

## Presidents Message

Michelle Jacques BSN, RN, CMT

HELLO VIRGINIA!

Summer is here in full force – heat and humidity. The sticky days of fun in the sun are coming. I hope that you are able enjoy the fun filled days ahead!

NoVA ASPMN is still active, but less so in the summer time, so we too can enjoy our families in celebration. Your chapter has been busy growing and expanding our horizons. We hope to draw more people to join us in our efforts.

You will be receiving a new survey as you renew your membership for the coming year. We want, and need, to know what we can do to generate a buzz in the Chapter. We have members, as members; we have members, who are active; and we have people who do not even know that they want to join our great group of people! So, what can we do to get you excited or get you to be a part of the group and share your ideas for growth and education? Give us some input so we can be the Chapter you need.

We have done some great things this year and expanded our boundaries. Besides our Quarterly educational sessions, we have successfully been publishing our “**NoVA ASPMN Quarterly Notes and News**”. We share it with you via email. If you know of someone needing it by mail, please let us know. In 2009, we adopted the Wounded Warrior Project Families. In 1020 we have focused on Community Education. Our first Community Service Project is this June. We have developed a traveling education series to be used by members entitled: “**Pain 101: The Basics of Managing Your Pain.**” It includes a Power Point Presentation, Q&A and 4 posters for review. All of this information is now shared through our new website [www.aspmn-nova.org](http://www.aspmn-nova.org). It is there that you can find all of our meeting minutes, reports, upcoming events, photos, bylaws and anything NoVA ASPMN!

We have mentioned Virtual Chapter moments. We will re-visit this idea at the **National Convention in Minneapolis, MN. Sept 22-25, 2010.** Can you join us?

In order to reach more people, please share this newsletter and our website with your colleagues. We need Chapter Members to make this the great chapter that it is destined to be! In numbers, there is strength and diversity, ideas and opportunities, discovery and aha moments.

So as we grow ... what are you doing? Care to share it with us?

Thanks for reading. Looking forward to hearing from you with your new ideas!

All the Best,

*Michelle*

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