President’s Message

Dear Colleagues,

I have been reminiscing about my two years as President and what my last message shall be. I realize how I have had numerous opportunities, personally and professionally, to grow within the organization. As my thoughts continued, I began to understand more about professional growth.

Recently one of my lectures was about ethics. This year I focused more on the American Nurses Association (ANA) Code of Ethics for Nurses. Preparing my lecture, I reviewed the updated code and realized how the nursing profession has evolved over the years. One focal point was that nurses no longer are obligated to only follow the orders of the physician. As stated in the code, nurses are now collaborators.

I thought back to my days as a student nurse and my view of nursing at that time, I felt my role was to care for others and help maintain their optimal level of health. I thought the physician dictated the care of the patient. I remember my instructors impressing on me how much more the role of the nurse is. Reviewing the Code of Ethics, I understood what they were impressing upon me. The role of the nurse is much more and we have a responsibility to our profession. We are called to address any concerns the patients and their families have, or, as nurses, we have, in regards to their care. We have been given the moral authority to do so. I remember the times when I was very hesitant to address concerns with a physician. Practicing as a nurse, I became more comfortable in doing so and noticed how more physicians welcomed this interaction. I now understand what my instructors were impressing upon me.

In the Code of Ethics much emphasis is placed on conveying to the public the values of the nursing profession. Provision 9 focuses on the nurse’s responsibility to society to express and demonstrate our values. We are able to do this not only through our interactions with others, but also through our professional organizations. By being involved in STTI, we are able to carry out this provision locally, regionally and globally. STTI provides the forum to participate in activities that promote health and values.

I am honored to be a professional nurse and to belong to such an esteemed organization. I want to thank all my instructors and mentors who have impacted my career. I also want to thank all the members who provided me with the opportunity to represent Rho Gamma as your President. Thank You!

Vicki Teribury
Recent Events

Sharing Innovations
February 8, 2016

Once again Meier Hall opened its doors to regional scholars for the 16th Annual Sharing Innovations event which took place on February 8th. Rho Gamma members, students, and friends were in attendance to hear the podium presentations and view the posters.

Susan Lanzara, PhD, RN, CNE, assistant professor at Mansfield University, was the first to ascend to the podium. Dr. Lanzara shared with the group the results from her dissertation research on what nursing students experience in simulation. The title of this research is A Phenomenological Study Exploring Baccalaureate Nursing Students’ Experience in Simulation. Fifteen upper level nursing students who had participated in medium and/or high fidelity simulation were at the center of the study. Even though each student’s description of his/her experience during simulation was unique, five essential characteristics were identified. These were anxiety, making mistakes, realism, putting it all together, and having value. It is hoped that studies such as this will result in the design, implementation, and evaluation of simulations that maximize the benefits of simulation while minimizing the negative aspects.

Next up to the podium was Nancy Runyan MSN, RN, instructor at Mansfield University. Ms. Runyan spoke on the growing problem of incivility in academia. Although much has been written on incivility in nursing in general, there is need for greater research on faculty-to-faculty incivility. A healthy work environment is necessary for the satisfaction and retention of new nursing faculty. A review of literature was done which suggests that there is an

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Recent events cont.

improvement in morale, and a decrease in uncivil behavior among faculty after participation in mentoring programs and workshops designed to address uncivil behavior. This is important because the loss of faculty because of uncivil behavior will only add to the current nursing faculty shortage.

Lastly, Karen Chapman MS, RN, CWOCN, reported on a recent project from the Guthrie Clinic Robert Packer Hospital entitled A Quality Initiative: Standardizing the Support Surface in the Critically Ill Population to Reduce Hospital Acquired Pressure Ulcers. Other professionals involved in the preparation of this report included Karen Colegrove, MSN, RN, CCRN, and Christine Nolan, MS, RN. At the Robert Packer Hospital a quality improvement intervention took place on the 26-bed Intensive Care Unit. This intervention consisted of selection and purchase of new pressure redistribution beds and mattresses, as well as caregiver education on appropriate use of these beds. The facility’s prevention bundle for hospital acquired pressure ulcers (HAPU’s) was also continued as part of the standard of care; however, standardization of bed technology utilization was the main focus of this initiation. Ten months prior to this initiative, there were 13 HAPU’s; after the initiation, there were 3. Standardization of bed technology may have contributed to this reduction, and helped ensure evidence-based best practices were provided at the bedside.

Posters describing the above projects were available for review and discussion, as well as the following:

Comparing an old ICU to a New Modernized ICU. Does the Design and Layout of a New ICU Impact How We Care for Our Patients? Kelly Coldiron, RN, CCRN, MSN; Robert Packer Hospital, ICU

Journey to Pathway to Excellence: The Yellow Brick Road to Excellence Shelley Deer, RN-BC; Evelyn Jo Truaz, BSN, RN; Cynthia DeMuth, RN-BC; Arnot Health

Development and Testing of a Perinatal Smoking Status Assessment Tool, Geraldine R. Britton, FNP, PhD; Joyce Rhodes-Keefe RN, MS; Rosemary Collier, RN, BS; Lori M. Sprague, RN, MS; Gene Werner, RN; Julie Bennett, RN; Patricia Creagh, RN; Steven Lynn, PhD; and Gary D. James, Phd, Binghamton University and Lourdes Hospital

Special thanks are given to the following Rho Gamma members who helped make this evening such a success: Bernadette Mowry, Jennifer Carapella, Kathy Lucke, Linda Yonkin, Tammy Bocek, William Godfrey and Suzanne Urban.
Anita B. Ogden Memorial Symposium

March 18, 2016

The Elmira College hosted the Annual Anita B. Ogden Symposium on March 18, 2016. The topic for this year’s symposium was: **Traditional Healing and Modern Medicine: Informed Partners.** The speaker was William Fudeman, L.Ac., LCSW.

Elmira College was able to bring this professional healer to the College through an endowment, established in Dr. Ogden’s memory, that is supported by colleagues, alumnae and friends. Anita B. Ogden, a nationally known nursing leader, was Director of Elmira College Nurse Education Program from 1989 until her death in 2000. Dr. Ogden considered complementary therapies to professional nursing care an important adjunct to traditional medicine. Rho Gamma chapter of Sigma Theta Tau International Honor Society of Nursing and Professional Nurses of the Twin Tiers provided additional support.

Rho Gamma members and many Elmira College nursing students were in attendance at this presentation, as were community members interested in the role of traditional healing in healthcare. Mr. Fudeman (Will) introduced his topic by leading a discussion on the strengths of both modern western medicine and traditional healing, with a focus on Chinese Medicine. He stressed how the latter can be effective in the treatment of quality of life concerns.

Will interspersed his didactic approach with relaxation and other techniques that can bring harmony and balance into our lives. He introduced the participants to an overview of certain elements which are the focal points of traditional Chinese medicine theory: Qi (or Life Force), the Eight Principles (Yin, Yang, Excess, Deficiency, Hot, Cold, Inside and Outside) and Five Elements or Phases (Water, Wood, Fire, Earth, Metal). He touched on three sources of illness (external pathogenic influences, inheritance or predisposition, and those internally generated through negative emotions). He explored the Chinese medicine approach through nutrition and combining herbs.

As a licensed clinical social worker, Will understands the pivotal role of emotions in all health concerns, Chinese and Western. He discussed the role of traditional approaches, such as acupuncture, Chinese herbs, meditative practices, Shamanic initiatory practices and storytelling. Because post-traumatic stress disorder (PTSD) has been so resistant to psychotherapy, there is a renewed interest in body-based strategies,

Will invites you to his website for further information:

[www.willfudeman.com](http://www.willfudeman.com)

Next year at the Anita B. Ogden Symposium: **Tioraona Low Dog, MD.** Find out more about Dr. Low Dog at [https://drlowdog.com/](https://drlowdog.com/) “Where traditional wisdom meets modern medicine for transformational health.”
In honor of National Nurses’ Day on May 6, a special acknowledgement for a job well done goes out to Elaine Caso and a truly amazing group of nurses. Here is their story:

The Family Health Center of Elmira, located for many years in the Elmira Medical Arts Building, recently closed its doors. I met with its director, Elaine Caso, to hear the story of this community center, which had been offering free services to underserved populations in the area since 1983.

Elaine is a past president of Rho Gamma and someone who has truly dedicated herself to the values that nursing holds dear. Those of us who have lived in the Southern Tier of New York for any amount of time know that the early eighties were a very difficult period for many of its residents. Industries, which had made the area strong, were closing or moving elsewhere. The unemployment rate soared. Elaine’s husband found himself in the ranks of the unemployed. Catholic Charities had started workshops to help people get back on their feet. Committees were formed to help people with financial issues. Elaine looked for ways that she could help. When the subject of health insurance came up as an area of concern, she knew that she, as an advanced practice nurse, could make a difference.

Her friend, and fellow Rho Gamma member, Joan Barneski, had a similar idea. Joan had written a paper for a course at Binghamton University that touched on the subject of community clinics. With the help of the president of Arnot Health, they were able to obtain a grant from the Community Foundation of Elmira. Elaine and Joan heard that a healthcare business in Apalachin was closing and that medical equipment was for sale. The Family Health Center of Elmira was born. Terry Gulati and many other volunteers joined in.

Free services that were provided by this enterprising group of nurses included screenings, health education, blood pressure checks, and information about a variety of health issues. The center also was pivotal in providing preceptors for nurse practitioner students. Its first home, as part of the social ministry, was at St. Peter and Paul’s school. After 11 years, the volunteers had to move location and found a space at the YWCA in Elmira. For several years, they joined forces with the Health Ministry of the Southern Tier (HMST), a United Way agency, and were part of the Community Care Center, an umbrella agency started by members of the United Way. The nurses received valuable assistance from the HMST, but were able to remain autonomous and stay true to a nursing model rather than a medical model as proposed by the HMST. Dorothea Orem’s self-care deficit model was their focus.

Over the years, the Health Center’s mission changed. For many years, the center provided free physical assessments. When it came time to start a job, low-income individuals could come to the center to have work physicals completed. This was also true for children going into daycare. People who were ill were usually referred or seen by the nurse practitioners. Overall, the nurses helped nearly 14,000 people. Physicians in the community also helped out from time to time, most notably Dr. Terrence Lenhardt, Dr. Tom Finnerty and Dr. Marc Immerman. Since the nurses at the center were an integral part of the community, they knew when and where to make referrals for ongoing care and treatment. They also assisted individuals with getting prescriptions filled at local pharmacies.

Cont. p.6
Nurses cont.

Schools throughout Elmira knew that the Family Health Center was there to help. The center offered to do physical assessments for troubled youth in the STARS program. It was always rewarding for the center volunteers when they saw that these individuals were later able to get good jobs and a new start in life.

With the advent of the Affordable Care Act and the expansion of Medicaid, more people now have insurance. The Family Health Center saw that its mission was coming to an end. Elaine contacted a “neighbor”, Dr. Richard Terry of Eastside Primary Care on St. Joseph’s Boulevard, who agreed to have the Family Health Center’s clients referred there. Even the medical equipment purchased those many years ago, along with others purchased with grants, found a new home in the nursing education program at Elmira College.

Elaine would like to thank all the nurse volunteers who made the Family Health Center of Elmira such a success. Among these generous women were Joan Barneski, Maureen Tuite, Michelle Vesneske, Rebecca Becraft, Joyce Stehle, Ginny Herrick, Joyce Hyatt, Judy Beecher, Catherine Castellino, Anne Harris and many, many others. These volunteers were true advocates for the health needs of the community. The spirit they embodied will live on in the hearts of the countless individuals they helped.

contributor Suzanne C. Urban

Thank You!

...to the following Rho Gamma members who made a contribution to the chapter while renewing their membership.: Teresa Bird, Jan Brewer, Lou Ann DiPeta, Kaylynn Hallahan, Bandu Haynes, Evelyn Lutz, Jordan Pinamonti, Lois Schoener, Vicki Teribury and Suzanne Urban. Thank you also to Kathy Lucke who made a contribution to STTI’s Foundation for Nursing which supports nursing through research, leadership, membership services and other STTI initiatives.
By using the Rho Gamma Chapter’s Get-A-Member Campaign, we hope our members will honor nurse colleagues who share the commitment to research, education, nursing practice and leadership by nominating them for membership. Our next chapter induction is slated for the Fall of 2016.

There are three classifications of membership: undergraduate student, graduate student and nurse leader. Nurse Leader membership is open to Registered Nurses, legally recognized to practice, who hold at least a baccalaureate degree in nursing or in another field and have demonstrated achievement in nursing. If you would like to nominate a nurse, please contact Vicki Teribury, rhogamma@elmira.edu.

A mechanism also exists for nurse leaders to sponsor their own membership in Sigma Theta Tau International. By going to the STTI website and clicking on the membership tab, a potential member can access information on joining the organization, as well as indicate a chapter preference (Rho Gamma’s Chapter number is 409). STTI then submits the self-nominee’s application to the local chapter which has the authority to approve the candidate’s membership.

For further information on the process you can consult the SSTI website www.nursingsociety.org/membership. And, share this avenue with a friend.

An honor to join . . . A benefit to belong.

Do you have a community project, presentation, or research project for which you need financial backing? You are encouraged to apply for the Rho Gamma Chapter STTI Research Scholarships.

The purpose of the scholarships is to provide financial assistance to members of Rho Gamma who are engaged in scholarly research either as a part of a graduate nursing program, community project or presentation (poster or podium) at a regional or international conference or program. These applications are accepted throughout the year. The scholarships will be awarded at the annual business meeting in April. Applications are accepted throughout the year. Any applications received after March 1, 2017, will be considered for the following year. Two awards of $200 each will be distributed this year.

Applications will be sent to the membership in early 2017 or can be obtained by writing to rhogamma@elmira.edu. Applications are then submitted to Rho Gamma Chapter, Elmira College Nurse Education Program

ATTN: Research Committee, 1 Park Place, Elmira, NY 14901

Due Date 3/1/2017

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Rho Gamma Chapter STTI Research Scholarship

Words of Wisdom

“It is never too late to become the person you could have been.” George Elliot
Rho Gamma will graciously accept any gently used jewelry you might have. Drop off at Nursing Education office or contact us at rhogamma.edu for further information.

An Open Invitation to Rho Gamma Members

The Board of Directors extends an open invitation to all members to attend Board meetings. Usually the Board meets on the **second Monday of each month** at Elmira College in the 3rd floor Conference Room, Cowles Hall, 5:00 pm. In very rare instances, dates or times for meetings may be altered. Please check with Rho Gamma by phone at 607.735.1890 or rhogamma@elmira.edu for Board Meeting verification. REMEMBER, come to all general meetings. General meeting attendees are eligible for a yearly drawing which entitles the winner to attend a general meeting free of charge. Rho Gamma members may earn extra chances to win by bringing a non-member colleague to a meeting. **Next board meeting: Monday, June 13, 2016.**

Have difficulty attending a Rho Gamma meeting?

The Rho Gamma Board of Directors is interested in maintaining and increasing the participation of our retired members. Retired or not, if you need a ride to a meeting or would like to carpool, please e-mail us at rhogamma@elmira.edu and let us know.

You can access information (newsletters, scholarship applications) by going on-line to the Elmira College website (in order, click: academics, majors (nursing), honor society).

Also, please let us know if your email address changes!!! rhogamma@elmira.edu

Rejoining STTI/ Transferring Membership

If you know of any inactive members who are considering becoming active again, please ask them to call 1-888-634-7575. STTI headquarters and member services are there to assist them. This is true for those who would like to transfer their membership to Rho Gamma.

Become a VIP through the Circle

Sign in at http://membership.nursingsociety.org to complete your Volunteer Interest Profile (VIProfile). Your VIProfile connects you with potential volunteer opportunities at various levels. Here is the link:

https://membership.nursingsociety.org/vip/default.aspx

Rho Gamma receives points for each member who becomes a VIP—become one today.
Toiletries Needed

The Catholic Charities is in need of toiletry items for local families. If you have any hotel size toilet items that you wish to donate, please bring them to the next Rho Gamma meeting or drop them off at the nurse education office. Items needed include:

- Soap
- Shampoo
- Toothpaste
- Shaving Cream
- Mouthwash
- Toothbrushes
- Lotion
- Razors
- Conditioner

Red bookshelf Donations—More Important than ever; see below

Rho Gamma continues to spread the word regarding the Family Reading Partnership’s promotion of literacy in our community. Our book collection campaigns are maintained throughout our area. Gently used children’s books may be placed in the red boxes at the following locations:

- Nurse Education Program at Elmira College — Cowles Hall
- Arnot Ogden Nursing Program—Clute Building—Arnot Ogden Medical Center
- Nursing Program at Corning Community College
- Elmira College Library
- Guthrie-Mansfield Education Center, Patterson Building, Sayre, PA

All donated books are given to the Family Reading Partnership for distribution in our community.

The American Academy of Pediatrics advises pediatricians to encourage parents to read to their children starting in infancy. According to the AAP’s research, early exposure to language “has a profound influence on children’s learning through life.” We must get books into the hands of ALL families!

Rho Gamma is collecting empty pill bottles for use by our members who are participating in medical missions overseas. Please drop off at the Nurse Education Office, Cowles Hall or bring with you to any meeting/dinner that you attend.
Vision

The vision of the Honor Society of Nursing Sigma Theta Tau International is to create a global community of nurses who lead in using knowledge, scholarship, service and learning to improve the health of the world’s people.

Mission

The mission of the Honor Society of Nursing, Sigma Theta Tau International is to support the learning, knowledge and professional development of nurses committed to making a difference.

Upcoming Events 2016


Rho Gamma Induction and Octagon Fair, Family Weekend, October 7th and 8th

Fall Dinner and Educational Presentation—Date and Location TBD; presenter Dennis Caso