

BONUS

MARCH 2022 NEWSLETTER



American Association
of Colleges of Nursing

The Voice of Academic Nursing

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BUSINESS OFFICERS OF NURSING SCHOOLS (BONUS) CALL FOR NOMINATIONS

Nominations are now being accepted for bonus officers and chairs to fill five positions.

Elections will be held at the 36th annual Bonus Meeting in Denver, CO

Nominations for Bonus Officer and Committee Chair positions should be emailed to BONUS Nominating Committee Chair Jeanette Russell at jrussell@calbaptist.edu,

Positions up for nominations and vote:



CHAIR-ELECT is elected every year and serves three consecutive one year terms as Chair-Elect, Chair, and Immediate Past Chair, respectively



MEMBERSHIP: The membership chair is elected in even-numbered years and is responsible for committee oversight to work with the Steering Committee and AACN to recruit and retain BONUS members, including implementation of networking strategies



PLANNING: The planning chair is elected in even-numbered years and is responsible for committee oversight for planning and arranging the annual meeting, to include but not limited to helping set the location, making local arrangements, planning the program, arranging speakers, and handling publicity such as the brochure and/or registration packet. Committee work is completed in consultation with the Steering Committee and AACN



SPECIAL PROJECTS: The special projects chair is elected in even-numbered years and is responsible for committee oversight for identifying a list of current general topics of interest to BONUS members and providing information on those topics to the general membership during the year and/or at the annual meeting as part of the meeting program



GENERAL OFFICER AND COMMITTEE CHAIR RESPONSIBILITIES:

include serving on the BONUS Steering Committee which manages the affairs of BONUS, recommends rules and regulations, proposes modifications or changes that may be necessary, and provides long-range planning for the group

Together
We Can!

**A Networking and Learning
Opportunity for all who work in
the administrative and financial
management of schools of
nursing.**

How to Attend:

The BONUS Annual Meeting will be offered as an in-person event.

Safety:

We will follow all relevant protocols and CDC guidelines and will work closely with the Curtis Hotel to promote the recommended practices at the time of the event.

Conference Venue:

The Curtis Hotel
11405 Curtis Street
Denver, CO 80202

Login to Register

To register for this conference, please login with your MyAACN Account.

Questions?

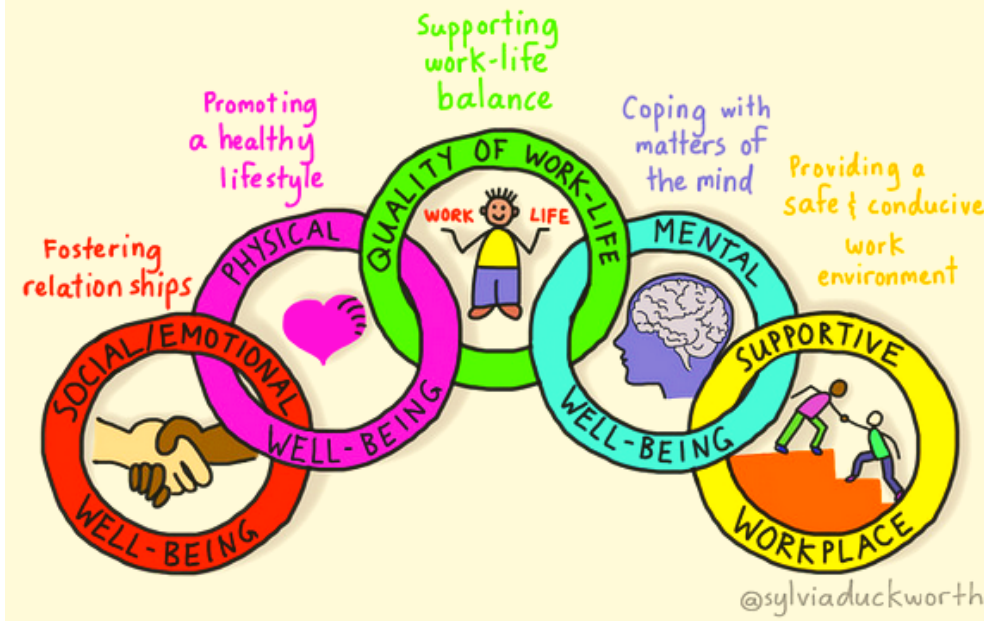
Contact the AACN Conference Team @
conferences@aacnnursing.org or
call 202-463-6930.

AACN's **Business Officers of Nursing Schools (BONUS) Annual Meeting** offers a unique opportunity to stay informed about issues of importance to the operational management of nursing schools including technology, business, and financial and administrative management as well as trends in academic nursing, and opportunities for leadership and team building. Take advantage of this opportunity to learn from thought leaders and peers, meet face-to-face with BONUS network members, and take away innovative strategies to help you succeed in your role back home. If you would like to learn more about the BONUS Leadership Network, [click here](#).

CONTINUING EDUCATION CREDIT

A Certificate of Completion for Continuing Education will be awarded to all attendees participating in the program and completing the program evaluation by the American Association of Colleges of Nursing.

Essentials for a Healthy Work Culture



TIPS FOR HWE

- Identify barriers to HWC
- Create an inclusive culture
- Respect the professional judgement of your employees
- Implement mentoring programs to enhance performance
- Create mindfulness activities to decrease stress

WHAT IS A HEALTHY WORK ENVIRONMENT (HWE)

A healthy working environment is one in which there is not only an absence of harmful conditions that can cause injury and illness, but an abundance of health promoting ones (WHO, 2010)

TEN STEPS TO MINDFULNESS MEDITATION

- 1 Create time & space.** Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.
- 2 Set a timer.** Start with just 5 minutes and ease your way up to 15-40 minutes.
- 3 Find a comfortable sitting position.** Sit cross-legged on the floor, on the grass or on a chair your feet flat on the ground.
- 4 Check your posture.** Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.
- 5 Take deep breaths.** Deep breathing helps settle the body and establish your presence in the space.
- 6 Direct attention to your breath.** Focus on a part of the body where the breath feels prominent: nostrils, back of throat, or diaphragm. Try not to switch focus.
- 7 Maintain attention to your breath.** As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.
- 8 Repeat steps 6-7.** For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.
- 9 Be kind to yourself.** Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect that will release tension.
- 10 Prepare for a soft landing.** When the timer goes off, keep eyes closed and posture ready to open them. Be thankful. Acknowledge your practice with gratitude.

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“No one can make you feel inferior without your consent.”

Suggestions Welcome

AACN is committed to providing resources, education, and guidance to bring about transformation in nursing education. We encourage each of you to make suggestions for conference or webinar topics via email, to Gerri Kremer, Planning Committee Chair at gskremer@buffalo.edu. Thank you for all of your input, hard work and commitment.

