and helps reduce social isolation through regular volunteer visits... playing a vital role in improving health outcomes for vulnerable seniors in our community.

As providers, we can help connect eligible patients who may benefit from these services, especially those experiencing food insecurity, limited mobility, or living alone. Referrals can be made directly through Meals on Wheels South Texas by contacting their local office or visiting their website for enrollment information.

Contact: Meals on Wheels South Texas

Phone: (361) 576-2189

Website: www.mowstx.org

Service area: Victoria, Goliad, DeWitt Counties

