



## Tau Tau Chapter



### Sigma Leadership Connection Conference-September 10, 2020

The Leadership Connection was offered virtually this year. Five Tau Tau leaders attended and came away with many great ideas! Here is a bit of what each leader learned during the conference:

Carissa Nielsen, Membership Involvement Committee Chair-I learned about and already implemented using the Menitmeter.com tool in virtual gatherings. They also talked about how important social media marketing with links to websites and registrations is to increase engagement and attendance. The key to successful virtual programming is to think of the 5 W's & H, and plan far enough in advance! Also to remember this important fact: People will forget what you said and did, but they will always remember how you made them feel. The importance of Sigma gifts & prizes, relationships, branding, make them want to be a part when they can finally join! Once they are a member the onboarding process needs to start immediately and continue thereafter.

Kerri Gilson, Vice President- I attended one of the presentations titled "Escape Room and Beyond". We learned multiple ways to use Menti.com while creating polling questions, word clouds and others. They talked about the advantages of virtual programming including how we can reach a wider audience, develop technical skills and train others with what we are learning. I also attended "Programming & Communication Strategies" and "Creating Chapter Visibility and Promotion". They encouraged us to reframe out communication as an investment and the "why" of getting involved. Lastly they talked about branding, and making sure that by the time someone is eligible they want to join because they have seen it so many times.

Jen Promes, Leadership Succession Committee Chair-I attended sessions about onboarding new board members and new members as well as retaining members. Sigma has many resources available to chapter leaders to use for self-evaluation among the leaders of the chapter as well as videos and communication plans to help with chapter communication. The Tau Tau Leadership Succession Committee is currently working to implement a mentorship and leadership intern position so the information was helpful!

Alice Kindschuh, Treasurer-My take-away was that we need to include membership testimonials in communication, especially to lapsed members that highlight the benefit of belonging and engaging with Tau Tau Chapter and Sigma. Another idea that the board could consider is a Membership Ambassador that could help keep Tau Tau engaged at the college and with the health system.

Tara Whitmire, President-It's important to survey members to make sure Tau Tau is provided what members want and need. We typically have done a membership survey every 2 years. It might be important to survey the last induction class to make sure they were oriented, on-boarded and engaged in the way we want them to be. Communicating with members is so important. Tau Tau would like to expand the Newsletter/Website committee and is looking for a few members to help with social media and communication. Let me know if you are interested!

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

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

Fall 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,

Guess what?! It's a new season! I'm not sure why I have the need to comment on the season; maybe it's because it's the only constant thing happening right now! Fall usually means football, Halloween and bonfires. Because of COVID-19, this may not be what our fall holds for us this year. Students are back on campus at Nebraska Methodist College after being sent home in the spring and are back to doing their clinical hours in the hospital or other health care setting. That feels a little more normal, but remembering your mask and goggles may be causing some issues!

I hope you were able to attend the program on September 15 called *Building Resiliency through Adversity* by Nellie Johnson. Nellie shared about the work she's done around building resiliency in the BSN students and how we can apply it to ourselves. One of the key points was that we need to take time to take care of ourselves and each other. What an opportunity to use one of the ideas Dr. Riccardi, Sigma President, shared in his *Infuse Joy* campaign! The recording should be available soon and I will share it to membership when I get it.

On October 5, we celebrated Founder's Day, an annual celebration of the values of Sigma Theta Tau, excellence, scholarship, leadership, and service. In 1922, six nurses founded Sigma Theta Tau International Honor Society of Nursing. The founders chose the name from the Greek words storgé, tharsos, and timé, meaning love, courage, and honor. Dr. Sandra Dave, NMC Alumna, presented on her leadership journey and shared her experience with COVID-19 from New York state. This program was virtual to allow members to join from anywhere!

Upcoming events: We are planning our first virtual Induction ceremony for November 19. We are looking forward to welcoming new members and celebrating in a special way online!

As COVID-19 allows, we look forward to offering in-person service activities and in-person and virtual programs to continue our learning and engagement. Stay healthy Tau Tau Chapter members!

In health!

Tara

## Tau Tau Chapter Nurse Tribute Campaign

The Tau Tau Nurse Tribute Campaign is a meaningful way to recognize nurse colleagues who exemplify the profession of nursing. Nurses deserve to know that their work is valued by their colleagues.

Here is your chance to honor a nursing colleague with a donation to the Tau Tau fund at Methodist Hospital Foundation. One hundred percent of every donation will be used to support Tau Tau nurse member scholarships and grants for nurse led studies. Nurses honored through the Tau Tau Nurse Tribute Campaign will be recognized in the quarterly Tau Tau newsletter and receive a special letter from Methodist Foundation acknowledging the tribute.

Any nurse is eligible to be honored; membership in Tau Tau is not a requirement. If you would like to pay tribute to a nurse colleague, please complete the tribute form and follow directions for submission. (The tribute form is on the last page of the newsletter)

### Being a Nurse

Being a NURSE means.....

You will never be bored.

You will always be frustrated.

You will be surrounded by challenges.

So much to do and so little time.

You will carry immense responsibility and very little authority.

You will step into people's lives and you will make a difference.

Some will bless you. Some will curse you.

You will see people at their worst-and at their best

You will never cease to be amazed at people's capacity for love, courage, and endurance.

You will see life begin-and end.

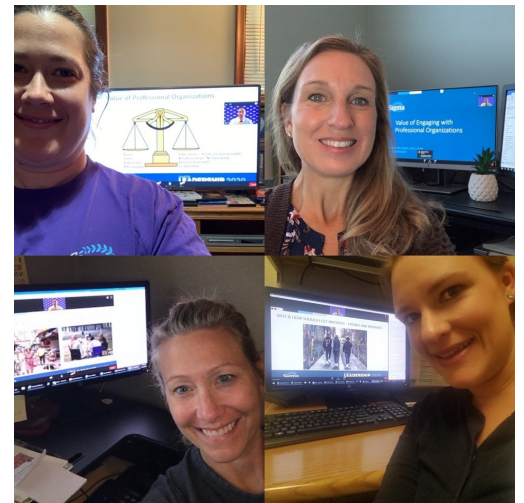
You will experience resounding triumphs and devastating failures.

You will cry a lot. You will laugh a lot.

You will laugh a lot.

You will know what it is to be human and to be humane.

-unknown



Tau Tau Chapter leaders, Tara Whitmire, Carissa Nielsen, Kerri Gilson, Jen Promes and Alice Kindschuh (not pictured) attended Sigma's Chapter Leadership Connection virtually on September 10. The group divided up the sessions so we could get the most out of the meetings.

# Tau Tau Graduates

## Tau Tau Chapter's Spring 2020 Graduates

Alexi Ahlers, BSN  
Shukri Ahmed, BSN  
Amanda Cherek, BSN  
Sandra Dave, DNP  
Bailey DeWispelare, BSN  
Jordan Henderson, BSN  
Taylor Karls, BSN  
Lisa Kollasch, DNP  
McCall Madsen, BSN  
Kristen Moravek, MSN  
Brittany Raile, MSN  
Sydney Vanarsdall, BSN



## Tau Tau Chapter's Summer 2020 Graduates

Danielle Calabro, DNP  
Kim Deleon, BSN  
Jacqueline Ellison, DNP  
Melanie Frear, MSN  
Bernadine Ihediohanma, DNP  
Ashley Klepinger, DNP  
Kaitlyn Kracl, DNP  
Lisa Lehr, DNP  
Jaycie Limley, BSN  
Bridget Nore, DNP  
Heidi Patsios, MSN  
Jordan Radel, DNP  
Danielle Rischling, DNP  
Lyndsey Schmad, MSN  
Maelene Schuhmacher-Omar, DNP  
Brianne Shelton, BSN  
Paola Thompson, BSN



Let me dedicate  
my life today,  
in the care of  
those who come  
my way.

Let me touch  
each one with  
healing hand,  
and the gentle  
art for which I  
stand.

And then  
tonight when  
day is done,  
Let me rest in  
peace,  
If I've helped  
just one.







# Community

The Tau Tau chapter of STTI, understands that particularly during these unprecedented times, community matters. While we may not always be able to meet in person, we encourage you go join us on Facebook, Instagram and on the Circle website!

Follow us on Facebook and like our page  
“Tau Tau Chapter of Sigma Theta Tau”



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



**NOURISH  
YOUR SOUL**

*it's impossible to grow without surrounding  
yourself with people who nourish your soul*





## Tau Tau Chapter

### Tau Tau Chapter Nurse Tribute Form

#### Nominator Information (please print)

Name	
Address	
City	
State	
Zip	
E-Mail	

**In Honor of:** \_\_\_\_\_

Special Message to Nominee:

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#### Gift Information

Amount \$ \_\_\_\_\_

Payment Method: \_\_\_\_ cash \_\_\_\_ check \_\_\_\_ credit card

#### Please make check payable to:

Methodist Hospital Foundation – Tau Tau Chapter  
8701 West Dodge Road, Suite 450  
Omaha, NE 68114

**To make a donation by credit card, please visit  
[MethodistHospitalFoundation.org](http://MethodistHospitalFoundation.org) and click on DONATE NOW.**

Enter your honoree's name in the *On Behalf Of* box and enter Tau Tau and your special message in the *Comments* box.