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SIGMA THETA TAU INTERNATIONAL
HONOR SOCIETY OF NURSING
Iota Sigma Chapter Newsletter

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Officers and Leaders

**President: Nicole Ringo, PhD(c),
MSN/ED, RN**

**President Elect: Tiffany Montes
RN BSN**

**Vice President: Patricia Esslin,
MSN, APRN-CNS, CNE, PhD(c)**

**Secretary: Lourdes Casao, PhD,
RN-BC, FNP**

Treasurer: Lynda Reed, DNP

**Membership Involvement Chair:
Alison Riggs MSN, RN, ONC**

**Counselor:
Viann Duncan, MSN, RN**

**Governance Chair:
Lidia Pusnik RN BSN**

**Research Chair:
Marilyn Klakovich, DNSc., RN,
NEA-BC**

**Fund Raising Chair:
Kathleen Van Allen, MSN, RN,
CPN**

**Immediate Past President:
Jennifer Cooper, MSN, APRN,
CNS**

**Awards and Scholarships
Chair:
Catherine Wilde McPhee,
MSN, FNP**

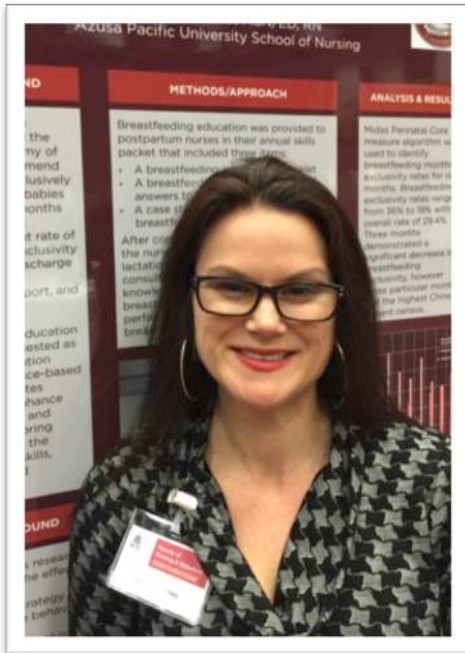
**Leadership Succession Chair:
Anita Boling, RN, MSN,
PhD**

**Newsletter:
Jennifer Cooper**

**Student Leadership Interns:
Liz Ngati
Jenny Hsu
Caitlyn Cornell**

A message from our chapter president...

As the incoming president



As the incoming president of Iota Sigma Chapter I am honored and humbled to be part of an organization whose members support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide. Together we have made strides in supporting this effort and together we will continue to build an even stronger organization with this global pursuit in mind. I look to the next two years knowing that my predecessors have set very high standards of leadership. Jennifer Cooper (2013-2015), Alison Riggs (2011-2013), Lourdes Casao (2009-2011), and Marilyn Klakovich (2007-2009) during my time on the board have demonstrated exceptional vision and tremendous determination to make the society a more valuable part of its members' lives. We owe them all a great deal of gratitude. I would like to thank the following board members for their support and encouragement: Anita Bowling (Leadership Succession Chair), Rose Liegler (Eligibility Counselor), Lynda Reed (Treasurer), and Viann Duncan (Eligibility Counselor), Patricia Esslin (Vice President),

Lourdes Casao (Secretary), and Marilyn Klakovich (Research Chair). I am pleased to welcome our incoming board members: Tiffany Bravo-Montes as President Elect and Lidia Pusnik as Governance Chair. We will continue to rely on the invaluable contributions of others who deserve our thanks: Faculty at Azusa Pacific University, the Western Conservancy of Nursing History, Phyllis Esslinger, the staff at Citrus Valley Health Partners, and all Iota Sigma members who have generously given of themselves making possible our chapter's successful outreach events, inductions, and fundraisers. Please review this newsletter, our website: <http://www.apu.edu/iotasigma/>, and our Facebook page: Iota Sigma Chapter, Sigma Theta Tau International Honor Society of Nursing for more information on our activities and how to get involved. Again I would like to thank all of you for your support and involvement in Iota Sigma. I look forward to the next two years and welcome your suggestions and feedback!



President Elect

Tiffany Montes



Hello

fellow members! I am so honored and humbled to be elected in the position of President-Elect. I have been on the board since my last semester in nursing school, where I served as an Iota Sigma Student Intern.

Graduating from the Azusa Pacific University High Desert Regional Center BSN program in May 2013, I began my nursing career as a Telemetry floor nurse at St. Mary's Medical Center. Earlier this year, however, I transitioned to working as an ER Trauma Nurse at Loma Linda University Medical Center. I absolutely love my new job, where every day is a challenge and learning opportunity.

Being a part of the Iota Sigma Chapter has been such a positive experience thus far! I have had the privilege of working side by side with wonderful leaders such as, Marilyn Klakovich, Alison Riggs, Lourdes Casao, Lynda Reed, Jennifer Cooper, and so many more! I look forward to assisting our new President, Nicole Ringo, and learning about the chapter operations; as well as overseeing the process for completing and submitting the Chapter Key Award application. Thank you for granting me the opportunity to serve as Iota Sigma's new President-Elect!

ViNA

Update from Village Network Africa...

A fundraiser was held September 13th for Village Network Africa (ViNA) hosted by Chris and Don Shaner at their beautiful home in Claremont. The aim of the event was to raise funds for the fall trip to Tanzania where 30 women will be trained by Iota Sigma member Dr. Anita Boling to become Community Health Club leaders for their villages. Deaths from communicable diseases such as Cholera, Typhoid, and Malaria are rampant; disease prevention and health promotion knowledge disseminated in an enjoyable club meeting with neighbors encourages the desire to improve hygienic conditions through peer pressure. Another 30 women will be trained to be trainers in the Community Resiliency Model, a somatic therapy model, to address the widespread rape and spousal abuse in Tanzanian rural villages. We had a successful party complete with a professional singer and pianist, a silent auction, a live auction, and fabulous hors d'oeuvres and drinks. As I write this, I am in Tanzania. So far, we have completed 4 days of research using an observable hygiene indicator scale to assess current conditions of rural citizens and are in the middle of training our new Community Health Club leaders.

-Anita Boling





Iota Sigma Member in the Middle East

Last month, a team of nurses was sent to the Middle East to partner with a local church in Lebanon to reach the people who are most impacted by the conflict in the region. The team held training events, providing medical instruction and supplies to eager volunteer students of all backgrounds and religions. The main focus was to improve population health, emphasize prevention and sanitation, and most of all show the love of Jesus Christ.

Foothill Church in Glendora sponsored the 11 day medical mission trip of a handful of nurses, including a few APU alumni, to teach women's health, diabetes management, wound care, hydration therapy and many other topics. It was a blessing to team up with a local church,

whose members have been working tirelessly to provide food, medical care, education and the love of Jesus Christ to the needy on a daily basis.

A huge part of nursing is to be ever present with those you are serving and communicate a loving attitude to show you truly care. One of the main causes of death in the Middle East is wound infections, and diabetes is a huge concern. Not only were the volunteers eager to learn how to treat wounds, but they were bringing their family and friends to us so we could care for their burns, injuries and diabetic ulcers as well. Because of our service and willingness to serve the volunteer students and their families, we were asked to join them in their tents and to pray with them.



God is moving...

God is moving throughout the Middle East. Amidst the chaos and horrible news from popular media outlets, there are good and amazing opportunities to provide for both the physical and spiritual needs of the people of the Middle East.

Socks, Shoes, and Salvation

Iota Sigma Chapter was able to sponsor fliers for this event.

An estimated 185 homeless people showed up to have their feet cared for at an inaugural event by Azusa Pacific University nursing students entitled “Socks, Shoes & Salvation” on Thursday at the Salvation Army in Victorville. The purpose for the project is to nurture and advance the health of the homeless men, women and children in our community.

In addition to having their feet washed and cared for, those who showed up at the event near the corner of 7th Street and La Paz Drive were provided with shoes, socks and a meal. With over 300 pairs of shoes and 500 pairs of socks donated, most were able to take home several pairs, whether to have a more professional pair of shoes for job-seeking or to take pairs to other needy family members or friends.

Salvation Army Program Director David Cain said, “There’s a trust being built with the homeless here,” Cain said. “For them to sit down have strangers wash their feet and (be) provided with basic things they need, that’s a trust forming, and that is what helps us reach a greater population.”

If you would like to know more information on how to donate, or volunteer for future events you can email socksshoessalvation@gmail.com.

If you would like a tax exemption for this donation, please make your donations directly to The Salvation Army for “Socks, Shoes, & Salvation” at the Victorville location, 14585 La Paz Drive Victorville, Ca 92395.



Iota Sigma Chapter

Connectedness



Gratitude

Servant Leadership



6th Chapter Key Award

The Chapter Key Awards, established in 1991, honor STTI chapters that excel in chapter-related activities such as:

- Membership recruitment and retention
- Publicity and programming
- Professional and leadership development
- Local, national and international collaboration

Odyssey 2015 Research Conference

Once again this year Iota Sigma Chapter of STTI joined with 14 other chapters to present the Odyssey Research conference for nursing. This year, as last year, it was again held in Ontario, Ca. at the Doubletree Inn for two full days with over 200 nurses and students attending. This is always a valuable and educational conference and great for networking. The theme of the event was “Population Health and Nursing’s Role – Ethics, Leadership and Global Action”.

The first day keynote speaker was Beth Tigges PhD, RN, FNP who is Vice President of STTI who spoke on “Nursing’s Role in Translational Science” and this was followed the next day by another keynote by Cynthia Ganit who is a Captain in the US Navy and who spoke on “Leading Population Health Initiatives” In addition there were Research and Innovative breakout sessions each day on a variety of topics with multiple speakers focusing on the conference theme and very interesting information.

A Poster Contest was held and judged by Chapter members and prizes were awarded on Research and Innovative themes. In addition, there were various exhibitors and sponsors who attended and their booths were popular with the attendees. The nurses also enjoyed very fine breakfasts and lunches each day. It is a tribute to the wonderful Odyssey Committee for the outstanding conferences they hold each year and very fine

coordination that makes it a valuable experience for nurses and the many students who attend.

- Alison Riggs MSN RN ONC



Collaborating Chapters:

- Gamma Gamma
- Iota Sigma
- Omicron Delta
- Rho Beta
- Nu Mu
- Gamma Tau at Large
- Xi Theta
- Gamma Alpha
- Iota Eta
- Upsilon Beta
- Zeta Mu at Large
- Phi Alpha
- Phi Theta
- Phi Lambda Chi Mu

26th International Nursing Research Congress Report

23-27 July 2015 San Juan, Puerto

Convened at The Dr. Pedro Rosselló González, Puerto Rico Convention Center, San Juan, Puerto Rico in honor of local Pediatric Surgeon Dr. Pedro Rossello Gonzalez who also served as the seventh Governor of the Commonwealth of Puerto Rico from 1993 to 2001



The theme was “Question Locally, Engage Regionally, Apply Globally.” More than 800 nurses from over 80 countries convened for this 5-day conference. A major highlight was the opportunity to network with nurses from all over the world.

Many of the sessions this year focused on the work that STTI is doing to further our mission to impact the health of people worldwide. In particular, there were several sessions on the work of the Global Advisory Panel on the Future of Nursing (GAPFON), established by the Honor Society of Nursing, Sigma Theta Tau International (STTI). It is a catalyst for nurse leaders to work together and develop a unified voice and vision for the future of nursing and health care globally. GAPFON will play an increasingly crucial role in guiding the global profession of nursing as it navigates the future. For more information about GAPFON, visit <http://www.gapfon.org/>



We always enjoy attending the International induction ceremony. Fifteen international nurse leaders from seven countries were inducted into STTI.

Another highlight is the International Nurse Researcher Hall of Fame ceremony. This year we honored 19 nurse researchers from Australia, Belgium, Canada, and the United States. Following the ceremony, the honorees participated in a conversation with STTI President Hester C. Klopper, PhD, MBA, RN, RM, FANSA. These conversations are always enlightening, inspiring, and funny!

As you can see by the sessions we attended at this Congress (and there were many more!), There were multiple opportunities for nurse researchers, clinicians, educators, leaders and policy makers to exchange evidence-based information and learn from and about one another.

26th International Nursing Research Congress cont'd

Sessions attended by Kathleen Taylor

- Promoting Spiritual Health and Well-Being all presenters from USA facilities, but some originally from China comparing and contrasting between their culture and college students in a Midwestern USA university.
- Global Trends in Breast Cancer Care with presenters from Bahrain and North Carolina and Texas, USA
- Sigma Theta Tau International and the United Nations
- Pediatric Obesity: A Growing Trend Worldwide with presenters from Mexico and Florida and Ohio, USA
- Research from Around the World Impacting on Clinical Outcomes with presenters from Turkey, USA, and Indonesia
- Drug Abuse in the Pediatric Population: Mental Health's Effect on Addictions with presenters from Canada, South Africa, and USA
- Promoting Health among Victims of Intimate Partner Violence with presenters from Costa Rico and USA

Sessions attended by Marilyn Klakovich

- Special Session "Thinking Through Methods and Living the Methods Life"
- Special Session "Developing and Testing a Technologically-Based Caregiver Skill Building Intervention for Dementia Family Caregivers: From Implementation to Dissemination"
- Empowering Others through Promoting Health and Wellness"
- Experiences with Palliative Care: End-of-Life Communication and Understanding
- On-Line Nursing Education

- STTI Youth Engagement: An Interactive Workshop to Develop and Mentor New Members into Leaders
- Promoting Health Lifestyles and Well-Being
- Special Session "Sigma Theta Tau International Global Initiatives"
- Major Changes Affecting the Family Unit

Sessions attended by both:

- Opening Plenary Session "International Research Collaboration: An Exploration Towards Understanding Best-Practices"
- Plenary Session 2 "Developing and Leading a High Impact Clinical Research Centre: Strategies for Success"
- Closing Plenary Session "Leadership Practices to Achieve Better Outcomes for Patients and Providers"
- Special Session "Global Advisory Panel on the Future of Nursing (GAPFON): Recommendations, Strategies, and Outcomes"
- Nursing Voices at the United Nations: Transition from Millennium Developmental Goals (MDGs) to Sustainable Developmental Goals (SDGs)

And of course, we enjoyed our visits to Old San Juan, to El Yunque Rainforest, and the food and culture of Puerto Rico.

We encourage you to check out the following link if you'd like to see more detail about the day to day events and activities.

http://www.reflectionsonnursingleadership.org/Pages/Vol41_3_STTI_INRC-TasteSanJuan.aspx



Cont'd

Enjoying Dinner

Iota Sigma's Dr. Marilyn Klakovich and Kathleen Taylor with Dr. Holly Shaw, Faculty, Hunter College, New York who also volunteers at the United Nations advocating for nurses on various health related committees, including mental health for refugees.



The Culture

Marianne Stonefield, recently inducted into STTI, Georgetown University, Washington, DC...enjoying the El Yunque Rain Forest and experiencing local folk lore.

Also, think about attending the 27th INRC. It will be in beautiful Capetown, South Africa. Click on the link for more information. <http://congress.nursingsociety.org/2016.html>

27th INTERNATIONAL NURSING RESEARCH CONGRESS

CAPE TOWN SOUTH AFRICA

21-25 JULY 2016



2016 Nurse Researcher Awards
International Nurse Researcher Hall of Fame
New Emerging Nurse Researcher Award
Nomination Deadline: 9 December 2015
Go to www.nursingsociety.org for details
Call for Abstracts
Submission Deadline: 9 December 2015



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Honor Society of Nursing®



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FUNDING IN NURSING & NURSES



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AND THE AFRICA CONSORTIUM

www.nursingsociety.org

Members in the News...

It is Iota Sigma Chapters pleasure to share the work of our members.



Dr. Najood Ghazi Azar RN

A poster presented by Dr. Najood Ghazi Azar RN was shared at an institute.

Azar, N. (2015, April). *Health beliefs, acculturation and tobacco use among Arab American living in California*. Poster presented at the annual conference of the Western Institute of Nursing. Albuquerque, NM.

Abstract: Tobacco use is prevalent in the Middle East, and relatively, high rates of smoking behaviors are reported in the immigrant populations from this region. This study examined tobacco use in association with health beliefs and acculturation status among a convenience sample (N=132) of Arab-Americans over age 18 residing in California. A cross-sectional descriptive correlational design was employed and data collection included the following instruments: the Health Belief Questionnaire; Acculturating Rating Scale for Arab-American-II; Tobacco Use Questionnaire; plus a brief demographic survey. An integrative model of the Health Belief Model and Berry's Acculturation Model guided this study. Results showed that despite the increase in subjects' general health concern, tobacco use was still high. Subjects reported that barriers surrounding tobacco cessation were greater than the benefits of quitting, and those with lower levels of acculturation had higher levels of tobacco use regardless of duration of residency. The data supported the hypothesis that culture plays an important role in smoking behavior and health motivation. The Arab culture emphasizes both fatalism and reliance on God's will, but disease prevention programs in the US emphasize the individual's role in health promotion. Thus, culturally-sensitive



Dr. Jie Yu

An article written by Dr. Jie Yu, was published in a journal.

Yu, J. (2015). The etiology and exercise implications of sarcopenia in the elderly. *International Journal of Nursing Sciences*, 2(2), 199-203. <http://dx.doi.org/10.1016/j.ijnss.2015.04.010>



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SAVE THE DATE!

THE RUBY IS THE GEMSTONE FOR THE 40TH ANNIVERSARY. RUBIES ARE THOUGHT TO POSSESS AN ETERNAL INNER FLAME WHICH IS A SYMBOL THAT PASSION IS STILL ALIVE AFTER 40 YEARS. PLEASE JOIN US AS WE CELEBRATE THE 40TH ANNIVERSARY OF THE SCHOOL OF NURSING.

For more information about the speakers, schedule and other Research Symposium activities, please visit our website.

[Click here](#)

THE 12TH ANNUAL SCHOOL OF NURSING RESEARCH SYMPOSIUM:

“A PASSION FOR RESEARCH: 40 YEARS OF NURSING RESEARCH EXCELLENCE”

THURSDAY, APRIL 14, 2016

8:30AM–3:30PM

AT AZUSA PACIFIC UNIVERSITY FELIX EVENT CENTER



12 Board Meeting
15,16 Odyssey, Ontario

OCTOBER '15						
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7-11 Biennial Convention
Las Vegas
16 Board Meeting
20 Fall Induction

14 Board Meeting

DECEMBER '15						
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11 Board Meeting
18 MLK Day

8 Board Meeting &
Welcome Meeting
12 President's Day Holiday

FEBRUARY '16						
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7-11 Mid-semester Break
14 Board Meeting
18 Spring Induction

11 Board Meeting
14 Research Symposium
15, 16 Theory Conference

APRIL '16						
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9 Board Meeting
TBD Annual General
Membership Meeting

JUNE '16						
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4 Independence Day
TBD Transition Meeting
21-25 INRC Capetown
South Africa

AUGUST '16						
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September '16						
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5 Labor Day
12 Board Meeting

9 Board Meeting

OCTOBER '16						
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NOVEMBER '16						
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14 Board Meeting