

**September
2017**



**Special Points of
Interest**

- Methodist Provider
Calendar now available!
- Recent Programs:
Nebraska Legislature

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Tau Tau News

Your Tau Tau president Alice Kindschuh

Fall is my favorite season. Part of it has to do with sports (volleyball, football, and baseball all rolled into one glorious month or two). Another part of my love for fall has to do with crisp evenings, sleeping with windows open, and fall colors. Growing up on a farm, fall was the time of the year where the fruits of our labors were realized and because of this fall represents "work" success to me.



What represents work success for you? How can Sigma Theta Tau International (STTI) assist in promoting your work success? I believe that STTI can promote work success through a number of ways. STTI can broaden your knowledge and enhance your professional network. Through active involvement in STTI, you have the opportunity to be a leader, mentor to others, and give back to the community. Our chapter board is planning these opportunities. We would like your input. Please feel free to reach out to a board member if you have ideas on activities for STTI.

STTI Tau Tau is committed to your success. Through Tau Tau you can make new friends, be inspired, and grow as a nursing professional.

Happy Fall!!

Alice



Vice President

Tara Whitmire

More Chapter Happenings!

2017 Solar Eclipse at NMC

On Monday, August 21, 2017 Nebraska Methodist College celebrated the solar eclipse with a celebration at the 501 building. Student Services handed out Sun Chips, Capri sun drinks and eclipse glasses. Sigma Theta Tau, Tau Tau chapter representatives

Alice Kindschuh, President, Tara Whitmire, Vice President, Cheryl Bouckaert, Governance Chair/Counselor and Kate Malmberg, Governance Committee/Counselor provided purple lollipops with a STTI sticker to everyone at the eclipse celebration. We had positive feedback on the yummy lollipops and a few students asked when they could join! This was a successful way to spread the word about Tau Tau! ~Tara Whitmire, DNP, APRN-NP



Chapter Volunteers!



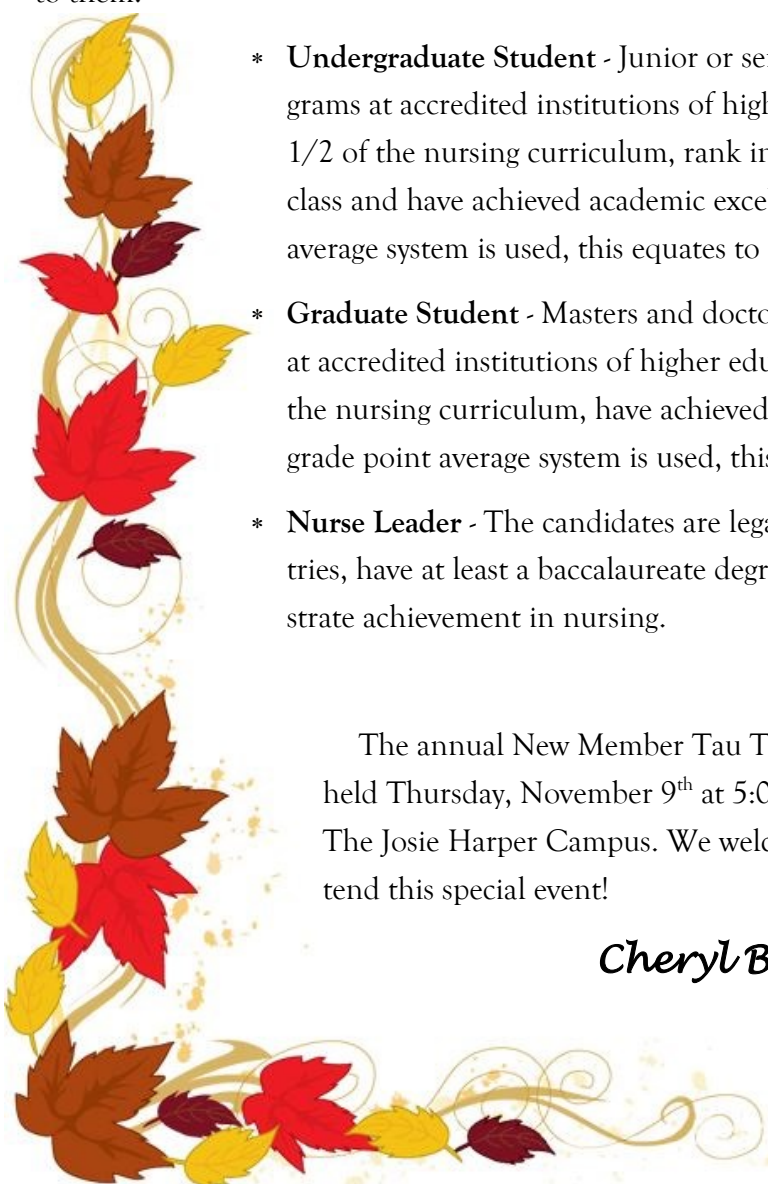
The Tau Tau Chapter was well represented at the Mt. Michael Festival on Saturday, September 17th. STTI Tau Tau was responsible for the First Aid Station. Pictured are Loretta Pierce, Linda Foley, & Alice Kindschuh. Other volunteers include Nikki Lopez-Schaecher and Abby Walter (Nebraska Methodist College nursing students).

**I ♥
volunteering**

Governance and Faculty Co-Counselors Cheryl Bouckaert & Kate

Happy Fall Season from the Governance and Faculty Co-Counselors!

With the fall season comes recruitment for new members! Recruitment can occur in three different categories listed below. As Faculty co-Counselors, Kate and Cheryl will recruit students enrolled in the undergraduate and graduate programs. We will visit junior and senior classroom sessions to personally explain benefits of STTI membership and provide information about the application process to students. Electronic communication will be sent to online RN to BSN students and graduate students. We strongly 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 us, and we can get the information to them.

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- * **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.

The annual New Member Tau Tau Induction Ceremony which will be held Thursday, November 9th at 5:00 pm at Nebraska Methodist College - The Josie Harper Campus. We welcome any and all current members to attend this special event!

Cheryl Bouckaert & Kate Malmberg

Nebraska Nursing Legislation

Roxanne Gould

Nebraska Nurses Association (NNA), State Director, Melissa Florell, MSN, RN, presented education to the Tau Tau members on *Legislation/Becoming a Nurse Champion*. Melissa explained that Nebraska nurses are in the ideal position to provide advocacy due to their unique perspective of 29,000 strong and possession of unparalleled trust from the community. Advocacy and leadership roles Melissa discussed ranged from local organizational issues to national bills.

Melissa listed the NNA purposes of working for the improvement of health standards and services, fostering high standards of nursing practice, and promoting professional development with advancing professional security. Some major functions include influencing policy and programs, being a consumer health advocate, and being a voice for the nursing profession.

These functions are accomplished at a grassroots advocacy level by informing, educating, stating nursing positions, and crafting involved legislation. The legislative process is quite complex and requires much time and effort. A recent example of important nursing legislation that has been successful is related to the "whistle-blower law" NE Revised Statute 28-930, 28-931, in which two nurses reported workplace retaliation after reporting staff practicing out of their scope-of-practice. A few other important professional nursing issues that are actively being addressed are revision of the Nurses Code of Ethics and Interpretive Statements, licensure board consolidation, and RN practice in assisted living facilities.

The American Nurses Advocacy Institute offers a program to educate nurses as stronger political leaders. This is a year-long mentoring program that educates, counsels, and provides recommendations.

The following websites are great resources for information on nursing legislation and issues:

www.nebraskalegislature.gov

www.rnaction.org

www.anacapitalbeat.org

www.nursingworld.org



Melissa Florell, MSN, RN

The Tau Tau Chapter came through with a nice size donation for the Kountze Memorial Food Pantry! Their mission is to feed anyone who comes through the door. 70+ volunteers serve 1,766 guests each month. **Way to go Tau Tau!**



Treasurer (Financial Summary FY 2016-17)

Jed Hansen

Greetings from the Finance Committee!

This year marked the 10th anniversary of Tau Tau and I am happy to report that financially we have never been stronger. Below you will find a brief summation of our chapter's financial activities over the past year.

Overall, we had a very successful year, and thanks to a congruence of multiple events, we have been able to grow our total assets to \$41,234 over the past year - adding \$8,382 to our endowment, savings, and checking accounts. This gain includes \$5,383 from unrealized gains in the endowment fund.

Expenses for the year were under budget by \$1,221. The majority of this cost savings came via a \$926 budget variance for Marketing and Membership Involvement that went unused.

Revenues for the year were above the 2016-17 projected budget. Total income for the year included \$906 in operational gains. The majority of gains in revenue came from the Valentine's Day and Corky Canvas fundraisers (\$1086) and from higher than projected proceeds from annual dues (\$934). These gains were offset by a missed projection of - \$1,200 from a "special fundraiser" event that did not materialize.

Thanks to each board member, members at large, and volunteers that helped Tau Tau over the past year - your time and efforts have certainly been noticed.

**Of note, the 2017-18 fiscal year began on July 1st of this year. There were no changes made to the budget projections from the previous year.*

Fundraising Committee

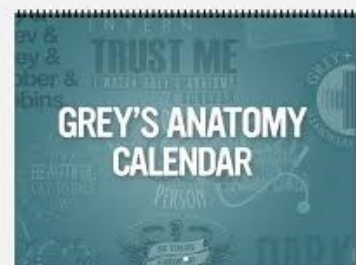
Stacey Miskie

The Fundraising Committee has a few events to raise money this year. If fundraising is a passion of yours we are looking for additional team members and ideas. All money raised will go towards scholarships.

Calendars 2018 are scheduled to be on sale in October - There are photos of MD's, NP's and PA's and nurses from all three Methodist Hospitals. Calendars will sell

for \$10 each. If each member can sell 5 we should reach our goal, we will also plan to sell calendars in each of the hospital cafeterias and the college campus. A sign-up sheet will be sent with dates as soon as it is available.

October 2017, a meet and greet outing is planned at Pinot's Palette in LaVista - date to be announced. Thur. Sept. 14 there will be a silent auction if you have items to donate.



Spotlight on a Department SANE Nursing

Roxanne Gould



Jen Tran, MSN, SANE-A, is the SANE Coordinator for the Methodist Hospital and Methodist Women's Hospital. What is a SANE nurse? SANE stands for sexual assault nurse examiner. Forensic nursing is a specialty that was pioneered by Virginia Lynch in the 1980's as she was completing her undergraduate degree in nursing. While working in the emergency department, Virginia learned that nurses were destroying crucial evidence due to the lack of knowledge in forensics.

Jen thought she wanted to be a police officer. As a student at Creighton University, the Dean of Student Affairs, Dr. Linda Lazure, encouraged her to earn her degree in nursing as it was "police work, nursing, and social work all rolled into one." Jen followed her advice, and after earning her nursing degree at Creighton, Jen attended the University of Colorado Springs, completing the master's forensic program. During her time in Colorado, Jen worked as an ICU nurse. In 2008, she returned to Omaha as a travel nurse. Then in 2009, took an on-call position as a SANE with Methodist, as this was a good fit for her family. As her children grew, Jen developed more flexibility, and in June became coordinator. Being a SANE nurse is a big responsibility. These nurses must be available 24-7 to respond to victims of sexual assault, sex trafficking, domestic violence, elder abuse, and strangulation. "Victims of violence and abuse require care from a health professional who is trained to treat the trauma associated with the wrong that has been done to them—be it sexual assault, intimate partner violence, neglect, or other forms of intentional injury. Forensic nurses are also a critical resource for anti-violence efforts. They collect evidence and give testimony that can be used in a court of law to apprehend or prosecute perpetrators who commit violent and abusive acts." (International Association of Forensic Nursing, 2017, para. 2).

Jen explained that the Methodist Hospital and Methodist Women's Hospital had improved many of their services. New SANE kits have been developed as of July that are user-friendly for small towns that may not have SANE nurses available. Hopefully, more training and SANE nurses will become available in all hospitals because as Dr. Linda Ledray, RN, Ph.D., SANE-A, FAAN, (2017) explained, "Rape victims are the only patient population visiting the ED that risks being treated by medical personnel without the proper training."

To become SANE certified you must practice two years as a nurse, complete a 40-hour course and practicum of approximately three to six months. After 300 hours you will be eligible to test for the certification. Methodist Health Systems will be opening a new Methodist Community Health Clinic in October, at 26th and Farnam. This clinic will provide important continuation of care for the victim that may currently be seeing their family physician for follow-up that has little experience in this area. Critical services will focus on the healing process physically and emotionally.

You can learn more about forensic nursing and Virginia Lynch at <http://www.confidenceconnected.com/blog/2014/05/02/virginia-lynch-pioneer-in-forensic-nursing/> and SANE/SART resource services at <https://www.sane-sart.com/about-sane-sart-resource-service/> You can also learn more about the Methodist program at: <https://www.bestcare.org/methodist-hospital/services/sexual-assault-and-domestic-violence/>



Program Planning Committee

Amy Brasel

October 10, 2017

10th Annual STTI

Collaborative Educational Event

Dinner at 5:30 pm with

program from

6:00 pm–8:00 pm

November 9, 2017

STTI Tau Tau New

Member Induction

Ceremony from

5:00 pm–6:30 pm



Ingredients

1/4 cup organic almond flour
1/2 cup shredded coconut
2 tablespoons Swerve
1 tablespoon vanilla extract
1 tablespoon coconut oil
3 egg whites

Instructions

- In a bowl mix almond flour, coconut and swerve until well blended.
- Melt the coconut oil in a small saucepan and add the vanilla extract to it.
- In the meantime chill a medium bowl in the freezer for mounting the egg whites.
- Add the melted coconut oil to the flour mix and blend really well.
- Put the egg whites in the chilled bowl and whisk until stiff (very foamy holding stiff peaks).
- Gently incorporate the egg whites into the flour mix, trying to not over-mix and to preserve some of the volume from the egg whites.
- Spoon the mixture onto a cookie sheet, or into muffin cups. Makes 10 portions!
- Bake at 400 for 8 minutes or until macaroons start to brown on top.
- Remove from the oven and let cool before removing from the cookie sheet.

<http://thenourishedcaveman.com/>



Chapter Officers

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

Vice President—Tara Whitmore,

Treasurer—Jed Hansen, BSN, RN

Secretary—Julie Schlick MSN, RN

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

Publicity/Newsletter Co-Chairs—Deb Adams, MSN, MSHS, RN-BC & Roxanne Gould, 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— Marti Christensen, MSN, RN & Marilyn Voss, MSN, RN, APRN-NP

Fundraiser Chair—Stacey Miskie BSN, RN, CBN



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