With Heart Month just around the corner, I wanted to reach out with an organizational update. Thank you to those who attended our annual educational meeting in November, where we kicked off our new webinar theme of "**Healing Hearts with Innovation: Nursing Tools, Trends, and Impact Through Technology"**. Reconnecting with colleagues from across the country and world, whether in person or virtually, is always a refreshing experience for me. We celebrated end of year retirement for two long-term SPCN board members, Gwen Fosse and Nancy Hagberg. Both of these ladies have been instrumental in SPCN's growth and success over the years. I share my sincere thank you for your mentorship and friendship!

We also welcomed two new board members, Terry Saia (Vice President) and Rebecca Sam (Treasurer), and look forward to their contributions to the organization. If you are a social media guru (or want to be!), please consider joining our board as a Communications Manager. We are active on FB, and trying to increase our presence on LinkedIn. Ideally, we would like to have two members in this position so they can assist each other with updating our membership and expanding our social media bandwidth. If you or someone you know would like to become more involved, please reach out to me directly for more information.

As we all prepare for celebrating Heart Month, consider the many ways you can participate:

1. National Wear Red Day is Friday, 2/6. Wear RED! That's it—show your support for heart disease!
2. CHD Awareness Week is 2/7-2/14. Make your voices heard, in person or via social media. CHD is the #1 birth defect. Let's make sure EVERYONE knows this fact and doesn't forget there are children and adults fighting this battle every single day.
3. I challenge each of you to find ONE nurse in your contacts who is not a member, and put out a personal ask for them to join SPCN. We are only as strong as our membership. The more variety of positions, experience and location that come together for improving cardiac health through nursing, the more progress we can make. Let's pass the next BIG membership milestone of 500 members! Together, I know we can make this happen.
4. SAVE the DATE! Our next webinar will be held on Friday, 2/27 at 11am-12 pm EST. More information will be shared next week, but mark your calendars and plan to attend for one hour of FREE continuing education.

For those who have contacts outside the U.S., we are now offering a FREE one year membership to new members from LMIC (low and middle income countries) in an effort to stimulate world-wide involvement. They can access more information on the organization by visiting our web site (www.spcnonline.org). We will need to enroll them manually in our system, but they will have full membership opportunities. Hopefully this will stimulate more involvement outside of the U.S. as we have so much to learn from them!

As I move through this year, I look forward to passing the torch to another member to continue leading this impactful organization. If you've ever considered this leadership opportunity, DO IT! My years in this position have provided so many positive experiences that I would have missed if I had not stepped up. Thank you to our board members and all of the membership for continuing to push us forward in a world that needs many of the qualities of a nurse:  empathy, compassion, love, and above all, KINDNESS. Let's overwhelm others with our best qualities as we move forward.