



New Jersey League for Nursing President's Message

As I conclude my first year as President of the New Jersey League for Nursing, I would like to take this opportunity to welcome you to our Annual Nursing Convention, "Professional Fulfillment: Caring for the Nurse Within."

This theme will resonate with Nurses at all levels, from student through the doctorally prepared, regardless of position. As nurses, we are all so very busy practicing our profession by carefully caring for others that we take very little time to care for ourselves! This is an important issue to me as a Nurse Leader. I am a true believer that we need to find personal & professional fulfillment as well as good health for ourselves, before we can offer our best selves to anyone else. Our Keynote speaker, Petra Kolber, is here to help us catch "The Happiness Epidemic". I hope this will be just the start of your journey to discover "the importance of self-care" You will be enlightened about the "Healing and the Renewal Guide for Nurses", you will hear about "Optimizing Food & Mood", "Heathy Nurse, Heathy Nation" and for some, you will experience Dr. Gasparis-Vonfrolio's "How to Make a Million in Nursing."

Our Convention Committee has worked very hard to present this year's conference with a variety of topics for all, with the common thread of "Caring for the Nurse first!" So please enjoy hours of knowledge, research, food and fun with your colleagues.

- If you are not already a Member, please consider becoming a part of the NJLN organization by visiting our Membership Booth.
- Win wonderful prizes by visiting with our exhibitors, treat yourself to a sparkling new piece of jewelry from our new Jewelry vendor, take a selfie in our photo area to let everyone know you are in Atlantic City and take a chance on the exciting prizes while supporting the Scholarship Raffle.
- Remember, the dollars you spend today can be returned to you tomorrow in a Scholarship toward your nursing education!
- Don't miss our annual Membership Meeting on Thursday evening. We will be telling you about all the wonderful things our organization is embarking upon and the fun committees you could be a part of.
- We realize it's a long day, so for investing your time, we are giving you the opportunity to win some time back with a beautiful 2-tone Pulsar Nurses Watch valued at \$135. But you must attend to win.
- For the friends of Gail Hammond, there will be a memorial tribute to Gail immediately following the annual meeting.
- And if you have a few free minutes, you can go out and enjoy Atlantic City. However, there is one more opportunity for you to come back to Atlantic City for a 2-night stay here at the Tropicana with breakfast included. To be entered in this drawing, you must sign up or renew your membership at our membership booth during convention or go on line to our website and sign up or renew by June 1st to get three free month's membership and the opportunity to win the trip to the Tropicana.

Finally, we have tried to provide the educational hours and knowledge you need and the fun and pampering you deserve. Therefore, please enjoy the convention and I truly hope to see you here again next year. Bring a friend!

Sincerely,

Donna