

President's Message



As summer in Michigan winds down, we are all working hard to get some last-minute family and relaxation time in before transitioning into the fall season. It is also a year where we as a nation and even as an organization are going through change. ANA-Michigan has new strategies and goals as well as opportunities to collaborate and impact healthcare. As a new President for ANA-Michigan, I too am looking for ways to engage our members and lead change that will continue to build a vibrant organization. I can't do that alone or even with our Board of Directions without the engagement from our great ANA-Michigan members. When I think of the passion and dedication that nurses bring, I believe that we can have the power to transform healthcare systems, policies, our professional organization and most importantly, the lives of our patients and those that we serve. As professionals, we have several effective ways to use engagement for creating change:

1. **Advocacy:** Using your voice to advocate for policy changes at local, regional, or national levels. Leveraging your voice with others in a professional nursing organization such as ANA-Michigan to share information and influence change.
2. **Self-Care:** Take care of your own well-being to sustain your capacity for advocacy and engagement. Balancing professional responsibilities with self-care ensures that you remain resilient and effective in your efforts to create positive change.
3. **Education:** Share your knowledge and expertise with colleagues, patients, and the community. By educating others about important health issues, you can raise awareness and empower people to make informed decisions.
4. **Patient-Centered Care:** Advocate for patient-centered approaches that prioritize individual preferences, needs, and values. By championing patient

advocacy, you can promote equitable access to quality healthcare services.

5. **Community Engagement:** Get involved in community health initiatives, volunteer programs, or outreach activities. By engaging directly with communities, you can identify their needs and advocate for resources and support.
6. **Leadership:** Take on roles within your organization or professional associations. Leadership positions provide opportunities to influence policy, promote evidence-based practice, and foster a culture of innovation.
7. **Collaboration:** Work collaboratively with committees, interdisciplinary teams, policymakers, and stakeholders to address complex healthcare challenges. Collaboration allows for diverse perspectives and collective action toward achieving common goals.
8. **Use of Technology:** Leverage technology and social media platforms to amplify your message, raise awareness, and mobilize support for change initiatives.
9. **Continuous Learning:** Stay informed about emerging trends, best practices, and advancements in healthcare. Continuous learning enables you to adapt to evolving challenges and contribute effectively to improvement efforts.
10. **Research:** Contribute to research projects that address gaps in healthcare delivery, patient outcomes, or healthcare disparities. Research findings can influence policy decisions and clinical practices.

By leveraging these strategies, we can effectively use engagement to advocate for change and contribute to a more equitable and patient-centered healthcare system.

So, as you consider increasing your voice, consider upping your engagement within ANA-Michigan and using our professional nursing organization for

both personal and collective professional growth. Here are some ways to get involved:

1. **Join Committees:** ANA-Michigan has committees focused on various aspects of nursing practice, education, policy, and advocacy. Joining a committee allows you to contribute your expertise and perspectives to specific areas of interest. Look for calls for new ad-hoc or advisory committees starting.
2. **Attend Conferences and Events:** Participate in conferences, workshops, townhalls, and webinars. These events provide opportunities for networking, continuing education, and staying updated on current trends and research in nursing.
3. **Volunteer:** Offer your time and skills to assist with organizing events, coordinating activities, or supporting initiatives. Volunteering demonstrates your commitment to the profession and allows you to make valuable contributions.
4. **Publish and Present:** Share your knowledge and experiences by submitting articles to your organization's publications or presenting at conferences. Publishing and presenting contribute to the advancement of nursing knowledge and practice.
5. **Advocacy and Policy Engagement:** Get involved in advocacy efforts led to influence healthcare policies, regulations, and legislation. Advocate for issues that affect nurses, patients, and the healthcare system.
6. **Networking:** Build relationships with other nursing professionals through networking events, online forums, and social media platforms. Networking can facilitate collaboration, mentorship opportunities, and career advancement.
7. **Leadership or Mentoring Development:** Participate in leader or mentor-

ing programs. These programs can enhance your skills, prepare you for new roles within the organization or in your professional practice.

8. **Continuing Education:** Take advantage of educational resources, webinars, and courses offered. Continuing education helps you stay current with best practices and advancements in nursing.
9. **Membership Engagement:** Provide feedback, participate in surveys, and contribute ideas to help shape the direction and priorities of your organization. Your input and voice as a member is valuable in guiding organizational decisions.
10. **Promote Diversity and Inclusion:** Ad

vocate for diversity, equity, and inclusion within your organization and the nursing profession. Support initiatives that promote cultural competence, address health disparities, and ensure equitable opportunities for all nurses.

Engaging actively with ANA-Michigan as your professional nursing organization not only benefits your own professional development but also strengthens the voice of nurses in advocating for high-quality patient care and advancing the nursing profession as a whole.

At ANA-Michigan we are working to ramp up member engagement and make sure that every nurse can use their voice to bring forward key issues and challenges

facing our professional practice. I hope you will embrace your role, use your voice, and engage to help ANA-Michigan drive meaningful and positive change. Every action you take, every word you speak, has the potential to create a ripple effect of compassion, innovation, and healing. Together, we can strive to build a future where our nursing practice, health equity, patient-centered care, and excellence are the cornerstones.

Your engagement and voice matters—use it boldly, use it wisely, and use it for good." ■

Barbara R. Medvec
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President ANA-Michigan

Navigating the Transition: Embracing Work-Life Balance

As the warm days of summer gradually give way to the crisp air of fall, we often find ourselves reflecting on the cherished memories of family vacations and precious moments spent with loved ones. The transition from summer to fall not only marks a change in season but also a shift in our routines. With school resuming and the busy holiday season on the horizon approaching, it's a perfect time to revisit the importance of work-life balance, especially for our dedicated nurses.

Nurses are the backbone of our healthcare system, working tirelessly to care for patients around the clock. The demands of their profession are immense, often requiring long hours and navigating high-stress situations. Balancing these professional demands with personal life can be challenging, but it's essential for maintaining overall well-being and job satisfaction. Here are some strategies nurses can use to manage the demands of their busy work schedules while ensuring they have quality time outside of work.

1. **Prioritize Self-Care:** Regular exercise, a balanced diet, adequate sleep, mindfulness practices, such as meditation and deep breathing exercises, can help reduce stress and promote mental clarity.
2. **Establish Boundaries:** Setting clear boundaries between work and personal life is vital. During personal time, make a conscious effort to disconnect from work-related tasks and communications.
3. **Leverage Support Networks:** Colleagues who understand the unique challenges of nursing can offer invaluable emotional support and practical advice. Equally important are the relationships with family and friends, who provide a sense of normalcy and grounding.
4. **Engage in Hobbies and Interests:** Pursuing activities that bring joy and fulfillment outside of work can significantly enhance overall well-being.
5. **Utilize Professional Resources:** Many healthcare institutions offer resources designed to support their staff, such as counseling services, wellness programs, and professional development oppor-

tunities. Click here to access ANA-Michigan's Nurse Well-Being Resources.

As we look forward to the vibrant colors of fall and the festive holiday season, it's important to remember that achieving and managing work-life balance is not only possible but essential. Your commitment and compassion do not go unnoticed. As you continue to care for others, remember to care for yourselves as well.

In the words of the beloved poet Maya Angelou, "As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others." Let this be a reminder that nurturing yourself is just as important as nurturing those in your care.

Thank you for your unwavering dedication and the invaluable work you do every day. As summer ends and we transition into fall, take time to rest, rejuvenate, and savor the moments that matter most.

With gratitude and support, ■

Tobi Lyon, MBA, CAE
Executive Director

