

The University of
Virginia
June 2016



BETA KAPPA
CHAPTER
SIGMA THETA TAU
INTERNATIONAL

The Newsletter

*Page 3: Member
Spotlight and Research
Round-Up*

WELCOME!

These past few months have been an exciting time for the Beta Kappa chapter, as we transition into new leadership and honor those who served us in the past. Enjoy these chapter updates this summer!

*Page 4: Beta Kappa
Awards Banquet
presents Nancy
Ballard Scholarship
Award*



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Leadership in Beta
Kappa*

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Mammone, CNO to
speak in September in
McLeod Hall*

Charlottesville, home of the University of Virginia Beta Kappa chapter, welcomes the beautiful summer weather. In the School of Nursing at UVA we extend congratulations to our Class of 2016 STTI members who graduated this past May and are soon-to-be clinicians, scholars and more.



From the President

At our officer Transition Meeting yesterday, we installed Ken White as President, Sharon Veith as Governance Chair, and Jen Kastello as Secretary. Each brings a new perspective and a strong work ethic to our Board; indeed, we are fortunate to attract such fine leaders to help take us forward. Thank you Ken, Sharon and Jen for serving.

Looking back on the past two years of Beta Kappa's work, I see well how our chapter has thrived and been award-winning over its four-decade history: it is all about our members. They are dedicated, loyal and hardworking, not to mention really fun.

Past leaders still pitch in and newer members are willing to step up, learn new skills and share their leadership expertise. Most all our volunteers have busy lives, demanding jobs, families who need them and other organizations they contribute to regularly; yet, Beta Kappa can count on them. A heartfelt thanks goes out to all of you who made the past two years productive ones for our chapter and rewarding ones for our members.

I am especially appreciative of all our Board and committee chairs' contributions over the past two years. This gratitude defies a quick description that fits neatly into a newsletter. So, I'll share with you instead my Irish grandmother's response when there was much feeling of thankfulness: "Tis better felt than telt."

Deborah Conway

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Member Spotlight



Chapter Leaders:

President: Deborah Conway

President-Elect: Ken White

Vice President: Regina DeGennaro

Treasurer: Vickie Southall

Secretary: Kate Adelstein

Counselor: Richard Westphal

Counselor (UVA Wise):

Cathie Collins

Administrative Assistant:

Gwen Christmas

Beta Kappa clinicians offer physicals in the community

Members Chelsea Hull, BSN and Dyan Aretakis, NP offered camp physicals to boys from First Baptist Church on Main Street, Charlottesville, on May 25 so that the boys could attend Boy Scout Camp. Thanks to Dyan and Chelsea, and Nancy McLaren, MD for making this community service event possible.

Research Round-Up

Hannah Kaylor Presents Research at Region 13 Conference

Hannah Kaylor (CNL '16) submitted and accepted for podium presentation her capstone research at the Region 13 5th Biennial Nursing Research Conference of Sigma Theta Tau in Asheville, North Carolina on April 15 and 16. Kaylor's research seeks to improve access to health care services for Piedmont House residents, improve the health of recently incarcerated male residents through health education sessions and improve medical and nursing students' understanding of the unique barriers to health that recently incarcerated males face when returning to the community.

Beta Kappa Chairs:

Mentorship: Jane Von Gaudecker

Governance: Brooke Hartless

Membership: Pam Kulbok

Awards: Sharon Bragg
Newsletter

Editor/Intern: Jane Muir

Research: Randy Jones
Heritage: Rebecca

Harmon

Fundraising: Clara Winfield

Publicity: David Strider

Leadership Succession Chair: Cathy Campbell

Immediate Past Chair: Mary Gibson

Electronic Delegates: Emily Drake and Anita Thompson-Heisterman

Methods

7:00 - 7:10 Introductions & Icebreaker

- Bring cut up fruits and vegetables & toothpicks if interested in bringing a healthy snacks (eg grapes, apples, bananas, carrots, cucumbers, etc.)
- Introduce goals of discussion:
 - 1) learning how to determine your BMI
 - 2) learning about how many calories you need each day
 - 3) learning tips to lose weight

7:10 - 7:20 Rethink Your Drink game!

- Use dry erase board to write out "Rethink Your Drink Matching Game"
 - Write out two columns: one list of drinks, one list of calorie options
 - Have members guess individually or break up into teams
 - Reveal right answer after teams/individuals guess

7:20 - 7:30 Review calorie needs each day

- Use *Daily Calorie Needs* handout
- Ask for a volunteer! Walk through their estimated calorie requirements based on gender, age, and activity level.

7:20 - 7:30 Review MyPlate. Briefly touch on 10 Tips to Use SuperTracker Your Way if time.

- Draw or show picture of *MyPlate*. If time, discuss what fruits, vegetables, grains, proteins, and dairy mean, and ask for common examples of food that the participants eat in each category.

7:30 - 7:40 Review tips for losing weight and keeping it off

- Make sure each participant has a copy of *Top 4 tips for losing weight and keeping it off* handout
- Have each participant write down reasons for wanting to stay a healthy weight. Encourage discussion if people are interested!
- Encourage people to check off which strategies they will use to eat fewer calories

7:40 - 7:45 Review how to calculate BMI

- Use *Your Healthy Weight* handout
- Discuss BMI standards (<19 underweight, 19-24.9 healthy weight, etc.).
- Ask for a volunteer to determine BMI (or volunteer yourself!)
- Can also discuss benefits and pitfalls of using BMI.



Jeanne Alhusen Presents Research on Maternal Mental Health

Beta Kappa was fortunate to learn about Jeanne Alhusen's research this past Spring through her presentation at the School of Nursing. Dr. Alhusen's research is focused on improving maternal mental health and improving early childhood outcomes, particularly for families living in poverty. She is PI on a HRSA grant examining infant outcomes in mothers experiencing perinatal intimate partner violence. Her research is focused on understanding the biological and psychological underpinnings of maternal attachment and maternal depression. She has current research support from AWHONN, the American Nurses Foundation, and Fahs-Beck to test an intervention incorporating self-management support for perinatal depression, and its influence on infant outcomes. She is Associate Professor of Nursing and Assistant Dean for Research at the UVA SON.

Beta Kappa Awards Banquet

PROSAMI Honored at Banquet

The Beta Kappa Chapter of the Sigma Theta Tau International Honor Society of Nursing honors PROSAMI as the 2015 recipient of the Community Service Award at a banquet on April 26th, 2016. The award banquet was held at the Greencroft Club. It was a joyous celebration with many stories shared of how PROSAMI's work is changing lives of mothers and babies in the Congo.

PROSAMI is derived from the French acronym: Promotion de la sante maternelle et infantile. PROSAMI focuses on the promotion of maternal and infant health in the rural areas of the Democratic Republic of the Congo. PROSAMI supports a global effort to reduce maternal and infant mortality and morbidity.

The founder of PROSAMI, Agnes Kanyanya, designed a program that will bring solutions to the rural communities of the Congo. PROSAMI is based on the principle that rich or poor, and from whatever walk of life; the pregnant woman and the newborn have the right to affordable quality health care, provided by competent professional hands with oversight by advanced practice nurse midwives. This non-profit organization was registered in the Commonwealth of Virginia in January 2009.

PROSAMI's USA headquarters is in Staunton, Virginia. You can find them on the web at: <http://prosami.org/>. Our own Beta Kappa member David Strider, RN, CCRN, MSN, MSB, ACNP, DNP is an active member, leader and faculty for PROSAMI!



Anita Thompson Heisterman MSN PMHCNS, BC, PMHNP, BC brought nursing professors visiting from South Africa to the banquet. Beta Kappa was truly an international nursing organization on this night.



Karen Duffy, RN, receives Nancy Ballard Scholarship

This year's Nancy Ballard Scholarship Award for students went to Karen Duffy, RN-BSN, RN-BC Gerontological Nurse. Karen works on 3 East at the University of Virginia. She is currently working towards the completion of her MSN. Karen plans to use part of the scholarship money to join the National Gerontological Nurses Association and the Central Virginia Chapter of the Gerontological Advanced Nurses Association.

New Officers Appointed for the 2016-2018 Term

We have completed our election for 2016. Please join us in congratulating two new officers for 2016-2018!

Secretary

Dr. Jennifer Kastello has been a member of STTI since 2003 after completing her MSN in women's health at Vanderbilt University. During her time as a clinician, Dr. Kastello worked with diverse patient populations in a variety of clinical settings providing care prenatal health care to low and high risk women, especially those from minority and other underserved populations. Dr. Kastello became an active member of the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) and served as the secretary of the San Diego Chapter from 2006-2007. In 2015, Dr. Kastello graduated from George Mason University after successfully defending her dissertation, "Predictors of Posttraumatic Stress Disorder and Depression among Low-Income Women Exposed to Perinatal Intimate Partner Violence." Dr. Kastello joined University of Virginia, School of Nursing, as an Assistant Professor in August 2015 and is currently teaching in both the undergraduate and graduate nursing programs while continuing to pursue her research focused on violence against women.

Serving the chapter is a great opportunity to enhance leadership skills, unique gifts and talents.

If you are looking for opportunities to serve the chapter, please contact Cathy Campbell, Nominations and Succession Chair.

Clc5t@virginia.edu

Governance Chair

Sharon Veith, MSN was inducted into Sigma Theta Tau International Beta Kappa Chapter in 2015. She received her BSN in 1991 and MSN in Community Health Leadership in 2012 from University of Virginia. Sharon has had thirty-eight years of nursing experience in the field of pediatrics and maternal child health, most notably as the regional perinatal outreach nurse for UVA's Department of Pediatrics and the grant coordinator for the high risk OB telemedicine intervention. Currently she is the Chair of Thomas Jefferson Health District Improving Pregnancy Outcomes Workgroup, and a member of the Thomas Jefferson Health District Leadership Council for the MAPP process. Her awards include, AWHONN Convention Outstanding Innovative Program Poster Award in 2014 and membership in the March of Dimes Virginia Chapter Hall of Fame in 2013. She is currently an assistant professor at UVA's School of Nursing.

Beta Kappa to Host Chief Nursing Officer



Beta Kappa Chapter of STTI at UVA School of Nursing will sponsor a presentation by the new Chief Nursing Officer at the UVA HS this Fall on Sept. 12 at 4 pm at the School of Nursing in McLeod Hall. The University of Virginia Health System hired Tina Mammone as Chief Nursing

Officer this past year. Dr. Mammone joins UVA from the University of California San Francisco Medical Center where she was Interim Executive Director for Patient Safety and Quality. Dr. Mammone held many other leadership roles at UCSF and at the University of North Carolina Health Care. She earned her Ph.D. in Nursing and Master of Science in Nursing Administration from UCSF. She received her Bachelor of Science in Nursing from the University of Ottawa. Beta Kappa and the UVA School of Nursing welcome her to present her research and share her vision for nursing at UVA.

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Contribute to the Newsletter

Have an update, opportunity or news to share in future leaders? Suggestions, questions, clarifications? Email Jane Muir at kjm5xw@virginia.edu.

Sigma Theta Tau
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