

SPECIAL POINTS  
OF INTEREST:

- Star Award—April 7
- Nursing Research  
Day—April 8
- General Meeting—  
June 9

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# TAU TAU NEWS



Volume 2, Issue 1

March 2015

## Message from your Tau Tau President

In Nov 2005, I had the awesome opportunity to attend the Sigma Theta Tau International Biennium in Indianapolis, along with Linda Hughes and Linda Quinn, the president and president-elect respectively of the Nebraska Methodist College Honor Society. At the time I was the treasurer. As it happens, we were there to receive our charter as a chapter in the organization. I remember walking across the stage in front of the House of Delegates and being introduced along with the other chartering chapters. We were asked to say a few words to the au-



**Tau Tau Chapter  
President Gail Boston,  
MSN, RN-BC, CCRN**

dience and we were congratulated with handshakes all around from the sitting board. Then we were asked to step into another room while the house voted on the charters. We were not sure if they would actually vote

“no” but that didn’t matter as all charters were unanimously voted “in”.

As I look back on the years, I have to stop and reflect on how our chapter has grown in so many ways. Our first induction as Tau Tau Chapter was in April of 2006 and we proudly displayed our charter at that first ceremony, and we had a very nice celebration afterward as I recall.

Our former NMC chapter used the chapter model already established by STTI, so we did not need to alter our board of directors or change positions.

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## Message from President—continued

We added committee chairs to the board of directors, and we established additional committees to focus our work, such as member involvement and finance. We established goals for financial support of scholarship and research. For a young chapter, we have come a long way, baby! I still think of our chapter as being relatively young, we have a long way to go.

Not too long ago I received a letter from STTI congratulating us on our upcoming 10th anniversary, which will occur in 2016. It was great to have that early reminder to help us plan for the year ahead. **Tau Tau would appreciate receiving any stories, letters, pictures, or anything else you can think of to help us put together remembrances to help celebrate the upcoming event.** We would also appreciate your ideas about how we should celebrate this milestone. It is an important date in the history of our chapter. It is also important for us to remember our humble beginnings as the Nebraska Methodist College Honor Society.

**Congratulations to the Tau Tau Chapter for achieving 10 years!**



### 10 Years of Tau Tau!

If you have any special memories from the 10 years your Tau Tau chapter has been in existence, please send to: [Tau Celebrates 10 Years!](#) We will put together an extra special newsletter to share with all members (past and present) showing what membership can mean. Please help us to celebrate this occasion and the chapter and all our members!



## 2015 Star Award

By [Gail Boston](#)

On April 7, the 2015 Star Award Recipient will be announced and honored at a special reception. The guest speaker will be Jackie Thielen, the 2014 Star Award recipient.

Since 2008, Sigma Theta Tau International, Tau Tau Chapter, in collaboration with the Methodist Hospital and College Research Day Committee, has honored nurses for their work in the area of research and evidenced-based practice with the Star award.

The Star Award highlights the accomplishments of nurses who engage in scholarly inquiry with the sincere desire to improve patient outcomes and promote healthy work environments.

The goal of the Star Award is to honor nursing excellence and scholarly endeavors with the intention of advancing nursing practice.

In the future, our goals will include research grants through the Tau Tau Chapter's fund raising efforts and through growth of our endowment

This will be the 8th annual Star Award.

Recipients are selected through a process of review by the Research Day committee. The committee has representation from Methodist Hospital, Methodist Women's Hospital, and Jennie Edmundson Hospital, as well as Nebraska Methodist College, and your Tau Tau chapter of STTI.

Each nominee has promoted evidence-based practice by conducting research studies or evidence-based projects. The findings of this work has or will influence significant changes in nursing practice.

Past Star Award recipients are:

2008 Ruth Freed

2009 Sandy Vylhidal

2010 Deborah Conley & Linda Foley

2011 Jennifer Kaluza

2012 Linda Hughes

2013 Gail Boston

2014 Jackie Thielen



### Nursing Trivia!

When and where was the first nursing school?

Answer found on page 8



## 2015 May Leadership Election

By [Deborah Conley](#)

The Tau Tau 2015 election will take place in May and you will receive a survey monkey ballot via your email that we have on file with STTI. I encourage you to vote for the leadership of our organization. It is the leadership combined with its members that moves an organization forward and sets goals and priorities as we strive to embrace our mission of advancing world health and celebrating nursing excellence in scholarship, leadership and service. Our vision is to be the global organization of choice for nursing. There are various ways to get involved and learn more about Tau Tau. Our board meetings are open to all members and are held the second Thursday of each month from 4:15 to 5:30 at

the Methodist Professional Development office (across the street from Nebraska Methodist College). Consider being on the finance, fundraising, or membership involvement committee and network with peers from Methodist and other organizations. When the ballot arrives in May remember ***your vote counts!***

The following two-year officer and committee chair positions are available for the 2015 upcoming ballot:

- ◇ Secretary
- ◇ Leadership Succession Committee Member
- ◇ Membership Involvement Chair



- ◇ Governance Chair and Counselor (must be an NMC nursing faculty member)
- ◇ Fundraising Chair
- ◇ President

Leadership Succession committee:

[Deborah.Conley@nmhs.org](mailto:Deborah.Conley@nmhs.org); [Jean.Adair@nmhs.org](mailto:Jean.Adair@nmhs.org); or [Candy.Rutledge@nmhs.org](mailto:Candy.Rutledge@nmhs.org)



## Tau Tau Endowment Fund

By [Jed Hansen](#)

Greetings from your Finance Committee!

There has been continued interest in Tau Tau's endowment fund and how it functions. As such, I will try to explain the basics of an endowment and how we both plan to fund our endowment and what we hope to provide with it.

In general, endowment funds are set up with long-term goals to provide a steady and renewable source of money to an individual, group, or cause. Funds can grow in a number of ways both slow and fast. But in almost all cases, academic endowment funds are established to give away grant money on a perpetual basis at a rate of 5% annually. This means that once an endowment fund begins giving away money, it will do so indefinitely, unless dissolved (all money intentionally removed). At a 5% rate, an endowment can provide \$500 in grant money for every \$10,000 invested.

In the case of Tau Tau's endowment, there is a current balance of approximately \$20,000. This means that our local chapter could offer \$1000 in grants and scholarships every year. While this money could be used to supplement our current

mission, the overall vision of the Tau Tau board is to hold onto this money and allow the fund to grow to at least \$50,000 to provide significant financial impact for academic pursuits. Future growth of the endowment will depend on funding from multiple sources and will shift over time as the fund grows. By holding off on releasing funds in the form of grants, the endowment will also receive growth in the form of interest income. Eventually, the interest income will become the major driving force for growth. This idea is key in why the endowment fund is being allowed to grow now.

Once the fund reaches an agreed upon balance; distribution will begin. This distribution will take the form of grants and scholarships that will be provided in-line with the mission statement of STTI and Tau Tau. This will include scholarships for tuition and books, grants for research, and money for nursing mission and charity works.

This explanation hopefully provides greater understanding for the situation with this fund and its purpose for Tau Tau. Thank you for your continuing support in these efforts!



## Nursing Research Day 2015

By [Deborah Conley](#)

### Methodist and Tau Tau Chapter Research Day April 8th, 2015

Date: Wednesday, April 08, 2015

Time: 8:00 am to 3:30 pm

Location: DC Centre, 11830 Stonegate Drive,  
Omaha, NE 68164

### Interprofessional Collaboration: Enhancing Evidence Based Practice

Methodist Research Day is a collaborative effort between our Tau Tau Chapter, Nebraska Methodist College, Methodist Hospital, Women's Hospital and Jennie Edmundson Hospital. The purpose of this event is to provide opportunities for professional growth and development that enhance excellence in nursing and healthcare and to promote interprofessional collaboration and optimal patient outcomes.

This year is the first year Research Day is interprofessional and various disciplines have served on the Research Day committee and are presenters. Oral presentations as well as posters will be offered.

#### Keynote speakers:

Lynn Gallagher-Ford, PhD, RN, DPFNAP, NE-BC, Director of the Center for Transdisciplinary Evidence-based Care at The Ohio State University College of Nursing

Katherine Jones, PhD, PT, Assistant Professor in Physical Therapy Education at the University of Nebraska Medical Center

Register for Research Day on the Nebraska Methodist College website at: [2015 Nursing Research Day!](#)



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### Recipe—Luscious Light Salad Dressing

½ cup light olive oil  
¼ cup white balsamic vinegar  
1 tablespoon honey (can use 2 for sweeter)  
½ tsp salt  
¼ tsp ground black pepper

For Asian Flavor: use sesame oil instead of olive oil and add some light soy sauce and sprinkle with sesame seeds.

Whisk all ingredients together until well blended. A little goes a long way!  
No need to refrigerate – olive oil will turn to solid in fridge



## Member Involvement

By [Kim Hall](#) & [Cheryl Bouckaert](#)

The Membership Involvement Committee met on February 9. Ideas that were generated included the following.

At New Member Orientation we will give new members handouts with upcoming events, information on how to register for those events, and a list of all board members and what their role is.

We will be assigning a mentor to new members who can send personal reminders for general meetings, programs, and service opportunities. The mentor can also be someone who can answer new member questions (i.e. how to register for a program, what to expect at the meetings, what the new member's role is) and explain Tau Tau activity and how to get in-

involved. So be watching for contact from your mentor.

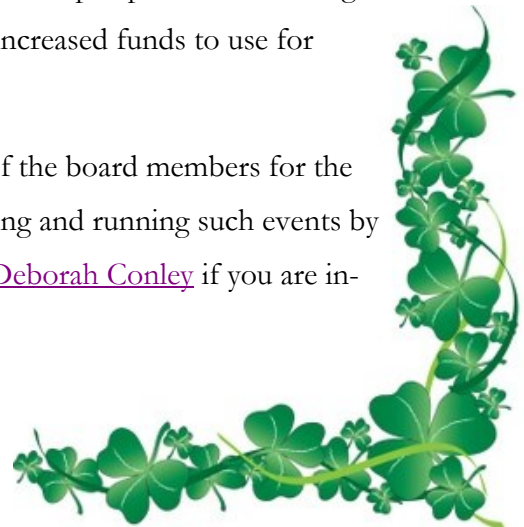
As the Membership Involvement Committee we will send quarterly updates to new members about CEU's/programs and any other helpful information or ways to get involved.

**Attention new members:** we are planning an event for all graduating new members entitled, "What to expect as a New Grad" which includes resume building, interview coaching, and Q & A sessions. The upcoming session has been scheduled for April 6 from 2-3pm. We have invited recent graduates to attend. This will be held in the Clark Dining Room on the NMC campus.

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**Please help us with your ideas to raise funds for Tau Tau scholarships!** In the past, this chapter has held a variety of events to raise money—book sales, silent auctions, garage sales, holiday craft sales, jewelry sales. These different events have met with differing levels of success, and we are seeking some fresh perspectives to leverage our opportunities to attract attendees and thus generate increased funds to use for scholarships for deserving nursing students.

Please send any thoughts you have on this topic to any of the board members for the chapter. Also consider becoming more involved in creating and running such events by being a member of the fundraising committee! Contact [Deborah Conley](#) if you are interested in being on the committee!



## Upcoming Program Events

The Tau Tau Spring Meeting on Feb 9th was a success. It featured Dr. Bernice Yates speaking about ***Reducing Cardiovascular Risk in Spouses of Cardiac Patients: A Randomized Control Trial***. Dr. Yates gave a very interesting presentation informing us of the effects and extensive involvement cardiac events have on patients' spouses.



By [Kristen Hanten](#)

The Program Committee is continuing to work towards putting together the summer and fall programs. Our hope is that we will be able to combine both a fun and an informative experience for these events.

The summer Program will be held June 9th, 2015 and the fall program will be September 8th, 2015... so mark your calendars!

Program Committee – Kristen Hanten, Chair;  
Phyllis Zimmermann, Cheryl Bouckaert and Chris Hoebelheinrich



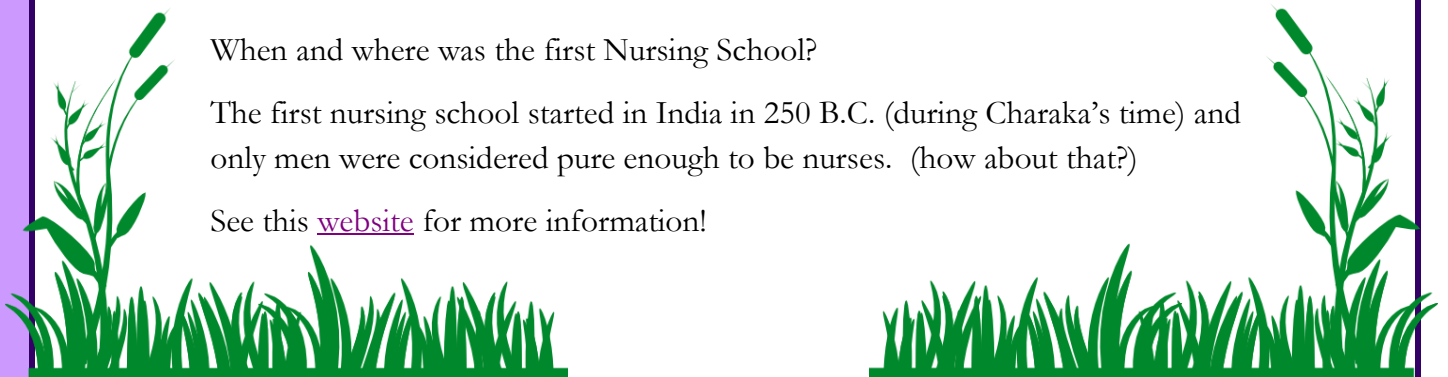
## Nursing Trivia!

By [Kathy Marquardt](#)

When and where was the first Nursing School?

The first nursing school started in India in 250 B.C. (during Charaka's time) and only men were considered pure enough to be nurses. (how about that?)

See this [website](#) for more information!



## Mobile Diabetes Unit needs your assistance!

Please consider the following opportunities to provide community healthcare assistance. [Nebraska Methodist College](#)

[Center for Health Partnerships](#), in collaboration with Cos-

mopolitan International, Cornbelt Diabetes Connection, helps to promote greater community impact for students, faculty and alumni via events where nurses work directly with underserved populations to address health concerns regarding diabetes, a growing health issue in this country. You can participate in these events by screening for blood glucose levels and offering education to at-risk community members. Upcoming events include:



On **March 28th** the **Black Family Health and Wellness Association** will be having their event at North High School from 8am to 12:30pm. The MDC will leave the college at around 7am and return at 1:15pm or shortly thereafter!

On **April 18th** there is a screening at the **Masonic Lodge in north Omaha**. The screening is from 9am until noon, so the MDC will be leaving the college around 8:15am and returning around 1pm.

There is a new event entitled **Bridge 2 Health Health Fair** on **April 25th** from 11am to 1pm. We would be leaving the college around 10am and returning by 2pm at the latest!

There is a screening for **May 8th** from 9am to 2:30pm at **St Joseph's Villa**.

On **May 9th** there is a **Cosmopolitan event in Sioux City** and we have been asked that the MDC be there. We will plan to leave the college around 6am and return around 3pm. I am planning to attend this event and would love some help!

If you feel like spending some quality time on the MDC or in the community, please contact [Kim Hall](#) and let me know if you want to participate in any of these events.



**SIGMA THETA TAU  
INTERNATIONAL**

**Tau Tau Chapter,  
Nebraska Methodist  
College**

WE'RE ON THE WEB!  
[WWW.NURSINGSOCIETY.ORG](http://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**

President — Gail Boston, MSN, RN-BC, CCRN

Vice President — Katherine Marquardt, RN, MSN

President Elect — Robyn Michal, MSN, RN, CCRN, CSC

Secretary — Margaret Medeiros, MSN, RNC-OB

Treasurer — Jed Hansen, BSN, RN

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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!**

**April 8**

**Methodist Research  
Day**

**DC Centre**

11830 Stonegate Drive

8:00am—3:00pm

**Topic: Interprofession-  
al Collaboration: En-  
hancing Evidence-  
Based Practice**

**MARK  
YOUR  
CALENDAR**



**Help recruit NEW  
members!**

**Direct interested  
future members to  
Jean Farnham!!**

**2015**

**April 7:**

Star Award

**June 9:**

Summer General Meet-  
ing & Program/Activity

**July 9:**

Installation of Officers

**September 8:**

Fall General Meeting &  
Program

**November 13:**

Induction Ceremony  
(tentative)