



Sigma Theta Tau International

Epsilon Epsilon Chapter

Winter 2009

**Sigma Theta Tau
International**
www.nursingsociety.org

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President's Message

*We are what we repeatedly do.
Excellence, then, is not an act but a habit.*
-Aristotle

Happy New Year everyone! I know it sounds cliché however the beginning of a new year is always a time when I reflect back on the previous year and make plans for the new year. Recently, I have been reflecting on the economy and the loss of jobs taking place in several company's throughout our country.

I watched a news report which showed recent college graduates were having difficulty finding jobs. A few days after the reports I attended a nursing graduation. As each graduate crossed the stage to receive their diploma, a brief word was said about each person graduating. All seventy graduates had jobs. We, as nurses, are fortunate. The need for nurses continues to be present as other industries look to make additional cutbacks.

This past year has shown that we are in the middle of some challenging times. With challenges come opportunities. Nurses have the opportunity everyday to make a profound difference in the lives of our family, friends, patients, and their loved ones. Sometimes I feel we take what we do everyday too lightly. It is easy to fall into the trap of believing it is just a job. Or, what I do does not make that much of a difference. Not many professions allow for you to be with a person during their greatest time of need. Whether you help bring new life into the world or you are their at the bedside during a person's last moments of life, what you do as a nurse cannot be truly defined. Thank you for all that you do for the profession of nursing.

May this new year be filled with opportunities for all of you in both your personal and professional lives.

Best regards,
Gary

STTI Leadership Academy, September 25-27, 2008

As Epsilon Epsilon Chapter's representative, I attended the STTI Leadership Academy in Indianapolis, Indiana. The Academy opened with an inspiring keynote address by Dr. Carol Huston, President of Sigma Theta Tau International. In *The Leadership Journey*, Dr. Huston identified 10 leadership lessons all nurses can use to increase their personal leadership skills and self-confidence to prepare to meet the challenges in professional nursing for the 21st century.

Several sessions involved participating in group activities that served to promote networking, boost confidence, and effectively plan and run meetings. While I usually don't usually like "group" activities, these were actually fun and provided an avenue for all participants to increase our comfort in working with others.

I had the opportunity to network with many people from around the globe, including one member of our region (Region 5) from Brazil. Region 5 met as a group three times. I had the honor of accepting an award certificate for our co-sponsorship of the Evidence Based Practice conference from Cathy Catrambone, Region 5 Coordinator. Thank you for this opportunity to represent our chapter! ~ Deb Erickson

Alzheimer's Walk October 5, 2008

Several members of Epsilon Epsilon chapter participated in the 17th annual Alzheimer's Memory Walk on October 5, 2008 on the Peoria Riverfront at Liberty Park. For those members who were unable to attend, thank you for your financial contributions.

STTI Informational Open House

Epsilon Epsilon held our annual informational meeting on Bradley University's campus on October 23, 2008. Several interested undergraduate students attended. Members enjoyed visiting with these students and provided insight into purposes and benefits of STTI membership.

Chapter Breakfast Meeting, Emerald Tea Room

We will be meeting at the Emerald Tea Room, in East Peoria on February 7, 2009 at 8:30 AM for our annual chapter breakfast meeting. Please RSVP to Pam Ferguson by January 31, 2009. Send your check, pay to the order of STTI Epsilon Epsilon, to Marilyn Miller-Luster STTI c/o Bradley University. Continental breakfast (rolls, juice, coffee) is \$10. Egg casserole with rolls, juice, coffee is \$13. If you would like to sponsor a student member to attend, please contact Gary Tupper via email.

Members will vote on the slate of candidates for induction. If you know of any nurses in the community that meet the requirements for membership, please send their name and professional information via email to Cynthia Steinwedel or Beth Cullen, Faculty Counselors (email address on front page of newsletter) by January 20.

Deb Erickson will present results of research from her dissertation: *Barriers to Physical Activity in People with Type 2 Diabetes Enrolled in a Worksite Disease Management Program*.

Evidence Based Practice Conference Set for April 6, 2009

Epsilon Epsilon is co-sponsoring the third Evidence Based Practice (EBP) conference with STTI chapters from Illinois State University, Illinois Wesleyan, and OSF College of Nursing. The EBP conference will be held in the Brown Ballroom at the Bone Student Center on Illinois State University's Campus from 8 AM—4 PM on April 6, 2009. Robin Newhouse, PhD, RN, CAN, CNOR, from the University of Maryland will be the keynote speaker. If interested in attending, please open the attached file for the conference flyer or contact Deb Erickson for additional information.

Sigma Theta Tau, Epsilon Epsilon Chapter Research Grant

Epsilon Epsilon offers an annual \$300 competitive grant for nursing research. Active Epsilon Epsilon members are invited to apply. The purposes of the award are to enrich the scientific base of nursing practice and/or education, as well as to give support and recognition to scholarship, leadership, and the research activities of members of Epsilon Epsilon. Applications are due January 20, 2009 to STTI c/o Bradley University. [Application and Instructions](http://www.bradley.edu/academics/ehs/nursing/honorsociety.shtml) can be found at <http://www.bradley.edu/academics/ehs/nursing/honorsociety.shtml>

Maggie Reichelderfer Professional Nursing (Service) Award

Submit your nomination for the Maggie Reichelderfer Award. The Maggie Reichelderfer Professional Nursing Award was first given in April, 1999. The award is open to any member of Epsilon Epsilon Chapter, Sigma Theta Tau International. The Professional Service Award was established to honor Maggie and her many contributions to the profession of nursing, while recognizing professional service of other chapter members. The primary consideration for a member to receive the award is professional service. One of the purposes of Sigma Theta Tau is to foster high professional standards and to strengthen commitment to the ideals and purposes of the profession. Maggie Reichelderfer was a graduate of Bradley University, Department of Nursing, and a member of Epsilon Epsilon Chapter. Please submit your nominations by January 20, 2009 to STTI c/o Bradley University.

Calendar of Events

February 7, 2009	Chapter Breakfast Meeting, Emerald Tea Room, East Peoria, 8:30 AM
April 5, 2009	Induction/Installation Ceremony, 11 AM, Radisson Hotel, Peoria, IL
April 6, 2009	Evidence Based Practice conference, Illinois State University, 8 AM—4 PM.