

September 2016

Special points of interest:

- **Now through October 21st accepting book donations for the book drive/sale**
- **October 25th & 26th book sale**
- **November 18th—New Member Induction**

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Tau Tau News

Message from your Tau Tau President

My message to all STTI members is: Make The Most of Your Membership! There are so many resources available to you through STTI at no cost or reduced cost. All of the resources and information can be accessed through the STTI website www.nursingsociety.org. For instance, career assistance is available to all STTI members. Career Central provides career advice or answers to questions about specific nursing specialties answered by experts in that field. On the Job Board, you can search thousands of nursing jobs by keywords or location. The Mentoring Programs offered can help find a

mentor or the opportunity to become a mentor, as well as develop leadership skills through participation in STTI's Leadership Academy. The Critical Portfolio service helps members build an e-portfolio at a reduced cost through an ANCC and STTI partnership. Some additional links on the STTI site to take a look at Networking Opportunities, Volunteer Opportunities, Continuing Education, Member Publications, the Virginia Henderson e-Repository and Nursing Knowledge Central (just to name a few). The STTI website has so many things to see, read, learn

and explore. So set some time aside to explore all of the opportunities your STTI membership has to offer.



Katherine Marquardt

Tau Tau Presentation

Deb Adams & Roxanne Gould

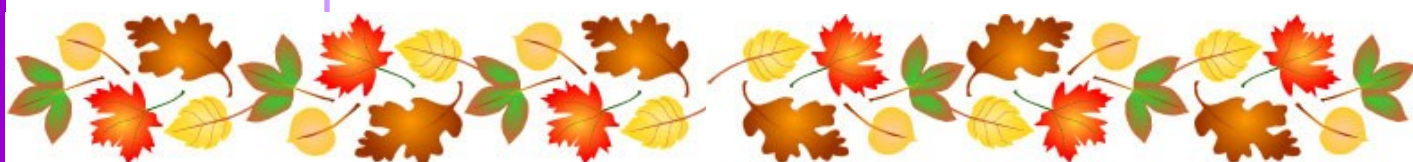


The planning committee for the Tau Tau chapter of Sigma Theta Tau

invited Dr. Lou Lukas, Medical Director of Palliative Care at Methodist Hospital to speak on Monday, 12th of September at Nebraska Methodist College. The title of her presentation was "Medical Decisions: When to ask, when to tell, exploring autonomy and decision making in advanced illness." Dr. Lukas provided a compelling presentation. She summarized the

historical significance of laws related to resuscitation. Dr. Lukas geared her presentation to how medical personnel can develop a practice to talk to patients about their code status. This conversation can significantly impact patient care, outcomes, and patient-centered policies.

Thank you to the Planning Committee, and we look forward to many more events!



Zucchini Cobbler

Crust

4 cups flour
1 ½ cups sugar
3 sticks butter or margarine
Blend together until like meal. Take out ½ cup crumbs & save. Press half of remaining crumbs into 11 X 16 pan and bake 10 mins at 375 degrees.

Filling

8 cups zucchini peeled and seeded
1 tsp apple extract
½ cup lemon juice
Slice and cook ingredients together for approximately 15 mins.
Add:
1 cup sugar
½ tsp cinnamon
½ tsp nutmeg
Reserved crumbs
1 Tbsp. cornstarch
Cook 1 more min. Spread over crust, sprinkle on reserved ½ cup crumbs and bake 30-40 mins at 350 degrees.

This recipe was given to me by my grandparents. The apple extract makes the zucchini taste like apple crisp! This is a great recipe for the fall harvest.

Nebraska Action Coalition

Deborah Conley

The Nebraska Action Coalition (NAC)-Future of Nursing co-hosted a Culture of Health Summit with funding from Sigma Theta Tau International - ***Tau Tau Chapter*** and other generous funders on June 21 -22. The Summit ***Building on the Campaign for Action to Build a Healthier America*** was attended by Action Coalitions from across the country and their workgroups to further learn how to merge the recommendations of the Institute of Medicine's (IOM) report in 2010 on ***The Future of Nursing: Leading Change, Advancing Health*** with building a Culture of Health www.cultureofhealth.org. Over 80 participants from 21 states gathered in Omaha. ***Tau Tau*** representatives Janet Syslo, Deborah Conley, Dr. Alice Kindschuh, and Jed Hansen attended the reception June 21st at

Lauritzen Gardens. Jed Hansen also represented Nebraska Health Information Initiative (NeHII) which was a Summit sponsor. ***Tau Tau*** member and past Dean of the Nursing Department of Nebraska Methodist College, Marilyn Valario, has worked with NAC since its inception. She serves on the Executive Committee and as the NAC consultant.

Nebraska was chosen to host this nation-wide Summit because the NAC and collaborators, NNA, NONL, and NANDD were the first to host a Culture of Health Summit in October 2015. The Summit focused on engaging diverse stakeholders interested in a healthier Nebraska to brainstorm action steps. The report

Defining and Transforming a Culture of Health in Nebraska

can be accessed at www.neactioncoalition.org. It summarizes the work which took place across four Nebraska cities: Omaha, Lincoln, Kearney and Norfolk last fall.

Takeaways from the June 2016 Summit included further examination on how to crosswalk the IOM recommendations on advancing nursing education, practice, leadership, diversity, and data with the Culture of Health action framework which allows nursing to identify how to work with communities to make sure everyone is able to live the healthiest life possible.

For more information contact Deborah Conley Deborah.Conley@nmhs.org (Chair East Region-NAC Practice Team) or Victoria Vinton, Ex. Director NAC vvin-ton@neactioncoalition.org

Quest for the Chapter Key Award

Alice Kindschuh

Hello Tau Tau Members:

As the president-elect, I am working with the past president, Gail Boston, to accurately document the activities of the Tau Tau chapter and members in our quest to qualify for the Chapter Key Award. This award was established in 1991 and recognizes chapters for their work in membership recruitment and retention; publicity and programming; professional and leadership development; and local, national, and international collaboration (<http://www.nursingsociety.org/advance-elevate/awards/chapter-key-awards>). The award cycle runs from July 1, 2015, through June 30, 2017.

While we have documented a number of the requirements for the award, we need your help. Each of you is a valuable member and contributes to the profession of nursing. We need to hear about these contributions over the next few months. For the next few issues of the Tau Tau Chapter Newsletter, I will highlight key award criteria. I ask that you consider if you have accomplished any of these criteria since July 1, 2015. If so, we want to hear from you.

For this edition of the newsletter we need the following information:

Have you presented at a nursing or interdisciplinary conference/educational event since July 1, 2015? This may be a poster presentation or an oral presentation. If so, please let us know as to the presentation topic, conference, and date. We would also like a copy of your presentation to share with membership or a picture of your poster presentation with a brief synopsis.

Do you normally participate in any volunteer/services or philanthropic activities (i.e. the Alzheimer's Walk or Susan G. Komen Race for the Cure). If so, let us know, and possibly the Tau Tau chapter can form a team.

Please send all information regarding either of these criteria to Alice Kindschuh
Alice.Kindschuh@methoditcollege.edu



Tau Tau Member Recruitment**Karen Johnson**

It's always a good time to recruit members to Tau Tau. New member induction occurs each November. Recruitment can occur in three different categories listed below. As Faculty Counselor, I recruit students enrolled in the undergraduate and graduate programs. I go to each junior and senior classroom to explain benefits of STTI membership and provide information about the application to students. Emails are sent to online RN to BSN students and graduate students. We would encourage everyone to think of an outstanding BSN or MSN nurse and invite them to join Tau Tau as a Nurse Leader. All you have to do is refer them to me, and I can get the information to them.

- * **Undergraduate Student** - Junior or senior students enrolled in baccalaureate programs at accredited institutions of higher education who have completed at least 1/2 of the nursing curriculum, rank in the upper 35 percent of their graduating class and have achieved academic excellence (at schools where a 4.0 grade point average system is used, this equates to at least a 3.0).
- * **Graduate Student** - Masters and Doctoral students enrolled in graduate programs at accredited institutions of higher education who have completed at least 1/4 of the nursing curriculum, have achieved academic excellence (schools where a 4.0 grade point average system is used, this equates to a 3.5).
- * **Nurse Leader** - The candidates are legally recognized to practice in their countries, have at least a baccalaureate degree in nursing or other field and demonstrate achievement in nursing.

**FUTURE FUNDRAISING****Events in the works include:**

- * 2016 Holiday Wine & Painting Event—Dec 5th
- * 2017 Physicians calendar
- * 2017 Valentine's Day @ Lauritzen Gardens
- * 2017 Sips & Suds Slider Contest

Keep your eyes on your email for opportunities to participate in upcoming activities to help support Tau Tau and nursing scholarships!

Fundraising committee:

- ◇ [Janet Syslo](#) (chair)
- ◇ [Vici Sortino](#)
- ◇ [Ann Wieseler](#)
- ◇ [Chelsea Craig](#)
- ◇ [Kathy Marquardt](#)
- ◇ [Stacy McCann](#)

Fund Raising Events**Janet Syslo****Greetings Tau Tau members!**

Plans for this fall's book sale in support of nursing scholarships are well underway. Look for flyers throughout the health system soliciting book donations for this event. If you have stacks of actual **BOOKS** that you no longer need to have around, bring them to the Alumni Center so we can help them find a new and loving home! Fiction, non-fiction, graphic novels, short story collections, paperback or hardcover...anything and everything except textbooks

or reference books (*please do not bring a set of 1965 World Book Encyclopedia or 1976 Encyclopedia Britannica, no one needs those anymore with the internet at our fingertips!*). All proceeds will be put into the Tau Tau Foundation account so that we can provide financial assistance for students who need a helping hand with the cost of nursing school. Donations will be collected until Friday, Oct 21st. Contact the following individuals at each NMHS location if you have any questions: *Aimee*

Black (NMH), Kathy Marquardt (MJE), Michaela Leffler (MWH) & Alice Kindschuh (NMC).

The book sales will be held on:

- Tues., Oct 25th @ Methodist Hospital; Centennial Room 8:00 am – 3:00 pm
- Wed, Oct 26th at Methodist Women's Hospital, cafeteria 8:00 am – 3:00 pm

Any books leftover will be donated to the Friends of Omaha Public Library at the Swanson branch on 90th

**Program Planning Committee****Amy Brasel**

The program planning committee has set up wonderful programs for the following dates:

- ◆ October 11, 2016: Nebraska State STTI Consortium Program held at Nebraska Medicine
- ◆ November 4, 2016: New Member Induction

The program planning committee would appreciate any upcoming program suggestions in the areas of leadership, community health promotion, or community awareness in nursing. Please get in contact with any of the following committee members if you have ideas:
Amy Brasel, Program Planning

Committee Chair

- ◆ Cheryl Bouckaert
- ◆ Phyllis Zimmerman
- ◆ Danielle Dohrmann

If you are interested in serving on this committee, please contact Amy Brasel...New members welcome!



Leadership**Debra Conley****Looking for Leadership Opportunities in Tau Tau?**

Here is your chance to run for an office or a committee chair of our expanding and ever growing Tau Tau chapter. You can apply your leadership skills and gain new ones to make a difference in the profession of nursing. Tau Tau provides an excellent pathway for this to happen. The Leadership Succession Committee has been contacting members from the active membership list inquiring about their interest to serve in leadership capacities. If you are asked, *please consider* our invitation to “serve.” Networking with fellow Tau Tau members towards the common mission of *advancing world health and celebrating nursing excellence in scholarship, leadership, and service* is exactly the way to make a difference. Outstanding leadership will position this chapter to continue to thrive and impact nursing into the future. We welcome any Tau Tau member to contact us if you are interested in being a candidate.

Deborah Conley Deborah.Conley@nmhs.org

Linda Hughes Linda.Hughes@methodistcollege.edu

Marti Christensen Marti.Christensen@douglascounty-ne.gov

Cynde McCall Cynde.McCall@nmhs.org

Carole Laninof thelainofs@cox.net

The following two-year officer and committee chair positions are available for the 2017 upcoming ballot next spring:

- ◇ Leadership Succession Committee member (two members)
- ◇ Fundraising Chair
- ◇ Membership Involvement Chair
- ◇ Secretary
- ◇ Counselor and Governance Chair (must be a Nebraska Methodist College) nursing faculty member

Becky Jizba**Membership Involvement**

Thank you to everyone who participated in the Mentor/Mentee Program. We had so many mentor applicants that we will have a great pool of people to pull from for our new recruits in November!

Remember to donate your books to the Alumni Center to contribute to the book sale!

Check out our Tau Tau Facebook page for updates on the upcoming events at:

<https://www.facebook.com/search/top/?q=tau%20tau%20chapter%20of%20sigma%20theta%20tau>

Tau Tau chapter of Sigma Theta Tau - like this page and see updates on your newsfeed!



Your Dollars at Work**Jed Hansen**

Wow – it's hard to believe that fall is just around the corner! For myself, this time of year always means football Saturdays and time with family. It is also the time of year that my wife and I choose to revisit our family budget and review how we spent our money over the past year. We then make any necessary changes that we feel will help our family moving forward.

For Tau Tau, a similar process takes place in the spring and a budget for the next year is voted on and approved at the June board meeting. However, because some of the income and expenses for the previous year are not finalized until early fall, it can be difficult to get an accurate financial picture of where we were and where we are headed as a chapter until this time of the year.

Where we were

Overall, Tau Tau saw many successes in 2015-16, with our goals to further nursing academics and scholarship. Most notably, was a very successful Valentine's Day raffle that helped support the efforts of our chapter to grow our endowment fund supporting future nurses. This past year Tau Tau was also able to continue its ongoing support of Methodist College Research Day and was able to donate to the Nebraska Action Coalition to help support the wonderful work that they perform to promote advancements in the nursing profession within the state. Thank you to all who contributed to these efforts!

Where we are headed

2016-17 promises to be a good year for our honor society as well. Along with the focus to continue building the Tau Tau endowment fund, a central tenant of this year's activities will be to grow and retain membership. To meet this goal, the board has approved a "membership involvement" budget with allocated dollars that doubles the previous year's amount! We will also be able to send two nurses from our honor society to the Leadership Academy that is held every other year at the STTI International Office in Indianapolis, IN.

My hope is that the budget we set forth, and the dollars we spend over the coming year are always used to promote nursing, our chapter, and better serve our mission. I feel this year is shaping up to deliver on all three.

Chapter Officers

President—Katherine Marquardt, MSN, RN

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

Vice President—Aimee Black, MSN, RN, NE-BC

Treasurer—Jed Hansen, BSN, RN

Program Committee Chair—Amy Brasel, MSN, RN-BC

Publicity/Newsletter Co-Chairs—Deb Adams, MSN, MSHA, RN-BC & Roxanne Gould, MSN, RN

Secretary—Megan Knutson, BSN, RN, CCRN

Counselor/Governance Chair—Karen Johnson, PhD

Leader Succession Committee—Marti Christensen, MSN, RN; Linda Hughes, PhD, MS, RN, CCRN; & Deborah Conley, MSN, APRN-CNS, GCNS-BC, FNGNA

Fundraiser—Janet Syslo, MSN, RN

Membership Involvement Chair—Becky Jizba, BSN, RN, OCN



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