

# Honorable News!

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



**Sigma**

Omega Omicron Chapter

## Society Newsletter, Volume 6, Issue 2

Winter 2023

### *From the President*



Greetings Members of Omega Omicron,

I hope this message finds you in good health and high spirits as enter the holiday season.

First and foremost, I want to extend my heartfelt gratitude for your unwavering commitment to our profession. The dedication to excellence in patient care, education, and

community service that our chapter's nurses demonstrate is inspiring. Together, we form a community that upholds the highest standards of nursing practice, and I am excited about the possibilities that lie ahead for us.

Our strength as a society lies not only in our collective achievements but also in the active engagement of each member. I encourage you to consider becoming involved in our various committees. Whether your passion lies in leadership, education, or governance, your unique skills and perspectives are invaluable. By participating in these committees, you not only contribute to the growth of our chapter but also enhance your own professional development. Please contact me or any member of the Omega Omicron Board of Directors to get involved.

Furthermore, I believe that advocacy is at the heart of our responsibility as nurses. Our profession is continually evolving, and it is crucial that we actively engage in shaping its future. I invite each one of you to join in our advocacy efforts to further the nursing profession. Together, we can influence policies, champion important causes, and create positive change in the healthcare landscape. Whether it's participating in legislative initiatives, raising awareness about

crucial healthcare issues, or being a voice for those who cannot speak for themselves, your involvement matters.

Thank you for being an integral part of Omega Omicron. Wishing you continued success and fulfillment in your nursing journey.

Happy Holidays,

Tami Haley, President

Omega Omicron Chapter

Sigma Theta Tau International

## From the Omega Omicron Counselor

Greetings to all!

It is a pleasure, as the Omega Omicron Counselor, to have an opportunity to introduce our nursing students to our Omega Omicron Honor Society Chapter of Sigma Theta Tau International (STTI)! Through my role as Counselor for our chapter, I provide our students with information about STTI, a professional nursing organization that advances leadership and scholarship in practice, education, and research to enhance the health of all people. I also have the privilege to invite qualified students and nurse leaders in our communities to be part of Omega Omicron

I would like to take this opportunity to introduce our newest members in the Omega Omicron Honor Society: Hamdi Abdihoosh, Ashley Bronsink, Maliki Kamara, David Lawlor, and Valerie Mollema, nursing student

members. We also had the honor of inducting Marissa Marten as a nurse leader.

With all our members, our chapter continues to meet our mission. This could not happen without all our members like you!

Sincerely,

Dr. Laurie Johansen, Chapter Counselor

Get connected on **My Membership**

- ▶ <https://Membership.SigmaNursing.org>
- ▶ Login: email address on file
- ▶ Password: 7 digit member ID number

"Sigma gives us many opportunities to grow, and are truly able to make an impact on nursing and healthcare all over the world."  
-Christiana Kiger, MA, RN

## 2023 Sigma Biennium Delegate Report

By Nancyruth Leibold



Two delegates, Nancyruth Leibold and Nicole Proviano, attended Sigma Theta Tau 47th Biennium as Delegates for the Omega Omicron Chapter. The delegates who voted on motions represented the chapter for all sessions. A new Chapter Bylaws document from the Sigma office will be available in Spring 2024. Thanks to Nancyruth and Nicole for their service as chapter delegates! Delegate attendance at Sigma is mandatory, or the chapter forfeits its membership dues to the

International Office. The next House of Delegates will be in 2025. Members interested in serving as future delegates should contact the Chapter President to volunteer.

### **Omega Omicron Chapter receives International Key Chapter Award from Sigma!**

By Nancyruth Leibold



(Carole Liske, the 2021-2023 Regional Chapters Coordinating Committee Chair (RCCC); Nicole Proviano, Omega Omicron Chapter Member; 2021-2023 Sigma President Kenneth Dion)

In November, the Omega Omicron Chapter received the International Key Chapter Award from Sigma at the Sigma Biennium! The Chapter Key Award signifies excellence by chapters in membership recruitment and retention, publicity and programming, professional and leadership development, and local/national/international collaboration. Nicole Proviano accepted the Chapter Key Award on behalf of Omega Omicron at the 47th Biennium! Thanks to Dr. Nancyruth Leibold and Dr. Mary Bemker for writing the Chapter Key Award Application!

### **Omega Omicron Member, Dr. Mary Bemker wins Prestigious Award!**

By Nancyruth Leibold



Omega Omicron Member Dr. Mary Bemker was honored with the 2023 Walden University Annual Faculty Excellence Award, College of Nursing! A Nursing Faculty member with notable accomplishments and effective teaching practices receives the annual award! Congratulations, Dr. Mary Bemker!

**Sigma**

**Omega Omicron Chapter**

## TREASURER'S REPORT

### Treasurer's Report to the Membership

By Nancyruth Leibold

The Internal Revenue Service required annual report was filed by Nancyruth Leibold in July of 2023. The Chapter Board of Directors approved the annual budget in September of 2023. All treasurer business is up to date. Current chapter assets total \$10, 658.61.

### 2024-26 Call for Omega Omicron Chapter Officer Nominees

By Nancyruth Leibold

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 2024-26 Ballot include:

Note: the terms start July 1, 2024, to June 30, 2026

President-Elect:

The primary function of the President-Elect (two-year term) is to shadow the current president and observe Society operations until the end of the term, at which time the President-Elect succeeds into the role as president (two-year term). (four-year commitment)

Faculty Counselor:

The counselor is responsible for selecting candidates based on membership eligibility criteria determined by the Society bylaws and the exception guidelines chosen by the Governance Committee. The counselor is also responsible for sending membership invitations and managing the induction process. The counselor serves as Chair of the Governance Committee.

Secretary:

The Society secretary is responsible for recording and distributing meetings minutes, along with preparing and distributing Society correspondence. Secretaries can chair and/or serve on committees as needed.

Program Chair:

Leads the development of the Annual Conference, and two educational webinars each year. Serves as the Director of the Annual Research/Practice Conference.

Detailed roles and responsibilities of Omega Omicron Leaders are found on the website under the menu heading: Role Descriptions at: <http://omegaomicron.org/resources/Roles%20of%20the%20Board%20of%20Directors%2C%20Officers%2C%20Committees%20%20June%2025%2C%202018.pdf>

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 Tracy Hadler of Leadership Succession at [tracy.hadler@smsu.edu](mailto:tracy.hadler@smsu.edu)

### Call for Non-Elected Leader Positions

There are also two positions open starting July 1, 2024, for the chapter Webmaster and Chapter Archivist. These two positions are appointed by the President of the chapter and are not on the ballot. If you are interested in one of these two positions, please contact Tami Haley at tamihaley@ecumen.org

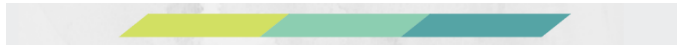
**Archivist:** Collect and preserve items of historical significance for the Society by filing meeting minutes, overseeing the collection and preservation of documents, statistics, and other contributions. Archivists may also develop or maintain the written history of the honor society. May be appointed and hold a long-term position.

**Webmaster:** Updates the Omega Omicron website in the Circle every two to four weeks with upcoming events and news and removal of outdated events and news. Works in collaboration with the Archivist to update the Chapter Archive on the website. May be appointed and hold a long-term position.



### Fall 2023 Webinar Successful!

Thanks to the presenter, Dr. Laura Hoffman, DNP, MSN, RN, CPHQ, who gave an excellent educational presentation titled, Health Equity: A Change in Mindset. The webinar was well attended and was quite popular! Thanks, Dr. Hoffman!



### Winter 2024 Program

Resilience Agility: Making Tough Times Work for You!

Presenter: Dr. Mary Bemker

Free and no pre-registration required!

February 8, 2024, 7-8 pm central time

Join Zoom Meeting

<https://minnstate.zoom.us/j/98468171241?pwd=U1I0cEtLTm1oRINweXhySGFocjFPZz09>

Meeting ID: 984 6817 1241 Passcode: Omega  
Phone audio: +1 646 931 3860 US

By the end of the presentation, the participant will be able to:

- o Define resilience agility
- o Identify key factors associated with resilient behavior
- o Consider two positive outcomes associated with resilience
- o Apply two strategies to bolster resilience within work and day to day activities



## 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 found on the website at <http://omegaomicron.org/Awards.php> with each award description and sent via email to [stella.nwachukwu@smsu.edu](mailto:stella.nwachukwu@smsu.edu) by February 15th, 2024.

### The 2024 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 demonstrates 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.

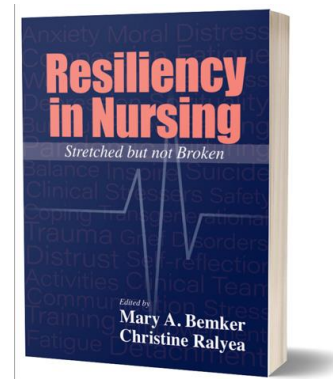
**Outstanding Nursing Student Award:** The Outstanding Nursing Student Award recognizes an individual nursing student who is currently enrolled in a nursing program and demonstrates a commitment to the

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>

## Dr. Mary Bemker Publishes Resiliency Textbook

By Nancyruth Leibold



Omega Omicron Member Dr. Mary Bemker published a new Resiliency textbook in 2023. The book is titled Resiliency in Nursing: Stretched but not broken with co-author Christine Ralyea. Member Dr. Nancyruth Leibold wrote about the health benefits of forest bathing, Forest Bathing: Self-Care for Nurses, a chapter insert for Chapter 3: Compassion Fatigue, Moral Distress, and Resiliency. Congratulations to Dr Bemker as the book received third place in the American Journal of Nursing Book of the Year!

**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-Omega Omicron members. Nursing students attend for FREE!

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

**2023-25 Newsletter Committee**

|        |                   |
|--------|-------------------|
| Chair  | Mary Bemker       |
| Member | Nancyruth Leibold |
| Member | 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)



**Omega Omicron Chapter**