



## Tau Tau Chapter



Eligibility for **undergraduate** students includes: completing half the nursing curriculum, achieving academic excellence as evidenced by ranking in the top 35% of the graduating class, and meeting expectations for academic integrity. **Graduate students** are eligible to join Tau Tau if they have completed one quarter of the nursing curriculum, have at least a 3.5 GPA, and meet expectations for academic integrity. **Nurse leader candidates** must legally be able to practice nursing in their country, have a baccalaureate degree, and demonstrate achievement in nursing.

Our next induction ceremony will be in the fall of 2020. Nurse leaders may apply at any time.

Please contact Tau Tau counselors with any questions.

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We celebrated the 2019 induction to Tau Tau chapter of Sigma Theta Tau International on Thursday, November 14 at Nebraska Methodist College. Fifty two students were inducted-7 nurse leaders, 22 graduate students, and 23 undergraduate students. Blake Smith, MSN, RN, President of American Association for Men in Nursing (AAMN) provided the Keynote Address. He shared his journey to leadership and provided inspiration to all of us. Inductees were given an orchid and white honor cord along with a certificate honoring their induction.



*STTI Vision: Connected, empowered nurse leaders transforming global healthcare*

*STTI Mission: Developing nurse leaders anywhere to improve healthcare everywhere*

Winter 2019  
 STTI Tau Tau Chapter  
 Newsletter

# A MESSAGE FROM THE PRESIDENT



Dear Tau Tau Members,

It's hard to believe Thanksgiving is over and we are on to the Christmas season! Last time I mentioned that fall is my favorite time of year, but Christmas is my favorite holiday! Especially as I see it through the eyes of my 4-year-old daughter! It's fun to see her excitement but also help her have a giving heart!

I'm happy to report, if you haven't seen the news yet, that we were awarded our FIRST Chapter Key Award at the 45<sup>th</sup> Biennial Convention in Washington, D.C. on November 18, 2019. Kerri Gilson, Program Planning Chair and I were able to attend as delegates and receive our award! There is more in the newsletter about the convention and the award! I am so proud to be serving as your president during this exciting time!

Our recipe for chapter success was "published" as our chapter name was called and I walked across the stage with our banner and key! That recipe isn't successful without you! This chapter is a member-based organization and we need your ideas and willingness to volunteer to make it a tasty recipe! The Board is looking at new ways to engage our members, including using online technology to connect with those out of the area. New Member Orientation takes place on Thursday, January 23. If you are a newly inducted member or a member who wants to reconnect, be sure to attend in person or virtually! More information will be coming soon!

As we start to celebrate our winter holidays, I hope you take time to reflect on all the great things that have happened to you and your family this past year. Take time to set your priorities for the 2020 and add Tau Tau Chapter to that list! We need you as we continue to celebrate nursing excellence in scholarship, leadership and service.



## three elements of **INFUSING JOY**

### **AWARENESS**

Awareness includes a clear understanding of the knowledge, skills, and abilities needed to fulfill our professional responsibilities and achieve our goals. When we are competent, confident, and have mastery over our work, joy can flourish.

### **BALANCE & PURPOSE**

Achieving balance and purpose requires us to make time for creativity and serendipity, mindfulness and rest, activities that foster health and well-being, as well as gratitude, service to others, and philanthropy.

### **CO-CREATION**

Co-creating includes relationship building, using team science, recognizing interdependencies, having a shared mental organizational model, taking pride in one's work, and instituting policy initiatives to support a joyful organizational culture. As competent, confident nurses acting with balance and purpose, we can take the next step to infusing joy.

## INFUSING JOY! A CALL TO ACTION 2019-2020

I had the privilege to attend this year's Sigma Convention and represent the Tau Tau Chapter as one of the delegates. I have to say that this is one of the best large conventions that I have attended. I was able to interact with multiple Sigma members all over the globe. The level of expertise, research, and programming was top notch. I attended several break-out sessions specific to chapter growth and success. One of the sessions included the importance of how social media can be used to promote engagement, connectedness, and collaboration. Another session focused on amending your charter to add a practice setting as this can increase the chapter's candidate base and diversify benefits. The third session covered how to identify and develop your chapter's leadership to ensure legacy and future growth. Lastly, I attended a session on the importance of consistent communication with members as this can help with retention, recruitment, and leadership. These are just a few of the vast number of available breakout sessions I was able to attend. I want to say a big thank you to the Tau Tau Chapter board for allowing me attend the convention. I had an amazing experience and I am grateful I was able to gain not only knowledge but the passion and excitement that Sigma has to offer. ~Kerri Gilson, MSN, RN



## 45<sup>th</sup> Sigma Biennial Convention

By Tara Whitmire, DNP, APRN-NP, CHFNP

Kerri Gilson and I were honored to represent Tau Tau Chapter at the 45<sup>th</sup> Biennial Convention in Washington, D.C. from November 16-20, 2019. This was my second time attending the Biennial (occurs every 2 years) convention and it was just as powerful as the first time! It's always so impressive to see nurses from all over the world convened in one place and with one mission; promoting nursing excellence! There were over 2,100 in attendance at the conference and 520 chapters were represented during the House of Delegates. The House of Delegates is the business meeting of the convention. Chapter Delegates vote on bylaws amendments and participate in election voting. It was pretty impressive to see all those people in one place!

We had a Region 3 meeting with all the chapters in our region and our regional director. We celebrated many successes at the regional level including chapter anniversaries and a Region 3 collaborative during the convention. We partnered with the Phi Pi Chapter and worked on Stuffed Animals for Emergencies for children and delivered many bags of animals to a shelter in Washington, D.C. for the kids utilizing their services. It was fun to get to know members of other chapters and do a meaningful activity.

I attended several sessions related to leadership and higher education. It is inspiring to hear about the research or evidence-based practice colleagues from around the world are conducting. Again, it is quite humbling to be in attendance at such a large, international event. My biggest take away from the convention is that Sigma is a huge organization; it really does have our interests in mind and works to help us be better nurses through scholarship, leadership and service. I am excited for the upcoming year as Kerri and I talk with the board about our ideas and we get them implemented within the



**Dr. Lyndsi Hall is the recipient of this year's STAR award.**



The Star Award winner, Dr. Lyndsi Hall, has promoted evidence-based practice, participated on an evidence-based practice team that impacts patient care outcomes and implemented a research-based practice change. She plays a vital role in promoting best practice within Methodist Hospital. She serves as the Nurse Practice Coordinator for Methodist Hospital. She has participated in many quality improvement projects. She was instrumental in developing the Behavioral Health Response Team. Post survey results showed the nurses felt the BHRT provided them with an increased confidence in recognizing key behaviors that indicate the potential for escalation. She also serves as a clinical partner for a number of doctoral student capstone projects, thus mentoring others in quality improve-

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**Join us on The Circle—Sigma's online community!**

The Circle is your professional online network through STTI. You can participate in discussions with your peers. You can find a Community of Interest and connect with fellow STTI members. Visit Sigma's members-only Job Board, sign up to be a mentor or mentee, discover volunteer opportunities and access the chapter website.

**To get started:**

- ◇ Log in at <https://thecircle.sigmanursing.org> using your email address and password
- ◇ Complete your bio and update a profile picture
- ◇ Joint Communities of Interest. You can access a full list in the "Announcements" section on The Circle homepage

"Joining an online community of interest is a great way to connect with Sigma members who have similar interests. It's an engaging, safe environment that provides answers to clinical questions, career mentoring, and everything in between!"

The Sigma Board of Directors has outlined four overarching strategic goals to accomplish Sigma's mission:

- 1) Grow in value for nurses globally
- 2) Recognize and promote nursing scholarship, leadership, and service
- 3) Expand and develop strategic relationships globally
- 4) Advance innovative and customized resources to develop nurse leaders

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

# FACES OF TAU TAU

**When do you anticipate graduating with your BSN?** *I anticipate graduating in May, 2020.*

**Why did you decide to go to nursing school?** *I couldn't decide what degree I wanted to pursue after I graduated from high school. All I knew was that I wanted to help others. After a few years of taking classes and still not knowing which degree I wanted to pursue. I decided to become a certified nursing assistant. After a year of being a CNA, I knew I wanted to become a nurse. So I took my prerequisite and applied to a few nursing schools within my city. After a visit to Nebraska Methodist College, I decided it was the school for me.*

**What are your hobbies?** *I like to scrapbook and watch DIY videos, which is probably not a hobby but something I enjoy when I am not studying.*

**With the holidays coming up, what is one memory that you have from your childhood that stands out as a meaning of joy?** *The only holidays I celebrate are Ramadan and Eid which moves every year on the calendar. During my childhood my parents used to always remind us how fortunate we are with what God has blessed us with. Both my parents were born and raised in Somali, so when they came to America they didn't have anything besides the clothes on their back. So during Ramadan my parents always reminded us that we should give back to others whether its through sharing a meal, being a listening ear, cleaning up the environment around us, or giving charity such as money. Seeing that I made a difference in someone else's life has always brought me joy*

*Shukri Ahmed*

BSN Student

Tau Tau member since 2019



**Why did you join Tau Tau?** *I joined to be a part of the mission for professional growth and to the commitment to the future of nursing supporting research, best practice and education.*

**How long have you been a nurse?** *35 years*

**What are your hobbies?** *I enjoy playing the piano. I love to cook and entertain. I love playing with my grandkids and participating in their activities. I really love to shop & travel!!!*

**What has STTI done for you?** *Personal satisfaction that I am making a difference for nursing practice. Giving my personal time to promote our profession, mentoring younger nurses and learning from my peers.*

**Why do you recommend nurses join Tau Tau?** *Every nurse has the responsibility to support and promote our profession. It takes the entire village to make a difference, to make change, to improve. Joining professional organizations such as STTI Tau Tau provides personal resources through networking and being connected to your profession. You participate with peers to foster high standards of practice and promote general welfare of nurses with a voice for change. You have the opportunity to be mentored or to be a mentor. You stay current with nursing practice in several domains. You also have the opportunity to be in leadership roles or to get involved through committee participation.*

**With the holiday's coming up, what is one memory you have on years gone by that stands out as the meaning of celebration?** *Being with family and appreciating the blessings each family member brings to one another and to me. The smiles, laughter and joy being with my grandkids. They rock my world at the Holidays and all year long!!!*



*Sue Rohlf, MSN, MA, RN*  
NMH/MWH Service Executive

**One of the founding  
Members of Tau Tau**



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