

## In this issue &gt;&gt;&gt;

- ❖ Interim President's Message
- ❖ Educational Offerings
- ❖ Chapter Events
- ❖ Research & Scholarship opportunities
- ❖ Sigma education & Free CEUs
- ❖ Join our Chapter!
- ❖ Open Board Member Positions



A Quarterly Insight into our chapter

Winter, December 2018

## Nu Rho-at-Large

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

## Current topics &gt;&gt;&gt;

**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.**

## Interim President's Message

If you visit the Sigma website, you will find an article that states that the view of nurses has not progressed in the last twenty years. Members of the media and public continue to be unaware of the roles nurses play in improving the health of the population in the United States and throughout the world.

As a member of Sigma, since my undergraduate days at the University of Iowa, I have always been proud to be a nurse, and try to tell others about the amazing actions of nurses. As a member of Nu Rho-at-Large since we were first installed as a chapter, I look forward to working with our strong board to carry on our legacy of excellence.

I think our chapter can be the pebble that drops in the water to create change. We can visit elementary schools and after school programs to talk about the variety of roles available to nurses. We could ask our members to share their stories, their research and how they work to improve health care with community groups.

Let us use this article to think about ways, every day, that we can help people understand the multiple talents and roles of nurses. I look forward to hearing your ideas about this! I hope that we can partner with other organizations to promote a more comprehensive view of nurses.

Jeri Brandt PhD RN  
 Link to article- [Sigma News](#)



*all things are  
 DIFFICULT  
 before they are  
 EASY*  
 -thomas fuller

## Educational Offerings >>>

### Sigma, Nu Rho-at-Large Chapter Presents:

“Lived Experiences of New Nurse Graduates in Critical Access Hospitals”

**Lesa Hoppe, PhD, RN,  
Bryan College of Health Sciences**



**When: Monday, February 25<sup>th</sup>, 2019**

**Member Meeting: 5:00pm to 5:30pm**

**Presentation: 5:40pm to 6:40pm**



#### LOCATION:

Jack J. Huck Continuing Education Center  
301 S. 68<sup>th</sup> St. Pl, Lincoln, NE 68510, Room #302

#### COST:

**There is no cost for the CE.** 1.0 contact hour awarded to nurses who remain for the entire event. No partial contact hours will be issued for partial attendance or early departure. Review [full flyer](#) for details.

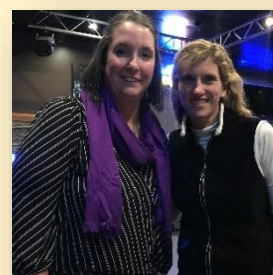
#### PURPOSE:

Learn about the challenges that face new graduates who work in rural hospitals.

## Chapter Events >>>

We had so much fun at the social mixer! Thank you to all the members that developed, organized, and shared with us this fun night! If you missed it, we had games, prizes, food, laughter, and best of all----a chance to mingle with Nu Rho members.

*“Personal relationships are the fertile soil from which all advancement, all success, all achievement in real life grows.” ~ Ben Stein ~*



#### **Board Members:**

Sue Gabriel, Jodi Jenkins, Ashley Kennedy, Patty Bollinger, Jeri Brandt, Heidi Little, Angela McCown, Jackie Weise, Ann Lif, Niki Eisenmann. \*Not pictured- Krystal Davis, Amy Golter

#### **Members who organized the event:**

Ann Lif, Theresa Delahoyde, Jackie Weise, Amy Hensley, Summer Erickson, Julie Bratt, and Vicki Wenzl ~ Thank you!



## Chapter Events &gt;&gt;&gt;

## Lincoln Downtown Sertoma Club & Everett Elementary School Soup Supper

**What:** A soup supper to support the families of Everett Elementary by providing a free dinner during parent/teacher conferences. Multiple soups will be provided, crackers, lemonade, water, coffee, deserts and relish trays.

**Cost:** There is NO cost for this event. In-kind donations are always welcome. Donations will go towards the school's improvement projects.

**When:** Thursday, February 28<sup>th</sup> at 5:30pm---until the soup is gone!

**Where:** [Everett Elementary School](#); Multipurpose Room



Looking for volunteers to provide desserts, crackers, a soup, a relish tray. Assistance is also needed to help serve food and keep the multi-purpose room clean. Also looking for any musical acts, for dreamy soup-eating background music.

If you would like to volunteer, please contact Heidi Little, [heidi.little@bryanhealth.org](mailto:heidi.little@bryanhealth.org), to hear how you can be a part of this community event!



## Induction Ceremony

Save the date for the 2019  
Sigma Theta Tau new member induction!

**What:** New members are being recognized for their achievement in academic excellence. They will join fellow nurses in Sigma's mission to "support the learning, knowledge, and professional development of nurses committed to making a difference in health worldwide".

**When:** March 25<sup>th</sup>, 2019 from 7:00pm to 8:30pm

**Where:** [Union College](#), Hartland Hall  
3800 S. 48<sup>th</sup> Street, Lincoln, NE 68506

**Who:** All new members of Sigma Nu Rho-at-Large Chapter, their family & friends, and Sigma members.





## 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](mailto: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 October-January.

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 courses 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>

## Join Our Chapter >>>

We would love you to join our Chapter! Sigma membership provides a 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 Involvement



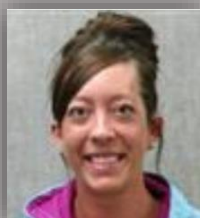
# Board Members

## Want to get more involved with the Nu Rho Chapter?

### Consider running for the following board positions:

None open at this time, but keep an eye out!

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



For more information on these roles and responsibilities, contact Jackie Weise at [jackie.weise@bryanhealth.org](mailto: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, BSN, RN  
Chair of Awards & Recognition  
[heidi.little@bryanhealth.org](mailto: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 April 30<sup>th</sup>, 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

During a recent meeting with Katherine Rogers from Sigma International, statistics regarding our membership acceptance and retention rates for the last three fiscal years was provided. This data will be used to formulate a budget which will be presented at our next board meeting. I am excited to share this information and continue to grow within this role. Happy holidays and God bless you all!

Current status on accounts: Checking- \$9,055.33 Savings- \$2,724.21  
CD- \$5,038.70 Total- \$16,818.24  
Expenses- \$574.00

Questions? Contact Jodi at [jjenkin2@nebrweselyan.edu](mailto:jjenkin2@nebrweselyan.edu)



## final thoughts...

“You are what you think. Become more positive & deliberate in your thoughts, open your mind to the possibility of thinking differently—it will be life changing, read about alternative ideas—it’s okay to be skeptical, and practice, apply, and do it repeatedly throughout the day!”

~ Sigma ~



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](mailto:ashley.kennedy@bryanhealth.org)



Coming soon >>>

### *In The Next Issue*

- ❖ Educational Opportunities
- ❖ Community Service Event
- ❖ 2019 Student Induction

## Save the date

### Nu Rho-at-Large Chapter Upcoming Meetings & Events

Date/Time	Event	Location
December 24 <sup>th</sup> , 2018	No meeting Enjoy the Holidays!	
January 28 <sup>th</sup> , 2019 (5p-6p)	Board Meeting	Union College, Room TBD
February 25 <sup>th</sup> , 2019	Board Meeting (5-530p) Educational Event (540-640p)	SCC Jack Huck Center
March 25 <sup>th</sup> , 2019 (5p-9p)	Board Meeting & Induction	Union College, Heartland Hall