



*Act as if what you do
makes a difference...
it does.*

~William James

Volunteer opportunities have the power to change your professional and personal life.

Serving in various volunteer roles within ANNA, whether local, regional or national, has taken my career to a whole new level. Not only have I met many distinguished nephrology professionals through the years, I have become part of a unique family that supports, mentors and encourages each other to succeed!

*Rhonda Duggan, BSN, RN, CCTC
Concord, NC
ANNA member since 2005*

If it wasn't for ANNA and being encouraged to step up and volunteer, and me wanting to do more, I would never have forged the relationships that I have developed over the years. Because of ANNA, I have met people I consider lifelong friends. Now, decades later, after serving in many different volunteer roles, I believe I have personally gained much more from being a member/volunteer in ANNA than I gave to the organization. I am so grateful for every one of those experiences.

*Mary Haras, PhD, MBA, APN, NP-C, CNN
Chicago, IL
ANNA member since 1997*

I love volunteering to make a meaningful difference in the nephrology community. It adds to my purpose and touches many lives. My favorite quote in volunteering is from Mother Teresa; "I alone cannot change the world, but I can cast a stone across waters to create many ripples."

*Karen Echavez, BSN, RN, CNN
Friant, CA
ANNA member since 2007*

annanurse.org/volunteer