

# Honorable News!

**Sigma**

Omega Omicron Chapter

## Winter 2022

The mission of the Omega Omicron Chapter of Sigma is of advancing world health and celebrating nursing excellence in scholarship, leadership, and service.

**Society Newsletter, Volume 4, Issue 2**

### *From the President*



Image: Tami Haley

Hello Members!

My name is Tami Haley and it is an honor to write my first greeting for the Omega Omicron chapter as your President. I was inducted as a charter member of the Southwest Minnesota Nursing Honor Society and am proud to have been involved with this group through the journey that led to being recognized as an official chapter of Sigma Theta Tau International. Sincere thanks to Melissa Kidrowski, past President, for the last two years of service and supporting my transition. I also want to recognize both Nancyruth Leibold and Laurie Jo Johansen for their leadership with the chapter and for mentoring me in each position I have held with the chapter board.

The chapter has been busy planning and holding educational events as well as our fall

induction ceremony. In November, we were excited to add 15 new members to Omega Omicron! Congratulations to the new members and thank you for joining! We are all looking forward to the upcoming February webinar, Spring Summit in March, and the next induction ceremony in April.

As I prepared my greeting, I reflected on this season of holiday celebrations and the incredible opportunity we have in front of us to express gratitude. Over the last few years, the nursing profession has endured challenges greater than we could ever have expected and we have the ability to decide how those challenges will impact the healthcare industry going forward. Demonstrating gratitude has been shown to not only enhance our physical well-being, but also increase job satisfaction, reduce burnout, decrease stress, and improve quality of care (Day, et al., 2020). As nursing leaders, we all have the opportunity to recognize those who inspire us and provide meaningful feedback that demonstrates our appreciation and strengthens our connections. Our efforts to notice the goodness around us, focus on positive intentions, and be thankful will shape our futures. I am grateful for your commitment to the nursing profession and thank you for being part of Omega Omicron!

Happy Holidays!



## Call for Officers

### *2023-25 Call for Omega Omicron Chapter Officer Nominees*

The Leadership Succession Committee wishes to extend a call for chapter officer nominations for the office/committee positions listed below. Please feel free to nominate a potential candidate or self-nominate to serve your chapter — we need you!! The term is July 1, 2023 to June 30, 2025. Positions include:

**Vice President** (who also serves on the Program Committee) Performs various responsibilities on behalf of the Society. This position performs the duties of the president in the president's absence. The Vice President also facilitates achievement of goals and oversees at least two Society programs each year. The Vice President often oversees the membership engagement efforts and serves on committees as needed. (two-year commitment)

**Membership Committee Chair:** The committee associated with the membership chair promotes membership renewal, engagement, and involvement; oversees mentoring programs; plan and implement membership orientation events and promote the honor society to the current and future membership. (two-year commitment)

**Awards Committee Chair:** Oversees the development, review and revision of criteria and funding for recognition awards and scholarships distributed by the chapter. Additionally, oversee the recruitment, selection and communications processes

associated with chapter and international awards. (two-year commitment)

**Treasurer:** The treasurer's responsibility is to manage chapter funds. This includes preparing the annual budget and developing or maintaining fiscal policies and procedures. The treasurer is required to present financial information to the Board of Directors at each meeting and works with the President to complete the financial section of the annual report. (two-year commitment)

**Leadership Committee (3 positions):** The Leadership Succession Committee, under the direction of the Chair, takes responsibility for overseeing the execution of Society elections. The chair (selected from the committee members) is responsible for recruiting nominees for Society leadership, preparing the election ballot and notifying candidates of election results. (two-year commitment)

**Newsletter Chair:** The committee associated with the newsletter chair publishes a professional newsletter twice per year with the Society news. (two-year commitment)

Detailed roles and responsibilities of Southwest Minnesota Nursing Honor Society Leaders are found on the website under the menu heading: *Role Descriptions* at [Omega Omicron Role Descriptions](#)

or <http://omegaomicron.org/Role-Descriptions.php>

We thank our members for the opportunity to serve our chapter and chapter membership—and look forward to receiving your candidate nominations. Please email nominations to Leadership Succession Chair, Dr. Faith Johnson at [faith.johnson53@gmail.com](mailto:faith.johnson53@gmail.com)

Thank you!

*The Leadership Succession Committee*  
Faith Johnson, Chair  
Leah Donner

Nancyruth Leibold

Jaime Martinez Botello

Regina Matimo

Damin Okemwa

Hawo Omar

Kera Sluka

Heather Stewart

Jacob Work

The ability to meet Omega Omicron's mission to advance world health and celebrate nursing excellence in scholarship, leadership, and service is dependent on all of our members. This could not happen without our current and new members! Welcome to all!

Sincerely,

Dr. Laurie Johansen

Chapter Counselor



**Omega Omicron Chapter**

### **From the Omega Omicron Counselor**

Submitted by Dr. Laurie Johansen, Chapter Counselor

Greetings from the Omega Omicron Counselor:

Omega Omicron had an induction ceremony again on November 10, 2022 and had the honor of inducting 15 new members.

It is my pleasure to introduce our newest members in the Omega Omicron Honor Society:

Terry Anderson

Hillary Andrews

Mariano Bigalk

Beatrice Gekara

Tina Gritz

Tracy Hadler

Kimysue Johnson

Jessica Jungels

Michelle Lamecker



**Omega Omicron Chapter**



**Sigma's Omega Omicron Chapter Virtual Summit 2023 March 28th – SAVE THE DATE!**

Omega Omicron is proud to offer our Spring Summit on March 28, 2023, from 8am-1pm CT – mark your calendars now and plan to attend virtually via Zoom.

We are delighted to be joined by nursing leaders from around the country who will present on the topics of social and emotional intelligence, workplace violence, shared governance, and cultural humility. There are 4 peer-reviewed contact hours pending for this conference.

All nurses (RNs, LPNs, NPs), nursing leaders, and nursing students are invited to attend.

Cost is \$40 for Omega Omicron chapter members and \$60 for Non-Omicron members. Nursing students attend for FREE!

Registration and payment instructions forthcoming. Questions? Contact Laura Hoffman at [laura.hoffman1@smsu.edu](mailto:laura.hoffman1@smsu.edu).



**Nurse Leaders and Quality Improvement**

By Dr. Laura Hoffman

As a nurse leader in performance improvement, I have the privilege of working with healthcare leaders from across the United States to help them to improve their organization's patient outcomes and operational efficiencies. Recently, I had the opportunity to work alongside hospitals and health systems as they attempted to better understand their equity-related data and designed quality improvement projects based on the findings.

As a nurse leader yourself, you may have wished, from time to time, that your boss would take time to see for themselves what it is you do on a daily basis and the barriers that prevent you from doing your job. I couldn't agree more and I'm here to tell you there's hope! In fact, nurses engaged in process improvement are utilizing a process observation technique called Gemba walks. This means that quality improvement specialists are observing firsthand the work being done and asking questions of frontline staff to glean where problem areas exist. I recently wrote a blog about healthcare organizations across the country using Gemba walks as a process improvement strategy to improve equity-related data collection. Please take time to read my blog – access it using this [link](#).



### Heart-to-Heart with Jean Watson

I am sharing this personal invitation from Dr. Jean Watson with you to attend four webinars in January of 2023. Please read her letter below for more information and the registration link. Make 2023 a different year for Nurses and Nursing! Nancyruth Leibold

Heart-to Heart with Jean Watson, A Personal Invitation2023 must be a different year for Nurses and Nursing!

Dear WCSI Friend/Colleague: This is a personal invitation to all the nurses in your organization and community, to join me and Caring Science colleagues for a special, January 2023 Heart-to-Heart series of 4 webinars. It is offered as a special gift to help Nurses everywhere start the new year inspired, informed, and reenergized to improve human caring/healing and health for a new post-COVID era. The Series includes 4 live events, designed to affirm Nurse's meaning and purpose for their gifts to humanity and to our global covenant with society. All events, their recordings, and a broad array of discipline-specific Nursing Knowledge and Caring Science Practices will be made available, free of charge, on The Nursing Way, a new digital caring platform. To participate, simply register (no fee required) — and kindly share this Series with your nurse colleagues and others who may be interested.

[REGISTER](#) AT:

<https://www.thenursingway.com/heart-to-heart-employer-landing>

Thank you in advance for your visionary leadership in supporting nurses and nursing for a new era for caring/healing for self/system.

In loving kindness,

Jean

Jean Watson, PhD, RN, AHN-BC, FAAN, LL (AAN)

Distinguished Prof/Dean Emerita University of Colorado Denver

College of Nursing

Founder, Watson Caring Science Institute

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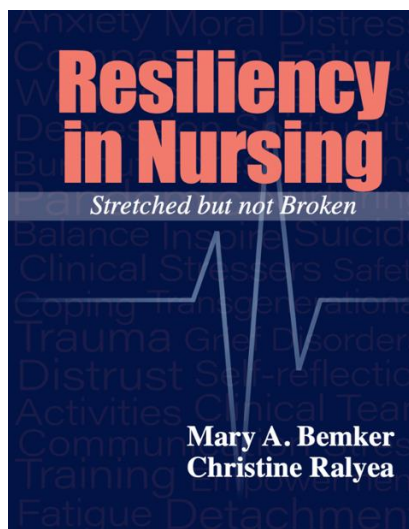
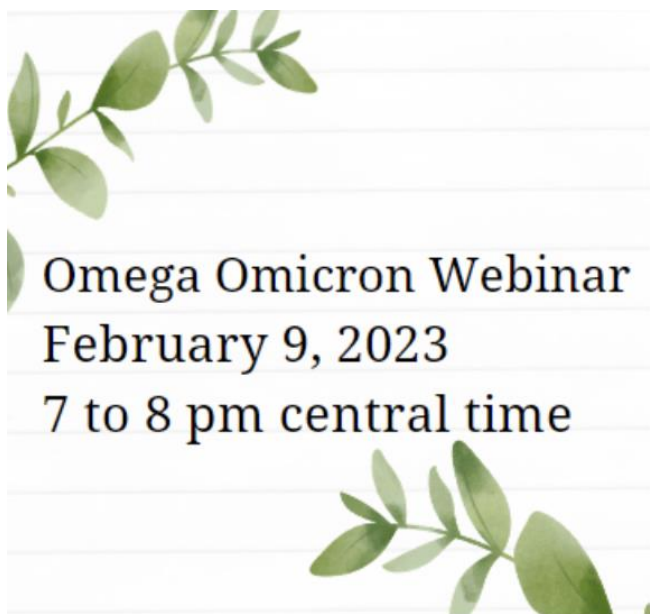
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### Omega Omicron Member New Book

Dr. Mary Bemker, Omega Omicron board member, has coauthored a textbook for nurses related to resiliency. Dr. Nancyruth Leibold contributed a segment on Forest bathing in this work. The book is in press and is set to be released in early 2023.

### February 2023 Educational Webinar

Save the date for a free professional continuing education one contact hour offering webinar on February 9, 2023, from 7 to 8 pm central time via Zoom. All nurses are welcome to attend! No registration necessary.

More details are available closer to the date of the Webinar at the Omega Omicron website: <http://omegaomicron.org/>



Omega Omicron Chapter

### 2022-2023 Newsletter Committee

Chair	Mary Bemker
Committee Members	Nancyruth Leibold Jacob Work

If you are interested in joining the newsletter committee or writing an article, please contact Mary Bemker at

[Mary.Bemker@mail.waldenu.edu](mailto:Mary.Bemker@mail.waldenu.edu).