

Honorable News!

**Sigma**

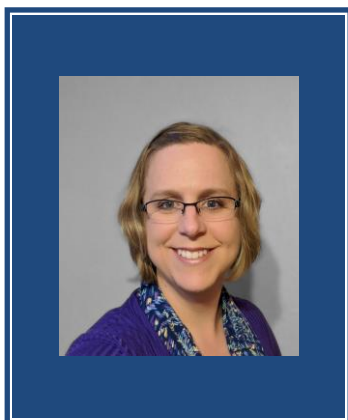
Omega Omicron Chapter

May 2021

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 1

From the President



Melissa Kidrowski, President

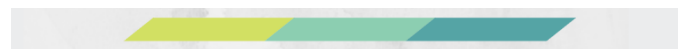
Greetings everyone!

I hope everyone is staying well and healthy. This year Omega Omicron Chapter has had to make a few changes to how events were held. With the pandemic, events such as our Inductions and Summits this past year have had to be switched from in person gatherings to being done virtually. Although the events were held virtually, and we were not able to get together, we were able to have a great turnout anyways. I would like to thank all the members who worked so hard to help put these events together! They did an awesome job!

Our most recent event was held in March. We held our Annual Spring Summit via zoom and the topic was Nursing Leadership: Research, Resiliency, and Change. This went well and the presenters all did an amazing job. I can't wait for the next one! Hopefully, next year we will be able to hold the Summit in person. We also have held free educational webinars that are eligible for CEU via zoom. Our latest one was in January with the topic of "No Time To Teach? Tips and Strategies for Busy Nurses."

Some upcoming events that are coming up would include Sigma Theta Tau hosting their 46th Biennial Convention. Due to COVID, the convention will be held not only in person but also, for the first time, virtually. We will be sending a few delegates to this convention. We are excited for this opportunity to connect with other members of Sigma Theta Tau and the educational opportunities this provides!

Sincerely,
Melissa Kidrowski,
President





Omega Omicron Chapter Leadership Succession Update

Submitted by Dr. Dawn Gordon, Leadership Succession Chair, 2019-21

The Leadership Succession Committee has been working hard to fulfill upcoming openings in the OO Chapter. We applaud all the leadership and dedication to the OO Chapter from our outgoing society officers, chairs, and committee members. The results of our recent election are:

Results of the STTI Omega Omicron nursing honor society Spring 2021 election:

Vice President – Angela Chesley
 Treasurer – Monica Van Otterloo
 Newsletter Chair – Mary Bemker
 Leadership Succession Committee (3 members) – Leah Donner, Faith Johnson, Nancyruth Leibold
 Awards Committee Chair – Stella Nwachukwu
 Membership Committee Chair – Miriam Dozier

The term of those newly elected starts July 1, 2021 and ends June 30, 2023.
 Congratulations!

Congratulations to the Recipients of the Omega Omicron 2021 Chapter Awards

Submitted by Angela Chesley, Chair of Awards, 2019-21

The Omega Omicron Chapter Awards recognize active members who demonstrate self-directed growth and exemplary qualities in the profession of nursing in the categories of student and leadership. Additionally, the Berniece E. Morris Scholarship is an annual \$300 Memorial Academic Scholarship for active members continuing their education in a formal nursing academic program.

- Outstanding Student – Linet Tingwe
- Emerging Leader- Dr. Darcy Nelson
- Excellence in Nursing Leadership – Dr. Laura Hoffman
- Berniece E. Morris Scholarship – Brenda Carlson



“Linnet is currently in the RN to BSN program at Southwest Minnesota State University, and “displays a love for nursing and those she cares for each day. She has shown persistence in completing her bachelor’s degree in nursing and her opportunities beyond graduation are endless”.



Dr. Darcy Nelson is a new adjunct faculty member at Southwest Minnesota State University. “Her ability to immediately assimilate into the academic culture of the SMSU Department of Nursing, providing students with rigorous academic experiences while being flexible, caring, and consistent. Her commitment to students, and the people they serve, has truly added to the development of professional nurses.”



Dr. Laura Hoffman is an Adjunct Faculty for Southwest Minnesota State University (SMSU). “She has been exemplary in integrating evidence-based practices into the learning experiences for her students and facilitating their learning while making an impact on healthcare systems and our communities. Beyond her role as adjunct faculty, she is also the Program Chair for Omega Omicron chapter, bringing national renowned speakers to our annual webinars and fostering valuable professional development opportunities for so many nurses.”

Berniece E. Morris Scholarship award winner-

Brenda Carlson is currently enrolled in the Baccalaureate of Science in Nursing from Southwest Minnesota State University. “Nursing has been her third career change and

has proven to be her 'true calling'. She is in her final semester and plans to further her education in the field of Mental Health with an emphasis on the needs of rural communities”

These nurses embody excellence in nursing practice, advancement of nursing education, and commitment to improve the health to the people they serve.

Please join me in congratulating our 2021 Omega Omicron Chapter Award winners!



Omega Omicron Chapter

Omega Omicron Program Activities for 2020-2021

Submitted by Laura Hoffman

Omega Omicron Fall 2020 Webinar

Nurse wellbeing, burnout, and suicide risk are top-of-mind more now than ever before. It is imperative that as nurses, we recognize symptoms of burnout and suicide risk in ourselves. What is more, we must take action to preserve our mental and physical wellbeing. On November 17th, 2020 Omega Omicron was joined by nationally renowned author and speaker, Dr. Bernadette Melnyk, who spoke about combatting burnout, depression, and suicide in nurses. Dr. Melnyk provided us with evidence-based strategies to enhance our

personal health and wellbeing. There were 23 nurses that attended the webinar and soaked up all the valuable information from Dr. Melnyk.

Omega Omicron Spring 2021 Webinar

In today's working environment, nurses are challenged with managing heavy workloads, donning and doffing personal protective equipment to safeguard from COVID-19, and simply making it through busy shifts unscathed. Patient education can take a back seat to all the busyness that is routine nursing care. However, proper patient education is vital to our patient's ability to self-manage their disease and maintain their personal health and wellbeing. On January 21st, 2021, Omega Omicron was joined by Fran London, well-known author of the book titled *No Time to Teach*. Fran shared valuable tips and insights on how nurses can better assess patients' educational needs and adapt teaching strategies to deliver efficient and effective patient education. There were 17 attendees to the webinar, and each came away with not only 1 free contact hour, but also some excellent tips to improve patient education.

Omega Omicron Spring Summit 2021

March 30th, 2021 was an amazing day! On that day, Omega Omicron was joined by 105 nurses and nursing students at our virtual Spring Summit. This day brought opportunity to learn about nursing leadership, nursing research, and resiliency. Perhaps the most important opportunity provided that day, was that of fellowship of nurses across the tri-state area. Dr. Faith Johnson presented on embracing and surviving change. She engaged the attendees in interactive dialogue about change and challenged us to realize how we embrace change both personally and professionally. Dr. Johnson also presented a poster session on Grassroots Change in Nursing Education. Anita Leveke, Julie Weldon, and Angela Shanahan presented on nursing research and the path to nursing leadership. Each presenter shared their

amazing and unique journey to nursing leadership and how ultimately, they united and together conducted nursing research and improve patient care. Dr. Diane Whitehead and Dr. Mary Bemker shared extremely valuable insights on workforce resiliency. They each challenged us to think deeply about personal and professional wellbeing. Their presentation was powerful and impactful to say the least! Dr. Nancyruth Leibold shared two posters, one titled Forest Bathing and the Effect on Anxiety Levels of Adults, and the other titled Looking Back at Omega Omicron 2020-21. Dr. Laura Hoffman delivered a post session on Health Literacy and Patient Education. Omega Omicron offered four contact hours for attendance to the Spring Summit. Please plan to join us for Spring Summit 2022!

of participating in our Omega Omicron Induction Ceremony this spring. It is my pleasure to introduce our newest members in the Omega Omicron Honor Society:

- Michelle Blood-Schilling
- Stacie Brinkman
- Elizabeth Martig
- Jennifer Mattingley
- Mercelline Ogeto
- Mandy Peterson
- Nicole Proviano
- Kiddist Temteme
- Maria Zielinski

With our growing member, our chapter is able to continue to meet our mission to advance world health and celebrate nursing excellence in scholarship, leadership, and service. This could not happen without all our members like you!

Sincerely,
Dr. Laurie Johansen, Chapter Counselor

From the Omega Omicron Counselor



Dr. Laurie Johansen

Greetings to all!

Exciting times as always in the Omega Omicron Honor Society! Through my role as Counselor for our chapter, I have the pleasure

Omega Omicron 2020-21 History

Submitted by Nancyruth Leibold

The Chapter Archivist is the keeper of the Omega Omicron Chapter of Sigma Theta Tau International history. The role of the Chapter Archivist is yearly summary documentation of chapter work and events. The 2020-21 year brought a bountiful basket of challenges with the COVID-19 pandemic for the Omega Omicron Chapter. The chapter reformatted in-person meetings and conferences into virtual spaces. Omega Omicron members responded with resilience and forward-focused energy! Members of Omega Omicron participated in a mask gifting to nurses through the Nursing Department at Southwest Minnesota State University.

New members joined and, members renewed their membership in Omega Omicron. The chapter held Educational webinars in November of 2020 and January 2021. The November 2020 educational webinar program was Combatting Burnout, Depression, and Suicide in Nurses: Evidence-Based Strategies to Enhance Personal Health and Wellbeing, presented by Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN. The January 2021 education webinar program was No Time to Teach? Tips and Tricks for Busy Nurses, presented by Fran London, MS, RN. The 2021 Nursing Leadership Spring Summit was held in March of 2021 using the virtual platform. Presentations and speakers included:

- ❖ Faith Johnson, *Embracing and Surviving Change*;
- ❖ Anita Leveke, Julie Weldon, and Angela Shanahan, *Nursing Research and the Path to Nursing Leadership*;
- ❖ Diane Whitehead and Mary Bemker; *Workforce Resiliency*;
- ❖ as well as Poster Presenters!

The annual meeting was on April 8, 2021, via a virtual platform.

Omega Omicron members have moved forward despite the challenges of the COVID-19 pandemic. Omega Omicron members are resilient, dedicated nurses with priceless talents!



Omega Omicron Chapter

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Forgiveness Research in Nursing: How People Forgive

Submitted by Nancyruth Leibold

Recine, A. G., Recine, L., & Paldon, T. (2019). How people forgive: A systemic review of nurse-authored qualitative research. *Journal of Holistic Nursing, 38*(2), 233-251.

<https://doi.org/10.1177/0898010119828080>

A holistic nursing approach recognizes the mind, body, and spirit of each individual. The hurt one feels when wronged is immense and impacts the whole person. Forgiveness of self and others emancipates the body, mind, and soul from a heavy burden. The power of forgiveness frees the individual from bitterness and pain and lifts the spirit to an enlightening sacred space. All should recognize the importance of forgiveness.

Recine et al. (2019) investigated how a person finds the power to forgive and about those who forgive self and others. Recine et al. (2019) used a systemic review of qualitative forgiveness studies. After a rigorous search and selection process and review, 11 studies met the inclusion criteria. Nurse researchers wrote all the research study articles. Qualitative data analysis included the spiraling procedure to saturation to identify key themes. The power

to forgive had interpersonal, intrapersonal, and transpersonal reasons. In the interpersonal domain, a support system, such as a nonjudgmental listener, family, friends, and organized faith, is helpful. Researchers found interpersonal themes as the power to forgive came from self-contemplation, empathy, wisdom, enjoyable activities, and letting go of comparing oneself with others. The transpersonal domain included meditation, prayer, and strength from faith.

The second research question, about the traits of people who forgive, was organized by cognitive, emotional, and spiritual subjects. In the cognitive realm, the individual must develop insight that the anger of not forgiving (self and others) was destructive to their health and happiness. A connection was present between their holding onto negative thoughts and feelings. Another finding was a willingness to improve self and live in the present. In the emotional realm, the person must feel humility and empathy. A desire for peace, humanity, loving, and valuing others is necessary for the spiritual realm. Recine et al. (2019) explain the ultimate choice of forgiving belongs to the individual. The ultimate decision to live a positive life purpose of forbearance or a negative life purpose of unforgiveness belongs to the individual (Recine et al., 2019, p. 245.) Forgiveness is an aspect of most organized religions and a fundamental foundation of spirituality. Final words of wisdom from Recine et al. (2019) include the practical tip that life is short; empower oneself by forgiving and live-in peace.

2020-21 Newsletter Committee

Chair	Libby Halvorson
Webmaster	Nancyruth Leibold
Member	Allan Johnson

If you are interested in joining the newsletter committee or writing an article, please contact Libby Halvorson at libbyh1069@hotmail.com

HELP WANTED!!!

Hello everyone!

I want to thank all of you who contributed to this newsletter! It was wonderful to have so many articles that show all the great opportunities we have and the difference we can make! As always, I am looking for any news or evidence-based articles to publish in this newsletter, so keep them coming. Please send them to me at libbyh1069@hotmail.com.

Thank you,
Libby Halvorson,
Newsletter Chair