

NOMV^{ision}

October 2023 | Newsletter



nomv.org

We envision a veterinary profession that honors and elevates sustainable wellbeing.

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A Weekend to Remember!

NOMV's Celebration and Gala weekend in Boston was a great success thanks to our incredible volunteers, sponsors, and supporters!

We kicked off the weekend on Friday with a small reception, which was the perfect time to get registered and ready for the rest of the weekend's events. Saturday morning was calm and relaxing with the NOMV New England chapter hosting Yoga and Sound Bowls.

The afternoon CE session, also hosted by NOMV New England, included two amazing presentations from our speakers Emily Carveth, LMSW and Emmaly Schmidt, LMSW.

Saturday night arrived and it was time for the main event of the weekend, our Gala! It was the perfect evening to mix and mingle, celebrate our 2023 gala award winners, and hear from our fantastic keynote speaker, Dr. Temple Grandin.

We closed out the weekend, and the Race Around the World, on Sunday with our first in-person 5K in Boston Common!

It was a weekend to remember, and the NOMV team is grateful to all who attended, in-person or virtually via Zoom. We are excited to begin planning for next year's gala, and we hope you will join us!



And the Winners Are...

- Student Ambassador of the Year – Hwaylee Downey
- Rising Volunteer of the Year – Dr. Dimitris Letsos
- Established Volunteer of the Year – Debra Hamilton
- Committee Chair of the Year – Dr. Shannon Emmons
- Committee of the Year – Education Committee
- Presentation of the Year – The Overlap of Personal and Professional Trauma in Veterinary Medicine presented by Dr. Taylor Miller
- Event of the Year – Anti-Cyber Harassment Crisis Folder
- Chapter of the Year – NOMV Great Lakes
- Chapter Event of the Year – RENEW Wellness Event by NOMV Texas
- Outside Fundraiser of the Year – “29029 Everesting” by Bianca Boudreau & Tim Sellmeyer
- Partner of the Year – PrideVMC
- Sponsor of the Year – Cubex
- Board Member of the Year – Dr. Carrie Journey





That's a Wrap!

Our 4th annual Race Around the World came to a close on October 8th! Thank you to all of the incredible participants and supporters of our virtual race and our very first in-person 5K in Boston.

Here are some of the accomplishments we want to celebrate:

- 72,761.254 miles logged on RunSignup
- 2.9 laps around the world
- 2,011 sign-ups
- 17 countries
- Around \$50,000 raised in support of veterinary professionals



We would also like to highlight our top winners!

Top Fundraisers - Individual:

- Emily Duggan
- Alice Sheldon

Top Fundraisers - Team:

- Vet Mums Well-being Warriors
- Team Philly Paws

Virtual Race Top Distance - Individual:

- Stephanie Kube
- Melissa McKee

Virtual Race Top Distance - Team:

- Dechra
- St. George SVM

Top Time - In-Person 5K:

- Bryan Rivera
- Thomas Layman
- David Allen
- Jonalyn Gagliardi
- Ignacio Fernandez

Pay it Forward

NOMV is proud to offer Advocate Baskets for free to veterinary professionals experiencing a difficult time.

In order to continue offering these baskets to individuals and clinics in need, we operate on a pay it forward, give what you can model. Purchasing a NOMV Advocate Basket(s) will allow a struggling veterinary professional in need to receive a basket completely free of charge for as long as we have funds available.

[Buy a Basket](#)



Flavors of Fatigue: CE

We are excited to share a new CE opportunity, in partnership with Dechra!

“Flavors of Fatigue,” with Dr. Taylor Miller, DVM, MS, Professional Counselor Associate is a 5-part RACE-approved course that addresses five facets of fatigue commonly faced by veterinary professionals: moral distress, decision fatigue, mental fatigue, sleep deprivation, and compassion fatigue.

Learners will need to sign-up to a free Dechra Academy account to access the course, which is currently only available in the US.

[Learn More & Earn CE](#)



NOMV on InvestigateTV

Heather Graf from Gray Television sat down over Zoom with Shannon Emmons, DVM, NOMV Board Member and Education Committee Co-Chair to discuss NOMV and resources we provide to the veterinary community. This interview was included in a story for [InvestigateTV](#).

Thank you for including NOMV in your story and helping to raise awareness for veterinary professionals!



[Watch the Story](#)

September Grants

Thanks to our generous donors, NOMV is able to provide support to veterinary professionals in distress through our Support Grants program.

In September 2023, NOMV awarded **\$7,400** to 14 veterinary professionals!

Make a donation to NOMV to help continue this support of veterinary professionals.

[Donate](#)

\$7,400

awarded to

14

Applicants



Upcoming Events

Mentorship Magic: Unveiling the Power of Mentorship for Your Career Growth

Join NOMV and DVM Advocate™ for an insightful webinar delving into the world of mentorship in the veterinary industry. Discover the pivotal role mentorship plays in your growth, how to identify the right mentor for you, and what you should bring to maximize this 2-way relationship. Don't miss this opportunity to unveil the power of mentorship in VetMed and why the right mentor is crucial for your success.

The webinar will take place on October 25th at 8 PM EST, [register now!](#)

NOMV Texas: Out of the Darkness

NOMV Texas has formed a team for the AFSP's Out of the Darkness Greater Houston Walk on November 11th. Join the NOMV Texas team [here!](#)

If you would like to walk at other Out of the Darkness Walks, dates, locations, and event details can be found [here](#).



We are happy to work with US Vet Shows and provide a special discount for NOMV supporters! Get access to world-class CE, endless opportunities to connect with the veterinary community, and so much more at US Vet Shows.

Register today for New York Vet (November 8-9) or Chicago Vet (May 16-17) and save 50% on your Full Conference, Vet Tech, or One Day pass for a limited time only. Find out which show is right for you and register here: us.vetshow.com/shows-nomv.

[Upcoming Conferences](#)

[Calendar of Events](#)

NOMV Spotlight

PROUD SUPPORTER

Sponsors

We would like to say a special thank you to the incredible sponsors of our NOMV Celebration and Gala weekend! These sponsorships allowed us to spend the weekend celebrating NOMV, hearing a presentation from our keynote speaker Dr. Temple Grandin, and closing out Race Around the World with an in-person 5K in Boston Common.

Thank you for supporting NOMV and the veterinary community!



Outside Fundraisers

T-Shirt Fundraiser

On behalf of the NOMV New England chapter, Emily Salls-Lambert is hosting a suicide prevention t-shirt fundraiser in support of NOMV and the veterinary community! [Click here](#) to purchase a t-shirt or make a donation.

[Learn More about Outside Fundraisers](#)

Spotlight

For this month's spotlight section, NOMV would like to highlight Boston Veterinary Clinic for their sponsorship of our very first in-person 5K, as part of Race Around the World!

Boston Veterinary Clinic has been a Race Around the World sponsor since the beginning, so we were thrilled to have them as the exclusive sponsor for NOMV's in-person run/walk in Boston Common!

This sponsorship helps to ensure that every dollar raised during the race goes directly to NOMV Programs to provide resources and support to veterinary professionals.

Thank you, Boston Veterinary Clinic, we are incredibly grateful for your continued support of Race Around the World and the veterinary community!



N O M



Elevating Veterinary Wellbeing



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