

Fall 2005

# Par Excellence!

## President's Message



The summer has drawn to a close and it's back-to-school/back to a new academic year for many of us. I personally have been getting my youngest child ready to leave for college. Lots of preparations and upcoming change.

Similarly, Gamma Chapter is embarking on a fresh new year. We welcomed several new officers and committee members to the Board in June at our annual officer Transition meeting: Jill Gaffney Valde (officially to the role of President-Elect), Mary Berg (Vice-President), Paula Allen (Secretary), Linda Chase and Sherry McKay (Leadership Succession Committee), Teri Boese (Governance Committee), and Rene' Martin (Scholarship Chair). I'd like to thank outgoing Board members Stacy Michael (Vice-President), Nicki Markovetz (Secretary), Teri Boese (Counselor), Janette Taylor (Scholarship Chair), Todd Ingram (Leadership Succession Committee and Chair) and Barb Raket (Leadership Succession Committee). The Board is committed to not only carrying on the

mission of Gamma Chapter but also to focus more on ways we can improve membership involvement and our community presence. If you have any ideas along this line, please contact me at [lou-montgomery@uiowa.edu](mailto:lou-montgomery@uiowa.edu) or Jill Gaffney Valde at [jill-valde@uiowa.edu](mailto:jill-valde@uiowa.edu).

We have a full slate of activities planned for the fall. Our annual fall business meeting will be held on Thursday, September 22, 2005 at 5:00 p.m. at the Holiday Inn Conference and Convention Center, Coralville, IA. Vice-President Mary Berg has planned an informative program to follow immediately after the meeting at 5:30 p.m. Dr. Ann Marie McCarthy will speak on "Evidence Based Practice – What it is – Where we are at – Where we are going." A reception and networking session will follow from 6:30 – 8:00 p.m.

Our annual Founder's Day cake-in-the-well celebration will be held on November 7th when UIANS holds their blood drive. Several Sunday afternoons this fall, Gamma members will be meeting with UIANS Board and members to plan Progressive Nursing Day (PND). PND will be held Tuesday, February 28, 2006 at the Iowa Memorial Union. If anyone is interested in being a mentor to UIANS for PND, please contact Mary Berg at [mary-berg@uiowa.edu](mailto:mary-berg@uiowa.edu). Remember that applications for Gamma Research, Scholarship, Clinical Performance Improvement Award and the Betty Means Awards will be available on our website on January 1, 2006.

Several Gamma members and Board members will be attending the 38<sup>th</sup> Biennial Sigma Theta Tau International Convention in Indianapolis from November 12-16, 2005. Gamma has already been notified of several awards that we have won. Grace Matthews and I will receive the Chapter Newsletter Special Edition award on behalf of the chapter for the Gamma Chapter 75<sup>th</sup> Anniversary Edition. Jan Denehy and I will accept the award on behalf of the chapter for the best chapter website. Marita G. Titler will be honored with the Elizabeth McWilliams Martin Excellence in Research award. We have also just been notified that we have won a second consecutive Chapter Key award in recognition of chapter excellence. Jill Gaffney Valde and I will accept the award on behalf of the chapter. Special recognition goes out to two other nominees who were not selected but received accolades from STTI: the UIHC Blackboard Project, submitted for the Computer-Based Professional Technology Award by Mark Miksch and Lou Ann Montgomery; and Celebrating the 75<sup>th</sup> Anniversary of Gamma Chapter, Sigma Theta Tau, 1929 – 2004, submitted for a Media award by Jan Denehy. Jill Gaffney Valde and I will serve as Gamma's official representatives to the House of Delegates. Liz Swanson and I will be heading up a booth representing the UI College of Nursing, University of Iowa Hospitals and Clinics and Gamma Chapter; the three entities are also sponsoring the very popular "Delegate Energy Pack" snack on the first day of the House of Delegates.

Please check our website [www.nursing.uiowa.edu/sites/stti/calendar](http://www.nursing.uiowa.edu/sites/stti/calendar) for ongoing announcements and information. We'd like to challenge all local Gamma members to join in representing the chapter at the America's Walk for Diabetes in Iowa City. The walk will occur from 2 – 4 p.m. in lower City Park on October 2, 2005. Gamma's team will be the Gamma Gams. This is a great opportunity for Gamma members to get involved in the community. If you cannot walk, please consider making a pledge by September 28, 2005 to team captain Jill Valde, 960 Forest Edge Drive, Coralville, IA 52241. All members are also asked to update their willingness to participate in STTI activities and committees on the VIP Profile at STTI's website [www.nursingsociety.org](http://www.nursingsociety.org). If you know of any community nurse leaders interested in becoming members of STTI and Gamma Chapter, please contact Anita Stineman, Governance Chair, at [anita-stineman@uiowa.edu](mailto:anita-stineman@uiowa.edu). Our annual spring induction is scheduled for Saturday, April 29, 2006 from 9:30 a.m. to 12:00 noon at the Holiday Inn Conference and Convention Center, Coralville, Iowa.

We hope this slate of new and exciting activities will motivate you to come and join the fun!

Sincerely,

A handwritten signature in cursive script that reads "Lou Ann Montgomery".

Lou Ann Montgomery  
President, Gamma Chapter



## *Spring Induction-BSN & MNHP Students*



*Mariah Adams, Shannon Ault, Holly Bartlett, Andrea Beals, Brianne Bildstein, Mary E. Blessing, Lydia Burrows, Deb Theisen-Chenchar, Colleen Clarke, Kathleen Clymer, Amanda Cuca, Amanda Currier, Rebecca Dafoe, Amber DeHoff, Juliana DeWild, Megan Farnsworth, Anne Fredenburg, Jennifer, Friedrich, Larissa Funk, Samuel Gurian, Julia Hanas, Treesa Hennessey, Lisa Hildebrand, Lindsay Hoemmen, Amara Hoffman, Chelsey Hogan, Ethan Hoover, Megan Inman, Rachael Iverson, Christa Jackson, Amy Johnson, Dacia Johnson, Julie Kalkbrenner, Kelly Kane, Kelly Kindley, Karen Klaas, Kayla Lampe, Kathryn Lothamer, Leah Lundquist, Kimberly McCoy, Molly McEleney, Heather McGonegle, Meghan Montgomery, Maureen Musa, Erin Northway, Katharine Nuzik, Blaire O'Brien, Sarah Pedigo, Jessica Phillips, Ashley Pool, Jackie Poore, Paula Richardson, Ann Riesselman, Dianna Robinson, Elizabeth Rossiter, Angela Roux, Molly Sandholm, Jaimi Schimanski, Daniel Scholl, Jessica Sitzmann, Erin Staner, Kristen McClure Sublet, Katie Sullens, Amy Swanson, Katherine Thomsen, Jennifer Vantiger, Himena Viner, Molly Vonnahme, Joanna Wandas, Beth Waspi Michelle Wauters, Jeri Renae Yoder*



## *Nurse Leaders*



*Carol Aldrich, Carol Aunan, Deborah Bahe, Deborah Bohlken, Cheryl Bombei, Sara Caven, Brenda Dolan, Lisa Guldberg, Marlene Hall, Amy Leitch, Kim Lopez, Erica Lutz, Sharon Taylor, Roderick Thomson*



## *RN-BSN Students*



*Kimberly Hawkins, Shannon McIntire, JoHannah Payne, Karen Pechie, Sandra Sheehy, Tara Moon Webber, Shannyn Bechtel, Betty Mallen, Kristi Wood, Trudy Belay, Joann Boyer-Chicken, Elaine Holthaus, Kris Keyser, Kelli Kindley, Sara Sprouse, Michael Van Der horst, Cynthia Waechter*



## *Graduate Students*



*Ibtihal Almahzoomy, Lisa Bartruff, Laura Bildstein, Karen Bjoro, Kristen Bockenstedt, Rebecca Brown, Heide Bursch, Treveor Capron, Shana Coker, Kelley Currey, Tina Davenport, Jane DeGooyer, Teresa Doolittle, Jamie Fitzgerald-Dehning, Anne Folkmann, Karen Gamerdinger, Lynda Green, Nancy Howe, Margery Jensen, Tracey Jurgensmeier, Sarah Kay, Ji Woon Ko, Stephanie Lawrence, Tami Leavens, Mikyoung Lee, Patricia McConville, Tracy McNutt, Jennifer Meyer, Abe Noriko, Tomoko Ogawa, Eun Jun Park, Aaron Petersen, Nicole Petsas Blodgett, Sonja Ranck, Kathryn Richardson, April Roe, Charla Wyse Roth, Carissa Scheve, Steve Septer, Leah Shever, Teresa Stecker, Debra Strobel, Kelly Taylor*

*May I take the opportunity through 'Par Excellence' to thank all the Gamma Chapter officers and members for their hospitality during my visit to Iowa for the Induction Ceremony. It was a great pleasure and privilege to meet you all and to join Gamma Chapter. As I'm based in the United Kingdom joining in some of the Chapter activities will be 'a challenge' but I'm happy to assist where ever I can.*

*Best wishes*

*Rod Thomson FRCN*

*MEd MSc Dip Ad Ed Dip HV*



## *Elizabeth McWilliams Miller Award*



Marita G. Titler, Ph.D., is the 2005 recipient of the Elizabeth McWilliams Miller Award-Excellence in Research from Sigma Theta Tau International.

Marita is widely recognized for her work related to translating research findings into nursing practice. She directs the Research, Quality and Outcomes Management Program in the Department of Nursing Services and Patient Care at UI Hospitals and Clinics. Marita conducts health services research that includes testing ways to promote use of evidence in practice to improve patient outcomes, modeling nursing contributions to patient outcomes and promoting better health care for older adults. She oversees four active and federally

funded studies, and she has received numerous awards and recognition for her work.

The Elizabeth McWilliams Award recognizes Sigma Theta Tau members who conduct distinguished research, communicate their findings and have an established record of scholarly writings and nursing research activity. She will be presented the honor during STTI's 38th Biennial Convention November 12-16 in Indianapolis. Congratulations, Marita, on this well deserved award!



## *Congratulations Gamma*

We have just been notified that we have won a second consecutive Chapter Key award in recognition of chapter excellence. Jill Gaffney Valde and Lou Ann Montgomery will accept the award on behalf of the chapter.

Gamma Chapter has been awarded the Best Chapter Website and the Best Special Edition Newsletter and will be given this honor at the 38th Biennial Convention. Representing Gamma at the Convention for these special awards are Jan Denehy and Lou Ann Montgomery for the Best Chapter Website and Grace Matthews and Lou Ann Montgomery for the Gamma Chapter 75th Anniversary Edition.

Special recognition goes out to Mark Miksch and Lou Ann Montgomery for the UIHC Blackboard Project and to Jan Denehy for Celebrating the 75th Anniversary of Gamma Chapter, Sigma Theta Tau, 1929-2004 submitted for the Media Award. Connie Trowbridge, Region 4 Coordinator, is also running for re-election for another 2 year term.



## *STTI Membership Application Process Moves to "On-Line"*

Eligible students and community leaders who are invited to join STTI – Gamma Chapter will be completing the application process "on-line". The invitation to join Gamma Chapter will be sent via e-mail. This correspondence will direct candidates to a web site where they can complete their application for membership, induction ceremony information, and order jewelry. All fees (membership, induction, and jewelry) will be sent directly to STTI headquarters. The Induction Planning Committee will have immediate access to the data base information for each new inductee.

To accommodate this change in process, the Governance Committee of Gamma chapter will be sending out Community Leader information to health care entities during the fall semester. The membership will vote on potential candidates in early February, 2006.

The International Office reports that during the testing phase of this process, chapter membership increased from 50-60% of invited candidates to 80-85%!

If you have individuals that you would like to recommend for membership as Community Leaders, please send their name, address, phone and e-mail address to either Anita Stineman ([anita-stineman@uiowa.edu](mailto:anita-stineman@uiowa.edu)) phone: 335-5475 or Teri Boese ([teri-boese@uiowa.edu](mailto:teri-boese@uiowa.edu)) phone: 335-7034 .



## *100 Great Iowa Nurses Honored*

We have all met at least one outstanding nurse whose courage, competence, and commitment to patients and the nursing profession stands out above all others. The University of Iowa College of Nursing; the Iowa Nurses Association, the Iowa Nurses Foundation; and the Iowa Hospital Association partnered to launch a celebration of Iowa's great nurses. This celebration was held on Tuesday, May 10, 2005 during National Nurses Week.

The first-ever Great Iowa Nurses celebration was held at the Des Moines Marriott Downtown to honor 100 nurses who were chosen by a panel of judges from among more than 245 nominated. Nominations were sought from around the state and those selected represent many sectors of health care including hospitals, long-term care facilities, and school and office nurses.

The 100 Great Iowa Nurses invited persons whom they love and worked with to the event, where the nurses were recognized for their achievements. The nurses were chosen based on demonstrated concern for humanity, significant contributions to the nursing profession, and leadership through mentoring.

The idea for the event came from the state of Louisiana where a similar event has taken place each year since 1987. Many other states around the country have adopted the idea to create their own statewide celebrations.

With grassroots participation and continued support, the Iowa partners will be holding another event in Des Moines on May 9<sup>th</sup>, 2006. All donations beyond the cost of the celebration will be used to create a scholarship fund which all registered nurses in Iowa will be allowed to competitively apply.

Numerous sponsors contributed to the 2005 effort financially and with in-kind donations and they included: Mercy Health Network, the University of Iowa College of Nursing, the University of Iowa Hospital and Clinics, Wellmark Blue Cross and Blue Shield, Johnson & Johnson, Iowa Hospital Association, Covenant Health System, Inc., Donna Katen-Bahensky, TruArt Color Graphics, Genesis Medical Center-Davenport, Iowa School Nurses Organization, Mercy College of Health Sciences, Mercy Hospital Cedar Rapids, and Marvin and Rose Lee Pomerantz of Des Moines, Iowa.

Please watch for more information on next year's event!

Visit [www.greatnurses.org](http://www.greatnurses.org) for more information including a list of the 100 Great Iowa Nurses. For questions email [info@greatnurses.org](mailto:info@greatnurses.org) or call Liz Swanson at (319) 335-7006.

### *Congratulations to Gamma's recipients of the 100 Great Iowa Nurses Award*

Jennifer Bradley, Mary Clarke, Brenda Emick-Herring, Jacqueline Heinle, Cynthia Kail, Eleanor McClelland, Kathryn Schweer, Patricia Schwickerath, Kay Takes, Marilyn Willits



### *Join the Gamma Team for the 2005 America's Walk for Diabetes in Iowa City*

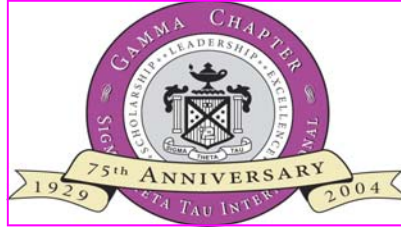
This October we are very excited to be entering our first ever "Gamma" Team in America's Walk for Diabetes in Iowa City. The walk will take place in lower City Park in Iowa City on October 2<sup>nd</sup> from 2-4 pm. It is a SLOW three mile walk (or run, if you prefer). We are looking for walkers for the Gamma team. Team members will be asked to get pledges from friends and neighbors. As nurses you are aware that we are facing an obesity and diabetes epidemic in both the adult and children populations. Today an estimated 17 million people have diabetes in the United States. Approximately 80% of those who develop Type 2 diabetes are obese.

This is a great opportunity for Gamma members to get involved in the community. If you do not wish to be a walker, show your support by making a tax deductible pledge.

The check can be made out to American Diabetes Association and mailed prior to September 28<sup>th</sup> to team captain:

Jill Valde  
960 Forest Edge Dr.  
Coralville Iowa, 52241

# Gamma Chapter Officers



## OFFICERS AND COMMITTEE CHAIRS 2005-2006

PRESIDENT <b>LOU ANN MONTGOMERY</b> LOU-MONTGOMERY@UIOWA.EDU	2004-2006	SCHOLARSHIP AWARDS <b>RENE MARTIN</b> RENE-MARTIN@UIOWA.EDU	2004-2006
PRESIDENT-ELECT <b>JILL VALDE</b> JILL-VALDE@UIOWA.EDU	2005-2006	ARCHIVIST <b>M. PATRICIA DONAHUE</b> MARY-DONAHUE@UIOWA.EDU	2004-2006
VICE PRESIDENT <b>MARY BERG</b> MARY-BERG@UIOWA.EDU	2005-2007	FINANCE COMMITTEE <b>THEREESA SCHAEFER</b> TSCHAEFER@MERCYCARE.ORG	2004-2006
SECRETARY <b>PAULA COHEN ALLEN</b> PKALLEN61@MCHSI.COM	2005-2007	LEADERSHIP SUCCESSION COMMITTEE <b>CHARMAINE KLEIBER CHAIR</b> CHARMAINE-KLEIBER@UIOWA.EDU <b>LINDA CHASE</b> LINDA-CHASE@UIOWA.EDU <b>SHERRY MCKAY</b> SHERRY-MCKAY@UIOWA.EDU	2004-2006  2005-2007 2005-2007
TREASURER <b>KAREN GRIFFITH</b> KAREN-GRIFFITH@UIOWA.EDU GRIFFITH4@MCHSI.COM	2004-2006	PROGRAM COMMITTEE <b>MARY BERG</b> MARY-BERG@UIOWA.EDU	2005-2007
GOVERNANCE CHAIR <b>ANITA STINEMAN</b> ANITA-STINEMAN@UIOWA.EDU	2004-2006	NEWSLETTER EDITOR <b>GRACE MATTHEWS</b> GRACE-MATTHEWS@UIOWA.EDU	2004-2006
GOVERNANCE COMMITTEE <b>TERI BOESE</b> TERI BOESE@UIOWA.EDU	2005-2007	WEB PAGE <b>JAN DENEHY</b> JANICE-DENEHY@UIOWA.EDU	2004-2006
BY-LAWS CHAIR <b>TRUDY LAFOON</b> TRUDY-LAFOON@UIOWA.EDU	2004-2006	REGION 4 COORDINATOR <b>CONNIE TROWBRIDGE</b> CONNIE-TROWBRIDGE@UIOWA.EDU	2004-2006
MEMBERSHIP INVOLVEMENT  <b>JILL VALDE</b> JILL-VALDE@UIOWA.EDU	2005-2006	<b>GAMMA OFFICE SECRETARY</b> <b>KIM HAMMEN</b> KIMBERLY-HAMMEN@UIOWA.EDU THE UNIVERSITY OF IOWA COLLEGE OF NURSING 101C (O) 319-335-7296	1998- PRESENT
RESEARCH <b>ANN MARIE MCCARTHY</b> ANN-MCCARTHY@UIOWA.EDU	2004-2006		



**GAMMA CHAPTER IS NOW FEATURED ON THE GALLERY OF HONOR  
PAGE OF THE STTI WEBPAGE. [HTTP://WWW.NURSINGSOCIETY.ORG/  
PROGRAMS/GALLERY.HTML](http://www.nursingsociety.org/PROGRAMS/GALLERY.HTML)**

## GAMMA CHAPTER CALENDAR

DATE	EVENT	TIME & PLACE
<b>FALL, 2005</b>		
SEPTEMBER 22, 2005 (Th)	GAMMA CHAPTER ANNUAL MEETING <a href="#">(INFO)</a> EVIDENCE-BASED PRACTICE, WHAT IT IS, WHERE WE'RE AT, AND WHERE WE'RE GOING ANN MARIE MCCARTHY, PHD, RN	5 :00 PM ANNUAL MEETING 5:30 PM DR. MCCARTHY'S PRESENTATION 6:30 - 8 PM RECEPTION & NETWORKING HOLIDAY INN CONFERENCE CENTER, CORALVILLE
OCTOBER 2, 2005 (SU)	WALK FOR DIABETES - GAMMA TEAM	2 - 4 PM LOWER CITY PARK <a href="#">(WALK INFORMATION)</a>
NOVEMBER 12 - 16, 2005	STTI BIENNIAL CONVENTION	INDIANAPOLIS, INDIANA
NOVEMBER, 7, 2005	FOUNDER'S DAY - CAKE IN THE WELL UIANS BLOOD DRIVE	10 AM - 1 PM CON WELL AREA
<b>SPRING 2006</b>		
JANUARY 6, 2006 (SU)	COMMITTEE CHAIRS POST SCHOLARSHIP INFORMATION	
JANUARY 10, 2006 (TU)	BOARD MEETING	9 - 11 AM AT RIVER CITY BEEFSTRO
FEBRUARY 7, 2006 (TU)	SPRING VOTING ON INDCTEES	1 - 1:30 PM CON GAMMA CHAPTER ROOM (101M)
FEBRUARY 14, 2006 (TU)	BOARD MEETING	9 - 11 AM AT RIVER CITY BEEFSTRO
FEBRUARY 27, 2006 (TU)	DINNER FOR PND PLANNING GROUP	6 - 8 PM IOWA RIVER POWER COMPANY
FEBRUARY 28, 2006 (TU)	PROGRESSIVE NURSING DAY (PND)	IOWA MEMORIAL UNION 7:00 AM - 2:00 PM
FEBRUARY 28, 2006 (TU)	VOTING FOR NEW OFFICERS	2 - 3:30 PM CON GAMMA CHAPTER ROOM (101M)
MARCH 1, 2006 (W)	APPLICATIONS DUE FOR SCHOLARSHIPS, RESEARCH, CPIA, AND BETTY MEANS AWARDS	
APRIL 29, 2006 (SAT)	SPRING INDUCTION	9:30 AM - NOON (BRUNCH 9:30; PROGRAM 10:30-12:00) HOLIDAY INN CONFERENCE CENTER, CORALVILLE, IA
JUNE, 2006 (TBA)	TRANSITION MEETING	11 AM - 2:30 PM RIVER CITY BISTRO
AUGUST 1 , 2006 (TU)	CHAPTER ANNUAL REPORT AND OFFICER LIST DUE TO HQ	

**HOLD THE DATE FOR PROGRESSIVE NURSING DAY  
FEBRUARY 28, 2006  
IOWA MEMORIAL UNION  
7:00 AM-2:00 PM**