10 Ways to Celebrate National Nurses Week: May 6-12

Throughout New Hampshire, in the halls of our Congress, and across the country — registered nurses are leaders in health care. Whether you are caring for a patient, implementing an innovative strategy to improve patient care or advancing your skills through professional development - today’s nurses are leaders taking charge and making a difference.

This year, National Nurses Week, May 6 to 12, will celebrate “Nurses Leading the Way.” Join the New Hampshire Nurses Association (NHNA) and the American Nurses Association (ANA) as we recognize the contributions of America’s 3.1 million nurses.

1. Register for ANA’s National Nurses Week webinar on leadership. Wednesday, May 7 at 1 p.m. ET. It’s free for ANA and NHNA members. Visit NursingWorld.org to register for this and many other ANA webinars – all free or discounted for ANA members.

2. Order Poems from the Heart of Nursing: Selected Poems from the American Journal of Nursing for yourself or for a special nurse. These works, written for such celebrated nurses like Florence Nightingale, delve deep into the heart and soul of nursing. The book is just $19.95 for ANA members; list price is $24.95. Available from nursesbooks.org or by calling 800-637-0323.

3. Invite a colleague to take a walk, go for a swim or catch a yoga class. Be a Healthy Nurse™ for yourself and your fellow nurses. Visit the Healthy Nurse™ area on nursingworld.org for tips and tools to help you be a healthy role model. Register for the NHNA “Healthy Nurses, Healthy Communities” event in June (see page 11.)

4. Speak out for nurses by writing a letter to Congress. You could write to one of the six members of Congress who are also RNs. Visit rnaction.org, the ANA Department of Government Affairs website, to learn more about the issues impacting nurses and how you can make a difference.

5. Check out the ANA Leadership Institute to increase your influence, impact and enhance your career. Read the Emerging Nurse Leadership blog. Visit www.ana-leadershipinstitute.org to learn more about Change Ahead: Seminar Series for Emerging and Developing Nurse Leaders.

6. Say it with flowers. Surprise your favorite professor, a mentor, a colleague, your significant other, or your BFF using the language of flowers. To wish a nurse a good National Nurse’s Week, send bells-of-Ireland, which convey luck. For the nurse who has survived her own challenges, a flowering cactus represents endurance. White zinnias convey goodness, while the scarlet zinnia expresses constancy, a suitable sentiment for the nurse who is ever constant and reliable.

7. ANA wrote the book (actually many books) on leadership for nurses. Check out the leadership featured items in nursesbooks.org for a large selection of titles spotlighting leadership for nurses. Some titles are also available electronically.

8. Be social. If you haven’t already done so, visit Facebook and “like” the New Hampshire Nurses Association and the American Nurses Association Facebook pages. And visit LinkedIn to create a professional profile and start “following” the American Nurses Association.

9. Honor a Nurse – who has touched your life or has made a difference in the lives of others and the practice of nursing. The American Nurses Foundation created Honor a Nurse to celebrate nurses, a program sponsored by Lippincott Nursing Solutions. Visit the American Nurses Foundation website, www.anfonline.org to make a donation and honor your favorite nurses.

10. Invite a nurse to join NHNA and ANA. Share the incredible career advantages and valuable professional benefits with a colleague. Membership in ANA and NHNA are now just $13/month—a smart investment in the future of a nurse and the nursing profession.

While just one week a year, May 6 to 12, is officially National Nurses Week - at NHNA and ANA, every week is Nurses Week!

NOTE: To obtain the official logo above for print material use, email: office@nhnurses.org