



Newsletter Summer 2018

Summer Highlights:

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Upcoming Events:

Leadership Program: 3rd in a series

SAVE THE DATE!

The Science of Leading
September 13th

President's Message

Dear Tau Tau members,

Congratulations to the newly elected officers and board members. I am excited to work with each of you over the next two years. A warm thank you to those who are going off the board and Tau Tau members who served on committees this year. Your dedication to Tau Tau's success was evident and I feel fortunate to have worked with you over these last two years.

We are always looking for members to become more involved. Serving on a committee, coming to a



meeting, or reaching out with a suggestion; your involvement is critical to our success.

STTI's mission and vision is to support nurses' efforts to improve the health of the world's people. How can Tau Tau support your efforts?

Alice Kindschuh

Thank You outgoing board members and chairs!

Jed Hansen - Treasurer

Marti Christensen - Leadership Succession Chair

Amy Brasel - Program Chair

Roxanne Gould - Publicity/Newsletter

2018 Leadership Series

The Art of Leading in a Challenging Environment



Deb Robinson
Director Organization
Development
Nebraska Methodist
Health System



Thank you Deb Robinson for
this program!

Deb Robinson provided a program on the subject of working in a challenging environment. Deb utilized many “signs” to discuss how we can control these challenges. Some notable concepts included the idea that you decide how much of today goes into tomorrow and your track record of getting through rough days is 100%. She concluded by discussing great leaders and stressed that a common asset is kindness!

Program Committee Chair

The Director of Organizational Development for Methodist Health System, Deb Robinson, presented the second phase of our leadership series on June 14, 2018. Her informative and humorous presentation was on “The Art of Leading in the Challenging Practice Environment” where she addressed the need to recognize, promote and develop shared values in order to maintain an optimistic outlook for the future. Save the date: The third phase of our leadership series is scheduled for

September 13, 2018, from 5 – 6 pm. It will cover the Science of Leading: Strategic Management and Driving Outcomes. Ryan Kenney, the Director of Neuroscience and Orthopaedics at Nebraska Medicine, will be the presenter.

Hope to see
you there!

Amy Brasel, MSN, RN-BC



A “word” from your Governance and Co-Counselors!

The Tau Tau Chapter is happy to announce the acceptance of yet another new nurse leader: Kerri Gilson MSN, RN. Kerri is currently the Program Manager of Continuing Education for Nebraska Methodist College and was instilled as Tau Tau’s new Program Chair June 14th at the general meeting.

With that said, we strongly encourage everyone to think of an outstanding BSN or MSN nurse and invite them to join Tau Tau Chapter as a Nurse Leader. All you have to do is refer them to us, and we can get the information to them.

Enjoy your summer!
Cheryl Bouckaert & Kate Malmberg



Leadership Succession Committee

The Leadership Succession Committee was persistent in getting candidates for the open positions on the Board of Directors. The committee consists of three elected members Jackie Thielen, Marilyn Voss and Marti Christensen and two volunteers Cynde McCall and Carole Lainof. The committee met monthly via phone conference calls, identifying potential candidates and actively recruiting for the positions and encouraging members that have an interest to volunteer for a committee to gain a better understanding of how the committees work and transitioning into a candidate for the upcoming years.

The committee members were supportive and encouraged all members they had contact with to be more involved in the Tau Tau Chapter and the activities. Conversations centered on how this chapter can promote nursing, scholarship and community service.

Cynde McCall will be volunteering her time with the Finance Committee and Carole Lainof will volunteer with the Fund Raising Committee.

Marti Christensen

New Tau Tau Board Member Induction



Gail Boston, MSN, RN-BC,
CCRN has been inducted
to serve as
Vice President

**KERRI GILSON,
BSN, RN WILL
SERVE AS
PROGRAM CHAIR**



Lyndsi Hall, BSN, RN will serve on
the
Leadership Succession Committee

Board members not shown will be inducted at the next meeting

Tau Tau Volunteers

Tara Whitmire, DNP, APRN-NP
President Elect

Sigma Theta Tau International Volunteer Week was April 16-20, 2018. We asked Tau Tau members to share how they volunteer their time.

Several members responded and here is how they spend their “free” time!

Colleen Steinhauser is active with the Boy Scouts of America (BSA). She serves as Troop 99 leader and is the weekend BSA Camporee Health Officer five times a year. She provides first aid as needed to the boy scouts. Colleen also served as the Chief Health Officer for the MidAmerica Council Jubilee weekend in October 2016 and 2018. Her duties included managing a core of medical staff to provide first aid for 4,000 Scouts and their families at Mahoney State Park. Her nursing expertise was again used on the Lead Medical Committee of the MidAmerica Council where she oversees the medical check-in for campers and adults over six Sundays.

She has also been the Assistant Director of Nursing-Jamboree Health Lodge at the Summit Bechtel Scout Reserve in Glen Jean, WV where the National Scout Jamboree is held. She has filled this role in 2013 and 2017. She has been accepted to staff the World Jamboree in 2019! Way to go Colleen! In addition to all this, she finds time to volunteer with the Methodist College Mobile Diabetes Clinic once or twice a year.

Thanks Colleen for your dedication to great causes!



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Roxanne Gould loves to go on Mission Trips, recently completing her 5th trip! Here is what she said about her work:

“This last one was to Puerto Rico to help in an area hit by the hurricane with Omaha Rapid Response. In the morning my group (including one of my community health students) did health screenings and in the afternoon we helped with clean-up of homes with no roofs. Past mission trips have been to Haiti, Belize, and twice to the Dominican Republic through Creighton’s ILAC program providing hernia surgeries. I plan to join the ILAC team again this November.”

She also volunteers locally at her church in performing health screenings and assisted a Karen (Burmese) family acclimate here from a refugee camp. She volunteers through Encore and is a medical guardian for two disabled individuals. Roxanne gives her time selflessly!

Thank you Roxanne for your time and efforts to help so many people!



Tau Tau Volunteers, cont.



Kari Wade loves to run! She likes to volunteer her time at race events. She helped direct runners on the course at the Monster Dash 5k, benefiting the *Child Advocacy Center* in Lincoln, NE in October 2017. That same month she again assisted runners on the course at the Hurts Donuts 5k benefiting the *National Multiple Sclerosis Society* in Lincoln. She has qualified to run in the New York City Marathon in November 2018.

Way to go Kari!

Jackie Thielen enjoys being involved on organization boards. She is on the Board of Directors for the *Josie Harper Hospice House*. She also serves on the *March of Dimes Grant Committee* and is a member of the Nebraska Nurses Association Program Committee.

Thank you Jackie for your dedication to these great organizations!



Connie with her favorite Paw Patrol characters! Ryder and one of the heroic pups, Skye!

Connie Wallace loves community involvement and has shared her current activities:

She volunteers through her church by taking blood pressures after the church services once per month and serves as a home communion.

She volunteers with Omaha Performing Arts, at the Holland Center and Orpheum Theater for about 15 years. She is also a greeter at the Omaha Community Playhouse.

Connie is engaged in community mental health support by involvement in the suicide walk and mental health awareness month. She also does clothing drives delivering seasonally appropriate clothes to inpatient mental health units for clients in need.

Connie enjoys all the service events she participates in, but has the most fun serving as a camp nurse for Camp You Can, for kids who have a seizure disorder!

Connie's most significant service experience was in Uganda where she spent two weeks teaching mental health in two nursing programs in Uganda.

Wow, Connie! How do you find time to eat and sleep!

**As you can see, our Tau Tau members are doing great things not only locally but worldwide!
Thank you to all who volunteer your time, energy and funds to help great causes!**

Tau Tau Scholarship Presentations

The mission of the Honor Society of Nursing, Sigma Theta Tau International, is advancing world health and celebrating nursing excellence in scholarship, leadership, and service. The Tau Tau Chapter honors this commitment annually by awarding two (2) \$500 scholarships to members enrolled in a Masters or Doctoral program in nursing and two (2) \$250 grants to members engaged in research.

Jed Hansen, BSN, RN is pursuing his PhD and FNP degree at UNMC and Nellie Johnson, MSN, RN, CCRN is pursuing her EdD at Nebraska Methodist College were each awarded \$500 scholarships.



Jed (left) and Nellie (middle) and Tara Whitmire presenting the scholarships on behalf of the Tau Tau Chapter.

Scholarship
UNMC
PhD
FNP
EdD

&

exercise
Research
patient
protocol
Fibromyalgia
sleep
Action
practice

Lin Hughes PhD, RN, CNE was awarded the \$250 research grant for the research study:

"The effects of a sleep protocol and exercise in the patient with fibromyalgia."

Lin Hughes was unavailable for picture.



Opportunities

Take a free online course: “Surviving Your First Years as a Nurse”.

- This unique continuing education program is designed for new nurses and covers topics and issues that will help students transition to professional nurses. Course subjects include:
- Transitioning from Student to Professional Nurse
- Legal Risks as a Nurse
- Dealing With Difficult Patients and Families
- Advancing Your Nursing Career
- Incivility in Healthcare: Understanding Disruptive Colleagues
- Social Media for Healthcare Providers
- Log in to www.sigmamarketplace.org using your Sigma password. (Your member number also works as a password.) Once you are signed in, the price will change to reflect that it is free to you as an active member.

Events

International Nursing Research Congress: 19-23 July 2018, Melbourne, Australia

Join Sigma and your peers in nursing research and evidence-based practice at the 29th International Nursing Research Congress. Registration is open!

Leadership Connection: 15-18 September 2018, Indianapolis, Indiana, USA

Registration is now open for Leadership Connection 2018! This special Sigma event is split into two parts: one for chapter leaders and one for nursing leaders.

Emerging Global Healthcare Leadership

Symposium: 25-28 September 2018, London, UK

Register today to attend this institute designed to prepare globally aware healthcare leaders to participate in global health care ventures and networking and to become global thought and practice leaders.

Learn more at www.SigmaNursing.org/Events.

Resources

Download the journal apps.

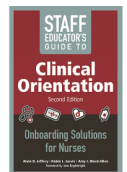
Sigma's two highly-ranked journals — the *Journal of Nursing Scholarship* and *Worldviews on Evidenced-Based Nursing* — are accessible via mobile apps! Learn more at SigmaNursingPublications.

Use your member discount on Sigma books.

Sigma members receive a 10% discount on books offered through the Sigma Marketplace (formerly Nursing Knowledge International). Check out the *Staff Educator's Guide to Clinical Orientation*, available now at SigmaMarketplace.

Staff Educator's Guide to Clinical Orientation

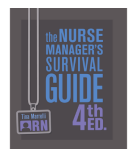
guides you in creating and sustaining a high-quality orientation and onboarding program that meets the needs of nurses, organizations, and patients. In this fully revised second edition, authors Alvin Jeffery, Robin Jarvis, and Amy Word-Allen provide all the tools you need to successfully develop a nursing healthcare workforce.



The Nurse Manager's Survival Guide, Fourth Edition,

provides an overview of a nurse manager roles and responsibilities-all the fundamentals needed for success in one easy-to-use,

consolidated, practical reference. From tips on building the right team to budgeting basics, time-management tools, and advice on taking care of yourself (and your team), author Tina Marrelli supplies the resources nurse managers need to excel in day-to-day operations.



Rhubarb Crisp

Ingredients

3/4 cup sugar
3 tablespoons cornstarch
3 cups sliced fresh rhubarb or frozen rhubarb, thawed
2 cups sliced peeled apples or sliced strawberries
1 cup quick-cooking or old-fashioned oats
1/2 cup packed brown sugar
1/2 cup butter, melted
1/3 cup all-purpose flour
1 teaspoon ground cinnamon
Vanilla ice cream, optional



Directions

1. In a lge. bowl, combine sugar & cornstarch. Add rhubarb & apples or strawberries; toss to coat. Spoon into an 8-in. sq. baking dish.
2. In a small bowl, combine the oats, brown sugar, butter, flour & cinnamon until the mixture resembles coarse crumbs. Sprinkle over fruit. Bake at 350° for 45 minutes or until bubbly and fruit is tender. Serve warm with ice cream if desired.

Yield: 8 servings.

Editor's Note: If using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.

I made this crisp from a rhubarb plant I have in my garden last week for a card party.
It was amazing!! - Roxanne

Chapter Officers

President -- Alice Kindschuh, DNP, APRN-CNS, GCNS-BC, CNE

President Elect -- Tara Whitmire, DNP, APRN-NP, CHFN

Vice President -- Gayle Boston, MSN, RN-BC, CCRN

Treasurer -- Sue Rohlf, MSN, MA, RN

Secretary -- Julie Schlick MSN, RN

Program Committee Chair -- Kerri Wilson, BSN

Publicity/Newsletter Co-Chair -- Debb Adams, MSN, MSHS, RN-BC & Gayle Gillispie, MSN, RN

Counselor/Governance Chair -- Kathrine Malmberg, MSN, RN & Cheryl Bouckaert, MSN, RN

Leader Succession Chair -- Jackie Thielen, MSN, RN, APRN-NP

Leader Succession Committee -- Lyndsi Hall BSN, RN; Susana Harrington, NPCV; Marilyn Voss MSN, RN, APRN-NP

Fundraiser Chair -- Stacey Miskie BSN, RN, CBN

Membership Involvement Chair -- Loretta Pierce, MSN, RN, NE-BC



Sigma Theta Tau International

Honor Society of Nursing