

TAU TAU NEWS



SPECIAL POINTS OF INTEREST:

- Nebraska Collaborative—October 7th
- Holiday Shopping! - watch for the date
- Induction Ceremony—November 14th
- General Meeting—December

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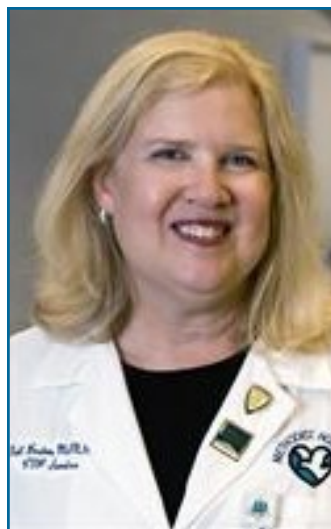
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September 2014

Message from Tau Tau President

I recently participated in presenting a review course for the Certified Ambulatory Peri-Anesthesia Nurse (CAPA), and Certified Post-Anesthesia Nurse (CPAN) certifications, supported by the American Society of Peri-Anesthesia Nurses (ASPAN), along with two nurse colleagues, Brittany Kauffman BSN, RN, CPAN; and Susanna Beaudin BSN, RN, CPAN. This was a unique experience since my co-presenters were inexperienced presenters. Both of



**Tau Tau Chapter
President [Gail Boston](#),
MSN, RN-BC, CCRN**

these nurses are certified CPAN, and I was impressed with the professionalism they exhibited, not only during the presentations, but also throughout the time we

spent together in preparation. I was also impressed by their expert knowledge base and ability to speak to the standards of care. They demonstrated what it truly means to be a role model of the professional nurse, to other nurse colleagues and peers.

At times, I have heard nurses say “I keep my job and my personal life separate and I don’t want to have anything to do with nursing after I leave work.” I would challenge that statement. I believe that every nurse has a

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Message from President—continued

personal investment in the profession. It starts with the basic education program, but it doesn't end there. The programs are not a "slam-dunk" by any means, and one is required to graduate, and to pass the state board exam to practice nursing. I don't believe anyone would choose to *not* be a nurse after investing that much time, energy, and resources in such an endeavor. These accomplishments are reasons to be proud and to continue advancing this time-honored profession. In the community, nurses are highly respected and trusted.

To strike a life balance, one often has other interests, such as sports, or arts, or maybe raising a family. How many people do you know who train vigorously to run a marathon? Never having been a runner, I can't relate to this but I know people who do this periodically. It seems to me that it may be torture, but it is my understanding it includes a lot of running, building stamina and endurance over time, and includes hydration and nutrition. And, my apologies for most likely

oversimplifying the process. The dedication to the marathon may be no different than nurses who are very engaged in advancing the profession by studying for a certification, or obtaining an advanced degree. In addition they serve as role models and mentors to others, are respected by their peers and are considered as resources in the clinical practice arena.



AMERICAN
ASSOCIATION
of CRITICAL-CARE
NURSES



Another way of advancing the profession of nursing is to join professional nursing organizations; and every specialty in nursing seems to have one. In addition, there are other nursing organizations such as Sigma Theta Tau International which have something for all nursing interests. Tau Tau Chapter is starting off the



Leadership Succession Planning: Opportunities for You to Serve in Tau Tau

By [Deborah Conley](#)

Chapter leaders are integral volunteers within the framework of our STTI Tau Tau Chapter.

Leaders guide and support a chapter ensuring that it fulfills its mission and goals. Our Leadership Succession Committee (LSC) is comprised of three elected members who are responsible for developing chapter members in organizational roles, selecting nominees for chapter leadership, preparing the election ballots, and notifying candidates of election results. Our LCS members are: Deborah Conley (Chair), Jean Adair, and Candy Rutledge.

STTI offers various resources to assist chapters in Leadership Succession Planning. One such resource is the **LEADER** Model where each letter within the model stands for one of the necessary steps in leadership succession

planning. The goal of our LCS is to use this model to help identify and develop potential candidates within our membership with unique knowledge, skills, and talents to lead Tau Tau.

- **Learn:** Discover which members are interested in serving in a formal leadership role.
- **Educate:** Help leaders educate prospective leaders about the various officer positions.
- **Ask:** Many members are willing to take leadership roles, but often wait for an indication that their chapter needs them to serve.
- **Develop:** After potential leaders have been elected to office, it is necessary to have a successful leadership transition.
- **Empower:** It is the responsibility of the outgoing chapter leaders to empower the new leadership team.

- **Recognize:** Recognize the unique talents and skills of the incoming chapter leaders and use these to plan for the future.

Over the next few months we will be reaching out to both new and experienced members who we believe have demonstrated leadership skills necessary to serve in various positions on the Tau Tau Board. When we make the “ask”, please carefully consider learning more about the opportunities to serve and how you can make a difference in our chapter.

Please feel free to contact the LSC members to inquire about opportunities to serve:

Deborah.Conley@nmhs.org; Jean.Adair@nmhs.org; or Candy.Rutledge@nmhs.org



Membership Involvement—Survey Says!

By [Cheryl Bouckaert](#) & [Kim Hall](#),
co-chairs

Recently, the Membership co-chairpersons sent out a survey asking for your opinion. Thirty-two members responded—thank you!

Being too busy or not having enough time seemed to be the most common reason for decreased attendance at meetings and events. We understand and we are grateful for the helpful suggestions members made to increase attendance and participation.

We continue to welcome thoughts and ideas from members so please do not hesitate to contact Kim Hall or Cheryl Bouckaert with your opinion!

Additionally, several members expressed an interest in the following: more social and networking events, increased presence and interaction with Nebraska Methodist College nursing students, and more community service events like the Mobile Diabetes Center (see below for more information).

We are already discussing ways to make this happen! Be watching your email and the next newsletter for new, exciting opportunities to be involved!



Mobile Diabetes Center upcoming events can be viewed from the following link:

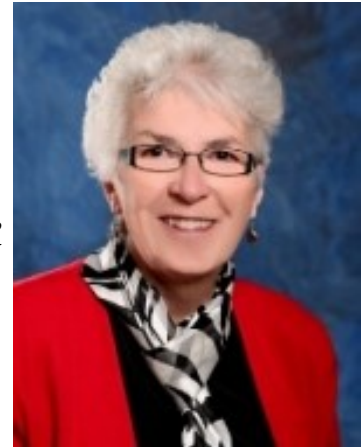
[MDC Schedule](#)

If you are interested in volunteering you can email Kim Hall at kim.hall@methodistcollege.edu

2014 Fall Program

The Tau Tau General Meeting and Fall Program took place on Monday, September 15, 2014 at Methodist College. Board members held discussion on a number of topics prior to opening up the doors for NRS220 nursing students who joined the event to listen to the invited speaker. “A U.S. Humanitarian Refugee Crisis – Unaccompanied Children on the Border” was presented by **Elizabeth Furlong, PhD, JD, RN**, an Associate Professor for the Center for Health Policy and Ethics at Creighton University. At the invitation of the Open Society Foundation and the Albert Schweitzer Institute, she taught Ethics with health professionals in the Republic of Georgia, Azerbaijan, and Lithuania. In 2006 she taught Community Health Nursing and Health Policy in two universities in Hungary as a Fulbright Fellow. She served a four year

**Beth Furlong,
PhD, JD, RN**



appointed term on the national 21-member NIH Council of Public Representatives (COPR) and served as COPR's appointed member to the NIH Advisory Council for one and one half years - both are advisory councils to the Director of NIH.

Dr. Furlong has served on three appointed health policy task forces of the Douglas County Board of Supervisors. A former Peace Corps Volunteer in rural village South India, she has participated in Jesuit Immersion trips in the Dominican Republic and the Tribal States of NE India. She served as a consultant in nursing education in Armenia and as a Fulbright Fellow in Jordan.

The topic is very timely, and helps nurses to become more aware of the impact to our healthcare system and the legal and ethical concerns related to the current situation. The program was also very informative for the nursing students who are be-





ginning to develop their own nursing philosophy as informed by the ANA code of ethics and standards of practice.

The speaker was warmly received and a brief question and answer session ended the program.

Tau Tau holds their general meetings quarterly and all members are encouraged to attend and to stay for the speakers who have presented on a number of nursing-related topics.

Please consider putting the December meeting on your calendar to enjoy some time with fellow nurses and chapter members (as well as picking up some valuable CEUs in the process!)



Garage Sale Success!

By [Hilary Spurgeon](#)

The Tau Tau Chapter held a Garage Sale in June with donated items from Tau Tau members and supporters. The membership and community supported our cause and helped us raise over \$1000.00 toward nursing scholarships and research by buying all our donated treasures!

Keep looking in your closets and homes for items to donate to this event next year! I swiped up a beautiful set of lunch/shower dishes donated by our President, Gail Boston. Who knows- you might find just what you've been looking for!

Holiday Shopping Night

Please come and join us for a night of shopping, food, and fun! We will be welcoming the holiday season by shopping for holiday gifts from brands like Pampered Chef, Mary Kay, 31, Lia Sophia, Scentsy, and more!

Proceeds benefit nursing research and scholarships! Watch for an email regarding date and time (late Oct/early Nov).

**Hosted by your Tau
Tau chapter of Sigma
Theta Tau!**



NE Collaborative of Sigma Theta Tau

By [Phyllis Zimmerman](#)

The Nebraska Collaborative of regional chapters of Sigma Theta Tau is planning their annual event for Tuesday, Oct 7th from 6:00 pm to 8:30 pm.

The Omaha event will be held at UNMC Center for Nursing.

This year's topic is **Professional Communication in the Workplace & Through Social Media**. Andrea Jahn, JD, Privacy Officer & Counsel for Health Services at Creighton University will discuss Professional Communication and Social Media. Following a break, Steven Wengel, MD, Chairperson & Professor in the Department of

Psychiatry at UNMC will speak on Workplace Stress and Burnout: How Can Better Communication Help?

Both speakers will directly address concerns for all nurses regardless of where they work. Please consider attending this educational event organized by the Gamma Pi at-large chapter, Iota Tau (Creighton), Omicron Epsilon (Clarkson), Theta Omega (Midland-Fremont), and Tau Tau.

Registration deadline is September 30th, so [click here](#) to get signed up today!



STTI Leadership Connection

This biennial event held in Indianapolis (home of STTI) will take place this year on September 24th to 27th. Jean Farnham and Kristen Hanten will represent Tau Tau this time around, and we anticipate a full report for the December newsletter! This conference includes many inspiring speakers focused on personal, professional, and global leadership development.

For more details, [click here](#)!



Nursing Trivia!

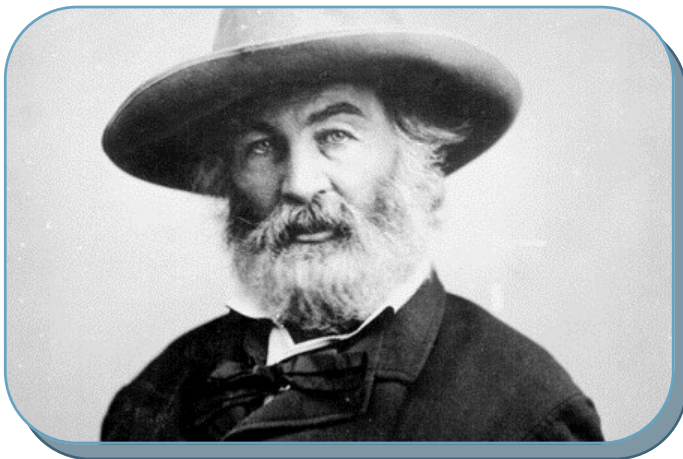
By [Kathy Marquardt](#)

What well-known poet also served as a nurse during the American Civil War?

The answer is [Walt Whitman](#)!

Whitman (1819-1892) became a nurse after finding his brother wounded on the battlefield at Fredericksburg, VA. Greatly moved by the plight of the injured soldiers he saw, he volunteered his services as a nurse.

He described his experiences in the poem [The Wound-Dresser](#).



Member Recipe

By [Jean Farnam](#)



Pumpkin cupcakes

15 ounces pumpkin purée
1/2 cup sugar
1/4 cup brown sugar
2 large eggs
1 teaspoon vanilla extract
3/4 cup evaporated milk
2/3 cup all purpose flour
2 teaspoons pumpkin pie spice
1/4 teaspoon salt
1/4 teaspoon baking powder
1/4 teaspoon baking soda

Preheat oven to 350 degrees. Line 12 cup muffin tin with silicone liners, foil liners sprayed with cooking spray or just spray the cups with cooking spray. Either of these three methods will make it easy to take the cupcake out after it's cooked. Paper liners make it difficult to remove the cupcakes.

Mix the pumpkin, sugar, brown sugar, eggs, vanilla extract and milk. Add the flour, pumpkin spice, salt, baking powder and baking soda to the mixture. Fill each muffin cup with 1/3 cup of the mixture. Bake for twenty minutes and let cool for twenty minutes.

Remove cupcakes from pan and chill in the fridge for 30 minutes. Top with whipped cream and sprinkle more pumpkin pie spice on top and serve. Makes 12 cupcakes.

**SIGMA THETA TAU
INTERNATIONAL**

**Tau Tau Chapter,
Nebraska Methodist
College**

WE'RE ON THE WEB!
WWW.NURSINGSOCIETY.ORG

**Don't forget to renew
your membership!**



LOVE, COURAGE, AND HONOR

The mission of the Honor Society of Nursing, Sigma Theta Tau International, is to support the learning, knowledge, and professional development of nurses committed to making a difference in health worldwide.

CHAPTER OFFICERS

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Fundraising Chair — Hilary Spurgeon, BSN, RN

Membership Involvement Chairs — Kim Hall, MSN, RN & Cheryl Bouckaert, MSN, RN

Leadership Succession Chair—Deborah Conley, MSN, APRN-CNS, GCNS-BC, FNGNA

Leadership Succession Committee—Jean Adair, MSN, RN & Candy Rutledge, BSN, RN

Program Chair — Kristen Hanten, MSN, RN

Publicity Co-Chairs — Janet Syslo, MSN, RN & Jeremiah Blake, BSN, RN



Sigma Theta Tau International
Honor Society of Nursing®

Upcoming Events!

Oct 7

**Nebraska Collaborative
Program**

UNMC

5:00-6:00 dinner
(optional)

6:00-8:30 speaker
presentations

**Professional Commu-
nication in the Work-
place & Through So-
cial Media**

**MARK
YOUR
CALENDAR**



**Help recruit NEW
members!**

**Direct interested
future members to
[Jean Farnham!!](#)**

2014

November 14:

**New Member Induction
Ceremony & Reception**

**Keynote speaker: Karen
Johnson, PhD, RN**

**Cake & punch served
following ceremony**

**Late Oct/Early Nov
Holiday Shopping Night**

December

**General Meeting & Pro-
gram**