



# *Par Excellence!*

*Fall 2011*

## *President's Message*



For 2011-12, our Sigma Theta Tau International (STTI) president Karin Morin has issued her call to action. There are four prongs to the call; creation of a welcoming environment, enhancing knowledge resources and networks, contributing to global health and creating a legacy of personal leadership. Dr. Morin reminds us that all members are called to actively participate and forward the work of nursing in one or more of these areas.

As we start the academic year, we welcome students and faculty back to campus. It is a good time to reflect on the kind of welcome that exists in our chapter. Do people feel comfortable, respected and encouraged to contribute their ideas? Do people have opportunities to grow and develop their talents? Dr. Morin suggests some simple steps we each should consider. Thanking people for coming to meetings and other events. Often new people worry they will not know anyone and will not have someone to talk to. Established members reaching out, introducing themselves and starting a simple conversation helps make people feel more comfortable and that their presence is important. We have our fall meeting on Sept. 7 in the Nursing Clinical Education Center. We hope our members, potential members and colleagues from other chapters feel at home and that their participation is valued.

We all want care providers to have the most current and solid knowledge from which to base their clinical reasoning and decisions. Many Gamma members regularly contribute to knowledge generation or dissemination. Researchers need clinical experts to help guide questions that are important to study and to help infuse current knowledge into standards and routine processes in care. Are we doing everything we can to network those who conduct research, work with evidence-based guidelines and those who are directly care for patients and families? Are there ways our chapter could be helpful in meeting this call? We value your input.

We celebrate international contributions of our members. For example, we applaud Lia Yoon for being selected to work in Brazil as a Fulbright scholar endeavoring to improve maternal health. In her call, Dr. Morin reminds us that global health is not synonymous with or limited to international work. All communities are part of global health. We are fortunate that our chapter has strong member interest in community service. Anne Bye has assembled a great committee who have planned a number of service projects; all are welcome to participate! Are there other global health needs our chapter is interested in and positioned to be more involved with? We welcome your ideas.

Each member is called to reflect upon the legacy of personal leadership they are building. There are many ways that members can and do show leadership. Dr. Pat Clinton exemplifies leadership in the work she does as an STTI mentor. She graciously shared information about the mentorship program at the fall meeting. Jill Valde was selected to present the leadership internship program she created; she has built a legacy of creating opportunity for young leaders who have contributed greatly to our chapter. These are just a few examples of some of the ways our members lead; there are vehicles for each of us to build our personal leadership legacy. What will yours be? We invite your contributions.

Sincerely,

A handwritten signature in black ink that reads "Ellen Cram Ph.D., RD". The signature is written in a cursive style.

Ellen Cram

President, Gamma Chapter, STTI



## *STTI Member Spotlight*

### *Anne Bye, Undergraduate Leadership Intern*

My name is Anne Bye, and I am the new Undergraduate Leadership Intern for the 2011-2012 school year. My goals for the year are to increase awareness of the benefits of STTI and to increase member involvement in community service events. I believe that service activities are an excellent way for members to build connections and relationships with each other, while at the same time making a difference within our community. This year, I have started the first ever *Gamma Community Service Board*. The Board currently has ten members that will assist in planning and organizing community service events/fundraisers and will help encourage peers to attend events and become involved. Since I am trying to get the word out about Sigma Theta Tau to a wide audience, I am pleased with the variety of member backgrounds that we have on the Board. We have representation from the senior BSN class, college of nursing faculty, college of nursing early admissions program students and graduated alumnae. I had a booth at the new BSN and RN-BSN student orientations in order for these students to learn about STTI early on and to help them set a personal goal of working hard in school in order to be invited into the honor society. I have encouraged them to participate in our fall community service events to see some of the benefits STTI has to offer. This fall, we are planning to host an activity night at the Iowa City Shelter House, volunteer at health fairs and family nights at schools in the Iowa City School District, walk in the *Especially for You Breast Cancer 5k Walk in Cedar Rapids* and make birthday party kits to be donated to children at the Iowa City Shelter House. We are also selling eco-friendly bags and products from *Mixed Bag Designs*. All proceeds will be donated to *Healthy Kids Community Care*, which is an Iowa City School District program that sets up health clinics at the schools in order to provide healthcare for uninsured and underinsured children. Check out the news article on our website to see the fundraiser catalog and for information on how to order! Thank you for giving me the opportunity to serve the Gamma chapter in this role. All of the Gamma chapter officers have been very welcoming to me and I am already learning so much from their mentorship. Please feel free to contact me if you would like to be involved in our community service and fundraising events!



Anne Bye

Undergraduate Leadership Intern

anne-bye@uiowa.edu



## *Spring Induction*

### *Presentation of Research Grant Awards*

Recipient, Martha Driessnack, \$1,000 Award

*“Exploring the feasibility of using the “Newest Vital Sign” (NVS) as a measure of health literacy in children”*

Recipient, Manar AlAzzam, \$1,500 Award

*“Arab Immigrant Muslim Mothers’ Perceptions of Children’s Attention Deficit Hyperactivity Disorder (ADHD)”*

### *Presentation of Betty Means Community Health Award*

Recipient, Pam Terrill, \$500 Award

### *Presentation of Clinical Performance Improvement Award*

Recipient, Linda Crowley, \$500

### *Presentation of Scholastic Awards*

Recipient, Krista DeSilva, \$500 Award



## *Support the Healthy Kids Community Care Program*

The Mixed Bags Designs fundraiser for Healthy Kids Community Care is happening now! Please support the Gamma Chapter of Sigma Theta Tau's efforts and buy a new stylish eco-chic reusable bag! Be sure to check out the insulated lunch bags and other products too. Mixed Bag Designs reusable bags are not only adorable, affordable, AND reusable but they hold a whopping 60lbs. They make great gifts for friends and relatives as well.

All proceeds go to [Healthy Kids Community Care](#), school-based health clinics in the Iowa City School District that provide healthcare to uninsured and underinsured students. The goal of the program is to keep students healthy so that they will be successful in school.

To view the catalog, click here: [Fall 2011 Fundraiser Catalog](#)



## **GAMMA Community Service Committee**

Special Thanks to all of the people serving on the GAMMA Community Service Committee:

Tara Adams, Lauren Cassidy, Vanessa Kurtz, Debra McCarthy, Heidi Milota, Marianne Smith, Mary Jo Sprout, Tara Ripple, Samantha Robison, Samantha Specht and Kelsey Wirth



# Spring Induction

## BSN

Tara Adams  
Larissa Buelow  
Katie Buettner  
Anne Bye  
Amy Calandriello  
Kristen Cox  
Molly Cullinan  
Millarahi Delso-Saavedra  
Krista DeSilvia  
Megan Doherty  
Hannah Dunn  
Trang Duong  
Margaret Finn  
Kathryn Goldstein  
Breanne Herr  
Brianna Jensen  
Stephanie Johnson  
Tara Jones  
Lindsey Kannegieter  
Austin Kannegieter  
Sarah Kenneke  
Alison Kofmehl  
Vanessa Kurtz  
Shelby Lake  
Austin Langel  
Maggie Losasso  
Haley Luther  
Lauren Masching  
Ann McKillip  
Kelsey McKone  
Lynna Malloy  
Alexandra Meihofer  
Kathryn Miller  
Heidi Milota  
Adam Misfeldt  
Tyler Moeller  
Jessica Muniz  
Laura Paulsen  
Taylor Peterson  
Kelly Ritchie  
Samantha Robison  
Patrice Rosenberg  
Jill Sampson  
Kathryn Schmalzer  
Sara Shankman  
Samantha Specht  
Taren Stumpf  
Samantha Sturch  
Brandi Vorhies  
Hannah West  
Ashley Wolfe

## RN/BSN

Katherine Andersen  
Gail Arjes  
Rhonda Bender  
Joan Berkey  
Alison Christopher  
Dennis Cochran  
Michelle Collette  
Jill Considine  
Terri Cronbaugh  
Barbara Daily  
Daniel Dietzel  
Tonya Dyson  
Heather Foresman  
Brandi Garrett  
Douglas Grimes  
Heidi Grimes  
Mary Groves  
Stephanie Grutz  
Traci Hansen  
Lindsey Hart  
Heather Helms  
Amy Hemsley  
Tammy Hicok  
Mary Holstad  
Brenda Irlbeck-Kreitzinger  
Erin Jeffries  
Julie Johnson  
Kristin King  
Emily Koehn  
Kayla Lawrance  
Elizabeth Maroney  
Judith Meadowcroft  
Jessica Mitcheltree  
Amy Olson  
Jacie Palizzolo  
Mary Papin  
Shannon Parrish  
Christina Peterson  
Richelle Roethler  
DeAnne Savick  
Kelli Sawhill  
Stephanie Sims  
Renee Smethurst  
Sheryl Sullivan  
Jeremy Theesfeld  
Jami Thomas  
Sara Travis  
Lanae Van Sloten  
Ashley Volsen  
Gail Weeks

## MSN/CNL

Rebecca Andrie  
Anamarie Brown  
Margaret Burchianti  
Jordan Curtin  
Amanda Davis  
Kurin Dowell  
Nicole Gleason  
Megan Heidenreich  
Merri Huggins  
Cortney Jolin  
Margaret Kelly  
Angela Lothi  
Carolyn Minchik  
Ashley Petersen  
Ashley Polashek  
Elayne Pregon  
Angela Ramus  
Michaela Tomsen  
Cassandra Walter  
Diane Ward  
Jenna Zimmerman

## Nurse Leaders

Theresa Keller  
Gwendolyn Musgrave

## MSN Students

Abbey Bullington  
Daniel Crawford  
Kimberly Maxson  
Susan Meyer  
Marc Molitor  
Teresiah Mwangi  
Amanda Oswald  
Barbara Peterson  
Joyce Prough  
Erin Rindels  
Lynn Rivas  
Julianne Robison  
Laura Yahnke

## DNP Students

Alicia Duyvejonck  
Emily Fischer  
Thoa Phan  
Mary Ellen Roberts  
Reed Underwood  
Tara Whitmire  
Eileen Yeisley

# *Volunteer Opportunities*

## **Sigma Theta Tau International Gamma Chapter Leadership Succession Committee Volunteer Opportunity and Outreach**

On Saturday, October 8<sup>th</sup>, Columbus Junction (CJ) will host their annual Community Festival and parade from 9 am – 1 pm in Downtown CJ. The UI College of Nursing Community and Public Health students will be hosting a blood pressure, blood sugar, and health education clinic and are requesting volunteers to assist during the Festival. In addition to providing health care services, you will have the opportunity to interact with members from Latino and Burmese cultures and enjoy the local food. Please email Professor Reyes at [Jimmy-reyes@uiowa.edu](mailto:Jimmy-reyes@uiowa.edu) for additional information and how to get involved!

### **Sunday, October 2nd - Especially For You, 5K Breast Cancer Walk in Cedar Rapids**

Opening ceremonies at 7:45am, Race begins at 8:00am

Gamma Team Registration has closed, but you can still register as an individual and meet us to walk together! Deadline is September 25th. Go to the [21st Annual Especially for You Race Against Breast Cancer](#) to register. E-mail [Anne](#) if you would like to meet up with the Gamma Team before the race.

### **Saturday, October 8th (7pm-8:30pm) - Activity Night at Iowa City Shelter House**

Make someone's Saturday night extra fun and join the Gamma Community Service Board as we host a fun football themed activity night with games and root beer floats for the homeless of southeast Iowa.

### **Monday, November 7th (7pm-9pm) - Birthday Party Kits and Pizza**

Join us in the College of Nursing Lounge to help make children's birthday's special! We will be making birthday cards and assembling birthday party kits to be donated to the Iowa City Shelter House. Pizza will be provided for volunteers.

### **Iowa City School District Volunteer Opportunities**

The Iowa City School District has a huge need for volunteers and several schools have called us with opportunities.

#### **Wickham Elementary Fall Fun Fair**

October 1st-help monitor the games and inflatables and help out with other activities like face painting, etc.

Set Up & 3-4pm shift; 4-5pm shift; 5-6pm shift & clean-up

#### **Coralville Central Elementary C.A.S.H. (Central After School Homework Club)**

Tutor, mentor, motivate and teach 2nd, 3rd and 4th graders! You will be paired with a "buddy" or small group of students.

Tuesdays and Wednesdays 3:00-4:00pm, September 27th-November 30th

F.A.S.T. (Fifth and Sixth Time After School Program)

You will work with a group of 5th and 6th grade students on homework time and then help with enrichment clubs from United Action for Youth and 4-H.

Mondays (3-5pm), Wednesdays (3-5pm) and Thursdays (2-5pm). THIS TIME IS FLEXIBLE AND CAN MEET YOUR SCHEDULE

#### **Lunch Bunch**

Provide a positive connection to students who are in need of a social/academic boost

Any day of the week, your choice! During student's lunch/recess hour. Anywhere between 11-12:30. Lasting about 6 weeks.

#### **Child-Play during Parent/Teacher Conference**

Engage and supervise students while their parents attend their conference.

FLEXIBLE TIME! You do not have to attend the whole times, will work with your schedule.

November 10th (2:30-7:30pm), November 11th (8:00-4:00pm), November 17th (2:30-7:30pm)

#### **Penn Elementary The Corridor Educational Fun Hour**

Serves as a mentor to children and help them improve their math and reading skills through play. Games, snack and fun provided! Tuesdays 4:30-5:45pm and/or 6:00-7:15pm at Penn Elementary

Need to attend the orientation meeting on Tuesday, September 20th from 5:30-6:30pm at Penn Elementary

#### **Lucas Elementary**

Sports Clinics During Recess (Times between 11:20-12:35pm)

Help with Picture Day

Reading with a Child or Volunteering in Classroom

Playgroup for Children Birth to Pre-Kindergarten

October 18th 5:30-7pm; November 15th 5:30-7pm

If you are interested in attending or helping out with any of these events, please contact [Anne Bye](#) !



## Gamma Chapter Leaders

<b>President:</b>	<b>Ellen Cram</b> <i>ellen-cram@uiowa.edu</i>	<b>Betty Means Award</b>	<b>Todd Ingram</b> <i>todd-ingram@uiowa.edu</i>
<b>President-Elect</b> <b>Membership</b> <b>Involvement task</b> <b>Force</b>	<b>Laura Pabich</b> <i>laura-pabich@gmail.com</i>	<b>CPIA Award</b>	<b>Becky Chuffo-Siewert</b> <i>rebecca-siewert@uiowa.edu</i>
<b>Vice President/ Program Task</b> <b>Force:</b>	<b>Jessie Alex</b> <i>Jessie.alex@kirkwood.edu</i>	<b>Archivist:</b>	<b>Jan Denehy</b> <i>janice-denehy@uiowa.edu</i> <b>Kathy Schweer</b> <i>kdschweer1msn.com</i>
<b>Secretary:</b>	<b>Lisa Wiebenga</b> <i>Lisa-Wiebenga@uiowa.edu</i>	<b>Leadership Succes- sion Committee</b> <b>Chairperson</b>	<b>Nancy Lynch</b> <i>nancy-a-lynch@uiowa.edu</i>
<b>Treasurer:</b>	<b>Jacinda Bunch</b> <i>jacinda-bunch@uiowa.edu</i>	<b>Leadership Succes- sion Committee</b>	<b>Jimmy Reyes</b> <i>jimmy-reyes@uiowa.edu</i> <b>Lisa Jones</b> <i>lisa-jones@uiowa.edu</i>
<b>Governance</b> <b>Chair/Eligibility</b> <b>&amp; Bylaws/First</b> <b>Counselor</b>	<b>Jane Prater</b> <i>nicola-prater@uiowa.edu</i>	<b>Newsletter Editor</b>	<b>Grace Matthews</b> <i>grace-matthews@uiowa.edu</i>
<b>Governance</b> <b>Committee Mem- ber/Second</b> <b>Counselor</b>	<b>Erin Springer</b> <i>erin-springer @uiowa.edu</i>	<b>Webmaster</b>	<b>Bonnie DeSouza</b> <i>bonnie-dsouza@uiowa.edu</i>
<b>Governance</b> <b>Committee Mem- ber/Bylaws</b>	<b>Trudy Laffoon</b> <i>trudy-laffoon@uiowa.edu</i>	<b>Chapter Key</b>	<b>Amy Leitch</b> <i>amy-leitch@uiowa.edu</i>
<b>Research Awards</b>	<b>Ann Marie McCarthy</b> <i>ann-mccarthy@uiowa.edu</i>	<b>Secretary</b>	<b>Kim Geguzis</b> <i>Kim-geguzis@uiowa.edu</i>
<b>Scholarship</b> <b>Awards</b>	<b>Marianne Smith</b> <i>marianne-smith@uiowa.edu</i>	<b>Undergraduate</b> <b>Leader Intern</b>	<b>Anne Bye</b> <i>anne-bye@uiowa.edu</i>



**Get Connected**  
**Get Involved**  
**Get Recognized**



# Gamma Chapter Sigma Theta Tau International

Calendar: 2011–2012

Website: <http://www.stigamma.com/>

Date	Event	Remarks
May 11, 2011 (Wednesday)	Transition Meeting	Brunch @ River City Beefstro/State Room @ 8:30; meeting to follow until 11:00.
August 5, 2011 (Friday)	Board Meeting	8:30-10:30 a.m. @ River City Beefstro State Room
September 2, 2011 (Friday)	Board Meeting	8:30-10:30 a.m. @River City Beefstro/ State Room
September 7, 2011 (Wed)	Fall Meeting	5-7 pm W414 Nursing Clinical Education Center, UIHC
October 7, 2011 (Friday)	Board Meeting	8:30-10:30 am@ River City Beefstro/State Room
October 9, 2011 (Sunday)	Breast Cancer Walk	8 am Cedar Rapids
Oct 29-Nov 2, 2011	Biennial Convention	Grapevine, Texas
November 4, 2011 (Friday)	Board Meeting	8:30–10:30 a.m. @ River City Beefstro/ State Room
November 7, 2011 (Monday)	Founder’s Day Cake in the Well & Blood Drive	CON well area – 10:00 a.m. – 1:00 p.m.
December 2, 2011 (Friday)	Board Meeting	8:30–10:30 a.m. @ River City Beefstro/ State Room
January 6, 2012 (Friday)	Board meeting, Committee chairs post information on scholarships, CPIA, and Betty Means Awards on website Slate for elections	8:30–10:30 a.m. @ River City Beefstro/ State Room
February 3, 2012 (Friday)	Spring voting on Inductees Board meeting	Electronic 8:30–10:30 a.m. @ River City Beefstro/ State Room
March 6, 2012 (Tuesday)	Progressive Nursing Day	Iowa Memorial Union 7:00am-3:00pm
March 7, 2012 (Wednesday)	Voting meeting for Officers	Electronic
March 7, 2012 (Wednesday)	Applications due for research, scholarship, CPIA, and Betty Means awards	
March 2, 2012 (Thursday)	Annual chapter certification of renewal fees due Board Meeting	8:30 – 10:30 a.m. @ River City Beefstro/ State Room
March 12, 2012 (Monday)	Intern application due	
March 30, 2012 (Friday)	Decision regarding Interns	
April 6, 2012 (Thursday)	Board Meeting	8:30 – 10:30 a.m. @ River City Beefstro/ State Room
April 21, 2012 (Saturday)	Spring Induction	Holiday Inn Convention Center, Coralville, Iowa 9:30 AM-12 noon
May 4, 2012 (Friday)	Transition Meeting	8:30 –10:30 a.m. @ River City Beefstro/ State Room