



Tau Tau Chapter

Tau Tau Chapter is pleased to announce that a total of 3 scholarships were awarded to students attending Nebraska Methodist College this spring!

- ✂ Chris Vejnovich is a student in the BSN-DNP Clinical Nurse Specialist track.
- ✂ Lauren Awe is in the BSN-DNP Family Nurse Practitioner track.
- ✂ Kelli Ramsey-Gunn is in the BSN-DNP Family Nurse Practitioner track.

We look forward to seeing each of them become more engaged with Tau Tau Chapter in the coming months!

Congratulations!

Kelli Ramsey-Gunn shared "Dr. Whitmire and Tau Tau Chapter Committee, I want to express my sincere gratitude to you for making the Tau Tau Chapter Scholarship possible. I was thrilled to learn of my selection for this generous gesture and I greatly appreciate your support."

STTI Vision: Connected, empowered nurse leaders transforming global healthcare

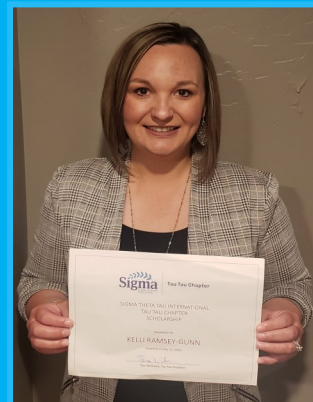
STTI Mission: Developing nurse leaders anywhere to improve healthcare everywhere



Chris Vejnovich, BSN, RN



Lauren Awe, BSN, RN



Kelli Ramsey-Gunn, BSN, RN

Spring/Summer 2020
STTI Tau Tau Chapter
Newsletter

A MESSAGE FROM THE PRESIDENT



Tara Whitmire, DNP,
APRN-NP, NP-C, CHFN
President
Tau Tau Chapter

Dear Tau Tau Members,

I saw a robin jumping around in my front yard last week! That is a sure sign of spring, right! I love spring in that it's a time for anticipation of new beginnings and growth! As you can see, I wrote this message many months ago, and then SARS-CoV-2 COVID-19 happened! While spring is usually a joyous time, this spring brought many feelings of uncertainty, stress and possibly loneliness! At our last chapter program in February, I talked about the new Sigma President's call to action- Infuse Joy. Dr. Richard Ricciardi has called on Sigma to infuse joy to achieve Sigma's vision of global nursing excellence. Never has there been a more important time to find joy than now! Here are a few ways we can Infuse Joy in our everyday life and as a chapter:

- Keep a gratitude journal
- Meditate or practice mindfulness.
- Join a Community of Interest on The Circle to collaborate with other Sigma members around areas of interest and focus
- Collaborate with a practice setting to involve clinical nurses in chapter activities
- Invite an interdisciplinary team from a clinical practice setting to present at a chapter meeting

This call to action fits in well with the 2020 Year of the Nurse and Midwife theme and I invite each of you to consider how you can Infuse Joy in to your personal and professional life! Now more than ever, Joy and self-care are so important as we navigate through uncertainty in our personal and professional life. The Tau Tau membership involvement committee along with the Board are planning new programs and opportunities to serve you in the next year. We are working to offer more unique opportunities to volunteer, like the AHA Heart Walk or with the Methodist College Mobile Diabetes Unit, when it is safe to do so.

We look forward to “seeing” you soon, whether it is virtually or when we can gather in-person again. Sigma and Tau Tau Chapter are here to support you personally and professionally.

Stay healthy!

See You Upstream!

I know I have asked this question before, but do you happen to know why fish swim upstream? If you have ever been in a river or a stream and tried to walk upstream, you might find it can be quite tedious, slippery, maybe even dangerous...and it is quite a good workout for the thighs. Certainly it requires much more effort than navigating downstream. There is a very sensible, smart reason for fish to go upstream. As the water flows downstream, it carries foodstuffs along with the water, such as delicious juicy bugs, or eggs laid in the water. In other words, it is the food delivery system for the fish who are headed upstream.

I recently renewed my Sigma membership and thought “wow! Another year goes by already!” Just yesterday, it seems, Lin Hughes, Linda Quinn and I were at Biennium and were granted the charter for the Tau Tau Chapter. Since that time, Tau Tau has taken a good, strong swim upriver picking up strong membership along the way, the nutritional sources which have provided us with sustainability. In addition to that, the turnover of leadership with new creative ideas and innovative ways to engage our members has increased the involvement of members in activities and fostered an interest to run for leadership positions. We all bring our assorted and unique skill sets to the table, which makes the chapter versatile and diverse and fun! I liken the journey to the one the trout takes upstream. It is not easy but it is certainly well worth the work.

We now have achieved a new milestone in receiving the Key Award! This is an awesome honor, and I am so proud! The Key is the end-point goal of a strategic plan for our chapter which maps the currents, rocks, deep spots, and branches of our upstream journey. Now, we must sustain the gain and continue to swim upstream to achieve this award with every Biennium.

I challenge each and every member to volunteer for something, size doesn't matter. It is an entry point on the upstream workout. There are many opportunities to share in the fun, from a single event to committee membership, to a board position. All are equally important. At the very least, please renew your membership.

I am happy to have served as your treasurer, President, and currently Vice-President. My personal swim upstream with Tau Tau has meant serving you, the membership, on the board for most years since the charter; forming collegial bonds, learning about leadership, mentoring, and quality of care through creative means. Best of all I can look way back and see where we were when we were way downstream, and look ahead upstream to the next new adventures.

Wouldn't it be easier to just go where the current takes us? Sure.

Should we? No.... because only dead fish go with the flow....



Gail Pike Boston MSN, RN-BC, CCRN-K

Vice-President Tau Tau Chapter

Do you know of someone who has let their STTI membership lapse? If so, reach out and invite them to come back.

The benefits of STTI membership include;:

- ◇ Career Assistance
- ◇ Continuing Nursing Education
- ◇ Member Publications
- ◇ Discounts
- ◇ Recognition
- ◇ Fellowship with other members

Staying Healthy and Happy During Crisis

The COVID-19 pandemic has presented many unusual and stressful challenges that negatively impact our health and happiness. During these times, it is vital that we are proactive in creating moments of happiness and to recognize that positive emotions can counter the negative effects of stress.

A few things that you can do to increase positivity in your life...

- ♦ Savor small moments such as the sunrise or sunset, the smell of your favorite coffee, or the feel of a warm shower. Take a moment to pause and breath these moments in.
- ♦ Strengthen connections with others. Take some time to really connect with your family, turn of the TV and social media and focus on communicating with your significant other and your kids. Look each other in the eye and talk about the day, what went well, dreams, etc. Hug your partner and your kids. These activities can boost oxytocin production which helps calm you body, and turn off cortisol (stress hormone).
- ♦ Look for the good in others: When you find yourself complaining about someone, stop. Think of something you like about the other person and focus on what people do that you appreciate. If you see someone struggling, take a moment to help them. Put together a care package for someone in need. Doing good for others increases positive feelings about yourself.

Look for silver linings in the tough times.



Eat healthy

write a letter

Take a walk

Play a game

Have a picnic

Go for a bike ride

Get active



Follow us on
Instagram today!

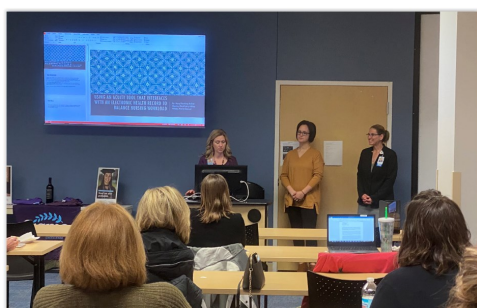
Dean Tickle, VP of Business & Operations at NMC has been made an honorary member of Tau Tau! He is always willing to pitch in and help move tables and chairs to ensure we have adequate space for our events.

Thanks Dean!

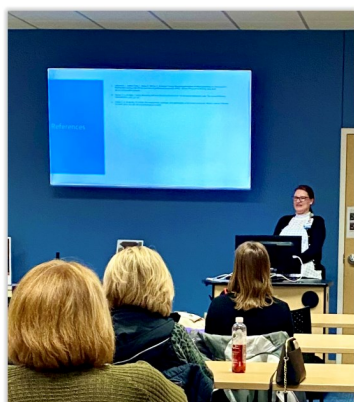


On February 6, 2020 Tau Tau presented it's spring program and membership meeting. The following Sigma members presented on their research studies and evidence based practice projects.

- ✂ Mary Hawkins MSN, RN-BC
- ✂ Ashley Nihsen, MSN, RNC-OB, C-EFM, CLS
- ✂ Linda Hughes, RN, BSN, MS, PhD, CNE
- ✂ Jennifer Promes MSN, APRN-CNS, GCNS-BC



We had door prizes and healthy snacks as we enjoyed the presentations and subsequent business meeting. Tara Whitmire and Kerri Gilson shared a video with the Sigma President's Call to Action-Infuse Joy. They also shared some insights learned at Sigma's 45th Annual Biennial convention.



The drawing for the Valentine Dinner was held and Bev Gray was the winner! She and her husband enjoyed a lovely meal at Lauritzen Garden



Tau Tau Chapter

STTI Tau Tau Chapter Upcoming Events

August 14, 2020

Involvement Fair at NMC

11:30-5:30

A few spots open to volunteer-share with incoming students what Sigma & Tau Tau is all about!

September 15, 2020

Resiliency CE Program via Web Ex

Registration to open soon

October 5, 2020 Founder's Day Celebration

Program & General Meeting via Web Ex

November/December, 2020

Tau Tau's first virtual induction with speaker

January, 2020

New Member Orientation

More details to come!

February 4, 2021

Program & General Meeting

MSN/DNP Capstone Presentations via Web Ex

