Nursing Research Forum 2008
“Collaboration and Relationship Building in Healthcare”
Friday, September 19, 2008 7:30 a.m. - 4:00 p.m.
South Central College, North Mankato, Minnesota (7 contact hours)

This year we are pleased to announce two keynote speakers:
Alice Weydt, RN, MS from Creative Management. Her presentation “The Sum of the Whole is Greater than its Parts” focuses on relationship building within healthcare.
Linda Olson Keller, DNP, RN, FAAN from the University of Minnesota. Her topic “The Essence of Nursing Leadership: Courage, Heart, and Brains” will focus on successful leadership and partnerships.

Registration Form - Nursing Research Forum 2008
Fees (includes meal): Please check one:
☐ Professional: $70  ☐ Mu Lambda 2008 Inductees: $50  ☐ Graduate Student: $25
☐ Undergraduate Student: $10 all day if staying for lunch.
☐ Undergraduate Student half-day: Charge is $5 if staying for lunch.
☐ Undergraduate Student half-day: No Charge if not staying for lunch.
I would like to add a contribution to Mu Lambda Chapter Scholarship & Awards or Initial Membership Support $ _________________ enclosed
I am unable to attend, but I want to donate to Mu Lambda Chapter Scholarship & Awards or Initial Membership Support $ _________________ enclosed
(please print):
Name
Address
City
State/Zipcode
Phone (home)
Phone (work)
Email
Practice/Specialty

Mail registration form and fee (Checks payable to Mu Lambda Chapter, STTI) by September 12, 2008 to:
Phyllis Roseberry
714 Sherman St.
North Mankato, MN 56003

Early registration is encouraged. Refunds will be given for cancellation made by September 12, 2008. Written confirmations will not be sent. Assume your registration is complete unless notified otherwise.

Complete brochure can be found at the Mu Lambda website: http://ahn.mnsu.edu/nursing/mulambda/

For more information contact either one of the Nursing Research Forum co-chairs:
Candence Mortenson-Klimpeli Margaret Brewer
507-389-6529 507-381-6996
candence.mortenson-klimpeli@mnsu.edu margaret.brewer@mnsu.edu
Mu Lambda Chapter President’s Column

Relationships, Care, and Healing

One of the most powerful examples of how relationships affect healing is the story I heard from a man in his late 50s. He was transported by ambulance to one of the country’s best medical centers. He had a history of heart disease and this time, he was in a life-threatening condition. His only chance for survival was to have a heart transplant. He described his experience of waking up in a critical care unit. He knew highly competent staff members from all disciplines were caring for him. He knows he is alive today because of their expertise. He stated how important the work of nursing is. When asked what he remembers most about his care from this experience, he paused, took a deep breath, and said he remembers how thirsty he was. The nurses present listened with great attention. He knew that the nurses were very busy and believed he should not press his call light to ask for a drink. He did not want to interrupt the nurses’ work. The housekeeper who he had come to know during that time asked if he would like some water. He said she did not ask him if he was thirsty but just seemed to know to ask the right question. This was his most vivid memory of his experience. He had expert clinical care, and the simple act of a familiar face offering water was what he found to be the most memorable intervention in his care and his healing.

I know the nurses were moved by his sincere expression of gratitude. They, too, were grateful for the insights he had provided but pondered how they could change the perception that they are too busy to offer comfort. He helped them realize that their quest to be clinically outstanding, would not replace empathy or reduce the isolation that is inherent with hospitalization. What the nurses talked about with him was the importance of the relationship between them and their team members. Relationships are the foundation for caring and healing.

As I begin my journey as Mu Lambda’s president, I hope that you will share your stories about how you care for yourself, your patients, and your colleagues. Stories about caring help us recognize common values and visions. Please send your stories to Mary Bliesmer, The Quest Editor, so they can be included in future Mu Lambda newsletters.

Alice Weydt
2008-2009 Chapter President

Greetings from the School of Nursing Chairperson

Individuals and organizations that prosper during times of change are those that are resilient. Enhancing personal and organizational resilience is an imperative for those of us in nursing education. The unknown long-term future of nursing education and ambiguity of the near future forces us as individuals, and as a collective, to learn how to manage change or pay the price for not doing so.

Successful change also requires commitment. My observations during these summer months have been that nursing faculty are very committed to the shared goal of providing students in all of our programs a top-notch education.

The majority of the nursing faculty are spending their summer pursuing advanced degrees, engaged in teaching and research initiatives, maintaining clinical practice, writing for publication, applying for grant funding, and creating a state-of-the-art simulation lab. In fact, why don’t you plan to join us for an open house of the new simulation lab on the third floor of the Wissink building, Monday, August 18th from 10 a.m. until 2 p.m.!

Undoubtedly, nursing faculty will continue to be challenged to raise their resilience level during the coming academic year, but if the commitment I’ve seen during my first two months of being Chairperson is any indicator, I think the faculty are very prepared for the challenge.

Marcia Stevens, RN, DNSc
Minnesota State University, Mankato
School of Nursing Chairperson
Tell us about your nursing career.

A nurse was all I ever wanted to be. Yes, I was one of those; at age five, I knew. However, I knew because of my family experiences. Whenever anyone was hospitalized, injured, or facing illness, I was there to learn about it. Mrs. LuVern Penn, nursing program instructor, told me when I finished by BS degree at MSU that I should consider graduate school. I rejected that idea immediately. However, after two years of nursing practice in a medical unit in Duluth, MN, I decided I would check it out. My husband and I moved to Iowa City, IA; I worked at Mercy Hospital. We both enrolled in graduate programs. Following completion of the master’s in nursing program, I taught psychiatric nursing at the Univ. of IA for one year prior to returning to Mankato. I loved crisis theory, psychopathology, developmental theory, nursing theory, all of Hildegard Peplau’s writings, and curriculum work. I considered being a stay-at-home mom, but it didn’t last. MSU needed master’s in nursing prepared faculty and my interest was peaked. I stayed in nursing education for over 30 years retiring December 2001. My career spanned a variety of roles from clinical, classroom, and lab teaching to being Director of Continuing Education for ten years. I loved being with students. To see them grow in knowledge and abilities through the span of a course was phenomenally rewarding. Even though I was a tenured faculty member, I decided in 1985 to return to graduate school. It was one of the most soul-searching scary decisions I ever made. I earned my PhD from Texas Woman’s University in Denton, TX. As an older full-time student, I had a fabulous time learning more nursing theory, research of all kinds, and exploring many issues in nursing. Somehow I mastered French and statistics to the degree that I surprised even myself. The faculty were great; the students were wonderful colleagues. My research was the highlight as I learned so much from interviewing people (I’ve always believed patients are our best teachers). Listening to older women’s perceptions of the relationship between laughter and wellness led to a completed dissertation, developing an undergraduate course, further research, and publishing a book with a long-time colleague, Edna Thayer. The process was extremely challenging as well as fun. And my career journey continues in retirement. I enjoy sharing with others the importance of using laughter intentionally everyday to stay or be well.

Who has been a mentor or someone who has influenced you greatly in your nursing career? How has she/he influenced your career? What is the most important piece of advice that she/he has given you?

I have had many mentors and people influencing me over the years. First, was my father who guided my decision to choose baccalaureate nursing education. Second, was the head nurse I worked with in Duluth who believed in me as a novice nurse. Third, was my mental health faculty colleague and longtime friend who invited me to try out the TWU doctoral program; she knew I would love it and be hooked. Fourth, was an academic administrator at MSU who mentored me during my first experience as Acting Dean of the School of Nursing. Fifth, was my doctoral program advisor who wrote encouraging feedback responses on my coursework papers, giving me the confidence to keep going. All were very different personalities and gave wonderful advice and support at just the right time.

Why are you an Active Member of Mu Lambda Chapter?

I was inducted to Gamma Chapter at the University of Iowa when I was a master’s student there. I was very honored to be invited to membership in one of the oldest STTI chapters. After two years, I left Iowa and it was difficult to be an active member from a distance. Membership for me, works best when I can be in close proximity with the people. While I was in Denton, TX working on my doctorate, MSU contacted me about being a charter member of Mu Lambda Chapter. Again, I was not able to be present for all of the beginning historical activities as Mu Lambda Chapter was birthed and launched. However, when I returned to campus, I was pleased to once again be an active part of an organization that appreciated the focus on scholarship and research for excellence in nursing practice. It was a good fit with my career goals. I presented my doctoral research at several research conferences sponsored by STTI. Now, in my retirement years I have had more time to share in other aspects of the Mu Lambda Chapter. It became the first time I could attend a STTI convention and Leadership Academy—both of which were personally rewarding as well as beneficial to the Chapter.

What advice would you give to other Mu Lambda Chapter nursing leaders today?

I regard myself as an ordinary person. Thus, if I can be a leader in this organization so can any Mu Lambda Chapter member. Nursing knowledge, relationship skills, decision making skills, and a great sense of humor are key assets to any organization. I am very grateful for all the opportunities I have had in my nursing journey and the fabulous connections that have been created and are still being revealed. Keep the profound STTI message at the forefront of your practice—we are all here to make a difference in the lives of others. We can do it by embracing STTI’s call to each of us to Learn—Heal—Lead.

Is there anything else that you would like other Mu Lambda Chapter members to know about you?

Promise yourself to attend at least one meeting/event each year. Choose the Fall Research Conference or the Spring Induction to begin with. Both represent the heart and soul of Sigma Theta Tau International through Mu Lambda Chapter. It is the organization that is on the move and recognizes baccalaureate education, either in nursing or another field, is the base from which to build leadership, scholarship, and research for the profession of nursing. This is how we as nurses, collectively and collaboratively, will make the greatest difference in the lives of people worldwide. If you are involved, stay involved; if you aren’t yet involved, do so, it is a great group of colleagues.

Mary Huntley, PhD, RN
“Using the University’s accounting system to pay for university-based services”

Mu Lambda Chapter has existed since 1990. Even though expectations between a School of Nursing’s leadership and a STTI Chapter are documented in the STTI Manual for Deans, it was helpful for Mu Lambda Chapter to have its own listing of 12 ways in which the School of Nursing at Minnesota State University, Mankato, supports the Chapter. The majority of these ways are in-kind, however having them in writing and reviewed annually has been a good reference and helpful reminder for everyone.

Our Chapter Treasurer, Phyllis Roseberry manages two accounts for the Chapter. One is the Chapter’s checking account and the other (we call the “MSU Account”) is the Chapter’s account that is listed in the Minnesota State University, Mankato system. The “MSU Account” is one in which Mu Lambda Chapter has placed some of its money to pay for services it uses at MSU. This is a “carry-over” account in which the Chapter transfers from its checking account to the University a specified amount to cover paying for services received through the University. The School of Nursing Administrative Assistant is responsible for all of the School of Nursing accounts. She monitors this account and informs the treasurer when funds need to be transferred. She also sends copies of the monthly reports to the treasurer. Copying, printing, postal, and food services are examples of consistent areas where it is easier to use the Mu Lambda Chapter University account number as the funding source/code number for payment. There have been times when MSU has charged differently for “outside” groups to use various services. Keeping the Chapter associated with the University through this supportive relationship has facilitated continued classification as a University group.

There are times when the Chapter Treasurer would prefer having just the checking account to review. There are times when the Treasurer’s report needs to be completed and receiving the MSU report may have been delayed. However, there is efficiency and convenience in having a designated amount of the Chapter funds at the University.

(Information submitted by Mary Huntley to STTI for the next issue of Chapter Leader Emphasis.)

Recognition in the 2008 Showcase of Regional Excellence

Sigma Theta Tau International recently informed the following Region 4 chapters of future recognition in the 2008 Showcase of Regional Excellence for the entries listed below.

Omicron Tau
2008 Chapter Excellence

Gamma
An Approach to Leadership Succession

Theta Xi
Tanzania Service-Learning Trip

Kappa Mu
Florence Nightingale’s Notes on Nursing

Mu Lambda
Advancing Global Linkages

These submissions are noted as excellent examples of the region’s commitment to the honor society’s mission and vision and will be honored at the Leadership Academy in Indianapolis, Indiana on Friday, September 26, 2008 at the Hyatt Regency. Each chapter will be recognized during a Celebration and Recognition Luncheon from 12:00 – 1:30 p.m. A certificate presentation will immediately follow during regional meetings from 1:45 – 3:00 p.m.

Go to http://www.nursingsociety.org/STTIEvents/
ChapterLeaderAcademy/Pages/2008leadershipacademy.aspx to find out more about and/or to register for Leadership Academy or go to the honor society’s Web site, www.nursingsociety.org and click on “Events”.

If you have any questions regarding Leadership Academy and the Showcase of Regional Excellence, please contact society headquarters at +1-317-634-8171 or toll free, 888-634-7575 (U.S./Canada), or email cnoyler@stti.org.

(Content is from e-mail message to Mu Lambda President)
If you are interested in how to become a more active member, please contact any of the Board members. We desire to reach for the stars, and we need our members to help forge our paths into the future. You can choose to be active on committees or consider running for a future office. Together we can achieve our highest aspirations!

Give a gift to yourself by renewing your membership in Sigma Theta Tau International. The Journal of Nursing Scholarship arrives at your doorstep and many things come to you online with your membership. The networking opportunities to Heal, Learn, and Lead through STTI and Mu Lambda Chapter are plentiful.

Renewal is easy. Have your membership number ready and go to the Mu Lambda Chapter web site, click on links, STTI, membership, and renew. If you do not have your membership card and number, go to the web site anyway and the site will assist you to get your number. Invite your nurse colleagues who have baccalaureate degrees and have demonstrated leadership in their professional roles to become members.

Send E-Mail Address
We have 128 active member email addresses from Sigma Theta Tau International. To make sure you are included, please send your present or updated email address to Mary Huntley using: huntley@hickorytech.net so you may receive meeting reminders in a timely way.

Renew Your Membership

September 8
Board of Directors’ Meeting, MSU School of Nursing, Mu Lambda
4:30 PM – 6:30 PM
Room, Wissink Hall, Room 366

September 9
Memory Walk for Alzheimer’s Association, Sibley Park, Mankato, MN
5 PM
Bring your donations and join members and the community.

September 12
Nurses in Emergency Preparedness and Response: Why we are
6:30 PM – 8:30 PM
(or should be) equipped to address health needs in community crisis!
Minnesota State University, Mankato Twin Cities Campus
7700 France Avenue, Edina, MN

September 19
Annual Nursing Research Forum – “Collaboration & Relationship
7:30 AM – 3:30 PM
Building in Health Care” with Linda Olson-Keller and Alice Weydt
South Central College, North Mankato, MN

November 3
Board of Directors’ Meeting 4-5:30 PM at Pub 500 in Mankato
Monday
Supper at 5:30 PM followed by a
book discussion of The Penny by Joyce Meyer.
Read it when you are able and join us for a fun discussion
as part of our annual Scholarship of Reading selections. Also watch for possibilities to join a virtual discussion;
(to be announced in the next issue of The Quest newsletter).
Pamper yourself, or purchase gifts for others and support the Scholarship and Awards fundraising activities of the Past Presidents' Council! Our second Pampered Chef® fundraiser for Mu Lambda Chapter will run September 1st – October 31st. Orders may be submitted in one of two ways:

1. Use the Fall 2008 catalog and order forms for yourself and to share with others who may want to place an order (a sample form is attached to each catalog). Contact Norma Krumwiede 507-380-8627 for catalogs and order forms. Using this method, orders may be collected and immediately submitted.

2. Order as a guest online starting September 1st: Visit www.pamperedchef.biz/christinepytleski and click on “ORDER PRODUCTS”
   - Enter “Mu Lambda Chapter” as ORGANIZATION NAME
   - Browse the online catalog until you identify an item OR enter order by item #.
   Follow the prompts to complete an order.

**Orders must be entered online or turned into Norma Krumwiede by Friday, October 31, 2008. All orders will be shipped out within two weeks**

**For every show booking within the next 6 months, Mu Lambda Chapter will receive an additional bonus donation**

Please call or email Christine Pytleski with any questions or concerns at 715-441-2429 or christinepytleski@yahoo.com
Mu Lambda Chapter Officers 2008-2009

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<thead>
<tr>
<th>Office</th>
<th>Officer Name</th>
<th>Term Ends</th>
<th>Email</th>
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<tbody>
<tr>
<td>President</td>
<td>Alice Weydt</td>
<td>2010</td>
<td><a href="mailto:aveydt@chcm.com">aveydt@chcm.com</a></td>
</tr>
<tr>
<td>President Elect</td>
<td>Heidi Riehl</td>
<td>2010</td>
<td><a href="mailto:mhzkriehl@netscape.com">mhzkriehl@netscape.com</a></td>
</tr>
<tr>
<td>Vice President</td>
<td>Annette Benson</td>
<td>2009</td>
<td><a href="mailto:annette.benson@mnsu.edu">annette.benson@mnsu.edu</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Jolene Tietz</td>
<td>2010</td>
<td><a href="mailto:tietz.jolene@mayo.edu">tietz.jolene@mayo.edu</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Phyllis Roseberry</td>
<td>2009</td>
<td><a href="mailto:roseberry.phyllis@mayo.edu">roseberry.phyllis@mayo.edu</a></td>
</tr>
<tr>
<td>Faculty Counselor 1</td>
<td>Diane Witt</td>
<td>2009</td>
<td><a href="mailto:diane.witt@mnsu.edu">diane.witt@mnsu.edu</a></td>
</tr>
<tr>
<td>Faculty Counselor 2</td>
<td>Rebecca Rudel</td>
<td>2010</td>
<td><a href="mailto:rebecca.rudel@mnsu.edu">rebecca.rudel@mnsu.edu</a></td>
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Mu Lambda Chapter Committee Chairs 2008-2009

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<th>Committee</th>
<th>Chairperson</th>
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<tbody>
<tr>
<td>Governance</td>
<td>Diane Witt</td>
<td>2009</td>
<td><a href="mailto:diane.witt@mnsu.edu">diane.witt@mnsu.edu</a></td>
</tr>
<tr>
<td>Newsletter Editor</td>
<td>Mary Bliesmer</td>
<td>2009</td>
<td><a href="mailto:mary.bliesmer@mnsu.edu">mary.bliesmer@mnsu.edu</a></td>
</tr>
<tr>
<td>Leadership Succession</td>
<td>Jackie Halvorson</td>
<td>2010</td>
<td><a href="mailto:halvorson.jacquelyn@mayo.edu">halvorson.jacquelyn@mayo.edu</a></td>
</tr>
<tr>
<td>Research Forum</td>
<td>Margaret Brewer</td>
<td>2009</td>
<td><a href="mailto:bigbru@chartermi.net">bigbru@chartermi.net</a></td>
</tr>
<tr>
<td>Awards</td>
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<td></td>
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<tr>
<td>Membership</td>
<td>Linda Wenkel</td>
<td>2010</td>
<td><a href="mailto:linda.wenkel@mnsu.edu">linda.wenkel@mnsu.edu</a></td>
</tr>
<tr>
<td>Publicity</td>
<td>Mary Bliesmer</td>
<td>2009</td>
<td><a href="mailto:mary.bliesmer@mnsu.edu">mary.bliesmer@mnsu.edu</a></td>
</tr>
<tr>
<td>Chapter Key Council</td>
<td>Heidi Riehl</td>
<td>2010</td>
<td><a href="mailto:mhzkriehl@netscape.com">mhzkriehl@netscape.com</a></td>
</tr>
<tr>
<td>Program</td>
<td>Annette Benson</td>
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<td><a href="mailto:annette.benson@mnsu.edu">annette.benson@mnsu.edu</a></td>
</tr>
<tr>
<td>Past Presidents’ Council</td>
<td>Julie Hebenstreit</td>
<td>2010</td>
<td><a href="mailto:julia.hebenstreit@mnsu.edu">julia.hebenstreit@mnsu.edu</a></td>
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Toot Your Horn…or Toot a Horn
for Someone Else!!!

Perhaps you know of a news item, important event, or professional celebration announcement for you or one of your Mu Lambda Chapter colleagues. Please submit your news for upcoming issues of The Quest to:

Mary Bliesmer
Minnesota State University, Mankato, School of Nursing,
360 Wissink Hall,
Mankato, MN 56001
telephone: 507-389-6825
e-mail: mary.bliesmer@mnsu.edu.
Thank You!
To keep our mailing labels up to date, please notify the Mu Lambda Chapter concerning any name or address changes by completing the form.

**Name:** Changed from: ____________________________ Changed to: ____________________________

**Address:** Changed from: __________________________________________________________________ Changed to: __________________________________________________________________

**Email Address:** Changed from: __________________________________________________________________ Changed to: __________________________________________________________________

Effective date of change: ____________________________