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| Fall is in full swing throughout Georgia and Alabama and soon we will be coming together to celebrate Thanksgiving with our family, friends, and co-workers.    It is a Time for giving thanks, a Time to reflect on all that we have been through, but most importantly a Time to be thankful for all that we have and continue to give to the nursing profession and ourselves. However, it is also a Time to be thankful for each and every one of you.  A Time to focus on ourselves, a Time to re-energize, and a Time to reflect. There are 4 habits that I encourage you to develop based on the mnemonic **TIME**    **T** – Thankfulness: Start each day finding joy or what you are thankful for. End each day with a moment of thankfulness  **I** -   Inspiration: Allow 3 to 5 minutes each day to focus on you! Read your favorite quote. Listen to your favorite song. Awaken to your favorite picture  **M** - Meditate/Mindfulness; Making time to schedule a meeting with **yourself**  **E** - Exercise/Energize: Take a moment each day to energize.    ***As the holiday season approaches, Take TIME for you!***  **NEWS AND NOTES**  **Chapter Leadership correction** – in the last update there was an error in the Greater Birmingham Chapter president. It is Britney Burns. Britney has been an active participant in the chapter and the Region 6 planning committee, and I know she will be an awesome leader of this chapter.  **Region 6 Chapters leadership renewal retreat –** coming in March! The planning committee is pleased to announce the first ever retreat for current and upcoming chapter leaders. So much time and energy and commitment goes into leading your chapter that we believe a get together with your AACN colleagues is a great idea. Stay tuned for the details.  **Approaching Deadlines** 1st Quarter (July-Sept) Financial Reports due 11/15/2022, Non-Employee Compensation Form due 12/31/2022. AACN understands chapters may still be "On Pause" and not meeting or holding events. The IRS still requires AACN to submit financial reports for each chapter. We are here to help facilitate sustaining your chapter. If you have concerns specifically about meeting the report deadline, please email [Chapter@aacn.org](mailto:Chapter@aacn.org) or contact me.  **Program Approval Process changes** For those submitting programs for CE or CERP approval please note there have been some revisions an changes to the process. Primarily changes regarding the financial disclosure forms and process and the post activity reporting. To review a summary of these changes, go to ANNOUNCEMENTS on the [Region 6 Website](https://aacnregion6.nursingnetwork.com/nursing-news)  **NTI 2023 REGISTRATION NOW OPEN**  **May 22-24, 2023 Philadelphia Pa**  **June 12-14, 2023 Virtual**  If you were unable to make the 2022 NTI in Houston, now is the time to start planning to attend the 2023 event in Philadelphia! Nothing can replace the sense of belonging that comes with an in-person NTI.   * Hands on learning – over 200 sessions with leading experts and more than 35 CEU offered on 50 topics * Inspiration – supersessions with motivational speakers and AACN leadership offer insight, hope and encouragement * Togetherness – networking with colleagues from across the nation to share successes and challenges * Expo Ed – hundreds of exhibitors provide mini educational events * Nurses Night Out – at the Franklin Institute, is full of entertainment, fun, and a chance to celebrate the awesomeness of who we are as nurses!   If you have never attended, you will be awed by the unparalleled education, energy, and new experiences that are the hallmark of AACN’s National Teaching Institute.  [Click here for more information and to register](https://www.aacn.org/conferences-and-events/nti?tab=NTI%20Philadelphia) |
| I know many of the chapters are meeting as I follow the websites. I would love to receive more chapter meeting invites and any event pictures/info/flyers to share in the Newsletter and on the Region 6 website. |

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As always, I am available by email or phone for any assistance you or your chapter needs, or to just talk about challenges and accomplishments.

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Region 6 Chapter Advisor

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