Hello Xi Alpha Members,

It’s now June, and I wanted to update you on the chapter activities since the last newsletter went out in November 2012. At our first meeting of 2013, the Board authorized a donation to the MTSU Student Nurses Association Global Initiative Committee to help with expenses associated with a planned medical mission trip to Los Robles, Guatemala.

Eleven nursing students and one faculty member (Dr. Paul Williamson, Xi Alpha’s Leadership Succession Chair) returned on May 26th after spending eight days operating a clinic where they managed and met the healthcare needs of hundreds of Guatemalan citizens. Members of the group will discuss the trip and their experiences as featured speakers at our fall General Member Meeting, tentatively planned for late October.

Xi Alpha’s spring Induction ceremony was recently held at the Stones River Country Club in Murfreesboro on Friday, May 3, 2013. Eighty-nine candidates accepted the invitation into membership, and 60 of those attended the Induction ceremony!
Ms. Shelly Moore, Assistant Professor of Nursing at MTSU was the guest speaker and in her scholarly presentation entitled “Predicting Student Nurses Critical Thinking from Perceptions of Structural Empowerment within the Learning Environment”, she shared findings from her dissertation research. Newly elected officers for the 2013 – 2015 term were also installed during the ceremony. Two new STTI members, Ms. Elizabeth Schaller (a graduating senior) and Ms. Bianca Maselter, (a first semester senior student) were selected as this year’s recipients of the Patsy N. Forrest Scholarship for Exceptional Academic Achievement, and were acknowledged at the ceremony. Congratulations to these young women for their exceptional academic achievements, spirit of community service, and leadership in and enthusiasm for the nursing profession.

On May 14, 2013, the Board met for its annual Transition meeting and established the activities calendar for 2013-2014. Although some details are still being finalized, we wanted to be sure you had the dates for the upcoming activities. The calendar and the officer roster are also included in this newsletter. Updates to the calendar, and additional information about the General member meeting will be sent in September. Have an enjoyable summer!

Regards,
Cathy Cooper

The 29th President of the Honor Society of Nursing, Sigma Theta Tau International, Suzanne Prevost, PhD, RN, COI will deliver her state of the society address at the opening plenary presentation for the 42nd Biennial Convention which will be held in Indianapolis, IN from November 16-20th 2013.

Dr. Prevost’s presidential call to action, Give Back to Move Forward, spotlights four key themes: creating your legacy; engaging in collaboration; responding to vulnerable populations; and embracing technology. Her opening address will emphasize how her call has been put into action.

Xi Alpha chapter has 2 delegates who will be attending, as well as several members who will be presenting. Please consider attending this convention if your schedule permits. It is a wonderful opportunity to learn more about the global impact STTI is having on nursing education, research and practice, as well as meet and network with nursing colleagues from around the world!

Registration Deadlines:

Early Registration - 18 September 2013
Standard Registration - 16 October 2013
Onsite Registration - 17 October 2013

For further information, visit:

http://www.nursingsociety.org/Pages/default.aspx
Welcome New Inductees!

On May 3, 2013, Xi Alpha inducted 89 new members! Congratulations!

Meet the Xi Alpha Officers

- Cathy Cooper – President
- Sherri Stevens – Vice President
- Bobbie Jo Carter – Secretary
- Richard Meeks – Treasurer
- Janice Harris – Governance Chair
- Katherine Pendleton – Governance Committee
- Patricia Davis-Scott – Governance Committee
- Amanda Flagg – Faculty Counselor (MTSU)
- Gail Humes – Faculty Counselor (Cumberland)
- Paul Williamson – LSC Chair
- Carol Ann Bach – LSC Member
- Gloria Morrison – LSC Member
- Anjo Salunga – Publicity Chair
- Kristi Plunk – Publicity Member
- Amie Wiser – Publicity Member
- Andrea Sherwood – Membership Ambassador
- Chelsea Odil – Membership Ambassador

STTI Region 8 Conference:
Thursday, October 30th – Saturday, November 1st, 2014

Xi Alpha Chapter (Middle Tennessee State University and Cumberland University) will host the 4th STTI Region 8 Conference which will be held October 30 – November 1, 2014 at the Embassy Suites Hotel in Murfreesboro, TN. Dr. Suzanne Prevost, current President of STTI, will be the keynote speaker on Saturday morning. November 1st. Of special significance is that Xi Alpha will celebrate the 20th anniversary of its charter in 2014. A program planning committee has been formed and planning for this event is under way. As you might imagine, planning and hosting a conference of this magnitude will require many volunteers. Please consider responding with “Yes” to an invitation to serve Xi Alpha in some capacity should you be asked in the future. Thank you!

Upcoming Xi Alpha Events

September 13, 2013
3:00PM-4:00PM
BOD Meeting
Location: TBD

October 22 or 29, 2013
Time: TBD
Fall General Membership Meeting – Dr. Paul Williamson and students on Guatemala trip.
Location: TBD

November 22, 2013
3:00PM – 4:00 PM
BOD Meeting
Location: TBD

More information to follow!
Mission, Compassion, Reflection

From our first meeting in late November 2012 this Guatemala Nursing Team had one focus; serving the unmet healthcare needs of poor rural Guatemalans. This was accomplished. Eleven nursing students and a nursing faculty served over 325 local residents at 4 different locations in the highlands just outside of Guatemala City. Along with our colleagues from Humanitize Expeditions, based in Utah, we were able to bring some comfort, caring and happiness to these people. Although they are very self-sufficient and equally industrious, the poverty is obvious, and unmet healthcare needs are concerning.

Thanks to all of the support from the MTSU community, especially Dr. David Schmidt and his team in International Affairs/Education Abroad, and the Student Nurses Association for their ardent support. Monetary donations received from Middle Tennessee Medical Center (as well as medical supplies), Text Book Brokers, and our local chapter of Sigma Theta Tau International Nursing Society: Xi Alpha helped make the trip possible. The team also held a silent auction which raised just over $1,000.

"My most valued memory of the trip was being immersed in a beautiful culture. I will also cherish the memory I have of using my nursing knowledge and skills, with the assistance of a NP, to use a fetal heart doppler on pregnant Mayan women. This was an incredible experience for me because I have recently been hired as a women's health nurse and this was the first time I had the opportunity to find a fetal heart rate. The faces of the mothers when they heard their baby’s heart beat for the first time will be a memory I will not forget."

"I just got back from an amazing trip to Guatemala with some amazing people. This is going to be a rather long thank you and order does not mean importance. To the MTSU nursing students and graduate nurses you are my hope for the future. I now know I can someday retire and there will be fine nurses to both care for me and my patients. To Paul I would do Primary care with you anyday. Thanks for creating such wonderful nurses. To the interpreters- You not only translated the words but you translated my heart which is not an easy job. Thank you for allowing me to give my patients my best. Finally to the people of Guatemala thank you for your smiles and sharing your lives with us. I will be back." 

"I am grateful for every team member and their amazing contributions to the efforts to provide health care and education to the Mayan communities we visited. I will be back to Utah tomorrow night to get ready for the two June teams. The MTSU students are not only wonderful clinicians but awesome organizers, the clinic is in terrific shape and ready for the June medical team."

"I have never felt so good about helping someone and it was as simple as trying on a pair of glasses. She even said she could read easier with this pair and it would make her daily chores and living much better. To know that I changed some of her struggle by just remembering a simple complaint warmed my heart and made me desire to do even more every day for the people of Guatemala and in the future with all of my patients. Listening to our patients can make all the difference."

Dr. Paul Williamson, PhD, ACNP-BC

Following are some quotes from nursing students and others who served on the team:
In Case of an Emergency, Exude Positivity

Shawn Achor, founder and CEO of Good Think Inc. and author of “The Happiness Advantage”, was one of the keynote speakers during the National Teaching Institute (NTI) and Critical Care Exposition on May 21, 2013. On May 20, 2013, a tornado destroyed the town of Moore, Okla. At least 24 people died and countless others were injured. In the midst of the destruction was Moore Medical Center, a small hospital with 45 beds. Nurses and staff members selflessly transported several patients to area medical facilities. Sadly, the hospital is in ruins.

It is tragedies like these that remind us of the life-and-death responsibility that nurses carry on their shoulders and it’s not always easy to put on a happy face. Achor wishes all of us to “escape the cult of the average” by not expecting happiness from success, but using happiness to fuel success. (Not surprisingly, success to nurses means happy patients.) Exuding positivity is a gift that you keep for yourself, but that permeates everyone around you, and happiness can lead to extraordinary patient care, in good times and in times of tragedy.

Here are some tips from Shawn Achor on how to gain the happiness advantage:

- Three Gratitudes: Write down three new things you are grateful for each day. (Rewire your brain for greater optimism)
- Journaling: For two minutes, describe a meaningful experience from over the past 24 hours (Double the meaning in your life)
- Conscious Act of Kindness: Two-minute email, thanking one person in your social support network. (Increase the greatest predictor of happiness)

Support for Natural Disaster!

We at the Honor Society of Nursing, Sigma Theta Tau International (STTI) are deeply saddened by the devastation and loss of lives caused by the recent hurricane. We join in mourning the loss of family members, friends and colleagues.

As health care professionals, police and military soldiers work tirelessly to provide care, comfort and relief to survivors, please keep them in your thoughts.

For situation reports or more information on how you can help:

United Nations' Central Emergency Response Fund
http://www.unocha.org/cerf/

American Red Cross
http://www.redcross.org

World Health Organization

U.S. Department of Health & Human Services
http://www.phe.gov/emergency/Pages/default.aspx

Congratulations to the Patsy N. Forrest Award Winners!

Bianca Maselter
Elizabeth Schaller