

THE LIFELINE

Iowa Health Educators Association

June 2020

Edition 1, Volume 2

Summer Greetings

Wow what interesting times we are all facing! As nursing chair and instructor at a community college I have never felt so many strong emotions at one time during this past spring semester. Frustration, nervousness, sadness, loneliness, excitement, and happiness are just a few of the emotions I personally have dealt with; along with great concern for the students' welfare.

The COVID-19 pandemic has made me realize how important it is to network with our peers. These peer groups can be of great support and will lead you to other health educator professional groups. These professional groups have been so generous in sharing their knowledge, talents, and resources during the pandemic. I have learned so much from my peers this spring about online teaching

and keeping students engaged. It is a goal of IHEA to become a networking resource for our members.

Another valuable lesson I learned this spring semester is to put the electronics away each evening and set aside 1 day of the weekend for myself and family. I was completely new to online teaching and the students were so fearful of the unknowns and expectations of online learning. I did not even realize I was working 10-12-hour days 7 days a week and I became exhausted and depressed. Thankfully my family and support system pointed out that I could not control the policy changes due to COVID-19. All I could do was to work my hardest at giving the students the best education that they deserved and communicate all

updates with students. I frequently tell students that if we are not mentally healthy we cannot be at our best for others and I really did experience this!

The IHEA board members are hoping each one of you are staying physically and mentally healthy. Each one of you are an important/valuable resource for health care education, students, and the health care system!

Please watch your e-mail for an IHEA newsletter with important information on dues and election of officers. With the annual conference being canceled we will need to elect officer electronically.

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IHEA President

