

May, 2022

Dear BNF Leaders,

May 6-12, 2022 is Nurse's Week. We would like to follow the ANA's plan and celebrate nurses the entire month of May. The theme for Nurse's Month is, "You Make A Difference." The ANA Plan is as follows:

- Week 1 Self Care (May 1-7, 2022)
- Week 2 Recognition (May 8-14, 2022)
- Week 3 Professional Development (May 15-21,2022)
- Week 4 Community Engagement (May 22-31, 2022)

The Scripture for the month would be, "Create in me a pure heart, O God. And renew a steadfast spirit within me." Psalm 51:10 New King James Version

- **Week one**, nurses could do a self-care assessment and plan a course of action by going to the American Nurses Foundation's [Well-Being Initiative - AACN](#) . Nurses also could consider joining the ([healthynursehealthynation.org](#)), an initiative to help improve health in six areas, physical activity, nutrition, rest, quality of life, safety, and mental health.
- **Week two**, we would make Nursing Survival Kits and take to local hospitals, clinics or nursing care facilities. The Nursing Survival Kits that would include:
 1. Lifesaver: A reminder of the many times others will need your help.
 2. Tootsie Roll: To help you roll through the day.
 3. Paper Clip: To hold it all together.
 4. Starburst: To give you a burst of energy.
 5. Gum: To help you tackle those sticky situations>
 6. Cross: To remind you that God is always with you.

Template for the tags- attached

Tags- Staples shipping tags 4 ¾" x 2 3/8 " (200 tags)

Stickers- Avery 18163- 2" x 4"



Here are some other ways you can celebrate nurses this year during the month of May.

<https://nursesmonth.org/about-nurses-month/>

<https://nursingcecentral.com/nurses-week-2022-what-freebies-discounts-and-deals-to-expect/>

- **Week three**, Pam Allsbrook has scheduled an educational offering for May 19, 2022.
- **Week four** is Community Engagement. Each locality could sponsor their own activity or participate in the BNF activity, "Great New Orleans Free Medical Clinic." This activity is scheduled for June 3-4, 2022.

Important days during Nurse's Month are as follows:

National Student Nurse's Day- May 8, 2022

National School Nurse's Day – May 10, 2022

International Nurse's Day – May 12, 2022