

*Lambda Psi Nu, Inc.*

*The  
Lioness*

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# Welcome

as I was thinking of what to write to Welcome our newest Sisters the thought came to me as clearly as if they had been whispered in my ear. That each line name is chosen with great care and intentionality. Each Sister who is selected to go through the process to earn the rights to cross must imbue the qualities of not only Lambda Psi N, Inc. but the characteristics of their respective line name. And it became evident to me why 'Influence' is so important. Most of you won't know me if we meet at a conference. But I will know your faces. I will know your names. It will be because I have seen how you use your light to guide. Many of you if not all were active in events and made your presence known with your state chapters and communities before crossing. So, I know we will see the work you do. I will see the services you offer your communities. We all will get to be inspired... Dare I say Influenced by watching you lead when there is no plan but a need identified. To have a revitalizing burst of creativity, fearlessness to do the work, and confidence to do it and remind the world that we are more than 'just a LPN/LVP'. I want to welcome you to our Community of Sister. The work we do is so fulfilling and meaningful to the areas we reside. There will be challenges but nothing your Sisters aren't willing to share the load. I'm sure I've said this before but we are more than Sorority Sisters this is a life long journey together with some of the most amazingly supportive and successful women I've had the privilege of meeting. We welcome you and wish you the absolute best. We can't wait to see how you used your influence here with Lambda Psi Nu, Inc. and beyond!

Sincerely,

DaShauna Taylor, LPN  
Editor and Chief  
NC Beta Chapter VP

# *Introducing The Line Of Influence*

Alison Woods  
Arlene Imes  
Latasha Maxwell  
Sabrina Williams  
Sylvia Minor  
Tiffany Saxon  
Charmaine Lacy  
Claudia Baker  
Delissea Braswell  
Anita Green  
Danielle Johnson  
Dawne Chandler  
Tania Friar  
Ursula Hunt  
Demetrice Griffin  
Jessica Knolton

Marion King  
Angela Baker Billings  
Criscina Collins  
Domini Pearson  
Gloria Benkoski  
Teshanee Douglas  
Yvonne Roberts  
Kendra Mayo  
Eryn Ellis  
Janice Dean  
LeAnna Reed  
Lonnisha Sayles  
Selina Lamotte  
Mary Patterson  
Nichole Elzie  
Nikita Blount  
Amanda Smith

Cheryl Hall  
Karen Flowers  
Lisa Brown  
Tracy Rice  
CynQuala Buford  
Jaleesa Lemon-jones  
Latoya Gibson  
Patsy McIntire  
Tara Hamer-Boddy  
Felicia Sherrod  
Kimberly Coleman  
Rashonda Smith  
Yalonda Walker Sasser  
Gwenette Boyd

# *Awards*

*LPN of the Year:*

*Lisa Johnson*

*Nurse Leader of the Year:*

*Charelene Harrod-Owuamana*

*Chapter of the Year for*

*Community Service:*

*Lambda Psi Nu Beta Chapter*

*Volunteer of the Year:*

*Lenore Sears-Israel*

*Educator of the Year:*

*Kimberly Fisher*

*Community Service of the Year:*

*Nicole Wallace*

*Entrepreneur of the Year :*

*Tiffany Croom*

*Pledge of the Year:*

*Dawn Chandler*

*Nurse Administrator of the Year:*

*Denise Broomer*

# *Nursing Shortage*

*The current status of the nursing shortage in the nation has reached a pivotal point, presenting substantial obstacles to the healthcare system. The current deficit in healthcare personnel, influenced by various variables such as an aging population, heightened healthcare needs, and a rising number of retiring nurses, has resulted in hospitals and healthcare establishments facing challenges sustaining sufficient staffing levels. Adopting a comprehensive and diversified strategy is imperative to effectively tackle the nursing shortage issue.*

*This encompasses augmenting financial resources allocated to nursing education, broadening the capacity of nursing schools, and implementing incentives such as tuition scholarships to enhance the recruitment and retention of nursing students. In addition, implementing measures to improve working conditions, provide competitive remuneration, and facilitate professional growth can contribute to the retention of current nursing staff.*

*Scarcity has a significant impact on the admissions process of nursing schools. The increasing demand for nurses has led to a substantial influx of applicants in nursing programs nationwide, resulting in a highly competitive landscape.*

*The scarcity of faculty and resources worsens the issue, resulting in the rejection of numerous highly qualified applications. The delay in the admissions process not only serves as an obstacle for individuals desiring to enter the nursing profession but also contributes to the existing shortage issue.*

*The extent of the nursing shortage exhibits regional disparities; however, it indisputably constitutes a pervasive concern nationwide.*

*The COVID-19 pandemic exacerbated the challenges faced by the healthcare workforce, resulting in increased burnout and premature retirements among nurses. Despite the implementation of specific immediate actions, such as the utilization of temporary licenses and the establishment of travel nursing programs, it is evident that these measures are not viable long-term solutions.*

*Esmy V Alvarez, LPN*

# *The Vital Connection Between Nursing and Mental Health*

Nursing is a profession often characterized by compassion, dedication, and a commitment to caring for others. While nurses are the backbone of healthcare systems worldwide, they also face unique challenges that can take a toll on their mental health. The demands of long shifts, high-stress situations, and the emotional burden of patient care can lead to mental health issues if not addressed proactively.

Nurses are no strangers to stress. They work in high-pressure environments, juggling complex medical tasks while providing emotional support to patients and their families. Over time, this constant exposure to stress can lead to mental health issues such as burnout, anxiety, depression, and compassion fatigue. Compassion fatigue is a significant concern for nurses. It occurs when caregivers become emotionally drained from continuously empathizing with patients' suffering. The emotional exhaustion that nurses experience can erode their mental well-being and negatively impact their ability to provide effective care.

To maintain their own well-being and provide the best possible care to patients, nurses must prioritize self-care. Self-care refers to the intentional actions individuals take to preserve and improve their physical, emotional, and mental health. For nurses, self-care is not just a luxury; it is a necessity. There are several things that nurses can do to protect their mental health.

Nurses play a vital role in the healthcare system, and their well-being is essential to providing quality patient care. Mental health issues among nurses are not only a personal concern but also a systemic one, as they can lead to decreased job satisfaction, high turnover rates, and potential risks to patient safety.

It is imperative that nurses recognize the importance of self-care and make it a priority in their lives. By establishing boundaries, taking care of their physical and mental health, seeking support when needed, and practicing mindfulness, nurses can better cope with the demands of their profession and protect their mental well-being. Ultimately, when nurses are mentally healthy, they are better equipped to provide the compassionate care that patients deserve. Healthcare organizations must also play a role in supporting nurses' mental health by providing resources and creating a culture that values self-care and well-being. Only through collective efforts can we ensure that nurses continue to thrive in their crucial roles in healthcare.

- **Establish Boundaries:** Nurses should set clear boundaries between work and personal life. This means resisting the temptation to overextend shifts and taking adequate breaks to rest and recharge.

- **Physical Health:** Good physical health is the foundation of mental well-being. Nurses should prioritize regular exercise, a balanced diet, and adequate sleep. Proper nutrition and physical activity can boost mood and energy levels, making it easier to cope with the demands of the job.

- **Mental Health Awareness:** Nurses should be aware of their mental health status and seek professional help if needed. Many healthcare organizations offer employee assistance programs that provide access to mental health resources and counseling services.

- **Emotional Support:** Building a support network of colleagues, friends, and family members is crucial. Sharing experiences, discussing challenges, and seeking emotional support can help nurses manage stress and prevent isolation.

- **Time Management:** Efficient time management skills can reduce stress and prevent burnout. Nurses should prioritize tasks, delegate when possible, and avoid overloading themselves with unnecessary responsibilities.

- **Self-Reflection:** Regular self-reflection can help nurses identify signs of burnout or compassion fatigue early on. By recognizing these signs, they can take proactive steps to address them before they become overwhelmed.

*Mona Miles, LPN*

# *What's Your Nursing Why*

*Many times as nurses we ask ourselves why did I become a nurse? I interviewed three nurses and they told me what made them make the decision to become a nurse.*

*First we have Madinah Cox a Mother of three and have been a nurse for 18 years.*

*"The reason why I became a nurse is because I wanted to help those who couldn't help themselves. I wanted to be a caretaker for the sick and dying and to provide a safe haven for those family members to the families who in trust their loved ones in my care. Being a nurse comes with great responsibility, but I'm up for the task. Putting the needs of others before me and also being able to give a sense of calmness to those whom I have worked for is a great feeling. I became a nurse to be an advocate and a game changer. I want to provide services that help clients enjoy quality of life. I lastly became a nurse because I wanted to give back to the community of those who need just a little more tender loving care."*

*Madinah is a full-time nurse at a Assisted living facility and also have a private duty patient she has been with for over a year. She gets the most joy when she have her one on one patients.*

*Next we have Patricia Upshur Witherspoon. Patricia is a member of our wonderful sorority, the Gamma chapter of VA secretary. Ms. Pat was inspired by her grandparent's who were Nurse's aides for the Red Cross. She became a nurse in 1976.*

*"I was the oldest of 13 grandchildren. Always caring for my siblings and my cousins. The neighbors use to say here come Pat and her ducklings. It was my grandmother's wish that I become a nurse and I did that for her."*

*Ms. Pat's grandmother wanted her to become an RN, but it was not her desire. She currently works in the school system working with our dear youth.*

*My next nurse is another one of our own, also a member of the Gamma chapter of VA. Ebony Eldridge.*

*"Well.... honestly, I wanted to be a lawyer. I tell people this story all the time. Lol...."*

*"God called me to be a nurse."*

*I prayed about it & asked the Lord to guide me in the direction I needed to be. At the age of 16, I went to New Horizons & received my Certified Nursing Assistant license. I had a few challenges after that, but by the grace of God, I returned to New Horizons School of Nursing & at 19, I received my LPN license. Nursing is the ONLY job I have EVER had. All I know is nursing! Being a nurse is who I am & one of the greatest blessings I have received." Ebony just celebrated 19 years at the VA and 20 yrs. A nurse.*

*I would like to thank these ladies for sharing how they started this journey of being a nurse. It is not an easy job, but it's very rewarding.*


*Christine McCary LPN*

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*The line of*



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*Influence*

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