

MNRS Self-care RIG Meeting Minutes

Friday, 18, March 2016

7:30 – 8:30 AM

Attend: Der Fa Lu; Andrea Harmelink; Judy Frain; Marnie Wetzstein; Lufei Young; Susan Mazanec, & K Reeder

Absent: Corjena Cheung, Self-care RIG Chair; Other RIG Members – unknown

Call to Order: Der Fa Lu convened the meeting at 7:30 AM, and opened with 1-minute meditation.

Introductions & brief Orientation: Der Fa Lu gave overview of RIG; introductions by attending members.

Guaranteed Symposium for MNRS-2017: K Reeder queried group about interest in guaranteed symposium for the 2017 conference. With overwhelming positive interest by members in attendance, it was decided that we, the members will work on developing abstracts for consideration for the guaranteed symposium for the 2017 conference. RIG meeting notes will be submitted to the RIG chair (Corjena Cheung) who will 1) confirm with MNRS that the RIG will offer the guaranteed symposium at the MNRS-2017 conference and 2) initiate guaranteed symposium planning, including the request for abstracts. Two to three theme titles were suggested for the MNRS-2017 guaranteed symposium, with consensus on a theme that encompasses the concept of *activation*; thus, the theme proposed was *Activation as a Key Concept in Self-care*. This theme was thought to be broad, and as such, will include a variety of research and evidence-based practice change project work by RIG members.

Motion passed: Andrea Harmelink, Chair-elect for 2016-2017, Chair 2017-2018, and past-Chair for 2018-2019. **As per the RIG Handbook (RIG Chair responsibilities on page 3), Corjena Cheung will need to complete the RIG Summary Form to reflect Andrea Harmelink's 3-year RIG service position information, and submit to Alison Dufner at MNRS. Alison's e-mail address is adufner@mnrs.org**

Awards: Der Fa Lu encouraged RIG members to self-nominate or nominate another member for one of three Self-care RIG research awards, as follows: 1) Junior Scientist; 2) Senior Scientist; and 3) Student Research Award. MNRS staff can help with plaques and logos for plaques by request of the RIG chair person. Please submit your nominations to Corjena Cheung as soon as possible for consideration for the 2017 conference.

Adjournment: Closing the meeting included a 1-minute meditation led by Der Fa Lu. With no further business to discuss, Der Fa Lu adjourned the meeting at 8:30 AM, and K Reeder will submit the meeting minutes to the RIG chair, when her name and contact information is ascertained.

Copy to: Members in attendance; Corjena Cheung, Chair; and Alison Dufner

*Corjena, would you please make certain all RIG members receive these meeting minutes from the MNRS-2016 conference?