

A Note From

THE EXECUTIVE DIRECTOR

What an interesting and challenging time it is to be a nurse! Most years this month is filled with events to celebrate nurses in many settings. This year, with the stresses of clinical nursing care related to COVID-19 and social distancing continuing for the majority of us, our celebrations will have to be different.

We would like to encourage our members to be creative in their observations of Nurses Month in keeping with the four themes ANA has identified. During the first week the focus is on Self Care. Nurses are asked to focus on their mental health and physical well being. This would be a good time to do a self-assessment and initiate at least one thing that could improve your own health.

The second week the focus is on Recognition. Think about nurses that you know who provide excellence in care of older adults or education of students related to gerontological nursing. Do a shout out on social media, write a personal note of appreciation, nominate them for an award, write a poem or essay, send a letter to the editor of your local paper.

Professional Development is the theme for the third week. This is a good time to consider writing or telling the story of nursing to help other realize the power and value of nursing in our society. While our families and colleagues get tiny glimpses of what nursing is from us, few will see this unless we find better ways to articulate it. We should shine a spotlight on this for individual nurses and the profession.

Community Engagement is the theme for the fourth week. ANA will be promoting the ANF Coronavirus Response Fund for Nurses. In addition to supporting this endeavor, we can look for ways for our local, regional, state, national, and global communities can support nurses as we build a new normal for everyone.

Happy Nurses Month from everyone here at NHCNE! Don't forget to check out our Facebook page for interesting posts throughout the month. This is also a great place to share your stories and engage with other members.



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