



Looking Forward to Spring 2019

Winter Highlights:

	Page
President's Announcement	1
Tau Tau Chapter Education	2 - 3
General Meeting	4
Fundraising	5
Governance & Membership	6
Treasurer	7
Volunteering In Our Community	7
Sigma Opportunities, Events and Resources	8
Recipe and Chapter Officers	9

2019

Upcoming Events:

Research Day
June 6, 2019

Craft Room: November 9, 2019
7:00 – 9:00 pm
in Ralston

Induction Ceremony
November 14
NMC

President's Message

Dear Tau Tau members,

Welcome spring! I do not know about you, but I feel a sense of victory with winter being over. My shovel and I scooped the snow into submission. There were times however, I was uncertain about that outcome! Springtime is a time for me to reflect on what I accomplished over the last year and look forward to new beginnings and fresh starts. I do this on a personal and professional level. It is quite energizing for me.

As I look back on the past year in Tau Tau, I appreciate all the successes. I am fortunate to work with board members who are engaged, innovative, and want only the best for our organization. Tau Tau members engaged in service, education, and scholarship. Along the way, we had fun and shared laughter. We are already off to a great start in 2019 and have many activities planned to engage all members of Tau Tau.

In 2019, I will turn over the presidency to my friend and colleague Tara Whitmire.



I am excited about this transition and how I might contribute to Tau Tau as the past president in the next year. How will you contribute to Tau Tau in 2019?

I am reminded of one of my favorite Eleanor Roosevelt quotes "When you cease to make a contribution, you begin to die." This applies to organizations as well as individuals. How will Tau Tau make a contribution to its members in 2019? How will individual members make a contribution to Tau Tau? Let's all work together to make Tau Tau strong in 2019 and beyond.

Alice Kindschuh

Sigma Tau Tau Members Doing what they do best!



National Presentation

Tara Whitmire, DNP, APRN-NP, CHFN, Tau Tau Chapter President-Elect presented at the American Association of Heart Failure Nurses annual conference on June 28, 2018 in Chicago.

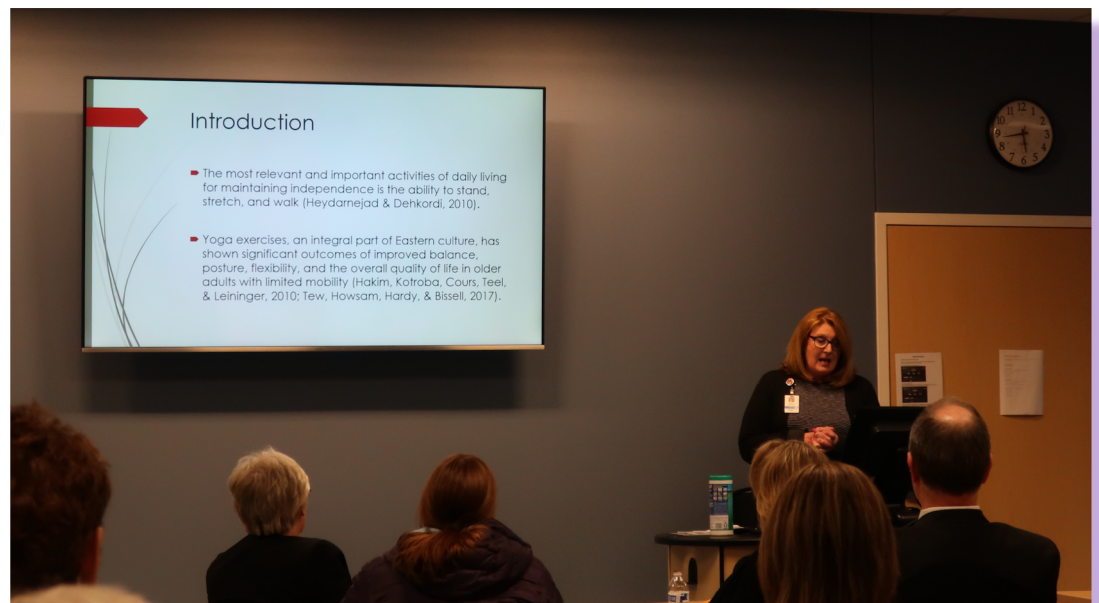


The title of her presentation was *Fixable Heart Failure: Aortic and mitral valve disease*.

Learning Outcomes

1. The learner will be able to discuss how heart failure impacts patients with aortic stenosis and mitral regurgitation.
2. The learner will be able to discuss how identification of valve disease has implications in patient selection for TAVR and Mitraclip
3. The learner will be able to describe current minimally invasive valve repair and replacement procedures and the nursing care involved.

This was her first time presenting at the national level. Congratulations Tara!



Dr. Marla Kniewel (Capstone Mentor) presenting at the Tau Tau Chapter program for Dr. Teclaira Ntui-Ayuk's project as she was out of country at this time. Her PICO for her DNP project was *"In geriatric patients with limited mobility living in long-term institutionalized care, does attendance to yoga exercises two days a week improve mobility and increase quality of life over 30 days?"*

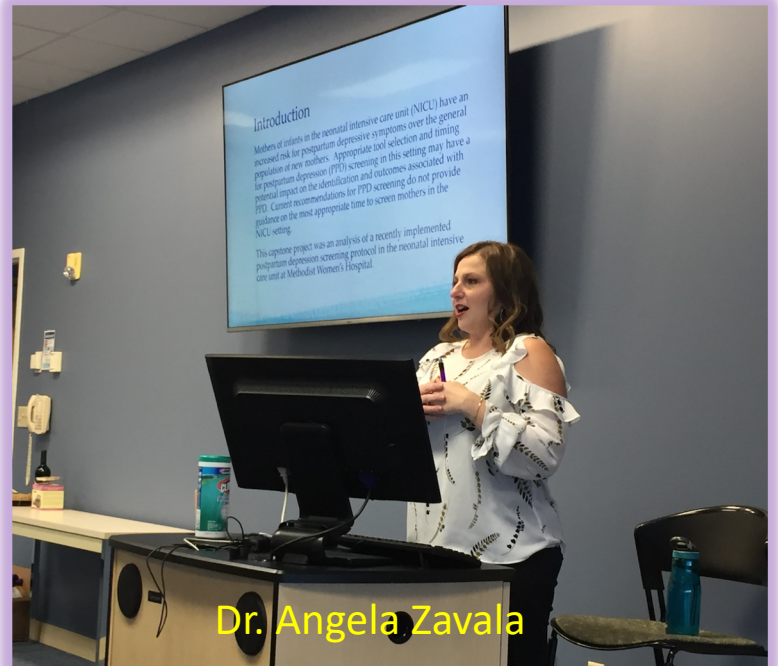
Sigma Tau Tau Chapter Education

The program on February 7, 2019 titled Tau Tau: Evidence-based Practice Presentations featured three projects completed by Nebraska Methodist College graduates. There were approximately 40 people in attendance and evaluations were positive. It was great to see the work our students are doing and the impact on the greater good.

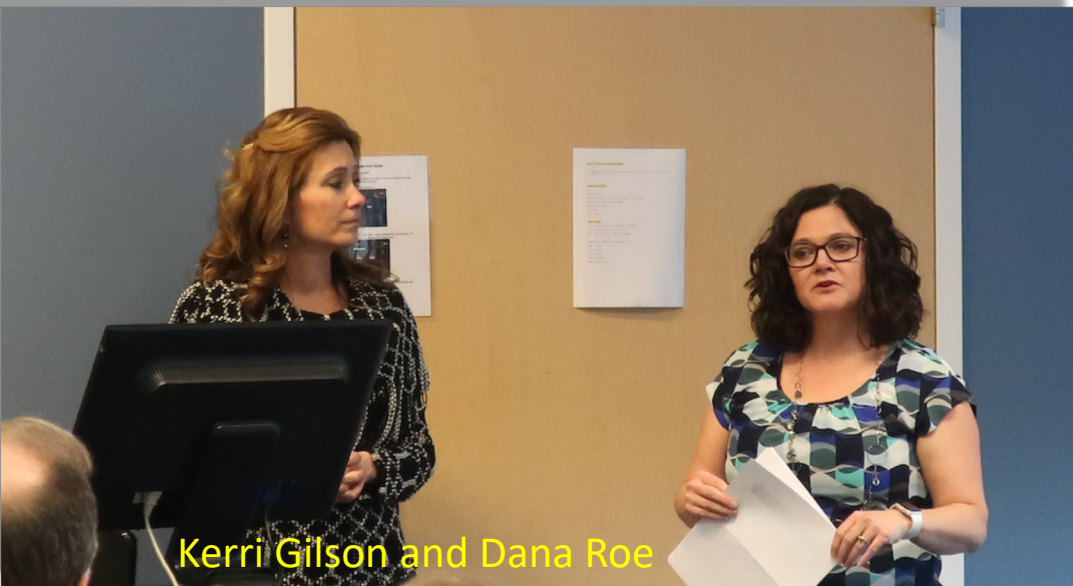
Dr. Angela Zavala presenting her
DNP Capstone Project

PICOT: *For mothers with infants in the NICU, is interval screening for postpartum depression more effective than one time screening for detecting postpartum depressive symptoms during their NICU infant's hospitalization?*

.....



Dr. Angela Zavala



Kerri Gilson and Dana Roe

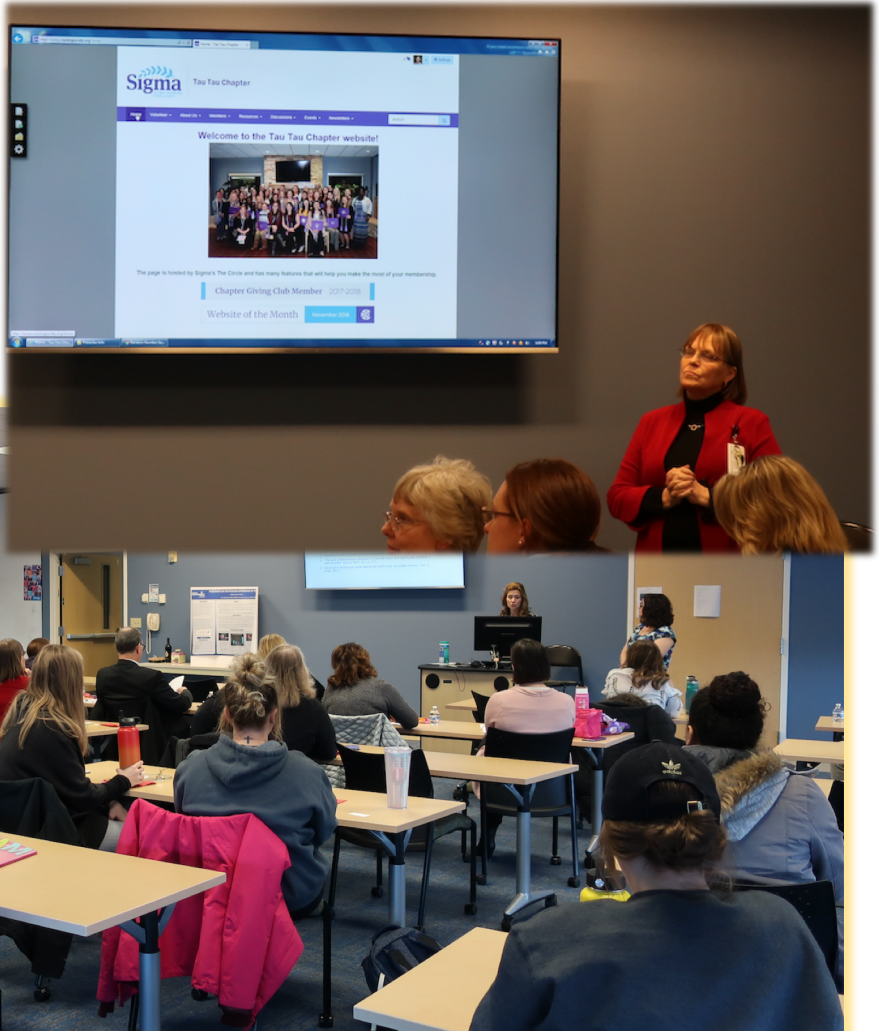
Third member of their team, Alicia Mueller, MSN, RN was not able to be present.

Kerri Gilson, MSN, RN and Dana Roe, MSN, RN-BC, CPN presented their MSN capstone project: *The Outcome of Children Receiving Telemental Health Services: An Evidence-Based Project.*

Tau Tau Chapter General Meeting



Great attendance for meeting and educational opportunity. Please continue to invite more nurses and nursing students to join us.



Next General Meeting
(Founder's Day
Celebration) will be at
Granite City
More information to follow

**DOOR
PRIZES!**

Several door prizes were drawn at the meeting. Kerri Gilson won the grand prize a package of cordial cherries that were decorated as nurses! How cute!



Fundraising



The Tau Tau Chapter Sign Painting Fundraiser was on November 9, 2018 at The Craft Room in Ralston. Painters chose their designs and were given step-by-step instructions on how to paint their masterpiece!

Money raised went towards the scholarship and research grant fund.

Based on the smiles, it looks like it was a fun night!

Members: Alice Kindschuh, Deborah Conley, Gayle Gillespie, Colleen Steinhauer, Tara Whitmire and Stacey Miskie plus 2 guests attended.

Valentine Dinner Raffle Winner

The Tau Tau Chapter hosted their annual Valentine's Dinner at Lauritzen Gardens fundraiser. \$1040 was raised for the chapter. The winner was Jean Adair. She is pictured with Stacey Miskie, Fundraising Chair. The dinner included a salad for the 1st course, 5 options for the main course with a glass of wine and of course, dessert.



Governance



The Tau Tau Chapter would like to welcome two newly accepted Nurse Leaders: **Audrey Hoffman and Jennifer Promes**. We look forward to getting to know each of them better and their future involvement with the Tau Tau Chapter. With that being said, we would like to remind all current and active members if you know a nurse leader please refer he or she to Kate or I! We would be happy to walk them through the application process.

Glow, Bloom, Shine

Nurse Leader Requirements

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.

Again welcome, Audrey Hoffman and Jennifer Promes!

Respectfully,

Cheryl Bouckaert & Kate Malmberg

Membership

What types of Sigma membership are available to me?

There are three classifications of Membership:

- **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** - Master's 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 (at schools where a 4.0 grade point average system is used, this equates to at least 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.

Treasurer

- 2019 Valentine's Day Dinner raised \$1,040.
- November Painting craft night at the Craft Room raised \$80

Planned fall raffles for sporting events (Husker Football, Creighton Basketball, and UNO Hockey).

Where does the money go?

Chapter Services Fee: Each chapter of Sigma is assessed an annual fee that helps ensure the consistent availability of high-quality resources and chapter services. The chapter services fee is based on the number of active members in each chapter and is automatically deducted from a regularly scheduled chapter renewal disbursement issued to each chapter by Sigma.

Chapter Liability Insurance: This policy provides payment in the event of a liability loss that results in injury or property damage. It protects the chapter against liabilities that arise from its daily operations, meetings, and other officially sanctioned chapter events that do not involve potentially hazardous or dangerous activities. The cost to your chapter for this insurance is based on the number of active members in your chapter as of 1 July each year and will be deducted from your September chapter disbursement.

Stacey Miskie, BSN, RN, CBN

Volunteer Opportunities

Mobile Diabetes Clinic (MDC)

Diabetes screenings
Health education
Foot care
Lead testing
Wellness assessments
Flu vaccinations
Blood pressure
Vision check



- 9 Apr 2019 – 12:00 - 2:30 pm
- 15 Apr 2019 – 9:00 am – 12: 00 pm
- 17 Aug 2019 – 9:00 am – 11:30 am
- 19 Aug 2019 9:00 am – 12:00 pm

<http://tautau.nursingsociety.org/home> and pick the date that works for you under the Upcoming Events area.

Volunteering on a national level information:

[The Circle: Volunteering](#)

Healthcare Career Camp

- 17 – 20 Jun 2019
- 15 – 18 Jul 2019

Please contact Andrea Peak
Andrea.Peak@methodistcollege.edu
to volunteer for Healthcare Camps.

Kerri Gilson, MSN, RN

Opportunities

Take free online courses!

Currently there are 72 CNE course available to Sigma members for free! Course subjects include:

- Transitioning from Student to Professional Nurse
- Legal Risks as a Nurse
- Dealing With Difficult Patients and Families
- Advancing Your Nursing Career
- Social Media for Healthcare Providers
- Journal of Nursing Scholarship (several topics)
- Worldviews on Evidence-Based Nursing (several topics)
- Log in to [Sigma Marketplace](#) 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

30th International Nursing Research Congress: 25-29 July, 2019 in Calgary, Alberta Canada.

Join us to connect and collaborate with over 800 nurse researchers, students, clinicians, and leaders who are focused on evidence-based research.

[Call for abstracts](#) is open through 7 November 2018..

Institute for Global Healthcare Leadership 13-15 November, 2019 in Washington, DC.

The Institute for Global Healthcare Leadership prepares healthcare leaders to effectively work in and/or lead major public health departments, public or private organizations, and global programs and initiatives, thereby directly and indirectly improving the health of people worldwide.

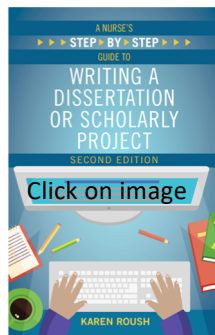
45th Biennial Convention 16-20 November, 2019 in Washington DC.

Sigma's largest event features award presentations, outstanding plenary speakers, networking opportunities, over 800 oral and poster presentations, and the election of officers for the 2019-2021 biennium. For a preview of what to expect, take a look back at the many photos taken at convention in 2017. Call for [abstracts](#) is open.

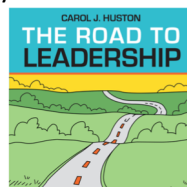
Resources

Writing a Dissertation or Scholarly Project

Karen Roush, PhD, APN writes this for those of us who are feeling overwhelmed by the mere thought of writing dissertation or scholarly project. "This book is intentionally concise because, let's be honest, the last thing a busy candidate needs is another unwieldy, doorstop-sized book."



The Road to Leadership presents nine valuable leadership lessons from award-winning author and international nurse leader Carol Huston. This full-color handbook packs big wisdom from a leader who learned her lessons the hard way-and now guides others to their own paths as confident, successful leaders. From finding a mentor to learning the art of communication, this engaging book will help you break free of professional limits and define your own effective leadership skills. This book is used in all the master's courses at NMC



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 [Sigma Nursing Publications](#).

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 [Sigma Marketplace](#).

Cauliflower Pizza Crust

Ingredients

1 medium head of cauliflower 2.5 – 3 lbs. or 5 -6 cups of cauliflower rice

Wisk the following:

1 egg - large

1 tsp Italian seasoning

1/8 tsp salt

1/4 tsp black pepper

Then add cheese and mix well

1/2 cup Parmesan or Mozzarella cheese, grated or shredded

Toppings

Anything you like, just not too heavy.

Directions

1. Start with cauliflower rice, microwave for about 8 minutes. Transfer to a mesh strainer lined with cheesecloth or use a fine mesh strainer press the heck out of it with a spatula. A linen tea towel will work as well. Let it cool a bit, squeeze any additional water out.
2. Transfer squeezed cauliflower to a bowl. Add egg, oregano or basil, cheese, salt and pepper, and mix well.
3. Using your hands, flatten pizza dough on prepared baking sheet lined with parchment paper and sprayed with cooking spray.
4. Bake at 400 degrees for 20 minutes. If crust is thick it may need longer cooking time which burns the edges a bit.
5. Flip and bake for a few more minutes until crispy.
6. Add pizza sauce, toppings and bake until cheese is melted. Do not overload with heavy toppings.



Chapter Officers

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

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

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

Treasurer -- Sue Rohlf, MSN, MA, RN

Secretary -- Julie Schlick MSN, RN

Program Chair -- Kerri Gilson, MSN, RN

Publicity/Newsletter Member -- Vacant

Counselor, Counselor, Governance Chair -- Cheryl Bouckaert, MSN, RN

Counselor, Counselor, Governance Committee -- Kathrine Malmberg, MSN, RN

Leader Succession Chair -- Lyndsi Hall BSN, RN

Leader Succession Committee -- Susana Harrington, NPCV, Jackie Thielen, MSN, RN, APRN-NP & Marilyn Voss MSN, RN, APRN-NP

Fundraiser Chair -- Stacey Miskie BSN, RN, CBN

Membership Involvement Chair -- Marla Kniewel EdD, MSN, RN



Sigma Theta Tau International
Honor Society of Nursing

Newsletter Editor: Debb Adams, MSN, MSHS, RN-BC