

LAMBDA PSI NU, INC NATIONAL

The Lioness

GO RED FOR HEART HEALTH

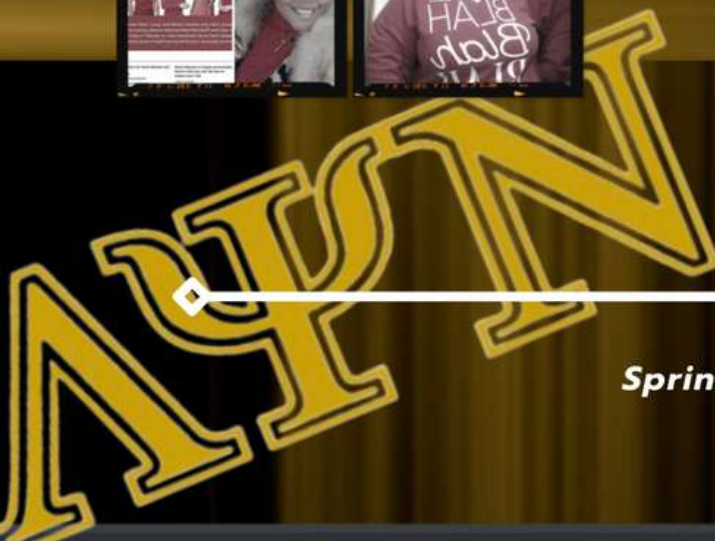
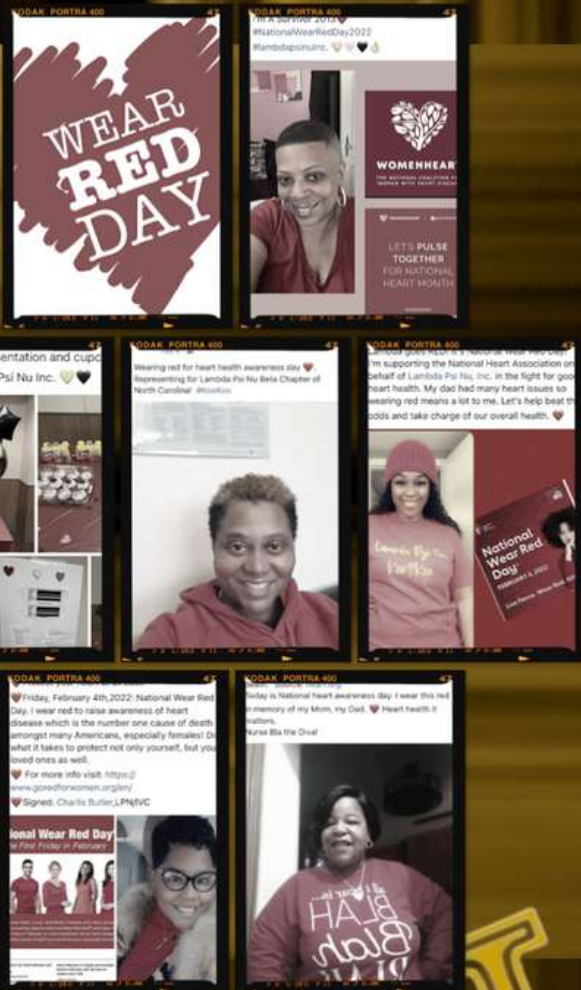
Heart health... What it is it? Simply put it's how well you are treating your heart. In an even more fundamental way how well are you treating yourself. Are you consistently and intentionally listening to your body? When you have nagging "indigestion" that lasts for a few days. Do you tell yourself "I just need to burp" or "I just need some mustard"? How many times has one or both of your legs swollen and stayed swollen without cause? How many days have you let that headache, radiating jaw, neck and shoulder pain linger? Only to tell yourself "I'll go to the doctor ONE DAY" and one day never comes because you have things to do? In short Heart Health is you making your health as important as those you care for. Despite increases in awareness over the past decades, only about half (56%) of women recognize that heart disease is their number 1 killer according to the CDC. Yet we ignore the signs.

Some ask, "why should I care, It doesn't affect me my heart is fine" or "I'm young I don't have to worry about that!". To the first response I say heart disease is the silent killer of women. We have heard it time and time again, it is general knowledge now. As Nurses, we know. Yet, we ignore them in ourselves. So, two quick surprising facts about heart health: Did you know that "cardiovascular disease is the leading cause of maternal death, and the growing number of heart-related risk factors among [35 and older] women having children later in life...[for those who required] assisted reproductive technology" according to the Journal of the American Heart Association.

Another surprising fact that I found was "Women who had a type of high blood pressure during pregnancy called preeclampsia have signs of damage to the small blood vessels in the eye by middle age" in an article from American Heart Association News Stories.

As Nurses we KNOW how to recognize the signs and symptoms of heart disease, strokes, heart failure in our Clients, families, and friends. And we know how to manage it with the plan of care. We know what questions to tell loved ones to ask. Often times we ignore them in ourselves. Our jobs are evermore demanding now; physically, mentally, and emotionally. We sacrifice our time with family to care for others 8-16 hours a day. This month we asked you to take a moment and create a schedule that allowed you to care for yourself. For you to create healthy habits of eating well, adding exercise to your life and establishing time for mindful relaxation to reduce stress. And our Lambda Psi Nu sisters picked up this challenge and ran with it it and educated others along the way!

By DaShauna Taylor, LPN, CLHCP, GC, IV-C
Editor and Chief of The Lioness



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IMPORTANT DATES & REMINDERS

- June 2-5, 2022 Line Crossing
- Conference Early Bird special ends 3/31/22
- Donate non-perishable Items- Virginia Beach, VA
- Group Photo Shoot on the BEACH! Wear your LAMBDA Line crossing t-shirt and your cute blue jeans!
- Get your cute white outfits together! Group Boat Photo
- Get ready for the PAJAMA JAM! NO LINGERIE

QUEEN'S DEN

The Importance of Leadership

Leadership is the capacity to translate vision into reality. A leader's responsibility is to develop a vision for the people and organizations for which they direct. They also need to effectively communicate their priorities to others and inspire them to commit to those goals as well. Leadership does not depend on one's title. Leaders can emerge at any level if they can motivate those with whom they collaborate to strive toward a common goal. Successful leaders are often credited with having high social intelligence, the ability to embrace change, inner resources such as self-awareness and self-mastery, and above all, the capacity to focus on the things that truly merit their attention." Leadership is the power to influence others to greatness."

*Beverly M. Morgan BS, LPN, GC,
WCC, CIC
President*

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CHAPTER HIGHLIGHT: GAMMA FROM VIRGINIA



The Lambda Psi Nu, Gamma Chapter is lead by Alacia Hightower, President, Mary Jackson, VP, Patricia Witherspoon, Secretary, Shatoya Parker-Hudson, Directors Shawneeta Gault and Sharon Dabney.

The Virginia Chapter has 17 members across the state. They have made their presence known within their state over the last 2 years with back to school drives, senior Christmas drives, donations to Women's and Children's Shelters, Breast cancer Awareness walks just to name a few. Besides finding fun ways to be a blessing to those in need with much needed items they have and continue to incorporate new educational initiatives in their local events. Whether hosting or in a supportive role these women are on fire in their community!

In addition to the many, MANY exciting plans for this year. The GAMMA chapter are the hosting this year's Conference and Line Crossing. Gamma excels at every opportunity to serve with passion. With the plans that have been shared for this year's line crossing. I'm SO excited to see what is in store. Hope to see you there!

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