

March 2017

Special points of interest:

- Lauritzen Gardens Valentine's Day Raffle winners
- Recent Program - Community Awareness: Going Global to South Sudan
- Next program Thursday June 1, 5-6 p.m.

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Tau Tau News

A Message from your Tau Tau President

This time of year, most of us are looking forward to spring and all that implies. It is an important time to look at new ways to challenge ourselves both personally and professionally. Let's take a step back, think about and appreciate those who have helped us grow and develop over the years.

We can all probably remember when we first decided to become a nurse. It may even be a story you have told several times. As professional nurses, the legacy we pass along to the next generation is rich with tradition, pride, respect and vividly detailed stories. I want to challenge

our members this spring to think about all the people who have impacted and shaped our individual nursing careers and personal lives. When we share those impactful stories with others, we make an emotional connection. Those emotional connections are the fabric that holds the nursing profession together as one organism. We would love to hear your inspiring stories. Please consider sharing your nursing journey on our Facebook page. <https://www.facebook.com/TauTauChapterOfSigmaThetaTau/> We are one profession, working toward common goals, internationally. That is the scope of impact we can and do make as nurses.



Katherine Marquardt



President-Elect

Alice Kindschuh

Happy Spring!!

Springtime reminds me of new beginnings and growth opportunities. As Tau Tau looks forward to 2017 and beyond, it is important to consider what new projects and opportunities are valuable to our members. Several months ago, you received a survey from your Membership Involvement chair, Becky Jizba. To those members who participated, thank you! You provided the Tau Tau Board with great ideas in which to engage members and grow as a chapter.

We are using the results of the survey to plan educational pro-

grams, arrange service activities, and organize social events that are meaningful to members. We will send you more information in the near future and hope that you take advantage of these opportunities to connect with Tau Tau peers.

One opportunity for 2017-2019 that I would like to highlight in this quarter's newsletter is working to achieve the prestigious Key Award from Sigma Theta Tau International. The Key Award honors chapters that excel in activities that recruit and retain members, provide meaningful education/programming, develop leaders, and collaborate at the local, national and international level to promote nursing and

health. While the Tau Tau chapter has excelled in many of these areas, we would like to create a more organized approach to address these four areas in our chapter. I am forming an ad hoc committee to work toward achieving a Key Award in 2019. If you are interested in serving, please contact me @ al_kindschuh@methodistcollege.edu. I would like to have a conference call this spring to get us off to a strong start.

I am proud to serve as your president-elect. I know you have many things competing for your time and attention. It is important that Tau Tau maintains a professional nursing organization that provides meaning and collegiality.



SPOTLIGHT on METHODIST HOSPITAL — Kim Robison

Roxanne Gould

I found Kim Robison in her office, doing what she does daily, educating staff. In this picture below, she is working with one of her nurses reviewing Foley catheter insertion.

Kim is the clinical nurse educator/staff development nurse for the cardiac unit, at Methodist Hospital. Kim has worked for Methodist Hospital since 1983 when she graduated from Methodist College. By 2000, Kim became a full-time charge nurse and was PCCN certified. She recently returned to Methodist College and earned her master's degree in nursing education.

Kim's career began at Methodist on the cardiovascular thoracic & urology unit on the 9th floor. Kim moved with as the departments evolved and moved to different floors, but her passion has always been with the cardiac population. Kim came full circle and is now back on the 9th floor where she began her career.

The 9th floor includes 9 South (the medical side) and 9 North (the surgical side). Nurses care for patients on both sides. There is an opportunity to advance but requires special heart training, preparing the nurse to care

for the immediate post-op open hearts and patients on ventilators or a balloon pump. Of the approximately 85 nurses on the cardiac floor, about one-third have this special training.

Becoming an expert and role model nurse on the cardiac floor takes years. Unit specific training involves special training for: the immediate post-op heart/valve, Age-WISE, full-time or fill-in charge nurse, and certifications such as PCCN, CCRN, CVN, Gero, or Palliative.

All this guidance and role modeling keeps Kim very busy at work, but she is a busy woman at home as well. She has been married to her husband for 32 years and has 2 grown children. Her daughter has followed in her mother's footsteps and is also a nurse at Methodist Hospital. Kim is especially proud to be a MiMi to a beautiful new granddaughter, that she will enjoy showing you a picture of when you ask!

Kim is new to Sigma Theta Tau and is a member of the Tau Tau Chapter. *Thank you, Kim for all you do for Methodist!*



FUNDRAISING

Janet Syslo

Greetings Tau Tau members! Your fundraising committee just wrapped up our second annual raffle for Valentine's Dinner at Lauritzen Gardens. This popular event raised over \$700 towards nursing scholarships for the second year in a row. It's safe to say you will be able to purchase tickets again for the 2018 Valentine's Day Dinner starting next January. Thanks so much to all of the board members who sold tickets and to Stacy McCann for heading up the effort.

This year's winner was Marlin Schaich, a professor at Nebraska Methodist College. Marlin's wife Sherrie is a nurse and he teaches English and APA to all the nursing students at NMC, so helping raise funds for scholarships was an effort near and dear to his heart.



"Thanks to winning the raffle at the 2017 Tau Tau fundraiser at Nebraska Methodist College, we enjoyed a lovely Valentine's Day getaway in the tropical paradise of the Marjorie K. Daugherty Conservatory at Lauritzen Gardens before being treated to a luscious, three-course meal: the Lauritzen Garden's Valentine's Day Dinner. We're grateful to Tau Tau for making our day!"

Marlin and Sherrie Schaich

The Schaichs also enjoyed a fabulous bottle of wine and a tasty box of chocolates compliments of the fundraising committee. The photo provided shows the happy couple enjoying a romantic stroll through the tropical paths of the Marjorie K. Daugherty

Conservatory at Lauritzen Gardens. They walked amidst exquisitely crafted Lego sculptures: "The Nature Connects: Art with LEGO® Bricks" exhibit; enjoying a romantic stroll through the tropical paths of the Marjorie K. Daugherty Conservatory at Lauritzen Gardens. They walked amidst exquisitely crafted Lego sculptures.

Next up for fundraising is a possible 2018 physician's calendar presented in partnership with Methodist Marketing. Details will be provided as soon as they are available, so stay tuned! More efforts later this year are in search of committed volunteers who would be willing to help bring them to fruition. If you would like to be involved, please contact your fundraising chair via email at janet.syslo2@nmhs.org.



Events

Events in the works include:

- * 2018 Physicians Calendar

Fundraising committee:

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



COMMUNITY AWARENESS: GOING GLOBAL TO SOUTH SUDAN

Roxanne Gould



Alicia Abboud (left) has 6 years experience as a cardiac nurse; AgeWISE training, CCRN, Nurse Excellence, March of Dimes Award Winner

Jocelyn Araujo (right) has 5 years experience as a cardiac nurse, AgeWISE training, Gerontological Nurse Certification, Nurse Excellence Award, "Global Community" March of Dimes Award.

Alicia and Jocelyn both work on the cardiac unit at Methodist and are critical care trained to recover post-op hearts. These Methodist cardiac nurses are childhood friends who talked about going to Africa on a mission trip before they even realized they wanted to become nurses. They received the chance through Dr. Dumba, a Methodist physician who escaped from Sudan through a refugee camp and was allowed to come to the United States. Dr. Dumba worked his way through school, much of it working at Taco Bell. In 2008, he started the Healing Kadi Foundation, which is improving health care to his poverty-stricken homeland. **Mission Statement – "To bring modern, reliable, and sustainable healthcare to South Sudan"**

The group traveled approx. 50 hours to Kajo Keji, South Sudan where they spent two weeks. They traveled to different villages every day; the drive was anywhere from 30 min to 3 hours away.

The girls explained to me that the nurses (5 on this past trip) would triage the patients. They checked blood pressures on adults 40 and older, pregnant women and/or anyone who had a possible need. Each patient reported three main health problems through the interpreter. After the triage process, adults stood in a long line to see the doctor, followed by the prayer room, and finally the pharmacy for medications.

Every adult and child assessed received parasite medications and a one-month supply of multivitamins. Most adults would also receive a supply of ibuprofen or acetaminophen, and a PPI for GERD. About 1500-2000 people were seen each day excluding children! They offered a special children's program, where the kids learned about the group and were given children's bibles, pictures from kids in America, coloring pages and crayons as well as their medications. Any children with severe injuries/illnesses would go through the line with the adults. The group brought approximately five million dollars worth of medication provided at cost. The main disease seen was pain due to lifestyle, parasites, GERD, malaria, infections, and leprosy.

The girls developed an "AgeWISE area"....The elderly sat behind the screening stations, where these two nurses triaged ten at a time, then walked them to the front of the line to ensure the doctors saw them. This was crucial, as both are AgeWISE trained nurses and are passionate about working with older adults!

They also visited two orphanages where they brought knitted hats to the children, played with them, sang songs and gave them lots of love!! Both girls said that visiting the children at the orphanage was their favorite experience. The girls described the people as extremely happy and grateful to meet them, shake their hand and give them a hug. Although their life is hard, they are very spiritual and happy people. Much of the care provided was in the form of comfort medicine: wounds cleansed, hugs given, plenty of listening, showing them that someone cares, and educating them. Due to lack of resources, The Healing Kadi Foundation paid to have patients with more severe illnesses/injuries sent to the nearest hospital for treatment. The girls described how often one mother would bring several different children to see the doctor for other mothers, and the older kids looked out for the younger ones.

Dr. Dumba and his organization have had a clinic in this area since 2013, which employs two doctors, nurses, and other ancillary staff who are native to South Sudan. Construction has begun on a small hospital near the clinic.

We are so proud to have such dedicated nurses!!



CHOOSING TO GIVE

Jed Hansen

Donating to a charity or non-profit group can be one of the most satisfying and worthwhile ways in which we choose to spend our personal money. And, while overall charity reached record levels in 2016, the number of individual households giving to philanthropy has continued to decrease. Several factors can be attributed to the change in the number of small dollar donor giving. This includes a continued shift towards new income predominantly flowing to higher earning households and corporations and the overall volatility of the stock market that leaves many households feeling increased financial stress. But, as many middle-income Americans continue to tighten their charitable belts due to financial reasons alone, some have described a desire to expect more out the charities and causes they choose to donate towards.

If you find yourself in the second group, wanting to give, but not exactly knowing where to give. Below are a few questions to ask when assessing a charitable organization.

- ◆ Does the organization have a board of directors and does it meet regularly? In general, non-profit organizations with a structured board tend to have more focus on the mission of the charities they support.
- ◆ Does the organization consistently evaluate its effectiveness in reaching its goals and does it report on those activities? Just like nursing, it is important that regular and consistent assessment is taking place for charities.
- ◆ Does the charity create an annual budget, and does that charity spend no more than 35% on overhead and fundraising activities? Or, does the charity spend at least 65% of its funding on program related activities? Efficient and effective use of resources is always important, especially when evaluating a charity.
- ◆ Does the charity accurately describe where funds and time are being allocated and is there accurate disclosure of necessary information? Transparency is key to understanding the intent of a charity.
- ◆ And finally, does giving to the charity align with your personal causes or charitable goals?

If you are not particularly keen on independent research (or don't have the time), organizations such as the Better Business Bureau and Charity Navigator use independent analysis and assessment to rate charities based off several criteria - some of which are noted in this article. Hopefully, by using the steps or resources highlighted above when you decide to give will provide confidence and assurance that the money and time you spend is going towards a worthwhile cause.

In health,

Jed R. Hansen BSN, RN, BSBA

Tau Tau Treasurer



How to Develop Your Leadership Skills in Tau Tau

Deborah Conley

The Leadership Succession Committee is recruiting candidates for the May 2017 election. Here is ***your chance*** to run for an office or a committee chair of our expanding and ever growing Tau Tau Chapter. We welcome ***any*** Tau Tau member (experienced or not) to contact us if you are interested in being a candidate. STTI has numerous programs to help you grow and develop your leadership skills. ***Don't wait.....Don't hesitate.....***

Be on the 2017 ballot!

The following two-year officer and committee chair positions are available for the 2017 upcoming ballot next spring. Board members and committee chairs attend monthly board meetings to develop and implement programs/opportunities for the chapter.

Leadership Succession Committee member (two members) – this committee recruits leaders for our chapter

Fundraising Chair – facilitates fundraising activities working with an active committee

Membership Involvement Chair – facilitates engaging all members

Secretary – takes minutes and maintains chapter records

Counselor and Governance Chair (must be a Nebraska Methodist College) nursing faculty member – facilitates recruitment of student members and induction ceremony; oversees chapter bylaws.

Leadership Succession Committee members to contact:

Deborah Conley Deborah.Conley@nmhs.org

Linda Hughes Lin-da.Hughes@methodistcollege.edu

Marti Christensen Marti.Christensen@douglascounty-ne.gov

Cynde McCall Cynde.McCall@nmhs.org

Carole Laninof thelainofs@cox.net

Slow Cooker French Onion Soup

Ingredients

6 large onions, cut in half, then thinly sliced (14 cups)
¼ cup butter, melted
1 teaspoon salt
1 teaspoon pepper
¼ teaspoon dried thyme leaves
5 tablespoons all-purpose flour
¾ cup dry sherry
¼ cup water
1 carton (32 oz) Progresso™ beef-flavored broth (4 cups)
20 slices (1/2 inch thick) baguette (10 oz)
6 oz Gruyère cheese, shredded (1 1/2 cups)
Fresh thyme leaves, if desired

1. Spray 6- to 7-quart slow cooker with cooking spray. In slow cooker, place onions, butter, salt, pepper and dried thyme. In medium bowl, mix flour, sherry and water with wire whisk until blended. Stir into onion mixture.
2. Cover; cook on Low heat setting 9 to 10 hours or until onions are softened and deep brown.
3. Stir broth into slow cooker. Increase heat setting to high. Cover; cook 10 minutes or until hot.
4. Meanwhile, set oven control to broil. Line cookie sheet with foil. Arrange baguette slices in single layer on cookie sheet. Broil with tops 3 inches from heat 2 minutes, turning once, until lightly browned.

5. Sprinkle cheese evenly over slices; broil 1 minute longer or until cheese is bubbly. Top each bowl of soup with 2 cheese toasts. Sprinkle with fresh thyme.



Calories 290
Total Fat 11
Fiber 4 grams.

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, MSHS, RN-BC & Roxanne Gould, MSN, RN

Secretary—Megan Knutson, BSN, RN, CCRN

Counselor/Governance Chair—Karen Johnson, PhD

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

Leader Succession Committee—Marti Christensen, MSN, RN; Linda Hughes, PhD, MS, RN, CCRN

Fundraiser Chair—Janet Syslo, MSN, RN

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



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