

COLORADO EMERGENCY NURSES ASSOCIATION NEWSLETTER

LEADERS EAT LAST...OR AT LEAST THEY SHOULD

WRITTEN BY CINDY JOSEPH BSN, RN,
CPEN

With the new responsibilities of being your CO ENA president, I wanted to dive deeper into my leadership journey. We all know that this is something that can take a lifetime to achieve not done overnight. However, I started looking at the leaders in my life, both professionally and personally. What qualities do these leaders have that I want to emulate or avoid? I found a book that isn't new but was new to me. "Leaders Eat Last" by Simon Sinek is a book about what we have done wrong in the past as leaders and how "undo" those mistakes. It was an excellent book and I really appreciated how he actually referenced some physiology into leadership. We all know about the effects of dopamine, but it's actually serotonin and oxytocin that are the hormones we want to foster as leaders. These are the chemicals that create a sense of safety and connection. They are actually chemicals that cannot be generated by oneself and need others to be released. So the next time you feel safe and connected, thank those around you as they are the reason you feel that way.

INSPIRING READS IN THIS ISSUE:

BYLAW PROPOSAL
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UPCOMING EVENTS

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Colorado State Council

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BYLAWS CHANGE PROPOSAL

The CO ENA board is proposing a change to our bylaws specifically related to eligibility for the board. The change makes the criteria less exclusive but maintains the initial intent of the current bylaw. This change would make the Member at Large and Secretary positions more attainable to the membership. Please see the proposed changes in red in the picture.

Voting for this bylaw will take place in August and end on August 17th at our General meeting. It will be effective immediately and resulted before the election of officers. If passed, candidates running for 2024 would be subject to the new criteria.

To view the full bylaws visit ColoradoENA.org/bylaws.

418	<u>Section 6. Officer Qualifications</u>
419	
420	A. Qualifications. Directors must be Voting Members in good standing in both National ENA and
421	the State Council.
422	B. Each Officer/Director, Treasurer Elect or At-Large Director must reside within Colorado.
423	C. Each Officer/Director, Treasurer Elect or At-Large Director must review, sign, and submit a copy
424	of the COENA Conflict of Interest Policy prior to the selection process.
425	D. Each Officer/Director, Treasurer Elect or At-Large Director must be a Voting Member of COENA
426	and must have been a Voting Member of COENA for one year immediately prior to submitting a
427	candidate application.
428	E. Candidates for president-elect, treasurer-elect and treasurer must have attended at least one
429	ENA General Assembly within the previous three years.
430	F. Candidates shall-should have served in a verifiable elected or committee position on the local,
431	state or national level within the previous five years.
432	

CALL FOR OFFICIERS

2024

THE CALL FOR OFFICERS OPENED MAY 17TH AND WAS POSTED ON OUR WEBSITE AND FACEBOOK PAGE. OPENINGS FOR 2024 ARE: PRESIDENT-ELECT, TREASURER-ELECT, SECRETARY, AND MEMBER AT LARGE. SELF-NOMINATIONS ARE DUE JULY 31ST. FOR MORE INFORMATION, PLEASE VISIT COLORADOENA.ORG/LEADERSHIP OR CONTACT AMY BOREN AT PAST.PRESIDENT@COLORADOENA.ORG

DAY ON THE HILL 2023



ENA DAY ON THE HILL (DOTH) WAS MAY 2 & 3 IN WASHINGTON DC. ATTENDING FROM COLORADO ENA WERE KARLA KELLY, GOVERNMENT AFFAIRS CHAIRPERSON AND COMMITTEE MEMBERS, AMY BOREN AND RANDI KOCH. KARLA, AMY AND RANDI WERE ABLE TO MEET WITH STAFFERS FOR SENATOR BENNET, SENATOR HICKENLOOPER AND REPRESENTATIVE PETTERSEN AND LOBBIED FOR SUPPORT FOR THE WORKPLACE VIOLENCE PREVENTION FOR HEALTH CARE AND SOCIAL SERVICE WORKERS ACT H.R. 2663/S. 1176 AND SUPPORT THE IMPROVING MENTAL HEALTH ACCESS FROM THE EMERGENCY DEPARTMENT ACT S. 1346. THERE IS GOOD SUPPORT FOR THE WORKPLACE VIOLENCE ACT AND WE ARE OPTIMISTIC THAT IT WILL PASS THIS YEAR. MENTAL HEALTH ACCESS CONTINUES TO BE AN UNADDRESSED CRISIS THAT NEEDS SUPPORT. PLEASE CONTACT YOUR LEGISLATORS IN SUPPORT OF THESE ACTS.

FOR MORE INFORMATION ABOUT GOVERNMENT AFFAIRS
OR ANY OF OUR COMMITTEES, GO TO
[HTTPS://COLORADOENA.ORG/](https://coloradoena.org/)

MEMBERSHIP AND LIAISON PROGRAM

The membership committee has a special gift for members who interact with us in person. Swing by our booth at the 2023 Northeast Colorado Emergency Medical Symposium in Fort Morgan on June 3rd or at The UCHHealth Trauma, Critical Care and EMS Symposium August 24-25 in Colorado Springs. We will also have gifts with us at the June 30th and August 17th meetings. One gift per member please. We don't want to spoil the surprise, but here is a hint...

The membership committee is seeking a liaison for every ED in the state. This person will be a key contact for CO ENA and commits to sharing information with their department. This year liaisons who fulfill their commitment are eligible for half of their membership dues to be reimbursed as well as receiving delegate points. For more information visit ColoradoENA.org/membership

Hospital	Liaison
Avista Hospital	Tracie A.
Community Hospital Grand Junction	Tamara H.
Delta Health	Adam T.
Denver Health	Katie O.
East Morgan County Hospital	Natalie H.
Lutheran Medical Center	Jay B.
McKee Medical Center	Lori T.
North Colorado Medical Center	Kristina H.
Platte Valley Medical Center	Andrea M.
Poudre Valley Hospital	Ashley S.
Center	Andrea S.
Rose Medical Center	Kellie K.
Saint Joseph Hospital	Kalyn F.
Sky Ridge Medical Center	Chris F.
Sky Ridge South Parker FSED	Chris F.
St. Mary's Medical Center	Jannice K.
St. Vincent Health	Deb C.
Medical Center of Aurora	Lauren K.
Greeley Hospital	Katharine M.
Harmony Emergency Department	Samantha A.

IMPORTANT DATES

ENPC/TNCC INSTRUCTOR ROUND UP

June 23rd at the Rocky Mountain Center for Children (PSL). RSVP by June 21st to ENPC@coloradoena.org or TNCC@coloradoena.org. This is for all instructors, course directors and faculty. Hope to have everyone attend!

GENERAL ASSEMBLY DELEGATE APPLICATION

July 1st is the deadline to apply to be a delegate at this year's ENA general assembly. This is held at the same location as the National Conference which is in San Diego, CA. This is a great opportunity to see some of the amazing things ENA is doing nationally for our profession! First time attendees are encouraged!

MEMBER HAPPY HOUR

We will be holding a member happy hour on June 29th at El Moro Tavern in Durango, CO from 4:30-6:30 pm. Appetizers will be provided and each member will get 1 free drink. Come and network with members of the ENA board as well as other members. Stay the night and attend the member meeting the next day!

MEMBER MEETING DATES AND LOCATIONS

- June 30th 10-12 pm Mercy Medical Center, Durango, CO
- August 17th 1-3 pm TBD Denver, CO
- October 19th 2-4 pm TBD Pueblo, CO

Meetings can be attended both virtual and in person. Look to the Colorado ENA website for the zoom link!

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<https://coloradoena.org/>