

Honorable News!

**Sigma**

Omega Omicron Chapter

May 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 5, Issue 1

From the President



Melissa Kidrowski, Society President

Greetings everyone!
I hope everyone is staying well and healthy. Due to the pandemic still going on, Omega Omicron Chapter has had to continue to hold our inductions and summits this past year all virtually. Although the events were held virtually and we were not able to get together in person, we were able to have a great turnout anyway at our latest summit that was held this past March. There were four summit presenters and two poster presenters who gave wonderful presentations. I can't wait for next year to hear the variety of different

subjects that will be presented then! I would like to thank all the members who worked so hard to help put these events together. They did an awesome job! Hopefully, next year we will be able to hold the summit in person. Along with the summit, this past Thursday we held our Spring induction. We had eight new inductees join Omega Omicron and last Fall we had 17 new members join us! Congratulations to all our new members and welcome to the Omega Omicron Chapter!

For future news, in the next few months I will be finishing my term as President of the Omega Omicron Chapter and Tami Haley will be taking over. I wish her well as she switches from President-Elect to President. There will be other changes also as we recently finished up elections for board members and committees. I would like to congratulate everyone on their new roles! It has been a pleasure getting to know and work with everyone in the committee and meeting the new inductees.

Thank you for giving me the chance to be the Omega Omicron President. It has been a wonderful experience! I have learned a lot which will help me in my nursing career and help me to become a better leader.

President Melissa Kidrowski, BSN, RN



Spring Elections

Congratulations and Welcome to Our New Omega Omicron officers for 2020-2022!

Our recent election of officers was held electronically, with ballots closing on March 10, 2022. The votes were tallied up and the results have been posted. Please see our new officers listed above.

We want to acknowledge those officers who are stepping out of their roles: President-Elect Tami Jo Haley; Secretary, Lindsay Rohlik; and Program Chair, Dr. Laura Hoffman. Dr. Laurie Jo Johansen will stay on as Faculty Counselor. A special word of thanks to these officers who have led our group over the past two years.

As we look to 2022-2024, we are confident that Laura, Laurie Jo, Melissa, and Cindy will work with their teams to see that we continue to thrive as an organization of scholarship and service. We are so very fortunate to have such a group of qualified and committed candidates to lead us on into the future of Omega Omicron.

Looking ahead to the future, the ballot for next year (2023-2025) will include the following positions: Vice President, Membership Committee Chair, Awards Committee Chair, Treasurer, Leadership Succession Committee Members (3), and Newsletter Chair. If you are interested in becoming more involved in Omega Omicron Leadership, please consider volunteering for one of these positions. Or if you know of someone who you think would be a good leadership in one of these areas, please let someone on the leadership succession committee know (names listed on banner).

Leadership Succession Committee,

Faith Johnson
Leah Donner
Nancyruth Leibold

Congratulations



Newly Elected Leaders 22-24:
President-Elect: Dr. Laura Hoffman
Faculty Counselor: Dr. Laurie Jo Johansen
Secretary: Melissa Kidrowski
Program Chair: Cynthia Thaemert

Thanks for your Service!

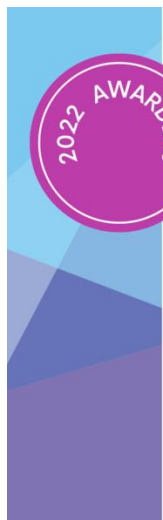


2022 Omega Omicron Awards

Congratulations to the 2022 Omega Omicron Chapter Award Recipients

Omega Omicron Chapter is proud to announce the following members honored in 2022 with awards. Dr. Mary Bemker is the 2022 recipient of the Excellence in Nursing Award. Hannah Larson also received the 2022 Excellence in Nursing Award. Jodi Bittner is the 2022 awardee of the Outstanding Student Award. Lindsay Rohlik received the Berniece E. Morris Scholarship. Sarah Hunter also was honored with the 2022 Berniece E. Morris Scholarship. Congratulations to all Awardees!

Submitted by Nancyruth Leibold, EdD, RN, MSN, PHN, CNE, AHN-BC



Congratulations to 2022 Awardees!

Outstanding Student
Jodi Bittner
Excellence in Nursing
Dr. Mary Bemker
Hannah Larson
Berniece E. Morris Scholarship
Sarah Hunter
Lindsay Rohlik



2022 Spring Summit: Diverse Perspectives of Holistic Nursing

Another Successful Spring Summit in the Books!

Spring Summit 2022: Diverse Perspectives of Holistic Nursing was held virtually on March 22nd with over 40 members and students attending. We were fortunate to have an esteemed panel of presenters at this year's Summit, including Omega Omicron members Dr. Darcy Nelson and Dr. Nancyruth Leibold. Dr. Nelson enabled us with a Relaxation Survival Kit and exercises to help relax using our five senses. Dr. Leibold introduced us to the art of Forest Bathing and its many benefits. The relaxation techniques and Forest Bathing are excellent practices of self-care for health promotion. Dr. Scott Christensen shared his personal journey of nursing leadership and the impacts his leadership efforts have had on quality improvement, including a project that empowered nurses working with behavioral patients. Finally, we learned so much about the interconnectedness of diversity, inclusion, patient-centered care and health equity from Kellie Goodson.

Dr. Nancyruth Leibold presented a poster titled *A Prosperous Sigma Chapter on the Prairie*. Dr. Leibold told the story of the fun, exciting, and remarkable achievements the Omega Omicron Sigma chapter had in 2021-2022. Dr. Leibold is such a great storyteller and what a neat story to tell! Omega Omicron member, Sarah Hunter, also presented a poster titled *Non-Pharmacological Interventions for Long-Term Pain Management of Endometriosis*. Ms. Hunter suggested that complementary and alternative therapy pain management strategies for endometriosis should be considered, especially because there is no definitive cure for the disease.

Evaluations of the Summit were overwhelmingly positive, with 98% of participants agreeing or strongly agreeing that the Summit objectives were met. Omega Omicron is proud to have offered 172 total contact hours to our eager-to-learn nurses in attendance.

My tenure as program chair will conclude in July 2022. I will be handing over the program chairperson duties to the very capable hands of Cindy Thaemert. However, I will remain on the program committee to lend a hand.

Submitted by Laura Hoffman, DNP, MSN, RN, CPHQ

Patient-Centered Care Presented Like Nobody Else Can

Omega Omicron member, Dr. Ruth VanHeukelom, presented *Patient-Centered Care: A Term Widely Used and Often Poorly Understood* at the Spring Webinar held virtually on February 1, 2022. Ruth helped us better understand patient-centered care and associated practices. I don't think I'm alone in saying that we learned so much more about patient-centered care than we could've imagined. Ruth gave us practical examples and engaged us in interactive dialogue; I think we could've continued for another hour at least! There were 19 people in attendance and 100% agreed or strongly agreed that the topic was interesting and objectives were met. Omega Omicron awarded free contact hours (sponsored by Avera Marshall) to 19 nurses in attendance.

Laura Hoffman, DNP, MSN, RN, CPHQ



Pictured: Dr. Ruth Van Heukelom

A Memorable Educational Webinar: *Patient Centered Care: A Term Widely Used and Often Poorly Understood*

On February 1, 2022, the Omega Omicron Chapter hosted an Educational Webinar: *Patient-Centered Care: A Term Widely Used and Often Poorly Understood* by Dr. Ruth Van Heukelom. Ruth, an Omega Omicron member, shared her rich expertise and experiences about the meaning of Patient-Centered Care! Dr. Van Heukelom told many powerful stories about centering care around the person! The presentation was well-received by attendees! Thanks, Ruth!

Submitted by Nancyruth Leibold, EdD, RN, MSN, PHN, CNE, AHN-BC





Pictured: Cindy Thaemert, BSN, RN

Cindy Thaemert is our Omega Omicron member in the spotlight for this newsletter! Read on to discover Cindy's responses to our member spotlight questions.

1. **What year did you join Omega Omicron?** I joined the organization in the fall of 2021.
2. **Where are you employed as a nurse and what is your role?** I am employed in a rural long-term care facility in Minnesota. I am one of the charge nurses.
3. **What is your favorite quote?** "Everything will come to you at the perfect time." -Unknown
4. **Who is your favorite nurse theorist?** Hildegard Peplau because she developed the model of nurse and patient relationship. The nurse takes on many roles when taking care of patients (Petiprin, 2020).
5. **What are your proudest accomplishments?** The proudest accomplishment would have to be

obtaining my bachelor's degree. It has opened my eyes on different aspects of nursing as far as improving my critical thinking skills and how important holistic nursing is to incorporate in the patient's care.

6. **What are your future aspirations?** I want to increase incorporating holistic nursing in the care that is provided and help nursing students.
7. **What are some of your favorite self-care activities?** Recently I have rediscovered my love for writing in a journal. This helps me tremendously with being able to express myself how I am feeling or just what is troubling me, without being judged. I do also enjoy listening to all kinds of different music genres and just trying to take time to be alone.

Reference

Petiprin, A. (2020). *Hildegard Peplau. Nursing Theory*. <https://nursing-theory.org/nursing-theorists/Hildegard-Peplau.php>

Submitted by Nancyruth Leibold, EdD, RN, MSN, PHN, CNE, AHN-BC



Officer in the Spotlight: Angela Chesley



Pictured: Angela Chesley

We honor long-time Omega Omicron Leader Angela Chesley as our Officer in the Spotlight! Angela was a founding member of the Southwest Minnesota Nursing Honor Society, which became Omega Omicron! Angela shares her responses to the Officer in the Spotlight questions.

What year did you join Omega Omicron? 2019- but was with the STTI during the time we developed the OO chapter.

What is your current officer role for Omega Omicron? Vice President

Have you served in other Board of Director roles for Omega Omicron? Awards Chair and Treasurer

Where are you employed as a nurse and what is your role? Lovelace Women's Hospital Albuquerque New Mexico. Director of ER - ICU/Critical Care Education/ and Dialysis Liaison

What is your favorite quote? "Take care of your people they'll take care of the mission." Lt. General Dr. Douglas Robb (Director of Defense Health Agency)

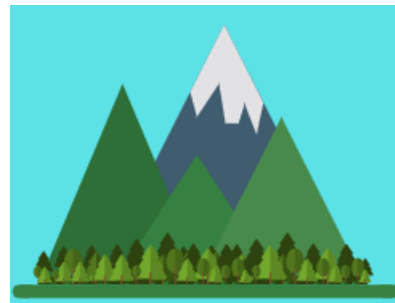
Who is your favorite nurse theorist? Florence Nightingale. Her holistic concepts and push for nursing standards and professional growth and development are as impactful and relevant today as they were in the early 1900s.

What are your proudest accomplishments? Being part of the incredible team that kicked off the BSN completion program at SMSU. Being part of the nursing team that developed the OO chapter. Mentoring new nurses. Making a positive difference in the lives of the patients and families I have cared for in their time of need. Watching my children bless others with their skills talents and heartfelt kindness.

What are your future aspirations? To achieve the Beacon Award for the ICU I currently oversee. To mentor nurses in ER and ICU to become more confident critical care nurses.

What are some of your favorite self-care activities? 1000-piece Puzzles - I find them therapeutic. Hiking in the mountains and taking in the beauty of the land. Pedis with my sisters and daughters, because girl time is the best time :)

Submitted by Nancyruth Leibold, EdD, RN, MSN, PHN, CNE, AHN-BC





Pictured: Angela Chesley

Omega Omicron Officers for 2021-22:

Melissa Kidrowski, President
 Tami Jo Haley, President-Elect
 Angela Chesley, Vice-President
 Lindsay Rohlik, Secretary
 Monica VanOtterloo, Treasurer
 Laurie Jo Johansen, Counselor
 Laurie Jo Johansen, Governance Committee Chair
 Faith Johnson, Leadership Succession Chair
 Leah Donner, Nancyruth Leibold Leadership Succession Committee Members
 Mary Bemker, Newsletter Chair
 Stella Nwachukwu, Awards Chair
 Laura Hoffman, Program Chair
 Miriam Dozier, Membership Chair
 Nancyruth Leibold, Archivist
 Nancyruth Leibold, Webmaster

Thanks to outgoing officers and leaders!

Thank You Outgoing Officers and Leaders!

Melissa Kidrowski, President
Tami Jo Haley, President-Elect
(moving to President role)
Lindsay Rohlik, Secretary
Laurie Jo Johansen, Counselor
and
Governance Committee Chair
Laura Hoffman, Program Chair

2021-22 Newsletter Committee

Chair	Mary Bemker
Member	Libby Halvorson
Member	Allan Johnson
Member	Nancyruth Leibold

If you are interested in joining the newsletter committee or writing an article, please contact Dr. Mary Bemker at mary.bemker@mail.waldenu.edu

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