



# SIGMA THETA TAU INTERNATIONAL

## The Honor Society of Nursing Iota Sigma Chapter Newsletter

Fall, 2006

### Chapter Officers and Leaders

President/Key Award Chair:  
Marilyn Klakovich

President Elect: Diana Lugo

Vice President: Cathy McPhee

Immediate Past President:  
Kathleen Taylor

Secretary: Bonnie Giron

Treasurer: Lina Kawar

Counselor/Eligibility Chair:  
Viann Duncan

Archivist: Phyllis Esslinger

Student Intern:

Newsletter: Vicky Bowden

Governance Chair: Viann Duncan

### IOTA SIGMA CHAPTER 232 PRESIDENT'S MESSAGE

By Marilyn Klakovich

#### *Greetings*

Greetings to all Iota Sigma members with a special welcome to our newly inducted 2006 members. Fall is typically a busy season for Iota Sigma, and this Fall was no exception. In the few short months since I took office, our members have been involved in a number of local and international activities. For a report on the 17th International Research Congress in Montreal this July, please see Connie Brehm's report. Our President Elect, Diana Zenner, coordinated a report with contributions from all those who attended Chapter Leader Academy in September. Our Vice President, Cathy McPhee provides us with a report on this year's Odyssey Conference in October. I will be sharing some of our other activities in this message.

#### *Events*

In addition to the events mentioned above, on October 25, 2006, board members represented Iota Sigma at an information table at the Azusa Pacific University Career Center Healthcare Recruitment Fair, as well as co-sponsoring the event. Forty-five undergraduate and SCAN students signed up for more information on membership in Iota Sigma, and six nurse recruiters expressed interest in the nurse leader membership category. Special thanks to Viann Duncan, Lina Kawar, Cathy McPhee, and Bonnie Giron for volunteering with me for the day's events.

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## PRESIDENT'S MESSAGE, CONTINUED FROM PAGE 1

### *Iota Sigma Goals 2006-2008*

The goals for my term as president (July 1, 2006-June 30, 2008) were affirmed by the board and I'd like to take this opportunity to share them with you along a brief report on what we have planned to address each of these goals.

1. Establish collaborative partnerships with members located outside the United States to facilitate research and community service in those areas.
  - a. We are working with our member in the Philippines, Jerome Babate, to enhance communication and coordinate activities with members located outside of the United States (such as special blog or website for communication, video or web-cast of local conferences).
  - b. Jerome is also actively recruiting nurse leaders in the Philippines to join Iota Sigma and thus have a cadre of members in that location who can collaborate on activities. **Please see Jerome's article about his involvement in Iota Sigma.**
2. Formalize leadership development/mentoring for leadership succession
  - a. We've had beginning discussions about identifying and mentoring a member to fill each of our open positions in coming years. **Please see the call for nominations for the 2007 elections later in this newsletter.**
  - b. We are developing plans to mentor leadership interns to fill specific positions and functions on the board.
3. Increase involvement of students once graduated.
  - a. We will be hosting a special dinner for new members in conjunction with our December board meeting.
  - b. The board will dialogue with the junior students who were inducted in 2006 about ways for them to stay involved after graduation. **Please see the VIProfile article for ways to let us know how you would like to get involved.**
4. Broaden membership involvement in revising Strategic Plan for 2007-2009 biennium.
  - a. We plan to conduct a Strategic Plan Survey with our next ballot to get input from membership.
  - b. In preparation for the survey, **please review the condensed version of the current strategic plan contained later in this newsletter.**

### *Upcoming Events*

In terms of upcoming events, our event planning committee under the leadership of Vice President, Cathy McPhee, would like to alert all members about a new schedule for two of our annual events. As noted in the **2006-2007 Calendar of Events later in this newsletter**, our annual meeting will be held on the same day as the School of Nursing Research Day. And for the first time, we will be holding induction on a Friday evening instead of on a Saturday. Stay tuned for more information about these and other events.

**IOTA SIGMA CHAPTER 232 • AZUSA PACIFIC UNIVERSITY**  
**THE HONOR SOCIETY OF NURSING, SIGMA THETA TAU INTERNATIONAL**  
**2005-2007 ACTION PLAN**  
**“A VISION TO LEAD, A MISSION TO SERVE, SUPPORT AND IMPROVE”**

<b>Goal</b>	<b>Actions to Implement Goal</b>	<b>STTI Strategic Directions</b>
<p><i>Membership Recruitment &amp; Retention</i></p> <p><b>Membership Recruitment</b></p>	<ol style="list-style-type: none"> <li>1. Introduce freshman students to the purpose of STTI and benefits of belonging.               <ol style="list-style-type: none"> <li>a. Freshman/Sophomore Welcome Dessert</li> <li>b. Iota Sigma class visits to fundamentals classes</li> </ol> </li> <li>2. Request nominations of new members from:               <ol style="list-style-type: none"> <li>a. APU faculty &amp; students</li> <li>b. Primary Target Area - Directors and Vice Presidents of Nursing</li> <li>c. Iota Sigma Members</li> <li>d. Organization of Nurse Executives (ONE) Nurse Educator Consortia(OC)</li> <li>e. Encourage transfer of membership or dual membership for new APU faculty members</li> <li>f. Market to CNS and NP groups and other professional associations</li> </ol> </li> <li>3. Be deliberate in orientation of APU faculty members regarding:               <ol style="list-style-type: none"> <li>a. Student eligibility criteria</li> <li>b. Explain benefits of membership</li> <li>c. Fee structure for applying</li> </ol> </li> <li>4. Continue Iota Sigma eligibility policy for clearance with chairs for undergraduate and graduate progress for student criteria.</li> <li>5. Communicate eligibility criteria to faculty, students &amp; nurses leaders at informational meetings for all categories of membership.               <ol style="list-style-type: none"> <li>a. Increase awareness/interest in graduate, RN to BSN level and SCAN Students, pre nursing and PhD</li> <li>b. Seek potential members from other countries</li> <li>c. Develop criteria for inducting students by exception</li> </ol> </li> <li>6. Implement communication system for potential inductees not responding to initial invitations.               <ol style="list-style-type: none"> <li>a. Develop documentation system to record reason for not joining.</li> <li>b. Evaluate reasons for not joining &amp; develop plan to assist in increasing response rate for induction</li> </ol> </li> <li>7. Modify as needed the Policy and Procedures for Eligibility Committee</li> <li>8. Develop two year term for Faculty Counselor with a co-counselor selected in alternate years so there is a new person always in training to back-up current counselor.</li> </ol>	<p>Please see this website for more details:</p> <p><i><a href="http://www.nursingsociety.org/about/Picard_2020.pdf">http://www.nursingsociety.org/about/Picard_2020.pdf</a></i></p> <p><b>Collaboration in Leadership</b></p> <p><b>Collaboration in Leadership, Service, and Community</b></p> <p><b>Collaboration in Sustainability</b></p>

## ACTION PLAN, CONTINUED FROM PAGE 3

Goal	Actions to Implement Goal	STTI Strategic Directions
<p><i>Membership Recruitment &amp; Retention</i></p> <p><b>Membership Retention</b></p>	<ol style="list-style-type: none"> <li>1. Document plan for membership involvement and retention.               <ol style="list-style-type: none"> <li>a. Use information meetings and health care career fair to emphasize importance of maintaining active membership</li> <li>b. Provide programming relevant to nurses in clinical setting.</li> </ol> </li> <li>2. Strategize methods to encourage inactive members to renew membership               <ol style="list-style-type: none"> <li>a. Publish names in chapter newsletter/web site requesting address update of members with undeliverable addresses.</li> <li>b. Interact with APU Alumni office.</li> <li>c. Continue to review list from headquarters of active &amp; inactive members</li> <li>d. Mail/email renewal notices along with calendar of events.</li> <li>e. Establish pool of chapter volunteers for getting email address, finding “lost members”</li> </ol> </li> <li>3. Develop &amp; implement plan for mentoring new &amp; transfer members.</li> <li>4. Continue Past President Advisory Council.</li> <li>5. Develop mechanisms to involve retired members.</li> </ol>	<p><b>Collaboration in Knowledge, Leadership, Service, Communities, Sustainability</b></p>
<p><i>Chapter Outreach</i></p> <p><b>Publicity</b></p>	<ol style="list-style-type: none"> <li>1. Deliver newsletters &amp; calendar of events to other readers, such as, other health care disciplines &amp; providers outside of Iota Sigma Chapter to relay purpose &amp; mission of Sigma Theta Tau International</li> <li>2. Publicize at least one year’s schedule of programs and events in:               <ol style="list-style-type: none"> <li>a. chapter newsletter/web site</li> <li>b. university wide publications</li> <li>c. media publications</li> </ol> </li> <li>3. Maintain Chapter Web Site with:               <ol style="list-style-type: none"> <li>a. link to International &amp; Regional Web Sites</li> <li>b. Current Board contacts</li> <li>c. Calendar of events</li> </ol> </li> <li>4. Announce induction of members, including names in:               <ol style="list-style-type: none"> <li>a. Chapter publications</li> <li>b. Nursing newsletters</li> <li>c. College/university publications</li> <li>d. Media publications identified by inductees</li> </ol> </li> <li>5. Call for articles on nursing practice or research for submission to local, regional or national newspaper(s) for printing.</li> </ol>	<p><b>Collaboration in Knowledge Leadership Service Communities Sustainability</b></p>

## ACTION PLAN, CONTINUED FROM PAGE 4

Goal	Actions to Implement Goal	STTI Strategic Directions
<p><i>Chapter Outreach</i></p> <p><b>Programming</b></p>	<ol style="list-style-type: none"> <li>1. Develop programs based on member's needs for 1 year or more in advance according to chapter bylaws, i.e. At least one program of a scholarly nature and an annual business meeting.</li> <li>2. Co-sponsor annual research &amp; education conference with other Southern California Chapters:               <ol style="list-style-type: none"> <li>a. Appoint board representative to the planning committee each year</li> <li>b. Participate in conference planning</li> <li>c. Inform members of conference</li> <li>d. Involve students in presenting and in the program planning, promotion and attendance.</li> </ol> </li> <li>3. Collaborate with other community based and/or health organization to provide a scholarly program for the community.               <ol style="list-style-type: none"> <li>a. Determine Iota Sigma role in annual School of Nursing Spring conference.</li> <li>b. Consider co-sponsoring research day with SON community partners.</li> </ol> </li> <li>4. Invite potential leaders to attend programming related to leadership activities.</li> </ol>	<p><b>Collaboration in Knowledge Leadership Service Communities Sustainability</b></p>
<p><i>Professional &amp; Leadership Development</i></p>	<ol style="list-style-type: none"> <li>1. Encourage leadership team to attend Chapter Leader Academy and Biennial convention (with emphasis on new members)</li> <li>2. Encourage members to submit abstracts to Biennial Convention and/or Research Congress.</li> <li>3. Participate in annual health care career fair at APU</li> <li>4. Continue the Student Leadership Intern Program and expand definition to include grad level intern</li> <li>5. Review candidates for Scholarships/Awards related to:               <ol style="list-style-type: none"> <li>a. Education</li> <li>b. Research- Encourage research teams to apply as well as individuals.</li> <li>c. Nursing Practice Leadership</li> <li>d. Mentorship</li> <li>e. Student Performance</li> <li>f. Community Service /Project</li> </ol> </li> <li>6. Communicate with Region 2 Coordinator regarding serving at regional and international levels via International's VIP process. At least 5 members should sign in with their information. Increase percentage of members completing VIP profiles.</li> </ol> <p><i>continued on next page</i></p>	<p><b>Collaboration in Knowledge Leadership Service Communities Sustainability</b></p>

## ACTION PLAN, CONTINUED FROM PAGE 5

<b>Goal</b>	<b>Actions to Implement Goal</b>	<b>STTI Strategic Directions</b>
<i>Professional &amp; Leadership Development</i>	<p><i>continued from previous page</i></p> <ol style="list-style-type: none"> <li>7. Develop mentoring program at Chapter level with Iota Sigma members interacting with various levels of students, and to mentor new officers and task force and advisory council members</li> <li>8. Acknowledge members accomplishments with letters, chapter newsletter articles, etc.</li> <li>9. Continue application for a STTI Key Award in 2007.</li> <li>10. Develop team for participating in annual Alzheimer's Memory Walk or other community service activity</li> </ol>	<b>Collaboration in Knowledge Leadership Service Communities Sustainability</b>
<i>Retain our Chapter's Heritage</i>	<ol style="list-style-type: none"> <li>1. Complete transfer of Iota Sigma records to a central place in the APU School of Nursing</li> <li>2. Establish a formal list of memorabilia for which this committee will be responsible</li> <li>3. Establish goals for the next five years</li> </ol>	<b>Collaboration in Community</b>
<i>Ensure our Chapter's Future</i>	<ol style="list-style-type: none"> <li>1. Review Iota Sigma Finance Policy &amp; Procedure annually for sensitivity to a global environment that includes social responsibility and collective accountability</li> <li>2. Establish Operations Budget Annually</li> <li>3. Assure completion of internal &amp; external audits per chapter bylaws</li> <li>4. Identifying diversified fund raising opportunities other than dues payment.</li> <li>5. Stimulate learning about philanthropy in order to increase the base of charitable contributions</li> <li>6. Seek financial support through cultivation of strategic relationships and entrepreneurship</li> </ol>	<b>Collaboration in sustainability</b>

## VIPROFILE: YOUR OPPORTUNITY CONNECTION

### Calling all Iota Sigma Members. . .

**I hope that each of you will check out the VIProfile information below for ways that you can contribute to Iota Sigma and Sigma Theta Tau International based on your interests. See below for more information. As a new member, it is particularly important that you let us know what your interests are in terms of chapter involvement. Our chapter is able to request a report that lets us know who has completed a profile, and what their particular interests are. (submitted by Marilyn Klakovich, President)**

The Honor Society of Nursing, Sigma Theta Tau International appreciates your interest in the mission of the society. As we strive to support the learning and professional development of our members, who strive to improve nursing care worldwide, your talents are needed and valued. Whether you consider yourself a novice or an expert, volunteering your time on a chapter, regional or international level for projects or tasks helps you demonstrate your talents, hone new skills, network and grow in your profession.

Please accept our invitation below to utilize VIProfile, Your Opportunity Connection. By indicating your areas of interest and expertise on this new Web tool, we get to know you and are better able to match you with satisfying areas of service.

## YOU ARE INVITED . . .

### • WHAT: VIPROFILE: VOLUNTEER/INTEREST PROFILE

Your interests and talents are valued and Sigma Theta Tau International wants to place you in a meaningful volunteer position. The VIProfile is a new tool designed to assist us in matching volunteers with rewarding volunteer opportunities in the areas of their interest. We invite you to fill out VIProfile today.

### • HOW: HOW TO ACCESS VIPROFILE

To access VIProfile, go the Sigma Theta Tau International Web site, [www.nursingsociety.org](http://www.nursingsociety.org) and click on the link listed on the right, or type the following URL into your browser: <http://www.nursingsociety.org/VIP>.

Please note that you will need to have your member number available to enter the site.

### • WHEN: ASAP

We do not want to delay in placing you in an opportunity based on your interests and expertise.



# 2006 CHAPTER LEADER ACADEMY (CLA) REPORT

## REPORT FROM: DIANA LUGO-ZENNER, PRESIDENT ELECT

As President –Elect this was a wonderful opportunity for me to attend my first Chapter Leader Academy with a great group of Iota Sigma members which also allowed us time to get to know one another outside the formality of the Board meeting. Our chapter was recognized on a number of occasions. At the opening session we were recognized for being a sapphire sponsor of the event and as the chapter with the most members in attendance!

Attending the Chapter Leader Academy were:

Marilyn Klakovich, President

Diana Zenner, President Elect

Lina Kawar, Treasurer

Bonnie Giron, Secretary

Joy David, Student Leadership Intern

Lourdes Salandanan, Iota Sigma Member

Susan Elliott, Iota Sigma Member

And, of course, Kathie Taylor, our immediate Past President and current Region 2 coordinator was directly involved in the presentation of sessions and hosting our Region 2 events.

During the CLA, Iota Sigma was recognized with two Showcase of Regional Excellence awards. The first entry that was recognized in the Showcase is the Citrus Valley Health Partners Mentorship program developed by Lourdes Salandanan, Iota Sigma member and recipient of the 2006 Iota Sigma Award for Excellence in Education, and her team. The second entry recognized is based on the Community Service Award that was presented in Spring 2006 to regions affected by Hurricanes Katrina and Rita. If you have an opportunity, do stop by the Iota Sigma bulletin board outside the School of Nursing office to see the photos and other memorabilia on display (prepared by Bonnie Giron, Secretary).

There were a number of interactive educational sessions that we each attended. What I took away from the sessions was that we are not alone in our Chapter specific challenges whether it be how to attract new members or achieve a balance between Academia and Community. In addition to which it was clear that, we as a Chapter have indeed been progressive in our tactics to recruit and retain new and existing members as well to encourage collaboration and keep an open mind towards new and creative opportunities.



CLA REPORT , CONITUED FROM PAGE 8

## REPORT FROM: JOY DAVID, STUDENT LEADERSHIP INTERN

I learned so much form the Chapter Leadership Academy. The 2 sessions I enjoyed the most are:

1. *“Personal Leadership Building on Your Strengths”* - I think it would be a great idea to share the Leadership Challenge Assessment (LCA) with our fellow board members. This is a paper and pencil self-assessment/questionnaire that rates your behavior on certain leadership scenarios. I discovered that I am in 2 opposite poles of the leadership scale: “Challenge the Process” and “Encourage the Heart”. During the session, we were asked to join a group based on the result of our LCA . I joined the group on “Challenge the Process”. Here are some ideas I learned from the group:

- “Challenging the Process” may take more energy to change the process
- Examples: Nursing department worked with Drama department - dramatized different psychiatric behavior to better understand the symptoms/behavior
- Pair PhD students with undergraduate students in research class projects
- Bring different experts together - analyze problem - find best solution or best practice; evidenced-based practice
- Imperative to have diversity in the team

2. *“Induction Ceremonies and the Online Induction System”*

A successful ceremony must have the following (J. Allen, 2006):

*Key message*

*Is publicized early and often (newspapers, newsletters)*

*May have a door prize (Attraction)*

*Builds relationships*

*Demonstrates the value of the organization and benefits of membership*

- Ideas for our induction ceremony - thinking of other ways to have it: exploring different other venues
- Key message - invite people in the community, ex. Health reporter from local television station; previous inductees make a speech about how Sigma Theta Tau has been a big part in their nursing career; invite nurses in the political system, nurses who had mission trips; key message should touch the hearts of the new members to have more meaning being a part of Iota Sigma Chapter - how their gift of servant leadership can be used to glorify God.
- Publish pictures from the induction ceremony in local newspaper, nurse magazine, etc.
- On-line system - more effective than snail mail; inform students who pay late for their membership may delay receiving their membership certificates.

CLA REPORT, CONTINUED FROM PAGE 9

## REPORT FROM: MARILYN KLAKOVICH, PRESIDENT:

It was a pleasure for me to attend my second Chapter Leader Academy with a group of enthusiastic and dedicated Iota Sigma officers and members. During the academy, I had the opportunity to volunteer at the Chapter Key Award information table and display Iota Sigma's 2005 entry for the Chapter Key Award. Chapters with exemplary and successful award submissions displayed their binders for chapter leaders in attendance to review and ask questions. Iota Sigma's binder received lots of attention and positive comments.

The interactive educational session that was most meaningful for me as president was the one on Team Leadership. The presenter was Ann Marie Brooks, RN, DNSc, MBA, FAAN, FACHE. Her objectives were to (1) Identify effective team building strategies and (2) Identify solutions to team challenges. Some of the important takeaways for me were:

- Strategic Directions should be part of the discussion at each meeting to ensure that the chapter is aligned with STTI strategic directions.
- At the end of each meeting, have a brief evaluation of the meeting: What did we accomplish? What went well? What could we improve upon?
- There must be a willingness and openness to address conflict
- We may need to call timeout when emotions are high. We want to do what is best for chapter. It's important to build trust as our chapter journeys to excellence.

The next Chapter Leader Academy will be in 2008. Our board has committed to send all board members who have not previously had an opportunity to attend to the Chapter Leader Academy to take advantage of the outstanding educational and networking opportunities. If you are interested in getting involved, be sure to check out the Call for Nominations on Page 15.

## 2006-2007 CALENDAR OF EVENTS

December 11, 2006	Iota Sigma Board Meeting and New Member Welcome Dinner 5:00 pm in School of Nursing Conference Room
January 8, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room
February 12, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room
March 2, 2007	Faculty/Staff Appreciation Breakfast
March 12, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room
March 13, 2007	School of Nursing Annual Research Day (Continuing Education Sponsored by Iota Sigma) followed by Iota Sigma Annual Meeting (Times and locations to be determined).
April 9, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room
April 20, 2007	Iota Sigma Spring Induction: 5:00 pm in Upper Turner Campus Center, Azusa Pacific University
May 14, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room
June 11, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room: Officer and Board Transition Meeting
July 11-14, 2007	18th International Nursing Research Congress Focusing on Evidence-Based Practice, Vienna, Austria
September 10, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room
October 8, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room
October 2007	Odyssey 2007 Conference. Dates and location to be determined.
November 12, 2007	Iota Sigma Board Meeting: 5:00 pm in School of Nursing Conference Room

# 17TH INTERNATIONAL RESEARCH CONGRESS FOCUSING ON EVIDENCE-BASED PRACTICE SIGMA THETA TAU INTERNATIONAL HONOR SOCIETY OF NURSING MONTREAL, CANADA • JULY 19-22, 2006

By: Dr. Connie Brehm

Our own Iota Sigma Chapter was well represented at the 17th International Research Congress Focusing on Evidence-based Practice in Montreal Canada, July 19-22, 2006.

This year's theme, Advancing Knowledge, Community, and Evidence-based Practice Globally Through Collaboration, provided a framework for nearly 700 podium presentations, eight of which were given by Iota Sigma Chapter members. There were also more than 250 poster presentations. Congress attendance was numbered at 1268 nurses from 33 countries. The Congress objectives were:

- (1) Advance the science of nursing globally and promote international collaboration by disseminating research findings that influence practice, education, administration, and health care policy;
- (2) Create an international forum for the exchange of solutions for nursing among clinicians, educators, policy makers, administrators and researchers.

Podium presentations, accepted by a peer-review process, were given by Iota Sigma members and included the following:

## **SYMPOSIUM (major 1-1/2 hour presentation)**

### **Title: Transformational Learning - Nurturing the Second Career Student**

*Nurturing the Coping Resources of the Second Career Student*

Felicitas A. dela Cruz, RN, DNSc, FAANP

Director, Second Careers and Nursing (SCAN) Program

*Peer-to-Peer Mentoring*

Patricia Frohock Hanes, PhD(c), MSN, MAED, RN

Program Mentor, Second Careers and Nursing (SCAN) Program

*Nurturing the Second Career Student for NCLEX Success*

Marilyn Klakovich, DNSc., RN, CNA, BC

SCAN Program Evaluator

Also listed as contributors to this symposium, but not present at the Congress were: Grace Moorefield, MSN, RN, CS, and Phyllis Esslinger RN, MS.

## **Other Individual Presentations by Iota Sigma Members**

*NCLEX Preparation for Master's Entry Into Nursing Programs*

Marilyn Klakovich, DNSc., RN, CNA, BC, Program Evaluator, SCAN

Felicitas A. dela Cruz, DNSc., RN, FAANP, Director, SCAN Program

*Returning Nurses to the Workforce: An Evaluation of an RN Refresher Course*

Marilyn Klakovich, DNSc., RN, CNA, BC

Director of Continuing Education

Zarmine Naccashian RN, MN, GNP, CDE

RN Refresher Faculty

## 17TH INTERNATIONAL RESEARCH CONGRESS, CONTINUED FROM PAGE 12

*Acculturative Stress and Hypertension in Filipino Americans*

Felicitas A. dela Cruz, DNSc., RN, FAANP

Carmen Galang RN, DNSc

*International Christian Community-Based Healthcare: Collaboration for Indigenous Health*

Susan E. Elliott, PhD, RNC, FNP, WHNP

*Linking Clinical Practice to Curriculum Development in Healthcare for the Homeless*

Constance Brehm, Ph.D. FNP, RN

Felicitas A. dela Cruz, DNSc., RN, FAANP, Director of FNP Program

The Keynote Speaker was:

Margaret B. Harrison RN, PhD, Associate Professor, Queens' University School of Nursing; Senior Scientist, Practice Research in Nursing; Affiliate Scientist of Clinical Epidemiology Program, Ottawa Health Research Institute.

The Congress was held at Le Centre Sheraton Montreal Hotel located in the heart of Montreal, close to exceptional shopping, fine dining and the entertainment district. Some favorite destinations of Congress attendees included: Notre Dam Cathedral, Montreal's Biodome, the Botanical Gardens, and the Mount Royal lookout.

## ODYSSEY 2006 RESEARCH CONFERENCE

By: Cathy McPhee

The Odyssey 2006 Research Conference was held October 26th & 27th at the Doubletree Inn in Ontario, CA. “Breaking Down Boundaries Through Collaboration” was the 11th time that local Chapters of the Honor Society of Nursing Sigma Theta Tau International have collaborated to produce this event.

Chapters contributing to this conference included Gamma Alpha, Loma Linda University; Gamma Gamma, San Diego State University; Gamma Tau, UCLA; Iota Eta, CSULB; Iota Sigma, Azusa Pacific University; Nu Mu, CSULA; Omicron Delta, UOP; Rho Beta, CSUSB; Zeta Mu @ large, USD & Point Loma Nazarene Universities; Upsilon Beta, CSUF; CSUN Honor Society and Mount Saint Mary’s College Prospective Chapter @ large with Gamma Tau.



Keynote Speaker: Kathleen Taylor (center) with Odyssey committee members Phoebe Kon (Gamma Gamma) and Mikel Hand (Gamma Tau)

The keynote speaker on Thursday was our own Past President of Iota Sigma, Kathleen Taylor, MPH, MSN, RN, who is the current STTI Region 2 Coordinator. She presented “Exploring Sigma Theta Tau: Boundaries and Collaborations”. The keynote speaker on Friday was Captain Warren Stewart, BSN, RN, EMT-P, CEN, Army Nurse, who enlightened us and touched our hearts while describing “Nursing on the Front Lines of Iraq: a Team Approach to Casualty Care.” Cpt. Stewart is a familiar face on APU campus where he has guest lectured and mentored senior students entering the United States Army.

Over 350 faculty and students from the sponsoring educational institutions attended one or both days of the conference. Other attendees included STTI members and faculty from other states and students from Western University. Podium and Poster presentations explored research and innovative and educational sessions were provided. One innovative session, “Michelle’s Place-Women’s Breast Cancer Resource Center, Lessons Learned” was presented by Kathleen Taylor and another, SCAN (Second Career and Nursing) Symposium was presented by Felicitas dela Cruz, Phyllis Esslinger, Marilyn Klakovich and Patricia Hanes, all Iota Sigma members. The session titled “Transforming the Second Career Student through Collaboration addressed recruitment of students and strategies employed in the SCAN program to enhance Communicative, Instrumental and Emancipatory Transformative Learning.

The Odyssey collaborative effort has always presented quality research and education in a professional and organized manner. It is consistently a success and a worthwhile experience. Plan to attend Odyssey 2007 in October, 2007 in San Diego. (Specific dates and location will be announced in the Spring newsletter.



Keynote Speaker: Captain Warren Stewart

## CALL FOR NOMINATIONS FOR 2007-2009

Iota Sigma will be holding elections in Spring, 2007 for 3 board positions. The **Vice President** position was filled by appointment for a one year term by Cathy McPhee when the office was vacated by Susan Elliott. Our current **Treasurer**, Lina Kawar, has completed one term and is running for a second term. The **Leadership Succession Chair** can only serve for one two-year term, so Phyllis Esslinger will need to be replaced. Please see below for the position descriptions for these 3 positions, and email Phyllis Esslinger, Leadership Succession Chair at [pesslinger@apu.edu](mailto:pesslinger@apu.edu) if you are interested or know of someone we can contact.

### VICE PRESIDENT

#### Qualifications:

- Be an active member of the chapter
- Consent to serve in the position

#### Responsibilities:

- Perform the duties of the President in the President's absence
- Be chair of committees, as needed
- Succeed into the office of President and serve until the next election in the event that the President vacates his/her officer during the two-year term
- Prepare an annual report to the chapter membership regarding the Vice-president's responsibilities and activities
- Responsible for the planning of chapter programs insuring that at least two are held each year

### TREASURER

#### Qualifications:

- Be an active member of the chapter
- Consent to serve in the position

#### Responsibilities:

- Be custodian of the funds
- Prepare a quarterly financial report and present a current financial report to the Board of Directors at each meeting
- Prepare and submit an annual budget to the Board of Directors with appropriate committee advisory council or task force
- Prepare and submit the Annual Chapter Financial Report
- Work with the accountant on the biennial audit and submit a copy to headquarters
- Obtain and complete necessary tax forms for the Internal Revenue Service
- For inductions, cut checks needed for international induction fees and jewelry and honor cord orders
- Oversee and manage the investment plan of the organization with support from the Board of Directors
- Develop and maintain fiscal policies and procedures in collaboration with the appropriate committee. Submit new policies or modifications of existing policies to the Board of Directors for approval.

### LEADERSHIP SUCCESSION CHAIR

#### Qualifications:

- Be an active member of the chapter
- Consent to serve in the position

#### Responsibilities:

- Develop members in organizational leadership roles across the span of their careers
- Mentor members to assume positions at all levels of the organization
- Oversee the selection of well-qualified members who can provide the necessary leadership to achieve chapter goals and to meet the needs of members
- Oversee the preparation, distribution and tallying of election ballots
- Notify all candidates (elected and non-elected) of the election results
- Note: Those serving as the Leadership Succession Committee Chair or on the Leadership Succession Committee are not permitted to be on the slate of candidates for officer or committee chair positions.



## IOTA CHAPTER REACHES OUT TO MEMBERS IN THE PHILIPPINES

By: Jerome Babate

I first knew of Sigma Theta Tau International Honor Society back in 1992 while browsing a few stacks of nursing books in our College library. I became interested in the Society partly because I was affiliated with a Greek-letter service organization in college. At that time, it was really impossible to become a member of STTI as membership was confined only to US and Canadian chapters. Additionally, communications at that time was on snail mail and it was not until 1994 when Internet technology was born in the Philippines.



improvements in my professional career starting as a regular active officer of the local chapter of the Philippine Nurses Association, and a fledgling nurse-owned cooperative. I did a brief teaching stint in the undergraduate nursing program in the late 90's. Lately I have taught in two universities for their Human Relations in Nursing course under the MA in Nursing program. In addition, I am on the finishing lane for my doctoral studies in management.

To briefly orient you, the Philippine educational system was patterned after the United States so it was expected that most of the literature in most if not all Philippine colleges and universities were written by American authors. And they would remain that way in the years to come. Side by side with the growth in the educational system, the Greek-letter societies have likewise sprung in major campuses across the country.

From 1930s up to the present, Sigma Theta Tau members who were book authors have contributed a lot in shaping the minds of thousand upon thousand of Filipino nurses through their scholarly research and textbooks. In fact, the ratio of nurse-authored books is 1:9 (Filipino: American)

Expectedly, after my graduation in 1993, I and six other colleagues organized the country's first Greek-letter nursing organization called Beta Nu Delta Nursing Society. Primarily, it was more of a social organization and confined its membership to six nursing schools in Southern Philippines.

I took the national licensure exams and passed on December 1993. I did graduate studies in business administration to supplement my working experience at a local drug rehabilitation center. By 1996, I finished my MBA – the youngest to graduate from this program and one of the few RNs in the country to take an MBA degree even until now.

The next five years starting on 1996 were marked with rapid

My various affiliations with professional and community organizations earned for me several scholarship grants to attend international conferences and training.

The last grant I received was from the Australian Nursing Federation. I was the lone Filipino to attend the 2nd Asia Pacific Nursing Congress. In that conference, I met a few Australian nurses who were members of a local STTI chapter. It was from them that I knew a nurse leader membership category would open new opportunities for affiliation.

Shortly after that event, I made initial inquiry into the Iota Sigma chapter through Professor Renee Pozza. It was providential that I have chosen Azusa Pacific University chapter among many chapters around. And so my induction was done on April 2005. The months following my induction were beneficial to me since I became involved in chapter activities as a member of the finance committee. Thanks to the email technology as this kind of involvement has become easy for me. The journals which I received and the opportunities to network formally and informally with STTI members have enhanced my professional nursing career.

So what will be the preferred future for me as an Iota Sigma member? The next couple of years would become exciting as new Filipino nurses will join our chapter. Three nationally-renowned nurse leaders in the country are set to join the chapter. Subsequently, we will create an STTI Philippines under the tutelage of the Iota Sigma chapter leadership. Personally, I believe that it is high time for Iota Sigma chapter to unleash its focus in the international arena. The best place to engage

## PHILIPPINES, CONTIUED FROM PAGE 16

is the Philippines because of its inherent traits favorable to the STTI, APU and Iota Sigma values: American-influenced nursing profession, and Christian-oriented locale

I am thankful that Kathlyn Taylor, Past President of Iota Sigma and current Region 2 Coordinator, has sent me a box of books which will now be placed in my University's graduate school library. This project is envisioned to become a nursing resource center in Southern Philippines. Not much penny is involved here but simply our dedication to help the new generation of nurses receiving world-class knowledge. Aside from nursing books, this project welcome greatly copies of nursing theses and dissertations!

I have also sent a few suggestions to our dear chapter president for consideration. I believe that Dr. Marilyn Klakovich has sensed opportunities in the next few months. Notwithstanding the planned web conferencing on 2007!

With this STTI Philippine network, we will be able to identify and harness a critical pool of nurse leaders who will lead a bright future for the nursing profession in the county.

Perhaps, a full chapter will be created within ten years. Let us help one another for a better nursing future.

## MONEY NURTURING TIPS BY CONNIE HORSTKOTTE, CFP® THE IMPORTANCE OF RETIREMENT PLANNING FOR WOMEN

### A PERSONAL LESSON

In the mid-90s when my father was ill, my mom retired earlier than she expected so she can take care of my father. Till this day, I could never forget the look on her face when she told me of her plans. She said that my dad had reassured her that she would be fine. Although, I could sense some concerns, I wasn't quite sure if they would need our help or if they did need our help, how to help them. My mom eventually retired after 30 years in the nursing profession and 19 years with her employer.

I come from a family of nurses, my mom was a registered nurse, my sister, my brother, and my sister-in-laws are too. I was the oddball of the family. I decided to become a software engineer. After my dad passed away, I realized I really didn't know how to help my mom. Just finding their financial documents and the right people to guide us in the right direction were big tasks. This was crisis planning! Unfortunately, most people decide to plan when a life event occurs. This was a big lesson indeed.

### THE CHALLENGES

Everyone has their own challenges in life, but women in particular face many unique challenges today: we live longer than men, we stay out of the labor force to raise families or we are sandwich between raising our children and taking care of our aging relatives. Some of us are having children later, some are single by choice, and some have blended families (yours, mine and ours).

Whether you are married or not, you may have already achieved many goals, but may still lack confidence in your financial future or lack the time or financial abilities to take care of yourself and your loved ones. These challenges make retirement planning more important than ever.

### So here are a few tips to remember:

- 1. Contribute to a retirement plan.** Sacrifice some money today for a more desired retirement lifestyle tomorrow. Take advantage of your employer's retirement plan or if you are eligible: an individual retirement account (IRA).
- 2. Have a spending plan.** Understand your spending habits so you can determine where to find money to build financial independence and pay off debts.

- 3. Educate yourself.** Read books on women and finances; if you can't afford it, I heard the library is free. Check your local newspapers and attend free educational women and investing workshops.
- 4. Develop a plan and work with your financial advisor.** Now more than ever, information is a commodity, there is so much out there, it can be confusing. The benefit of having someone filter the noise so you can make sound financial decisions and take a course of action can be invaluable.

It's funny, but we see a mechanic when our car needs attention. We hire a contractor when we add a room. We visit a doctor in case of aches and pains. And yet, we resist taking a good look at our own retirement strategy. There's always something else to do.

So take action now and begin thinking about your retirement future.

Connie Horstkotte is an independent financial planner who takes a comprehensive and personalized approach to financial planning. She holds the Certified Financial Planner designation (CFP®), and is a member of the Financial Planning Association.

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Note: The views expressed in this article are not intended to represent Iota Sigma or the Honor Society of Nursing, Sigma Theta Tau International.

## IOTA SIGMA MEMBERS “IN THE NEWS”

Kudos to Dr. Pam Cone, Nursing, on presenting two workshops at an international gathering and at a local conference.

Artinian, B. & Cone, P. (2006, May). *Introduction to grounded theory*. International workshop arranged by Bergen Research Group of Grounded Theory, Bergen University College. Bergen, Norway.

Cone, P. (2006, May). *On bending the don'ts of Glaser*. Workshop for doctoral students arranged by Bergen Research Group of Grounded Theory, Bergen University College. Bergen, Norway.

Cone, P. (2006, August). God at work in Haiti: Getting aboard. Paper presented at the Healthcare Missions Conference at Fuller Theological Seminary. Pasadena, CA.

Bravo to Dr. Felicitas Delacruz, School of Nursing, on receiving a federal and state grant for the School of Nursing.

Fely received a federal and state grant for the School of Nursing for the Academic Years 2006-07 and 2007-08.

06-07:

HRSA grant (\$284,091) for the last year of the Second Career and Nursing (SCAN) Program, CA Health Workforce Policy Commission grant (\$62, 535) for teaching/ learning resources of the Family Nurse Practitioner (FNP) Program

06-08:

CA Health Workforce Policy Commission grant (\$320,000) for faculty salaries to launch the Accelerated Baccalaureate Nursing Program at San Bernardino County  
CA Health Workforce Policy Commission grant (\$124,971) to develop, implement, and evaluate a Preparatory Academic Nursing Faculty Program here at the main campus