



*Tervehdys, Alpha Beta Nu -jaoston jäsenet! Kiitos, kun olette mukana toiminnassa.
Greetings, all Alpha Beta Nu's members! Thank you for being a part of the action.*

3 / 2023

Jaoston ajankohtaiset / Chapter Updates

Jaostolla on nyt Instagram-tili X:n (ent. Twitter) ja Facebookin rinnalla! / In addition to Chapter X and Facebook accounts, we have now also an Instagram account!

Jaostollemme on perustettu jo olemassa olevien X- ja Facebook-tilien rinnalle Instagram-tili. Tervetuloa seuraamaan jaoston ajankohtaisia asioita sosiaalisen median kanavien kautta!



[X:stä](#) ja [Facebookista](#) löydät meidät haulla "Alpha Beta Nu Chapter". [Instagramissa](#) käyttäjänimemme on alpha_beta_nu. Tervetuloa keskustelemaan ja verkostoitumaan kollegoidesi kanssa! Sivuille pääset linkkien kautta. Tykkää meistä ja jaa tietoa omilla sosiaalisen median kanavillasi!



In addition to earlier established X and Facebook accounts, we have now an Instagram account. Welcome to follow chapter's current events through social media!



On [X](#) and [Facebook](#), you can find us by searching for "Alpha Beta Nu Chapter". Our use name on [Instagram](#) is alpha_beta_nu. You are welcome to discuss and network with your colleagues. You can get to the site via the links. Like us and share information with your social media channels!

Alpha Beta
Nu Podcast

Kuuntele jaostomme uusin [podcast \(in Finnish\)](#)!



Alpha Beta Nu -jaoston kotisivu Sigman sivuilla: [Sigma Alpha Beta Nu](#)
Alpha Beta Nu Home Page at the Sigma web pages: [Sigma Alpha Beta Nu](#)

The first anniversary of Alpha Beta Nu Chapter on 6th October 2023

On October 6th 2023 we celebrated our 1st anniversary with good food and excellent conversation with old and new members. The year has been rewarding and full of encounters.



On the right side of the picture: President Tarja Kvist, Annika Ahlqvist, Secretary Saija Sihvola, Johanna Kero, Governance Committee Chair Tiina Syyrilä and Ari Haarala. On the left side of the picture: Vice President Anu Nurmeksela, Tuija Ylitörmänen, Leadership Succession Committee Chair Tarja Välimäki, Counsellor Marja Härkänen, Tiia-Maria Kitala and Communication Team member Laura Ortju.

We were delighted to congratulate two of our new members: Tiia-Maria Kitala and Johanna Kero, who were present at the event.



"Hello, my name is Johanna Kero. I graduated as a registered nurse 23 years ago and currently, I am working as a nurse lecturer at Satakunta University of Applied Science. I am pursuing my doctoral thesis at Tampere University, where I am researching the effectiveness of an educational intervention in increasing nurses' knowledge about the management of dyspnea in patients with cancer receiving palliative care. My particular interest lies in palliative care for patients suffering from cancer. It's great to be involved in activities of Alpha Beta Nu, Finland."

"I'm Tiia-Maria Kitala, I work at the abdominal center at the Päijät-Häme wellbeing service county as a deputy nurse manager. I completed a Bachelor of Health Sciences degree at the University of Eastern Finland in the major subject Nursing Science in the spring of 2023. The subject of my bachelor's thesis was "Nurse manager's career management skills from the perspective of nurse's career development. I'm currently studying for my master's degree at the University of Eastern Finland, at the department of Nursing Science. My research interests are nurse manager's career management skills, nurse's career development, development of expertise and nursing career paths and models."



Haku käynnissä jaoston vastuutehtäviin!

Alpha Beta Nu -jaostossa on tulossa tehtäviä hakuun 2024. Avoinna olevat tehtävät ovat:

- varapuheenjohtaja
- johtamisen kehittämistyöryhmän puheenjohtaja
- jäsenvastaava

Nykyiset jäsenet löydät [jaostomme kotisivuilta](#). Lisätietoja saat [jaoston johtajilta](#).

Search in progress for chapter responsibilities!

The positions in Alpha Beta Nu Chapter are coming available to apply for in 2024.

The available positions are:

- Vice President
- Leadership Succession Committee Chair
- Counsellor

The current members of the available positions can be found in [the Chapter Leader page](#). Please sign in first. Further information from Secretary Saija Sihvola, saija.sihvola@uef.fi

Greetings from 47th Biennial Convention, San Antonio, Texas USA #SigmaConv23, 11 Nov to 15 Nov 2023

Alpha Beta Nu Chapter was well represented at the conference. Six members of the Chapter were participating in the 47th Biennial Convention. The participating members were Tarja Kvist, Saija Sihvola, Katja Pursio, Tiina Syyrilä, Kristiina Heinonen, and Vuokko Pihlainen. They had four oral scientific presentations and three posters.



K. Heinonen, T. Syyrilä, S. Sihvola, T. Kvist.



K. Pursio, T. Syyrilä, V. Pihlainen, K. Heinonen, S. Sihvola.



The conference was important also due to the reason that New Sigma President Sandra C. Garmon Bibb started as a new President and Liz Westcott was elected as President-elect to be the next President after Bibb. The new slogan of the President Bibb is REFLECT, RESPECT and RESPOND. From this Podcast link you can get to know more about her.



Kuuntele Sigman uuden presidentin Sandra Bibbin podcast / Podcast of the Sigma's New President Sandra Bibb: ["Helper of mankind"](#)

Podcast tekstinä / Text of the podcast: [Transcript to Sandra Bibb's Podcast](#)

Alpha Beta Nu Chapter's President T. Kvist and Secretary S. Sihvola congratulated New President S. Bibb and President-elect L. Westcott

Alpha Beta Nu -jaoston tulevat tapahtumat

Jaoston virtuaalinen tapaaminen 15.3.2024



Muistathan jaostomme virtuaalisen tapaamisen Teamsissa **15.3.2024**. Tapaaminen on uusien jäsenten jäseneksiottamistapaaminen. Lämpimästi tervetuloa! Ilmoittaudu tapaamiseen sähköpostitse sihteeri Saija Sihvolalle, saija.sihvola@uef.fi.

Alpha Beta Nu Chapter's up-coming events

Virtual Chapter Meeting 15.3.2024

Our chapter meeting is on **March 15th 2024** on Teams. This is an induction meeting for our new members. We will also hear news from our members' networks. You are warmly welcome! Sign up for the event by emailing to Secretary Saija Sihvola, saija.sihvola@uef.fi.

Alpha Beta Nu -jaosto - Visio ja tavoite

Visionamme ovat kansainväliset ja maailmanlaajuisesti verkostoituneet, innostuneet ja resilientit hoitotyön tutkijat, johtajat, opettajat ja asiantuntijat edistämässä erinomaista terveydenhuoltoa ja johtajuutta. **Tavoitteenamme** on sitouttaa jäseniämme ja vahvistaa hoitotyön johtajien näkyvyyttä.

Kiitos, että puhut aktiivisesti jaoston toiminnasta kollegoillesi. Jaoston jäseneksi haluavat voivat olla yhteydessä jäsenvastaava Marja Härkäseen, marja.harkanen@uef.fi.

Alpha Beta Nu Chapter - Vision and aim

Our vision is to be internationally and globally united, professional, inspired, and resilient nurse researchers, leaders, educators and specialists promoting excellent healthcare and leadership. **Our aim** is to engage members and strengthen the visibility of nursing leadership.

Thank You all, that You actively discuss our chapter activities with your colleagues. People who would like to join as a new chapter member can be in touch with Counsellor Marja Härkänen, marja.harkanen@uef.fi.

**Be inspired and active – Together we can promote
excellent healthcare and leadership!**

