

# CANDIDATES

## REGIONAL COORDINATOR

### NORTH AMERICA REGION 2 (ELECT ONE FOR YOUR REGION)



## Susan Opas PhD, RN-C, PNP-BC, PMHS-BC, CNS, CHES



I am honored to be selected as Region 2's Coordinator candidate where I will continue to work with our current 30 Chapter's leadership and represent you at Sigma International. All chapters and members worldwide met novel challenges this Biennium with

their personal and family's health and welfare; their nursing careers as clinicians, administrators and educators; and recent student inductee/graduates. Our Region's Chapter leaders made time to speak with me where I heard incidents of great creativity and innovation with the fortitude to support, maintain and often devise ways to keep members engaged and participating. I thank you!

I have remained an active Gamma Tau at-Large Chapter member since my 1982 induction as a nurse leader. I have served my chapter three terms as president, eligibility committee 10 years, governance for 12. Other positions include undergraduate counselor, community membership, nominations, awards, scholarship, and research. Long ago I was chapter liaison to Odyssey. I continue with proposal selections for the yearly research conference. I have served as Regional Awards Chair, International Bylaws Chair and International Eligibility Chair, remaining on the Eligibility Task Force 2001-2009.

I became a Virginia Henderson Fellow in 1998, Billye Brown Fellow, Orchid Society Member, and STT Fellow in 2019. Beyond Sigma, I am since 2000 a volunteer manuscript reviewer for two peer-reviewed school health journals; published a book chapter and spoke at nursing-specific conferences, webcasts, and lectures - including UCLA. I continue to gain global health care perspective since 2011 through volunteer missions with ProjectHOPE. I am a current member of their disaster response team.

2021 marked my 50th BSN anniversary and entry into practice. Soon after I began teaching while completing my MSN/CNS with CSU Los Angeles. Then I taught for Mount Saint Mary's University, became administrator for CSU Dominguez Hills' RN-BSN program, before 19 years as UCLA faculty. In 2001 I returned to practice with Kaiser as Pediatric Nurse Practitioner, Mental Health Specialist.

My nursing experiences prepared me well to understand diversity in healthcare which presents challenges and needs to our Region's chapters. I have the tools to address your chapter's administrative concerns, eligibility questions, event programming, recruitment and retention, and collaboration. Recently I developed and presented a virtual meeting, "Building a Policy and Procedure Manual". The proceedings and documents are archived in the Region 2 library on the Circle, available to your chapter. We may offer this again in the new biennium, along with other meetings to strengthen your chapter.

This Biennial Convention will be like none other. Many of you will not travel to Indianapolis attending the House of Delegates remotely. With your consideration to elect me once again as your Region 2 Coordinator, I will support your Chapter's leaders and members as we design new methods to recruit and sustain newly inducted members. We shall find new ways to engage and maintain current members through educational, leadership, research, and service programs and projects. May you continue to Infuse Joy through your personal and professional connections.