

**Continuing Covid Challenges**

 As we continue to face the uncertainty of Covid-19 and when we will be able to return to what was once considered "normal", please know that AACN is here to support each of you and your chapters.  **AACN continues to monitor the Covid-19 situation across the United States and in doing so has asked chapters to cancel all in-person meetings/events/social activities until June of 2021.  In addition, AACN announced the difficult decision to change NTI 2021 to a Virtual NTI.** Although this is a great disappointment to me as I am sure it is for many of you, I understand the time and consideration it took to come to this conclusion. Our Home Office is focused on maintaining the health and well- being of all critical care nurses and their communities. So, let’s be ***ALL IN*** and make the first Virtual NTI, the best one ever.

As we continue to work our way through this new reality, let’s think “outside

of the box.” What do you as chapter members and leaders need to continue to do the work you do and to grow both professionally and personally? Virtual meetings can address educational needs as well as social and emotional needs. The next several months will be a challenge for all of us. We want to continue to engage members not only in their local chapters but with AACN. Plan a "get to know you" zoom kick off meeting, have a "watch and discuss" zoom call utilizing educational activities from the Education room, or plan a zoom meeting for members to come together and support one another. This is all new and we are learning to navigate uncharted waters together.  So, stay tuned for exciting news about how you can access the most exhilarating and important aspects of NTI virtually-from education to rejuvenation and inspiration-in a completely new way!

 **\*\*\* REMEMBER\*\*\***

**It is OK to not hold chapter meetings at this time if you determine your members need to focus on other things right now.**

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AACN Chapters exist to support your community of nurses in whatever way they need.

**Update on Use of Presidential Theme Artwork**

Chapters may now use the themed artwork on chapter facebook or other social media pages. Just remember you cannot use the artwork on any items that you intend to sell.

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**Region 6 Annual Critical Care Nursing Conference**

The planning committee met this week for the first time since cancelling this year’s conference. We discussed options for a virtual conference next year vs. in person. Although we would all prefer to be able to get together in Atlanta as we have in the past, at this point we are exploring all options. One thing we all agree on, we want to be able to provide the educational opportunities to our region in some form! More to come next month.

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**Take Care of Yourselves!**

Here are some resources I have found helpful. I hope you do too.

[**Well Being Initiative**](https://www.aacn.org/nursing-excellence/well-being-initiative)

AACN recognizes the mental and emotional stresses you may be facing. To help, here are free tools and resources to support your mental health and

well-being. Remember, it is A-OK to take care of yourselves first. If we do not put ourselves first (even for just a moment), we will not be able to care for others.

[**Covid-19 Support Podcast series**](https://www.aacn.org/clinical-resources/covid-19/podcast-series)
Listen on the go to nurse’s stories about teamwork, moral distress, coping strategies and more.

**Peer Support** [**Community**](https://aacn.mobilize.io/network-groups)

This is an AACN Members only community.

[**Coaching Nurses for Resiliency**](https://www.aacn.org/education/webinar-series/wb0061/coaching-nurses-on-building-resilience-in-a-turbulent-time)

This excellent webinar has techniques you can use today in your work place with your peers and yourself.

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**Region 6 Chapter Officers Zoom Meeting October 8th**

I am very interested in what your chapter is doing or would like to do as we move forward. So please don’t forget to log into the first ever virtual meeting of all chapter officers and board members in Region 6.

As always, I am only an email or phone call away.

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