

# Honorable News!



Summer 2023

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 6, Issue 1

## From the President



Greetings Omega Omicron Members!

We may have experienced a slow start to our spring warmup, but it didn't impede a flurry of activity within the chapter. February's Webinar and the March's Spring Summit provided wonderful opportunities for professional development and continuing education. Thank you to the presenters and Program Committee for making these events possible. We also announced the recipients of our annual chapter awards and the 2023 newly elected members of the Board of Directors at the Spring Summit. In April, we were excited to welcome 15 new members to the chapter at the Spring Induction Ceremony. Congratulations to all award winners, new leaders, and new members!



May is the month where Nurses are officially celebrated each year. Nurses Week starts each year on May 6th, the National Recognition Day for Nurses, and continues through May 12th, Florence's Nightingale's birthday. Thank you for choosing to be a nurse and for your dedication to caring, leading, educating, advocating, and serving those who need you most. In this month of celebration, I encourage you to take a few moments to reflect on your career, your accomplishments, and the difference you make every day as a nurse. Celebrate the nurses in your network and celebrate you!

To learn more about Sigma and get involved with Omega Omicron, please visit the websites below and like our chapter page, Omega Omicron Nursing Honor Society, on Facebook. Sigma: <https://www.sigmanursing.org/> Omega Omicron: <http://omegaomicron.org/>

Wishing you a happy, healthy summer!

Tami Haley, Chapter President



### Spring Elections

**Congratulations and welcome to our new Omega Omicron officers for 2023-2025!**



Many thanks to all the new officers that will be sharing their talents with Omega Omicron!



### 2022 Omega Omicron Awards

**Congratulations to the 2022 Omega Omicron Chapter Award Recipients**

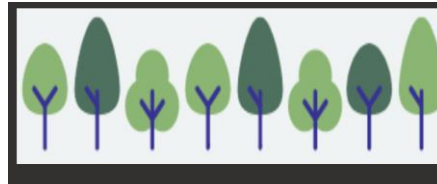
### 2023 Spring Induction

Omega Omicron had a virtual induction ceremony again on April 13, 2023 and had the honor of inducting 15 new members. It is my pleasure to introduce our newest members in the Omega Omicron Honor Society:

Birtukan Aga, Nasibo Bagajo, Teresa Hoepfer, Catherine Ireri, Ebise Korsas, Anita Momsen, Charity Ngelo, Daniel Nyambati, Rosie Okere, Elkanah Osiemo, Suneeta Pervaiz, Magen Schirmers, Terri Taylor, Arika Watkins and Brittany Larson as a nurse leader.

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

Submitted by: Dr. Laurie Johansen  
Chapter Counselor



## 2023 Spring Summit: Advancing Nursing Leaders

### Another Successful Spring Summit in the Books!

The Omega Omicron Chapter Spring Summit 2023 was met with opportunities to grow our nursing leadership skills. The themes that I took away from the day were: nursing leadership is a journey; leadership begins with self-reflection; collaboration is key to any successful initiative involving change; and listening is of upmost importance. Just under 50 nurses gathered to hear from nursing leaders from around the country. Dr. Mary Bemker encouraged us to lean on social and emotional intelligence as a way to promote personal well-being, foster a healthy work environment, and develop a team approach to resolving workplace conflict. Susan Battaglia discussed successful strategies for developing a workplace violence prevention program. Three key lessons I learned from Sue were the importance of listening to frontline staff, collaborating with all disciplines including security, and that reporting when incidences happen to you is absolutely vital. Dr. Tina Ralyea eloquently described how the use of a shared governance structure can foster nursing leadership throughout an entire organization and build accountability. Drs. Linda Johanson, Patti Urso, Debbie Sullivan, and Mary Bemker helped us better understand the concept of cultural humility. While the presentation concentrated on incorporating cultural humility in online education, it was very much applicable in our everyday interactions and relationships with all people.

Submitted by Dr. Laura Hoffman

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### Nurses' Use of Spiritual Practices in Caring for Self During the Pandemic

This newsletter article reviews the work of Hawthorne and Barry (2021), who explored stressful life events and their impact on spirituality in a literature review. One such event was the stressful working settings during the COVID-19 pandemic. Nurses experienced daily exhaustion, stress, work dissatisfaction, and end-of-life experiences (Hawthorne & Barry, 2021).

Spirituality is a vital component of humans with a link to health. Hawthorne and Barry (2021) stress that spirituality is an individualized journey for existential meaning. Spirituality is not the same thing as religion. Religion includes organized worship and faith. Religion may be one aspect of spirituality.

One touching exemplar in the article is a nurse, Rosie, who describes her stress during the pandemic (Hawthorne & Barry, 2021). She is busy and feels pressure from herself to do better. This self-induced state caused her sleep loss, eating less, and negative moods. To deal with stressors, Rosie prays to God and uses mindfulness and meditation to help her stop negative thoughts and concentrate on positive thoughts.

The article includes four other nurse exemplars connecting nurse stress and spirituality during the pandemic. The article is a recommended short read!

Submitted by Nancyruth Leibold

#### Reference

Hawthorne, D. M., & Barry, C. D. (2021). Nurses' use of spiritual practices in caring

for self during the pandemic. *Holistic Nursing Practice*, 35(5), 242–247.  
<https://doi.org/10.1097/HNP.0000000000000467>



Membership Spotlight: Sherry Helleksen



Thank you to Sherry Helleksen for being our Omega Omicron Member in the Spotlight! Sherry answered the following questions.

1. What inspired you to become a nurse?

My parents encouraged me to become a nurse and supported my education financially. I respect the nursing profession and have always wanted to become a nurse and help people. I care for patients with compassion and advocate for patients,

families, and community promoting health and safety. Through nursing practice, I am obligated to practice values, norms, and morals with adversity and cultural competence to help people in health and illness.

2. Where are you employed and what is your position in nursing?

I am employed at Planned Parenthood of the North Central States, Mankato, MN.

3. What is your specialty area in nursing?

As a support staff, I provide education on family planning, mental health, and sexual health to a diverse population. The art of nursing is applied by having evidence-based knowledge and education to provide the appropriate resources patients need for family planning, disease, and mental health issues. My experience and skills in the science of nursing are an asset.

4. When and where did you earn your BSN?

I completed my Bachelor of Science Degree (BSN) at Southwest Minnesota State University (SMSU), Marshall, MN. Graduating in May 2019, I earned a Summa Cum Laude honor and was inducted into the Omega Omicron Sigma Theta Tau.

5. What nursing program at SMSU are you currently enrolled in and why did you choose SMSU?

I have been given the honor of starting in the first group of students in the Master in Nurse Education (MNE) program. The reason I chose SMSU, to take classes online and continue working. The support I received from my professors in the Registered Nurse (RN) to Bachelor of Science Nursing (BSN) program aided in my education goals.

6. What are some goals you have in your nursing career?

My goals are to continue working full-time while in the MNE program. After completing the MNS program, I would like to work part-time as a MNE and teach future nurses academically and in clinical sites.

7. Who is your favorite nurse theorist and why?

Jean Watson is my favorite nurse theorist. Watson’s Caring Science Institute has many great resources. Caring in Science Theory embraces the whole person in mind, body, and spirit that is instrumental in patient experiences and outcomes.

8. What are your favorite hobbies and pastimes?

My favorite hobbies are crocheting, sewing, collecting old fishing tackle, and walking outdoors with my dog “Sheila”.

9. What is your favorite self-care practice of yours?

I enjoy cooking and baking, spending time at our cabin, traveling, fishing, swimming, going to church, making phone calls to my children, entertaining, and being with family.

Submitted by Nancyruth Leibold



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December of 2022. Dr. Rohlik’s Doctoral Project was titled, TeamSTEPPS® Training Outcomes in an Academic Community-Based Clinical Setting.

Congratulations, Dr. Lindsay Rohlik!



In my current position, I lead nurses and other quality improvement professionals through a journey to uncover what more their healthcare organization can do to advance health equity. It’s easy to get caught up in the day-to-day activities of nursing and not think about the root causes of patients not achieving their healthcare goals. Whether you are a bedside nurse, supervisor, director, or whatever role you meet in your career, you can impact health equity. As nurses we know that unmet social needs can contribute to poorer health outcomes. Have you ever stopped to think about how one might identify a patient with unmet social needs? I challenge each of you to learn if your organization is screening patients for unmet social needs that could be impacting their overall



Congratulations, Dr. Lindsay Rohlik!



Omega Omicron member, Dr. Lindsay Rohlik earned her Doctorate in Nursing Practice in

health. If you are screening, what are you doing with the results?

One hospital system with which I work, realized that many patients being seen in their emergency department (ED) weren't there because they had a medical need. Instead, they had unmet social needs. This hospital system began screening for food insecurity in the ED, as a gateway to uncover other social needs. As part of this work, they realized nurses wanted to do more to help the patients who were food insecure. As such, they started a food bag program. I had the privilege of interviewing individuals from the organization in a podcast series called [Knowledge on the Go](#). Here they talk about screening for food insecurity and the intricacies of their food bag program. It's quite remarkable! You can listen to the podcast by using this link or otherwise search for Knowledge on the Go anywhere you listen to podcasts. This and other information related to healthcare organizations addressing social needs are included here.

Submitted by Dr. Laura Hoffman



#### **2022-2022 Newsletter Committee**

Chair	Mary Bemker
Committee Members	Nancyruth Leibold
	Jacob Work

If you are interested in joining the newsletter committee or submitting information for the newsletter, please contact Mary Bemker at [mary.bemker@mail.waldenu.edu](mailto:mary.bemker@mail.waldenu.edu)