



Epsilon Eta Chapter Newsletter

November, 2008

Volume 27, Number 2

President's Message

So - what are YOU good at? Do you inspire others? Model the way? Encourage or recognize others? When others seem less excited about what it is you do as a nurse, an educator, an administrator - do you speak with conviction about the higher purpose of your work? Such questions were part of one of many workshops at the recent STTI Leadership Academy in Indianapolis, IN. Dr. Rosanne Griggs and I attended on behalf of the Epsilon Eta Chapter. The leadership journey for many undergraduate and graduate student nursing scholars and community nursing leaders begins with Sigma Theta Tau International. The Leadership Academy is a biennial event which offers excellent workshops and presentations to help develop nursing leaders.

This is a good time to remember that the vision of the Honor Society relies on nursing leaders to improve the health of the world's people by using knowledge, scholarship, service and learning. Not only does STTI recognize academic and scholarly excellence, the Honor Society provides avenues to help members develop their leadership skills at all stages of their careers. For example, the Mentored Leadership Development Program offers an invaluable resource for mentoring and individualized leadership development. Mentees develop leadership skills side by side with the guidance of the mentor, a leader who are established leaders in their own right. If interested, check the STTI website for information.

During the past several years, Epsilon Eta revitalized itself as a chapter, adapting our strategies to focus on ways that we can support the International Society and Vision 2020. As a result, we received 5 *Showcase of Excellence* awards. Dr. Griggs and I accepted the awards behalf of our chapter for these events: the Martha Welch Annual Research Day, Relay for Life with the LifeSavers Team, a Safe Sex Practices Presentation to Student Housing, and our plan to help provide Clean Water for South Africa. In addition, we shared an award with three chapters in Region 5 for hosting the Joint Meeting between Epsilon Eta, Delta Lambda, Nu Chi, and Tau Iota. Thank you - since member involvement lead to these accomplishments!

The International Honor Society for Nurses stands strong as a leader, helping to improve the profession of nursing and the health of people around the world.

Best to all in the coming year! - Rhonda Comrie, Ph.D., RN, President, Epsilon Eta

Chapter Officers

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Time To Celebrate!!!!

Congratulations to the SIUE School of Nursing, completing its 2nd Commission on Collegiate Nursing Education (CCNE) Accreditation Visit during the first week of November! While the CCNE report will not be final for several months, Epsilon Eta boasts of the many Accomplishments of the School of Nursing! The Chapter is proud to partner with Dean Maurer, and ALL other administrators who worked diligently to prepare the report. We Appreciate your leadership!

To help celebrate, Epsilon Eta is hosting a "Wine for Water" event. As we Celebrate academic scholarship, we also want to garner funds for the Well Water Project in South Africa.

When? November, 13, 2008 4:30 – 6:30 p.m.

Where? Little Grafton Winery Tasting Room and Bottle Shop,
Formerly Vintner's Cellar Winery
1017 Century Drive
Edwardsville, IL 62025
(618) 656-8245

Cost: \$20 per person/ proceeds go to the Well Fund
Early ticket sales available through Christina Daniels for \$18 each



Epsilon Eta Earned 5 Showcase of Regional Excellence Awards.

Presented at the Leadership Academy at Indianapolis, September 2008, Epsilon Eta accepts the awards listed in the President's Report Helping to display four of the Award certificates are Connie Scott, Region 5 Awards Chair, Rosanne Griggs, Epsilon Eta Leadership Succession Chair, Rhonda Comrie, President, Epsilon Eta and Cathy Catrambone, Chair of Region 5

Upcoming Events



School of Nursing News

November 13, 2008 - Wine for Water

December 12, 2008—Graduate Student Project Presentation Day

December 19, 2008—Fall Graduate and Undergraduate Student Nursing Convocation

December 20, 2008—Fall Graduation

For 2008 Teacher-Scholar Recognition by SIUE

Dr. Rita Arras, Assistant Professor

Dr. Laura Bernaix, Professor

Dr. Louise Flick, Professor

Dr. Anne Perry, Professor

Dr. Cindy Schmidt, Associate Professor

Dr. Rick Yakimo, Assistant Professor

Dr. Valerie Yancey, Associate Professor

Dr. Rick Yakimo, Assistant Professor – 2008 Betty Aubuchon Teaching Award

Dr. Gladys Mabunda, Associate Professor- recipient of the Meridian Award in spring to implement Project KAWA, a program physical activities among New Americans. The program will last for a year.

Melisa Berendson is working with senior students from the school of engineering to develop a computerized charting system for our SON. This is the engineering students' senior project and it might also turn into Melisa's master's project. Her proposal was choose out of numerous others across campus for these students to work on. They will be working on it over the next two semesters.

The Story of Mentor (From Shea, Gordon F. (1997) *Mentoring* (Rev. Ed.). Menlo Park, CA: Crisp Publications)

The story of Mentor comes from Homer's *Odyssey*. When Odysseus, king of Ithaca, went to fight in the Trojan War, he entrusted the care of his household to Mentor, who served as teacher and overseer of Odysseus' son, Telemachus. After the war, Odysseus was condemned to wander vainly for ten years in his attempt to return home. In time, Telemachus, now grown, went in search of his father. Telemachus was accompanied on his quest by Athena, Goddess of War and patroness of the arts and industry, who assumed the form of Mentor. Eventually, father and son were reunited and together they cast down would-be usurpers of Odysseus' throne and of Telemachus's birthright. In time the word *Mentor* became synonymous with trusted advisor, friend, teacher, and wise person. History and legend record the deeds of princes and kings, but each of us has a birthright to be all that we can be. Mentors are those special people in our lives who, through their deeds and work, help us to move toward fulfilling that potential.

Treasurer's Note



Money, Money, Money, Money, and More Money

It's time for a multiple choice test for you Wall Street-weary nurses, called "Follow the Money."

1. Name one of two non-IRA Investment Funds of the Epsilon Eta Chapter of Sigma Theta Tau International.
 - A. Mary Ann Boyd Retirement Fund.
 - B. Monetta Investments.
 - C. Yakimo Dog Rescue Fund.
 - D. Comrie Capital Group.

The answer is, of course, B, Monetta Investments, which along with funds in the Hennessey Funds, were doing pretty well until this year. But, you knew that was coming. Let's move on.

2. Name one of three Restricted Fund Accounts established by the Epsilon Eta Chapter of Sigma Theta Tau International.
 - A. Durbin Equine Rehabilitation Center.
 - B. Maurer Gemonology Research Group.
 - C. Martha Welch Fund.
 - D. Welch's Grape Jelly Fund.
 (Just checking to see if you were paying attention).

The answer, is, as you know, C, the Martha Welch Fund. There are two other funds, specifically the Felissa Lashley Fund and the Well Fund. These funds rely on member (and, I suppose, we wouldn't be opposed to non-member) contributions in order to grow. Martha's and Felissa's funds, which support nursing research, are surviving but could use a transfusion to perk them up. The Well Fund, which is intended to support the digging and maintenance of an actual water well in South Africa, is growing slowly but needs to be more deeply (sorry) funded in order to be useful to the community it was intended to serve.

No one I know has extra bags of cash lying around, that is unless you're Oprah or Warren Buffett (or, for that matter, Jimmy Buffett), but every little bit, as they say, helps. These funds were all initiated because of an altruistic desire by nurses to help someone else in a small way. So in this season of myriad requests for cash from your ever-empty coin purse, drop some change in a cup (notice the alliteration) and forward it to one of these charitable accounts.

Thanks and smoochies,
Chris Durbin, Treasurer

P.S. You know I was kidding about the Equine Rehabilitation Center, right?

New Member Induction, April 13, 2008

New members were inducted into Epsilon Eta in a ceremony held at the Morris University Center on Sunday afternoon, April 13, 2008. Following a brief presentation by the President, fifty undergraduate and graduate students and four community nursing leaders were asked to signify their intention to support Sigma Theta Tau International by pledging to fulfill its commitment to nursing excellence, knowledge, service, and leadership through their careers.

Awards were given to these recipients:

Rachel Oney for the *Betty Temple Mills* award, given to an undergraduate student who demonstrates academic excellence and outstanding performance in the area of clinical, research, and /or leadership.

Kym Conner for the *Graduate Student Merit Award* for demonstrating superior nursing involvement through publications, presentations, or other scholarly activities.

Ann Popkess, PhD(C) for the *Writing for Publication Award* given in recognition of a manuscript submitted by a new author for publication.

Newly Elected Officers were recognized: Vice President – Michele Beatty, Treasurer - Christine Durbin And Leadership Succession - Kendra Henske and Cheryl Green



Rachel Oney, Betty Temple-Mills Award

Congratulations to these individuals who were inducted in April 2008:

Laura Adams, Terry Alsbury*, Mary Andreani, Cler Vincentina Aquillas, David Baker, Nicole Bambrough, Mary Bartlett, Kaye Blasingame, Danielle Bogue, Laura Bragee, Christine Carver, Charlotte Chance, Doug Childs, Bethany Clutts, Tracy Coons, Andrea Cross, Christine Deters, Debra Dewig, Rachel Dickemper, Lisa Downs, Kaycee Fischer, Abby Fry, Emily Goebel, Angelina Good, Jennifer Hitch*, Elizabeth Hugger, Toni Johnson, Deborah Jones, Grace Kenny, Caitlyn Knight, Richard Knight, Stephanie Kuropas, Maria Leitheiser, Deanna Lester, Gretchen Mahaney, Elizabeth McBride, Kari McCarty, Rebekah McCoskey, Shelly Mellendorf, Christine Moehle, Jennifer Nichelson, Lindsey Parker, Blair Patterson, Jessie Rodeffer, Jamie Rosenthal, Witoon Ruamwijtphong, Janie Sauerwein, Samantha Smith, Lindsey Stallman, William Thornton, Christina Tremain, Rebecca Wangard, Julie Ann Warhoover, Nancy Weston*, Marian White*

*indicates community nursing leader



Newly inducted members included Undergraduate and Graduate Nursing Students and Community Nurse Leaders.



The LifeSaver's Team at the 1st Ever SIUE Relay for Life Event, April 2008

Pictured are: Front row: R. Comrie, W. Moore, A. Popkess, N. Ly
 Second Row: E. Ryan, A. Thodoropoulos, J. Gauen (Team Captain), K. Gaehle, and L. Lane
 Not pictured: K. Ketchum

International Events

20th International Nursing Research Congress-Focusing on Evidence Based Practice-Cancun Mexico [Call for Abstracts Submission Deadline: 10 December 2008](#)

Submit your abstract for the 20th International Nursing Research Congress Focusing on Evidence-Based Practice. Research and evidence-based practice abstracts are currently being accepted

For more information, please go to

<http://www.nursingsociety.org/STTIEvents/ResearchCongress/Pages/CallforAbstractscongress09.aspx>

Applications for Small Grants:

http://www.nursingsociety.org/Research/SmallGrants/Pages/grants_small.aspx

Did you know that there are Continuing Education opportunities on the STTI website? Continuing Education on system review, pharmacology reviews, and professional nursing practice.

<http://www.nursingsociety.org/Education/ContinuingEducation/Pages/ceonline.aspx>



Other Notable Nursing Events

Southern Illinois Prairie Chapter of Academy of Medical Surgical Nurses, Anderson Hospital, Kaskaskia College, and Epsilon Eta Chapter will host a workshop “**Best Practices in Cardiac Care: For Nurses with Heart**”, Friday, March 27 at Anderson Hospital. The workshop will provide a wonderful opportunity to update cardiac skills and apply evidence-based practice. A flyer will be printed later this fall. Continuing education credits will be available. More details to come!



October is Breast Cancer Awareness Month

Help Epsilon Eta support the Lids for the Cure Campaign by sending or bringing your rinsed pink Yoplait lids to Rhoda Headley at the School of Nursing. We are collecting the pink lids through the end of November and will send them to Yoplait as part of the pledge to fund the Susan B. Kolman Research for a Cure for Breast Cancer program. We are teaming with the student members of Epsilon Eta and SNA to involve students in this project. Thank you for helping us support this community effort. Please help our chapter of Sigma Theta Tau help reach the Yoplait goal of \$1.5 million for the cure.

We would love to hear from you! Please provide your email address to any member of Epsilon Eta Chapter! Let us know of any items you would like listed in the next newsletter coming out in the spring.



Scholarly Accomplishments

The list that follows was submitted by faculty at SIUE School of Nursing. *All members* are invited to submit information for future newsletters. Send your information *now* to Pam Newland, President-elect and editor of the newsletter. E-mail to pnewlan@siue.edu

- Beatty, M. & Popkess, A.** (2008, November) Integration of human patient simulation into a young adult nursing course. Presentation at the continuing education conference, IUPUI, Clinical Education Redesign, Indianapolis, IN.
- L., Bernaix, Schmidt, C.,** Arrizola, M., Lovenilli, D., & Medina-Poeliniz, C. (2008). Success of a Lactation Education Program on NICU Nurses' Knowledge and Attitudes. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 37, 436-445.
- L., Bernaix, L., Schmidt, C., & Clement, J.** (2008). Nurse practitioners' knowledge and practice regarding malignant melanoma assessment and counseling. *Journal of the American Academy of Nurse Practitioners*, 20, 367-375.
- Bernaix, L., Schmidt, C.,** Miller, L., Harris, J., & **Beaman, M.** (2008, June). *Impact of an Educational Intervention on Nurses' Breastfeeding Knowledge and Attitudes*. 2008 AWHONN Annual Convention, Los Angeles, CA. 2008 AWHONN Annual Convention Research Paper Award.
- Comrie, R. & Yakimo, R.** (2008). Drug Dosage Calculation Tests - What are we testing?" Paper presentation at the 35th Annual Professional Nurse Educators Group (PNEG) conference, *Creating Jazz: Transforming Exchanges in Education and Practice, A National Conference on Professional Nursing Education and Development*. The University of Kansas, Kansas City, MO. October 2008. (invited)
- Comrie, R.** Illinois Department of Public Health. (2008). Implementation Grant for Southern Region Asthma Coalition. (\$19,000).
- Durbin, D., Harrison, R. L.,** Mattson, L., & Fish, A. F. (October 25-28, 2008). Multidisciplinary Team Approach and Physiologic and Quality of Life Outcomes in a 12-week Lifestyle Intervention. Poster presentation. American Dietetic Association, Food and Nutrition Conference and Expo, Chicago, IL
- Fearing, A., Riley, M., & Lambert, S.** (October 2008). Motivators for weight loss. Poster presented at 17th Annual Academy of Medical Surgical Nurses Convention, Nashville, TN.
- Flick, LH** (September 28, 2008-September 27, 2013) NICHD, National Children's Study, Two Locations (Jefferson County, Missouri and Union, Johnson & Washington Counties, IL), Gateway Study Center, Co-Principal Investigator (PI Terry Leet, PhD, St. Louis University), SIUE subcontract \$1.8 Million.
- Hwa-Froelich, D.A., Cook, C.A., **Flick, L.H.** (In Press, 2008) Maternal sensitivity and communication styles: Mothers with depression. *Journal of Early Intervention*. (REF).
- Barron, M.L., **Flick, L.H.,** Cook, C.L., Homan, S.M., Campbell, C. (In press, 2008) Associations between psychiatric disorders and menstrual cycle characteristics. *Archives of Psychiatric Nursing*.
- Kelly, K.** (2008). Coping with the crisis of unexpected job loss. *American Nurse Today*, 3(7), 24-25.
- Kelly, K.** My Son's Name is Eric and He is Autistic, Spring meeting of the Central Illinois School Nurses Association, Springfield, IL, May 2008 (invited)
- Kelly, K.** The 2008 Illinois Nurse Practice Act: Advanced Practice Nurses In The Acute Care Setting. Spring Continuing Education Conference, St. Louis Area Medical Staff Professionals, Maryland Heights, MO, April, 2008 (invited).
- Newland, P. (2008).** Pain in Women with Relapsing-Remitting Multiple Sclerosis. *Journal of Neuroscience Nursing*, 40 (5), 262-268.
- Newland, P., Riley, M., Fearing, A.,** Neath, A., & Gibson, D. (October, 2008). Pain in Women with Relapsing Remitting Multiple Sclerosis and Health Women: Relationship to Demographics. Poster presented at 17th Annual Academy of Medical Surgical Nurses Convention, Nashville, TN.
- Schmidt, C.** (2008). Self-care agency development in children with type 1 diabetes [Abstract]. *Journal of Pediatric Nursing*, 23(2), e13.

Southern Illinois University Edwardsville
School of Nursing
&
Epsilon Eta Chapter of Sigma Theta Tau International

Proudly Present

Martha Welch Research Day
April 10, 2009

*Partnerships: Weaving the Threads of Collaboration into Today's
Nursing Research, Practice, and Education*

Southern Illinois University Edwardsville
Morris University Center
Edwardsville, IL

Call for Abstracts: The Review Committee seeks original papers or poster presentations that demonstrate the development of nursing partnerships in research, practice and education. Guidelines for submission available at <http://www.siu.edu/nursing/organizations/stt/index.shtml>. Submission of abstracts due January 5, 2009.

Continuing nursing education contact hours will be awarded through the School of Nursing.

The Southern Illinois University Edwardsville School of Nursing is an approved provider of continuing nursing education by the Illinois Nurses Association which is an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation

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Check out the Epsilon Eta Web page at <http://www.siu.edu/NURSING/organizations/STT/index.shtml>

The International Website is <http://www.nursingsociety.org/>
