



# Beta Xi Newsletter

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## President's Message

Greetings Beta Xi Members!

As the weather begins to improve and the evenings stay brighter longer, there is a sense of renewed optimism in the air. I get that same feeling when I think about the future of Beta Xi Chapter. While I am proud of the accomplishments of the chapter in the last two years, I am also excited about the new directions our President-Elect Kathy Riley-Lawless will take us. And although I am sad to see some of our wonderful board and committee members step down from their posts, I am excited about the new volunteers who will be stepping forward to serve the chapter and gain valuable leadership experience.

This past quarter marks the arrival of a new technological initiative in our chapter – our active member email list. As your President, I struggled with the idea of developing an email list. The logistics of keeping up with current email addresses and how to handle requests to be removed were among some of the sticking points. Most importantly, however, I worried about bogging people down with yet one more email. As a condition of unveiling direct email communications with our members, I am committed to judicious use of the email list. I want to achieve our goals of timely and efficient information sharing, but I do not want to abuse the privilege. Fortunately, so far I have received numerous email replies from members lauding the service. I am optimistic that it will increase member participation at all levels. I invite you to let me know what you think about the initiative.

In addition to news and announcements, this newsletter contains our 2007 Ballot. We have several important positions to fill. This is your chance to influence the direction of the chapter by selecting individuals whose values are in line with your own. Please take the time to review the candidates and return your ballot to us. We appreciate your participation.

This greeting would not be complete without another invitation to join us for our annual Spring Dinner Meeting. We are trying something new this year. Our featured speaker is Susan DiBonaventura, an Italian cooking connoisseur. In a dynamic and inspirational fashion, she will prepare for us a wonderful Italian meal. We will have food, wine, networking, door prizes, and fun! We will conclude the evening with a brief update of chapter activities and with the community Nurse Leader induction ceremony. Friends and family are welcome to attend! All proceeds will benefit our nursing scholarship, grants, and awards fund.

As I near the end of my tenure as President, I can say with certainty that I gave this job my best. I do hope that I have served you well.

Cynthia Diefenbeck



## Members of Nursing Honor Society Bring Holiday Cheer to Clients at Upper Bay Counseling

By: Jerry Dorsman

*This marks our 8th year of the Holiday Outreach Program!*



On December 13, nursing students and faculty of the Beta Xi Chapter of Sigma Theta Tau, the Nursing Honor Society from University of Delaware, brightened the holidays for adult clients who attend the SHARE Day Program at Upper Bay Counseling and Support Services.

Members of the Honor Society brought 150 holiday gift bags and greeting cards, and various gift certificates to local stores. They also spent the afternoon stuffing the bags with various, additional gift items donated by local individuals and organizations. The gift bags were presented to the SHARE clients during the week before Christmas.



Pictured Above: (standing, l. to r.) Kim Ragan (UBCSS staff), Sherry Weleski (UBCSS staff), Elise Karwoski (student), Rachel Johnson (student), Cynthia Diefenbeck (Nursing faculty and President of the Honor Society), Nicole Marshall (student), Kimberly Klusty (student), and (seated, l. to r.) Judy Hermann (UD faculty), Beth Sterling (student), Grace Berlin (student). Not pictured are: UD faculty Shelia Cushing and Chris Hanna-Ronald.

## Advanced Practice Nurses in Motion

By: Barbara Sheer DNSc, FNP-C, FAANP

The International Council of Nurses (ICN) is a federation of national nurses associations representing nurses in more than 128 countries. In the US, ANA is the member group, and Sigma Theta Tau International has an affiliate membership. The advanced practice nursing network is under the umbrella of ICN and is coordinating the efforts of supporting advanced practice globally. The network has its own website <http://www.icn-apnetwork.org> and membership is open to all advanced practice nurses free of charge. The network is the newest network and has over 1,000 members. I am privileged to represent the US on the core steering group. Since its inception the network has identified over 50 countries either have or are developing the advanced practice role. To support the role the network sponsors conferences in the years opposite the ICN Biennium. In May, the network conference was held in South Africa. This afforded the nurses from South Africa the opportunity to network with international nurses. Botswana and South Africa have developed academic programs and are currently working on regulation to allow advanced practice. These nurses are working very hard to advance the profession and impact the health of their fellow citizens. The hospitals vary in technology and a primary care network is just beginning. The nurses face many challenges but are continuing to gain governmental support. The conference was a success and offered 300 nurses, support to realize their vision.



## Congratulations to the Beta Xi Award Winners!

Each year on Honors Day Beta Xi Chapter provides several awards to undergraduate students in the School of Nursing. We are pleased to announce this year's winners.

Julie Cullen submitted the winning essay on the Importance of Research and Scholarship in Nursing and was awarded a \$750.00 scholarship to be used for tuition for a graduate course in nursing.

Two senior students who best represent the vision and mission of the honor society and who excel by integrating scholarship, knowledge, and technologies into professional nursing practice were selected by fellow Beta Xi student members. Awards of \$150.00 were awarded to one traditional program senior, Megan Huck, and one accelerated program senior, Lindsay Isaacs.



Above: Megan Huck (left) and Julie Cullen (right)

## Leadership Intern Program Multiplies Three-fold!

The leadership intern program provides new members the opportunity to work closely with the leaders of the Beta Xi Chapter of Sigma Theta Tau International and develop leadership skills within the organization. With its success the past two years, Beta Xi expanded the program to accept three students this year! Dawn Brown, graduate student, is working with Cynthia Diefenbeck. Dawn is a leadership intern working on compiling an information clearing house and establishing contacts so our Kids Into Healthcare Careers outreach program can be expanded. Beth Sterling, undergraduate, is the leadership intern working with Judy Herrman in assisting with the planning of the Spring dinner meeting including soliciting donations and developing the brochure, among other things. Erin Schonewolf, undergraduate, is working with Pam Beeman to coordinate the tutoring program. She is searching for tutors and matching them with student requests for the undergraduate program in the school of nursing. Congratulations and thanks to our new leader interns!

## UD School of Nursing Hosts Nurses' Week Festivities

In honor of Nurses Week, the University of Delaware would like to announce an open invitation to all local RN's to our upcoming "Celebrate Nursing" event. We are hoping to have you forward this invitation to your nursing colleagues, so that they may RSVP. There are two events in different parts of the state to reach all Delaware nurses:

Christiana Hilton on Thursday, May 10th, 6-8:30pm  
Free appetizers (poolside) and a great atmosphere to network and see what UD has to offer!

You must RSVP via the link below by May 3rd:  
<http://www.udel.edu/DSP/events/05102007.html>

Dover Downs & Casino on Wednesday, May 9th, 6-8:30pm  
Free appetizers and a great atmosphere to network and see what UD has to offer!

You must RSVP via the link below by May 2nd:  
<http://www.udel.edu/DSP/events/05092007.html>

Let's Celebrate Nursing Together!  
Amy Nagorski Johnson, PhD, RNC



## Research Awards



A Research Grant was awarded to Beta Xi member Debra Wilson in the amount of \$1000 towards her research study entitled, "The Lived Experience of African American Nurses."

Beta Xi is pleased to announce the approval of research travel funds to Dr. Cynthia Diefenbeck for the purpose of presenting her research entitled, "Could cognitive-behavioral clinical supervision prevent or mitigate burnout in nurses?" The conference, the 6<sup>th</sup> Annual International Health Workplaces in Action Conference, was held in Ontario, Canada.

**Sigma Theta Tau International  
Beta Xi Chapter: University of Delaware  
Ballot, Spring 2007**

Please complete this ballot and send it to  
Pam Butler, 381 McDowell Hall, Newark, DE 19716 by May 14, 2007.

**Vice President: Vote for one**

\_\_\_\_\_ Cathleen Rossi-McLaughlin

\_\_\_\_\_ Write-in: \_\_\_\_\_

**Treasurer: Vote for one**

\_\_\_\_\_ Donna Mower Wade

\_\_\_\_\_ Write-in: \_\_\_\_\_

**Secretary: Vote for one**

\_\_\_\_\_ Judy Herrman

\_\_\_\_\_ Write-in: \_\_\_\_\_

**Faculty Counselor: Vote for one**

\_\_\_\_\_ Shelia Cushing, RN

\_\_\_\_\_ Write-in: \_\_\_\_\_

**Governance Committee: Vote for one**

\_\_\_\_\_ Amy Cowperthwait

\_\_\_\_\_ Write-in: \_\_\_\_\_

**Leadership Succession Committee: Vote for three**

\_\_\_\_\_ Beth Sterling (2 year term)

\_\_\_\_\_ Megan Kuhn (2 year term)

\_\_\_\_\_ Write-in (1 year term): \_\_\_\_\_

## **Beta Xi Ballot, Spring 2007**

### **Biographical Sketches**

#### **Vice President**

**Cathleen Rossi-McLaughlin, BSN, RN:** “Rossi” is a Senior Director at A.I. DuPont. She is a retired Lt. Col. in the United States Air Force. She served in Desert Storm and has been a flight nurse in the Philippines, as well as a nurse in trauma, critical care, and bone marrow transplant units. She has experience teaching, and taught all the military flight nurses at the School of Aerospace Medicine. She states she is “passionate about the art of nursing and educating the next generation” and would like to be instrumental in Beta Xi and contribute to the professional growth and development of our nurses, present and future.

#### **Treasurer**

**Donna Mower Wade, MSN, RN, CNS:** Donna received both her BSN and her MSN from the University of Delaware. She has worked at Christiana Care as an Assistant Nurse Manager and in the neuro ICU. Presently, she is a trauma CNS. She has several publications on critical care, trauma, and neuro topics. Donna has held many positions in Beta Xi chapter, serving as President, Secretary, the Chair of publicity, Newsletter editor, and on the Nominating Committee.

#### **Secretary**

**Judy Herrman, PhD, RN:** Judy has been a member of Beta Xi since 1980 and has served in several capacities, including corresponding secretary, counselor, recording secretary, and president. She is a faculty member at the UD and is active in service, teaching and nursing research.

#### **Faculty Counselor**

**Shelia Cushing MS, RN :** Shelia graduated with a Diploma from the Nursing School of Wilmington, a BSN from the University of Pennsylvania and an MS in Nursing from the University of Maryland. She is an Assistant Professor of Nursing at the University of Delaware. She is currently a clinical instructor in medical-surgical nursing. Shelia has been active in Beta Xi chapter for many years and has held several chapter offices

#### **Governance Committee**

**Amy Coperthwait, BSN, RN:** graduated from the University of Delaware with her BSN in 1987. Amy has worked for many years as a staff nurse in emergency and medical-surgical settings. Amy is presently employed as the Simulation Lab Coordinator at the University of Delaware School of Nursing. She has previous experience as a staff nurse in emergency settings. She is a newly inducted member who desires to get involved in the organization.

#### **Leadership Succession**

**Megan Kuhn:** Megan is a senior nursing major who was inducted in November of 2006. She is very excited to begin her employment with a Pediatric Critical Care Internship in the PICU at Johns Hopkins this August. She has been active in the Beta Xi chapter and attends all meetings. Megan has taken a lead role on developing the Kids in to Healthcare Careers/Girl Scouts event with Dr. Evelyn Hayes, which will take place in late April. She will be awarded the Sigma Theta Tau Undergraduate Award at Honors Day having been nominated by her peers. Megan is the senior student representative on the School of Nursing's Curriculum Committee. She is also the president of her community service fraternity, Alpha Phi Omega.

**Beth Sterling:** Beth will graduate from UD in May of 2007 and would like to stay active in Beta Xi chapter. She currently serves as a leadership intern; her position primary pertains to helping to set up, promote, and support the annual spring dinner meeting, as well as any other fund-raising activities. Beth will attend the 18th annual STTI nursing research congress in Austria this summer to give a presentation on child abuse, which she plans to submit for publication.

## Member Spotlights

*Dyane Bunnell, MSN, RN-BC, CPON*



**Educational background:**

BSN University of Delaware (1982)  
 MSN University of Delaware Clinical Nurse Specialist Oncology/  
 Immune Deficiency (2002)

**Previous nursing positions that you have held:**

Pediatric Oncology/BBMT clinical nurse for over 20 years

**Current nursing position:**

Clinical Nurse Educator and Coordinator of Hematology  
 Oncology Education

**What do you like the best about your advanced practice role?**

Influencing the clinical practice of nurses who care for the most  
 amazing patient population.

**What accomplishments are you most proud of?**

Finding myself in a position that allows me to teach and mentor  
 clinical nurses in their professional development and pursuit of  
 excellence in nursing.

**What do you like the best about being a member of Sigma Theta  
 Tau?**

On a national level, Sigma's emphasis on research is most  
 appealing.

On a local level, Sigma membership provides the opportunity to  
 network with clinical and academic colleagues from throughout  
 the area.

**Hobbies?**

-Reading and travel

**Family/pets?**

3 Children: 2 daughters in college, 1 teenage son at home  
 Pets: 10 year old goldfish living in a pint of murky water

*Melanie L. Chichester, BSN, RNC*



*Maggie is being affectionate in her own special way!*

**Educational background:**

BSN from U of D in 1987  
 Certification in Inpatient Obstetrics, Critical Care Obstetrics,  
 RTS Bereavement training

**Previous nursing positions that you have held:**

2 years at Sacred Heart Medial Center in Chester, PA, staff  
 nurse

**Current nursing position:**

RN Level II in Labor & Delivery at Christiana Care Health Sys-  
 tem (18 years)

**What do you like the best about your role?**

I am a direct care nurse, 20 years of full time midnights!

**What accomplishments are you most proud of?**

When one of my former perinatal loss patients comes back in  
 to have a healthy, living baby and wants me to be with her with  
 this delivery also.

**What do you like the best about being a member of Sigma  
 Theta Tau?**

I am enjoying the opportunity to meet other nurses interested  
 in expanding their professional role.

**Hobbies?**

-Serious bookworm- we just finished converting our 2-car ga-  
 rage into a 20x20 library with fireplace for the 7,000+ books  
 we own.

-Sing alto in my church choir for almost 30 years (Immanuel  
 Church, Highlands, Wilmington, DE)

-Travel, hiking (just returned from Savannah, Georgia- we highly  
 recommend Harris Neck Refuge)

**Family/pets?**

Husband John of 10 years.

2 cats- Maggie and Piper

# Winter Retreat: A Productive and Fun Meeting

**Become an active member in the Beta Xi Chapter so our success will continue to flourish!**

What happens when you get six dutiful Beta Xi members together for a meeting....LOTS of work gets done. And they have fun, too. Kathy Schell, Lyn Hayes, Erlinda Wheeler, Tom Bernadzikowski, Cynthia Diefenbeck, and Judy Herrman convened to assess progress on the Strategic Plan, discuss Beta Xi's participation in applying for international awards, and discuss upcoming events. Cynthia led the group in a SWOT analysis, in which the strengths, weaknesses, opportunities, and threats confronting our chapter were discussed. The group recognized the School of Nursing, University of Delaware in its support of the chapter with mailings and participation in chapter functions.



Above: Judy Herrman



Above: Cynthia Diefenbeck & Kathy Schell

Plans for the future include the spring dinner meeting and Nurse Leader induction in which members are encouraged to attend an "Evening in Tuscany."

Lyn noted that several nurse leaders in the state are organizing a Kids into Health Careers event potentially to be conducted during Nurses Week. As Beta Xi continues to move forward, it is the enthusiasm and hard work of its members which shines through.

The chapter is fortunate to have an active membership, great leadership, and a purposeful sense of direction. Please consider running for a board position, attending future meetings, and becoming active in the chapter so our growth and success continues and Beta Xi continues to flourish!



Above: Tom Bernadzikowski & Lyn Hayes



Above: Lyn Hayes & Erlinda Wheeler

## Beta Xi Members are Going International!



Congratulations to all the Beta Xi members who will be presenting original research in Vienna, Austria as part of the 18th annual Research Congress. Among those presenting include:

- Dr. Erlinda Wheeler and Beth Sterling, a U of D nursing student and recent inductee.
- Dr. Evelyn Hayes is presenting on her research entitled, "Buddy System: An Effective Intervention for Tobacco Cessation for Young Adults."
- Dr. Erlinda Wheeler is presenting on research studies entitled: "Psychological Impact of Implantable Cardioverter Defibrillators on its Recipients" with Tom Hardie, Ingrid Pretzer-Aboff, Angela DiSabatino, Jennifer Saylor, and "Patient Adherence to care and Quality of Life after Bariatric Surgery" with Douglas Sutton, EdD, ARNP.
- Dr. Judy Herrman is presenting on Adolescent perceptions of teen births: A focus group study discusses the results of 17 focus groups with 120 teens from the state of Delaware. The presentation examines the adolescents' perspectives and nursing and policy implications.
- Dr. Amy Nagorski Johnson is presenting "Skin-to-skin holding effects on caloric composition of breastmilk" which was funded by a UDRF grant. Her daughter Katy (Molaski) Griffith is presenting a poster presentation entitled "Examining Sun Safety Program Results in Australia."



## A Chapter of Sigma Theta Tau International

Beta Xi Chapter  
University of Delaware  
School of Nursing  
College of Health Sciences  
Newark, DE 19716-3710



## Sigma Theta Tau International

### Calendar of Events

#### April 18, 2007

Spring Dinner/Business Meeting and Nurse Leader  
Induction, Newark First Presbyterian Church

#### April 28, 2007 8:30am-12pm

Kids into health careers outreach project

#### May 30, 2007 from 5 to 8pm

Officer Transition Meeting for Board and Committee  
Members

#### July 11-14, 2007

18<sup>th</sup> International Nursing Research Congress  
Vienna, Austria

#### September 30, 2007 from 11:00-2:00pm

Tri-State Consortium Brunch

#### October 2, 2007

2nd Annual Member Appreciation Celebration  
Deer Park Tavern

#### November 2-7, 2007

39<sup>th</sup> Biennial Convention  
Baltimore, MD

#### November 16, 2007 7pm

Induction Ceremony  
Clayton Hall

\*\*Other fall meetings TBA\*\*

#### 2007 Nurses Week Outreach Activities

Look for us at the following events:

**Thursday, May 10<sup>th</sup>**

**7:30am – 10:30am**

**A.I. DuPont Hospital/Nemours**

**2<sup>nd</sup> Annual Join a Professional Organization Fair**

**Tuesday, May 15<sup>th</sup>**

**10:00am – 4:00pm**

**Wilmington Hospital**

**2007 Nurse Fest**

**Wednesday, May 16<sup>th</sup>**

**10:00am – 4:00pm**

**Christiana Care**

**2007 Nurse Fest**

Special Olympics of Delaware will be hosting the summer games on June 8<sup>th</sup> and 9<sup>th</sup> at the University of Delaware campus. We are looking for a few nurses to help man the wellness booth. If anyone would like to help out they can e-mail [cpolek@udel.edu](mailto:cpolek@udel.edu)

#### Nurses Needed!

