



**Newsletter | May 5, 2023**

**Save the Dates For INA's Remaining 2023 Town Halls**

Each quarter, INA is hosting an open forum conversation focusing on a specific topic. Please save the following dates:

**INA Town Hall: Workplace Staffing**  
Thursday, May 18, 2023  
6:00 pm – 7:00 pm CST

**INA Town Hall: Workplace Violence**  
Thursday, August 24, 2023  
6:00 pm – 7:00 pm CST

**INA Town Hall: Diversity, Equity, and Inclusion**  
Thursday, November 09, 2023  
6:00 pm – 7:00 pm CST

[Register Today on the INA Website](#)



**Nurses Month Week One Recap**

Nurses Month kicked off on Monday, May 1, and what a month we have in store! Every week we will feature a theme as we work to promote nursing across the country and right here in Iowa. If you missed the details for this week's theme, check out the [INA website](#) now!

**Member Updates**

**INA NEW MEMBERS**

- |                   |                     |                   |
|-------------------|---------------------|-------------------|
| Marian Barrientos | Amanda Haggerty     | Malkan Pillipovic |
| Emily Beehler     | Kimberly Hinson     | Kimberely Sarik   |
| Carla Buck        | Carry Holtkamp      | Madison Schwarz   |
| Ashton Buck       | Alicia Krehbiel     | Emily Sinnwell    |
| Cynthia Claassen  | Chasity Lange       | Chris Solgat      |
| Julie Comes       | Denisee Loyola      | Diana Sotelo      |
| Tiffany Dillard   | Jessica Macumber    | Logan Stolze      |
| Lisa Erwin        | Amanda McCrary      | Emily Swancutt    |
| Matthew Estades   | Courtney McKinley   | Abigail Thompson  |
| Mary Gately       | Danielle McReynolds | Clare Wischler    |
| David Gerjets     | Krystyna Mitchell   | Jacob Zisette     |
| April Golwitzer   | Yelsida Nacanabo    |                   |
| Mayra Gonzalez    | Mirabel Nwosu       |                   |



**ANA MEMBER BENEFIT: Tackle Student Loan Debt with Laurel Road and GradFin**

# Craftsy

**FREE, MEMBER-ONLY BENEFIT: Year-Long Subscription to Craftsy!**



## Happy Cinco De Mayo

Wishing our members a healthy, safe and happy Cinco de Mayo today! As a nursing association, we would be remiss not to remind you to please celebrate responsibly. Salud!

## 2023 Nurses Month



### 2023 Navigate Nursing Webinar Bundle - Featuring a Free Nurses Month Webinar!

ANA is celebrating National Nurses Month with a special free webinar with free CNE - Asking and Advocating for What Nurses Need. Join the live event on May 17th or watch on demand.

**[Register](#)**



### Celebrate Nurses by Donating to the American Nurses Foundation in May

Encourage the public to show their gratitude to nurses by donating through the **American Nurses Foundation's Text-to-Thank a Nurse** campaign.

Text your donation to 20222. Text THANKS to donate \$50. Text CARE to donate \$25. Text RN to donate \$10. Please confirm when prompted.

Friends and families can also make an **online donation** and add a thank you note to be featured on the Donor Scroll.

## News and Articles

**[ANA's Four Focuses for National Nurses Month This Year](#)**

**[CBS' Sarah DiGregorio on How Supporting Nurses Helps All of Us](#)**

**[White House to End COVID-19 Vaccine Requirement for International Travelers](#)**

## Healthcare Survey



## Pulse on the Nation's Nurses: Take the Mental Health Survey Today

Stress, fatigue, and burnout are often felt among nurses when working in today's health care environment. It is important to hear from you to find out what you face daily, so that we may be able to ignite change. Please take a moment to take our survey.

[Take the Survey](#)

## Educational Opportunities



### Last Chance to Register for the Iowa Healthcare Collaborative Annual Forum

The Iowa Healthcare Collaborative Annual Forum takes place May 10-11, 2023, at The Meadows Events + Conference Center in Altoona, IA.

**INA is proud to be the breakfast sponsor for this event.**

[Learn more and register.](#)



### American Heart Association to Host FREE Stroke Conference in Iowa

The American Heart Association as part of the Iowa Mission: Lifeline Stroke Initiative "The Patient Journey" is set to host a one day conference on June 8, 2023 at the Holiday Inn Des Moines Airport. There will be two conference tracks offered.

**Acute Care Track** includes topics such as neurobehavioral programming, pre-hospital care, hemorrhagic stroke, TIAs, ischemic stroke treatment, LVO treatment options, and a survivor story.

**Rehab Track** includes topics such as neurobehavioral programming, mental health and stroke, building and sustaining stroke support groups, medical management of the post-acute stroke patient, dysphagia, pediatric stroke, rehab nursing, and a survivor story.

[Register](#)

Iowa Nurses Association | [iowanurses.org](http://iowanurses.org)



Iowa Nurses Association | 2400 86th Street #32, Urbandale, IA 50322

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