

Nu Rho News
Winter 2018 Newsletter

Sigma Theta Tau International Nu Rho-at-Large Chapter

The mission of the Honor Society of Nursing, Sigma Theta Tau International, is advancing world health and celebrating nursing excellence in scholarship, leadership, and service.

Inside this issue:

President's Message	2
Volunteering Event	3
Winter Education Event	4
Spring Induction	5
Celebrate Nursing Event	6-8
Research Grant Opportunity	9
Join Us! Sigma Circle	10-12
Board Members/Open Positions	13-14
Scholarships, Nominations, & Awards	15-17
Save the Date/Treasurer Report	18



President's Message

Pat Riley once said "There are only two options regarding commitment. You're either in or you're out. There's no such thing as life in-between". As I think about this passage, Sigma comes to mind. Belonging to Sigma is a commitment, and that takes time. But it is time well-spent. Since September, we have held a continuing education event, contributed to a soup supper, held several meetings, and worked hard to plan future events. These events took many people many hours. They did not just show up. Folks had to be 'in'. They had to be in Sigma to make a difference. They had to be involved too. And many good people were – people who I appreciate very much. Being 'in' allows you to have a sense of pride and accomplishment as well. We are 'in' the most prestigious nursing group in America. Those who are 'in' should be proud of themselves and what we stand for!

There are some folks who are 'out'. They are not members of Sigma, either because they were not invited or did not choose to join after they received the invitation. To those who did not make it into our group, I would like to extend a challenge – it is never too late. You can become a member through extended education or by applying to become a community member. Sigma is viewed extremely positively on resumes and by nursing peers. We do great things for nursing and the community. What are you waiting for? As a member how to join!

And then there are those who are 'in-between'. These are the folks who belong but do not participate. I would bet many of you reading this know at least one person who is 'in-between'. They use the excuse that they don't have time or they couldn't fully commit to the organization. The rest of us are in the same boat. We are working, have people we care about and want to spend time with, and enjoy spending our free time other ways. Yet that has not stopped us. We take time to help because Sigma is important. It is important in supporting nursing – education, leadership, and practice. That is something that all nurses should be able to stand behind. Sigma is important in recognizing excellence – nationally, regionally, and locally. Sigma is important for the community. And Sigma can be important for you too – by creating opportunities for individuals in practice, education, leadership and research.

I challenge each of you reading this to bring an 'in-between' to our next event. We have a couple exciting events coming up – continuing education and a poster event – as well as some joyous meetings. Bring your friend and show that being 'in' only takes an hour or so a month. This is a tiny commitment for such a marvelous return. Then they, like you, can say they are Sigma!

Katherine J. Williams, EdD, CNE, MSN, RN, RNFA

Sigma Nu Rho at Large - President

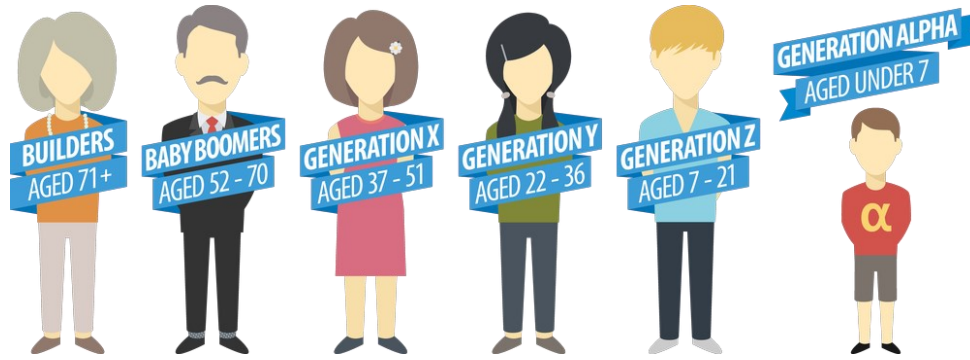


Nu Rho-at-Large in the Community!

Thank you for all who contributed to the Everett Elementary Soup Supper. It was great opportunity to work with the Sertoma Club and give back to our community. It was a success! A big thank you to the Bryan College of Health Science students for volunteering for this event.

Thank you Heidi Little and Angela McCown for coordinating!





Sigma Theta Tau, Nu Rho-at-Large Chapter Presents:

“Generational Differences in the Healthcare Workplace: Curse or Opportunity?”

Theresa Delahoyde, EdD, RN

When: **Monday, February 26th, 2018**

Presentation: 5:15pm to 6:15pm

Member Meeting: 4:00pm to 5:00pm

<u>LOCATION:</u>	Jack J. Huck Continuing Education Center; 301 S. 68 th St. Pl, Lincoln, NE 68510
<u>COST:</u>	\$10 for 1.0 continuing education credit (payment will be accepted at the door and/or the meeting)
<u>PURPOSE:</u>	Theresa will kick-off her presentation with Kahoot (make sure to bring your smart phone). She will provide information on generational differences and why it is important to have an understanding of these differences in the workplace. Come and learn the most effective strategies when working with individuals from different generations!

Planning Committee: Sigma Theta Tau, Nu Rho Chapter-at-Large

CEU Provider: Southeast Community College is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Contact Hours: NE 1.0 contact hour is submitted for approval to nurses who remain for the entire event. No partial contact hours are issued for partial attendance or early departure.

Reservations: Please contact Melissa Soukup, Administrative Assistant at NWU, at 402-465-2333 to allow us to order your pizza! We need to know you are coming before **Thursday, February 23rd at 3 p.m.** Feel free to leave her a voice mail with your name and phone number.

2018 STTI Nu-Rho Induction

March 26th, 2018

7:00pm to 8:30pm

College View Church; Union College
4801 Prescott Avenue, Lincoln, NE 68506



Celebrate Nursing!



**Celebrate Nursing with NNA-Lincoln Area Mutual
Interest Group & Sigma Theta Tau International-Gamma Pi & Nu
Rho-at-Large**

Monday, April 23, 2018 5:00-8:00

**Southeast Community College
Jack Huck Continuing Education Center
301 South 68th Street Place, Lincoln, NE 68510**

Agenda

5:00-5:45: Poster Presentations co-sponsored by STTI Gamma Pi & Nu Rho-at-Large

6:00-6:45: Dinner

7:00-8:00: Presentation-Speaker to be announced.

NOTE: Poster presenters who will not be able to stay for the dinner and speaker are not required to pay. However, you must register for the poster event by contacting Dr. Linda Hardy or Dr. Christie Campbell Grossman. See Poster Presentation Information.



Lincoln Area Mutual Interest Group

Monday, April 23, 2018-Celebrate Nursing Event

Nu Rho-at-Large Chapter and Gamma Pi Chapter of Sigma Theta Tau International Nursing Honor Society in collaboration with the Lincoln Area Mutual Interest Group of the Nebraska Nurses Association invite students and nurses to present a poster on a research project, an evidence-based practice project, or other topic of interest to nursing at the 2018 Celebrate Nursing Event. Registration information for the Celebrate Nursing event, including dinner and a keynote speaker, will be published soon in a separate document.

Please submit the following information by **Friday, April 6th, 2018 at 5:00 p.m.**

Submissions will not be accepted after that time.

All submissions need to include the name(s) of the presenters, one main contact person's email address, university/college affiliation, and faculty advisor(s) if applicable.

For a Research Poster: Research Abstracts to include title, authors, purpose and rationale, subjects, methods, results, conclusions. For research in progress, the results and conclusions are not required in the abstract.

For an Evidence-based Practice Poster: See template provided.

Other topics: Other topics of interest to nursing education, practice, or research are welcome and will be considered for inclusion in this event.

Send the information to:

For Nu Rho-at-Large: Linda Hardy, PhD, RN, CNE, CTN-A at Nebraska Wesleyan University, Burt Hall, 313, 5000 St. Paul Ave, Lincoln, NE. 68504 or email the information to lhardy@nebrwesleyan.edu (email preferred). For further questions, call 402-465-2416.

For Gamma Pi: Christie Campbell-Grossman, PhD, RN at University of Nebraska College of Nursing. Email information to Dr. Campbell-Grossman at ccampbel@unmc.edu

Presenters will be notified of acceptance via email by **April 14th, 2018**. You will be responsible for bringing the needed foam board and easel to display your poster. Students, please check with faculty members at your school for these supplies.

See EBP template for your convenience. Use the list above for Research Posters content areas. Other topics should clearly demonstrate relevance to nursing education, nursing practice, or nursing research.

Template EBP Abstract

EBP ABSTRACT
Title:
Presenter(s): Credentials of each.
Faculty sponsor(s): Credentials of each.
Your Organization:
Abstract text: (less than 250 words; Please type 12-pt font, Times New Roman or Arial, single-spaced, within the box below.
Purpose Statement: Include PICO statement.
Background/Significance/Review of Literature: Type of EBP Framework used. How did you conduct the search? Keywords; Databases used etc. What is already known about this topic? Review current (within 5 years) research studies to support your evidence. Ranking of Evidence- Ex: Pyramid of Evidence
Synthesis: What does the evidence show? What change are you supporting?
Implementation Strategies: How did you OR will you approach the project?
Evaluation: State general findings if project has been completed. State HOW the project will be evaluated if it has not been completed.
References:

research
impact

Sigma Theta Tau International Nu Rho-at-Large Chapter

Research Grant Opportunity

Grants of up to \$599 awarded

Applications accepted on a rolling basis

Applicant must be a current member (dues paid) of the Nu Rho chapter

**** For Grant Application materials, contact the Research Chair
Dr. Linda Hardy via email or mail ****

By mail at:

Nebraska Wesleyan University
Burt Hall 313
5000 St. Paul Ave.
Lincoln, NE 68504

By email at:

lhardy@nebrweslyan.edu



Dr. Linda Hardy, PhD, RN
Research Chair

Please provide an email address.

Application materials will be sent to you electronically.

JOIN US

Are you thinking about joining a prestigious nursing group? Well, Sigma Theta Tau, Nu Rho-at-Large Chapter is for you!

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

If you are interested in joining our Chapter Nu Rho give me a call or send us an e-mail.

Ann Lif MSN, RN
Membership Ambassador

Contact:
402-481-2018
Ann.lif@bryanhealth.org



Stay Informed!



THE CIRCLE **Top 5 Features**

- 1** Automatic subscription to your chapter's discussion forum as a benefit of your STTI membership
- 2** Exclusive access to STTI's membership directory
- 3** Connection to peers within specific networks (location, interests, specialties, etc.)
- 4** Each chapter has an individualized site, featuring chapter news, events, a library, and more
- 5** Interact with peers in communities of interest, such as Community Health

*Can't find a community for your area of interest?
Submit an application to create and facilitate your own!*

**TO GET STARTED VISIT
thecircle.nursingsociety.org**

Steps on how to access the Circle on the following page.

Steps to Access the Chapter Website:

- 1) Login in to: <https://www.nursingsociety.org/>
- 2) Click on the **Membership** hyperlink (top right of screen)
- 3) Click **Connect and Engage** (within purple banner)
 - a. Then click **Chapters** (will be in the drop down box)
- 4) Click on **Chapter Directory**
 - a. Select a Region, “North America”
 - b. Select North American Region “Region 3”
 - c. Select Chapter “327-Nu Rho-at-Large Chapter—NE”
- 5) From here, click on **Website** (right hand of the screen)

Welcome to Nu Rho Chapter website!!

- 1) Sign in (top right of the screen)
- 2) Take time to click on **profile** (top right of the screen) to **develop your profile** and **post a picture**.
- 3) Click on **Resources** and find any information about the chapter



Voting Board Members

President: Kathy Williams	Treasurer: Jodi Jenkins
Vice-presidents: Patty Bollinger (Bryan) Jeri Brandt (NWU) Laura Karges (Union)	Faculty Counselors: Angela McCown (Bryan) Becke Voight (NWU) Amy Golter (Union)
Secretary: Janelle Francis	Leadership Succession: Erin Pulec (chair)

Non-Voting Board Members

Leadership Succession Members: Kathy Thompson
Newsletter/Publicity: Ashley Kennedy & Leslie Cosgriff
Research: Linda Hardy
Awards/Recognition: Krystal Davis
Webmaster: Ashley Kennedy
Membership Involvement & Ambassador: Ann Lif

BECOME A MEMBER

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

Consider running for the following board positions:

- Leadership Succession
- Secretary
- Research Chair (appointed)
- Vice President (Nebraska Wesleyan)
- Vice President (Union College)
- Faculty Counselor (Nebraska Wesleyan)
- Faculty Counselor (Union College)

All positions are 2-year terms running June 2018-June 2020



Interested candidates contact:
Erin Pulec, BSN, RN
ebpulec@gmail.com



Scholarships, Nominations, & Chapter Key Award

Nu Rho is offering a \$500 scholarship & our annual leadership award to two deserving members of Nu Rho!

All applications are due April 2nd, 2018.

Scholarship recipients must be members of STTI Nu Rho chapter-at-large. 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 STTI Nu Rho chapter-at-large. A nomination for this prestigious honor society award is achievements and for the contributions to our profession.

For more information, contact:

Krystal Davis, MSN, RN

Chair Person of Awards & Recognition

krystal.davis@ucollege.edu

402-486-2396



Nursing Excellence Award Nomination

Nursing Excellence Award Nomination

Do you know a nurse who is outstanding and should be recognized for a career that exemplifies nursing professional excellence? Please nominate that nurse for this prestigious award by completing this form and forwarding as directed below. The award will be granted at the June 2018 annual meeting. Submit nomination by April 2nd, 2018.

Eligibility:

1. Current member of Sigma Theta Tau Nu Rho-at-Large Chapter
2. Demonstrated high achievement in nursing.

Nursing Excellence Award Nomination Form- ALL areas listed below must be addressed!

Nominee Name: _____

Current/Previous Employment: _____

Nominated by: _____

Be sure to address ALL of the following attributes of the nominee:

- 1) Evidence of Leadership (e.g. professional or volunteer organizations).
- 2) Awards or recognition by other groups.
- 3) Participation in committees, task forces, etc. at work or in professional or community organizations.
- 4) Examples of creativity in providing nursing care or nursing leadership.
- 5) Illustrations of how candidate advanced knowledge in nursing through research, publications, presentations, workshops, or other examples.
- 6) Examples of promoting professional development of other nurses.

Please return this form by April 2nd, 2018 to Krystal Davis at krystal.davis@ucollege.edu

\$500 Nu Rho Scholarship Application

Information: A \$500 scholarship is now available through Nu Rho's Chapter of Sigma Theta Tau.

Eligibility: Applications must be a current member of Sigma Theta Tau Nu Rho-at Large chapter and currently enrolled in a graduate/post-graduate program.

Timeline: The scholarship will be awarded at the June 2018 annual meeting.

Submit the following by April 2nd, 2018:

1) STTI Scholarship Application Form

Name_____ RN License #_____

Membership #_____

Address_____

City_____ State_____ Zip_____

Phone (daytime) _____ (evening) _____

Education Program (e.g. NP, CNS, MSN, PhD/DNP [Education, Administration])

Educational Institution _____ Location _____

Academic Goals:

Career Goals:

Involvement in Chapter Activities:

2) Resume/vitae and

3) 500-word summary of research focus, plans or interests.

Please return this form by April 2nd, 2018 to Krystal Davis at krystal.davis@ucollege.edu

Save the date

Upcoming Meetings-STTI Nu Rho Chapter Meetings

Date/Time	Event	Location
February 26th, 2018	Educational Event	SCC, Jack Huck Continuing Education Center
March 26th, 2018	Spring Induction	Union College
April 23rd, 2018	Celebrate Nursing Event	SCC, Jack Huck Continuing Education Center
May 21st, 2018	Board Meeting	BCHS, Room #200
June 25th, 2018	Board Meeting	BCHS, Room #200
NO July meeting; Will meet in August for Officer Transition (2018-2019)		

Treasurer's Report:

- Revenue:
 - Savings Interest: \$0.26
 - CD Interest: \$2.86
 - Donation:\$257
- Expenses:
 - STTI invoice (shipping): \$15.00
- Current Status:
 - Checking: \$10,643.10
 - Savings: \$2,721.26
 - CD: \$ 5,003.46
- Outstanding Bills:
 - Kathy W.- airfare, awaiting invoice
 - Ashley. K.- soup supper, awaiting invoice

Respectfully submitted by: Jodi Jenkins



*Any ideas or comments for our
newsletter? Let us know!*

*This newsletter
was brought to
you by:*



Leslie Cosgriff, MSN, RN
Publicity Co-Chair



Ashley Kennedy, EdD, RN
Publicity Co-Chair