

Honorable News!



Omega Omicron Chapter

Winter 2020-21

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 3, Issue 2

From the President



Melissa Kidrowski, President

Welcome!

I am Melissa Kidrowski, the new Omega Omicron president and I would like to say I am honored to transition to this new role from president elect. I first became a member of the group when it was first started as the Southwest Minnesota Nursing Honor Society after I graduated from SMSU's RN to BSN program in 2016. In 2019, the group became an official chapter of the Sigma Theta Tau International, the Omega Omicron Chapter of STTI.

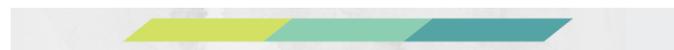
Sigma's mission is to recognize and help promote leadership, service, and nursing

scholarships. This mission is one that Omega Omicron Chapter continues work to promote, along with providing opportunities to meet other professionals, enhance leadership skills, and obtaining continuing education credits. We are involved in community services within our local areas, along with offering opportunities to be involved in committees that allow members to be part of chapter decisions to help guide the chapter in its mission.

My predecessors, Laurie Jo Johansen and Nancyruth Leibold, had worked hard to accomplish this transition to that of a chapter of the STTI. I am proud to now be able to lead it and am excited for the opportunities' becoming a chapter brings to our group and the nursing community. If you have any questions please let me know, I would be happy to help.

Also, please check out our website at <http://omegaomicron.sigmanursing.org/omegaomicron/home> which has more information about our chapter, along with upcoming educational opportunities and other helpful resources.

Sincerely,
Melissa Kidrowski, President



Call for Nominations

Submitted by Dr. Dawn Gordon,
Leadership Succession Chair

2021-23 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!!

Positions for the 2021-23 Ballot 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.

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.

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.

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.

Leadership Succession Chair: The chair is responsible for recruiting nominees for Society leadership, preparing the election ballot, and notifying candidates of election results. The Leadership Succession Committee, under the direction of the Chair, takes responsibility for overseeing the execution of Society elections.

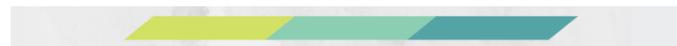
Newsletter Chair: The committee associated with the newsletter chair publishes a professional newsletter twice per year with the Society news.

Detailed roles and responsibilities of Southwest Minnesota Nursing Honor Society Leaders are found on the website under the menu heading: *Role Descriptions* at <http://www.southwestmnnursinghonorsociety.com/Role-Descriptions.php>

We (the Leadership Succession Committee) 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, Dawn Gordon at dawn.gordon@mnwest.edu

Thank you!

The Leadership Succession Committee



From the Omega Omicron Counselor:

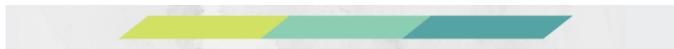
Greetings to all!

I have the privilege to interact with members of the Omega Omicron Honor Society through my role as Counselor for our chapter. With that, I had the pleasure of participating in our Omega Omicron Induction Ceremony last fall. It is my pleasure to introduce our three newest members in the Omega Omicron Honor Society:

- Lynae Johannes
- Kathleen Miller
- Linet Tingwe

As the new Omega Omicron Chapter continues to grow, our level of commitment to advancing world health and celebrating nursing excellence in scholarship, leadership, and service will be able to continue. This could not happen without all of our members like you!

Sincerely,
Dr. Laurie Johansen, Chapter Counselor



Omega Omicron Website News

Submitted by Nancyruth Leibold, Omega Omicron Webmaster

Omega Omicron has two websites. Our comprehensive Omega Omicron website is located at <http://omegaomicron.org/> This website is updated at least every two

weeks and is a great place to find Omega Omicron information about:

- Education programs
- Newsletters
- Archives
- Calendar of Events
- Awards Information
- And more!

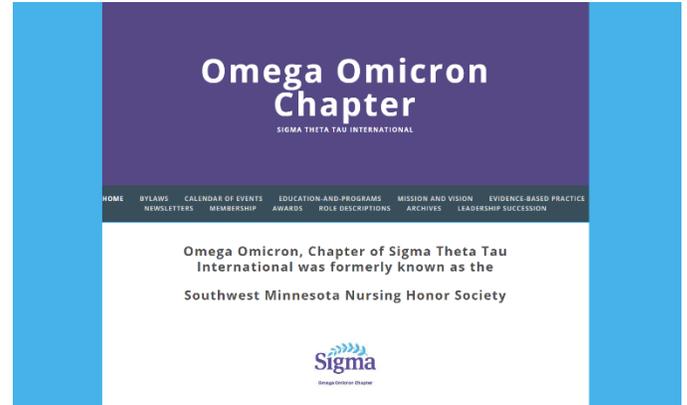
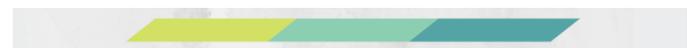


Image of the Omega Omicron Website

Omega Omicron also has a website housed by Sigma Theta Tau International that is located at <http://omegaomicron.sigmanursing.org/megaomicron/home>



Image of the Omega Omicron Website at Sigma





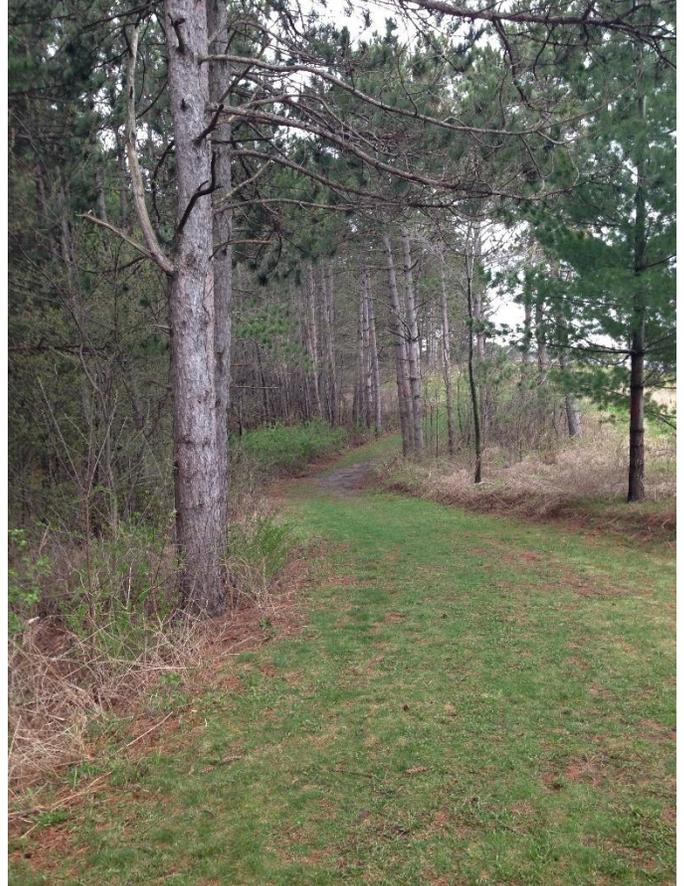
Omega Omicron Chapter

Nature Therapy Associated with Improved Health and Well-Being

Submitted by Nancyruth Leibold

An effective self-care practice is being with nature. In a study with 19,806 participants, weekly contact was examined to investigate the time exposure-response with nature (White et al., 2019). Nature exposures varied such as being outdoors, walking in the woods, being at the beach, or at the park. Measures used were the Monitor of Engagement with the Natural Environment Survey. Time blocks were counted as a 60-minute period. When compared with no exposure to nature, White et al. (2019) found that at least 120 minutes per week of nature was associated with improved health and well-being. Whether it was shorter times or one long amount of time in nature did not matter, it was the 120-minute mark

or more per week that impacted outcomes. The researchers recommend further study and the development of weekly nature exposure guidelines. Physical interactions with nature are an effective and healthy self-care behavior.



Forest Bathing at Whitetail Woods

Reference

- White, M. P., Alcock, I., Grellier, J., Wheeler, B. W., Hartig, T., Warber, S. L., . . . Fleming, L. E. (2019). Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Scientific Reports*, 9(1), 7730-11.
<https://doi.org/10.1038/s41598-019-44097-3>

Omega Omicron Awards Nomination Call—Nominate Yourself or Another Nurse

It is that time of year to make an award nomination for a deserving nurse to receive an Omega Omicron Award! Nominations are accepted via the application forms attached with each award description and via email to angela.chesley@avera.org by February 22, 2021.

The 2021 Awards are:

Berniece E. Morris Scholarship Award:

The Berniece E. Morris Scholarship is an annual \$300 Memorial Academic Scholarship for Registered Nurses that are continuing their education in a formal academic program (RN to BSN, MSN, EdD, DNP, PhD, etc.).

Emerging Nurse Leader Award: The Emerging Nurse Leader Award recognizes a nurse who provides inspiration and demonstrate commitment to those they serve

Excellence in Nursing Leadership Award:

The Excellence in Nursing Leadership Award recognizes a nurse leader for their achievements in the profession and at their organization who demonstrates exemplary leadership in their healthcare specialty.

Outstanding Nursing Student Award:

The Outstanding Nursing Student Award recognizes an individual nursing student who is enrolled in a nursing program currently and demonstrates a

commitment to the advancement of their education in a nursing program.

See the Omega Omicron Website for details about the award nomination applications and process at <http://omegaomicron.org/Awards.php>



Omega Omicron Awards

2020-21 Newsletter Committee

Chair	Libby Halvorson
Member and Webmaster	Nancy 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 need your help! I am looking for any news or evidence-based articles to publish in this newsletter. If you have any, please send them to me at libbyh1069@hotmail.com.

Thank you,
Libby Halvorson, newsletter chair



Omega Omicron Chapter

