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A Quarterly Insight into our chapter

Spring, May 2019

Nu Rho-at-Large

Bryan College of Health Sciences----Nebraska Wesleyan University----Union College

Current topics >>>

Society Mission:

"Advancing world health and celebrating nursing excellent in scholarship, leadership, and service."

Society Vision:

"To be the global organization of choice for nursing."

Membership:

Sigma has more than 135,000 active members that reside in more than 90 countries. With roughly 520 chapters, Sigma supports the learning, knowledge, and professional development of nurses who strive to make a difference in global health.

For more information, log onto
<https://www.sigmanursing.org/>

Inspire others to do great things.



President's Message

Nu Rho Chapter: What's in it for you!

Most people view induction into an honor society as a wonderful honor and the chance to wear a cord at graduation. However, Sigma is so much more than that! I consider my time spent serving on the board as the opportunity to interact with some of the most dedicated, creative and fun nurses in Lincoln!

Our chapter has a history of distinction. We have dedicated board members and multiple opportunities for involvement. We welcome new ideas that appeal to new and more seasoned staff nurses. Sigma is about the entire realm of nursing, please feel free to contact me or any of the board members listed in this issue of the newsletter if you have an idea for an education session, service project or wanting to find a partner for a research project!

Any organization reflects the involvement of its members, our members are often involved in activities with their families as well. If you ever thought about a health fair for the school that your children attend, I think we could find some great people to help with that. Always wanted to set up blood pressure screening or health teaching at your church or that of your parents? We could help arrange for that as well! If you are a new graduate and would like to access a mentoring Facebook site, we could set that up.

Sigma reflects the enthusiasm and interests of its members. If you want assistance planning the next step in your career, or just a night out for fun with other nurses, we can arrange any of those activities.

Sigma involvement is a great opportunity to practice leadership skills and, might I say, active involvement provides new graduates the opportunity to show that they are involved in promoting the profession of nursing.

What's in Sigma for you? It is what you tell us you want!
 We need to hear from all members!

Jeri Brandt
 President



Chapter Events >>>

Sigma Theta Tau Induction Spring 2019



We had an amazing induction ceremony; over 90 new Sigma members! Thank you to all the members that helped volunteer, board members who helped organize, and of course family members & friends who celebrated this honorary event with our new Sigma family! As an honor society of nursing, being inducted with Sigma represents all the hard work students put forth in their nursing academics. We are excited to see where this journey takes them!

Want to see your individual photos? Visit [Shutterfly Sites](https://www.shutterstock.com) to download! A HUGE thank you to Theresa Delahoyde for taking pictures; you are greatly appreciated!



(Left to Right)

Board Members:

Back row: Ashley Kennedy, Heidi Little, Linda Hardy, Jayme Petersen, Patty Bollinger, Angela McCown, & Jackie Weise

Front Row: Becke Voigt, Sue Gabriel, Krystal Davis, Amy Golter, Jeri Brandt, & Niki Eisenmann



Future Events >>>

Save|THE|Date

We are ready to have another social event, how about you?!?

Last November, we had a social mixer at the Grata and mingled with potential, new, and veteran members of our Chapter. It was a blast!

We would love to have another social event to network, share ideas on future chapter events, social & educational, and talk about ways our members can be more involved in their local chapter!

More details to come regarding this event. We plan to host this event in August or September. Do you like to plan events? Help us plan and organize the event! Contact our Member Ambassador to learn how!



SOCIAL NETWORKING MINGLE MIXER

Join Our Chapter >>>

We would love you to join our Chapter! Sigma membership provides valuable resource throughout your entire nursing career!

We get together at different planned events and just have a great time sharing stories, encouraging each other, and enjoying learning opportunities.

For more information on eligibility, click this link: [How to Join](#)

Want to talk to someone? Contact our Membership Ambassador!

Membership Ambassador:

Julie Skrabal
julie.skrabal@bryanhealth.org
402-481-8850



Join us on Facebook and learn how to easily apply to be either a Community Member (for our licensed nurses) or a Student Member (given an invitation by your school).

[Nu Rho-at-Large Chapter, Sigma Theta Tau](#)

Research & Scholarship Opportunities >>>



Would you like an opportunity to apply for a Research Grant? Research grants can award a recipient up to \$599! Applications are accepted on a rolling basis. Applicants must be a current member (dues paid) of the Nu Rho Chapter. For grant materials, contact our Research Chair via email or mail.

Wanting more information? Contact Niki!

Contact: Niki Eisenmann, Research Chair

Mail: Bryan College of Health Sciences
1535 S. 52nd Street
Lincoln, NE 68506-1398

Email: niki.eisenmann@bryanhealth.org



Research Grants & Continuing Education at Sigma >>>

Research Grants

Contribute to the advancement of nursing through research---apply for a grant today! Grants are currently being accepted for May to December.

Discover Sigma's wide array of resources to assist researchers found at:
<https://www.sigmanursing.org/advanceelevate/research>

Continuing Education

Sigma provides endless opportunities for its members to learn and grow with online course designed to improve your nursing skills. Did you know, that as a member, you could get FREE CEU's?!?

Learn & Grow at Sigma found at:
<https://www.sigmanursing.org/learn-grow/education>

Research Events >>> NNA "Celebrate Nursing!" Event

On April 22nd, Sigma partnered with NNA to promote leadership and research in nursing. This event was packed with nursing students and nurse leaders that presented their research posters on a variety of topics. It was a fabulous night of networking and increasing our knowledge and awareness of new things transpiring in the workforce! Below is a glimpse of the posters that were presented that night.



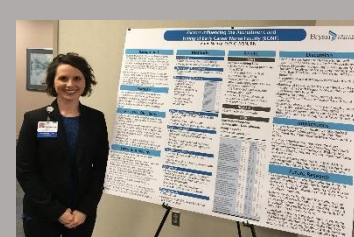
Standardizing the Evaluation of Service Learning
Tiffany Hunt, EdDc, RN



The Lived Experience of College Faculty Following Student Suicide: A Phenomenological Study
Michelle Summers EdDc, RN



An Assessment of Burnout and Associated Characteristics Among Midcareer Prelicensure BSN Faculty
Melinda Bentjen, EdDc, RN



Factors Influencing the Recruitment and Hiring of Early Career Nursing Faculty
Katie Sladky, EdDc, RN

Board Members

Want to get more involved with the Nu Rho Chapter?

Consider running for the following board positions:

- President
- Vice President (Bryan College of Health Sciences)
- Vice President (Nebraska Wesleyan University)
- Governance Chair
- Treasurer

All positions are 2-year terms and you can join anytime!

DUE DATE for nominations: May 15th, 2019



For more information on these roles and responsibilities, contact Jackie Weise at jackie.weise@bryanhealth.org

Being a board member for this chapter is so rewarding! Besides networking with other professionals, partaking in the development of volunteer opportunities, and being a part of a team, being a board member has an array of advantages. Serving on the board is a leadership position that boosts a person's professional growth and development. Being surrounded by influential people plays a pivot role in this growth. While networking with others, your strength, knowledge, and confidence will soar! Join today and gain an opportunity to make a difference in our community and with the nursing profession!

For a list of our current board members, click [here](#) to find out.



Nursing Excellence Award & Scholarship

For more information, contact:

Heidi Little
Chair of Awards & Recognition
heidi.little@bryanhealth.org



The Nu Rho-at-Large Chapter is offering a **\$599 scholarship** & our annual leadership award to two deserving members of Nu Rho!

All applications are due May 1st, 2019.

Scholarship recipients must be members of Sigma Nu Rho-at-Large Chapter. Membership demonstrates that you are a high achieving member of our profession. Allow us as an organization to honor you by contributing to your continuing professional development!

Nursing Excellence Award nominees must be members of Sigma Nu Rho-at-Large Chapter. A nomination for this prestigious honor society award is achievements and for the contributions to our profession.

Forms & Applications:

[Nursing Excellence Award Nomination Form](#)

[\\$599 Nu Rho-at-Large Scholarship Application Form](#)



Treasurer's Report

With the large amount of inductees this Spring, membership fees totaled \$1,970.00. With this growth, we plan to make good use of the monies! Within the year, we would like to have another social event and give back to our community and Sigma members (through education and service). If there are any questions, please feel free to reach out!

Current status on accounts: Checking- \$10,944.58 Savings- \$2,725.88
CD- \$5,081.27 Total- \$18,751.73
Expenses- \$349.90

Jodi Jenkins
Sigma Treasurer
jjjenkin2@nebrweselyan.edu



Spring Time thoughts...

No winter lasts forever, No spring skips its turn. Spring breathes new life into the world around us. Springtime is the land awakening, the winds are the morning yawn. Nature is sprouting and mornings are crisp. Spring brings new growth, weeds out the bad, and makes room for something beautiful!

Live every day to its fullest!



Along with following our [Facebook page](#), check out the [Nu Rho-at-Large website](#)! Our goal is to provide our members with a site to network with other chapter members, upload photos, share documents, participate in chat discussions, and learn about upcoming chapter events.

Nu Rho aims to:

- ✚ Increase utilization of chapter social network by all members.
- ✚ Strengthen the leadership succession plans using mentors and educational opportunities.
- ✚ Strengthen involvement of new and non-active members by dissemination of knowledge with focus on evidence-based practice.
- ✚ Provide at least one community volunteer activity to address health and wellness needs of the community.

For more information on how to access Facebook or the Circle, click the links on this page or contact Ashley Kennedy, ashley.kennedy@bryanhealth.org



Coming soon >>>

In The Next Issue

- ❖ *Educational Opportunities*
- ❖ *Community Service Event*
- ❖ *Social Mixer Event*

Save the date

Nu Rho-at-Large Chapter Upcoming Meetings & Events

Date/Time	Event	Location
May 20 th , 2019	Board Meeting	Union College, TBD
June 24 th , 2019	Board Meeting Installation of new officers Education meeting	Union College, TBD
July, 2019	No meeting	
August/September	Board Meeting	TBD (location & time)