

Explore Volunteer Opportunities

Share your talents and energy with your professional nursing organization!



What Are You Waiting For?

Volunteering is something many of us desire to do, but we often do not know if we have the time or capacity to commit to it, especially when it can seem quite daunting. It only takes a small step to put yourself out there, and then the opportunities are endless.

I joined the American Nephrology Nurses Association (ANNA) in 2014, intending to become more involved with volunteering. However, I didn't put any effort into being more than just a member. I knew I wanted to be active and engaged in the organization, but I didn't know where to start.

January 2017, Gail Dewald, the then Administration Specialty Practice Network (SPN) leader, put out a call for members interested in serving on a National committee. Although I somehow convinced myself that I wouldn't be chosen for the role, I still decided to take that leap of faith and respond to the post. I had been looking for an opportunity to become more active with volunteering and expand my horizons beyond my day-to-day nursing practice. I thought this might be the perfect opportunity to do just that. Much to my surprise, after my experience and membership requirements were validated, I was offered the position of Best Practice Advisor for the Administration SPN.

As Best Practice Advisor, I was responsible for creating best practice projects. The development of new projects was not something I had to tackle alone. I was supported by other administration SPN members and often collaborated with other SPN teams for various projects. During my first year as Best Practice Advisor, I attended my first National Symposium and served as a moderator for our SPN networking session. In my second year, I had the opportunity to serve as a Speaker at the 2019 National Symposium with the other members of the Administration SPN team.

After serving as Best Practice Advisor for two years, I transitioned to the role of Publication Advisor. I chose this role because I had a long-term goal of publishing an article in the Nephrology Nursing Journal. I discussed my plans with my then SPN Leader, Michelle Gilliland. I requested to transition to this role because it would be an excellent opportunity to get comfortable writing for publication. Michelle was genuinely interested in my professional growth and supported the transition. My goal of writing an article for publication is currently in the works. I am in the beginning stages of writing my first article for publication with Lillian Pryor, ANNA National President, and Debra Hain.



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In April 2020, I was elected to the Board of Directors as National Secretary. Again, I would not have this opportunity if I hadn't taken a leap of faith and applied for the role.

Since I began volunteering with ANNA the opportunities have indeed been endless. In addition to serving in various roles on both the local and national level, I have served on many different committees and task forces, and I have also served as a Reviewer of the *Core Curriculum for Nephrology Nursing*, 7th edition, and the *Contemporary Nephrology Nursing*, 4th edition.

The time commitment varies based on the role. Some roles require more time than others, and additional time may be needed for special projects or committees. However, I was able to fulfill my volunteer duties while also maintaining my work and family schedule.

Looking back, I am genuinely grateful for the experiences, connections, and relationships I have made since I began my volunteering journey. Volunteering allows me to give back to my profession while also serving my patients and my communities. I have grown professionally and personally through my volunteer work. The other leaders in the organization are invested in the growth of their members, and I have had the privilege of witnessing this firsthand.

So, I ask, what are you waiting for? Take that leap of faith. Start small. Take on more opportunities as you grow. Make connections and build relationships. The personal and professional benefits of volunteering are endless.



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