In late July, Nu Xi was notified that it will be recognized in the 2008 Showcase of Regional Excellence for outstanding work in various aspects of Chapter functioning. Awards will be given at the STTI International Leadership Institute on September 26, 2008 in Indianapolis. Juli Maxworthy, President Elect, submitted the applications for the first three awards, which include The Annual Research Conference, The Hall of Fame Event, and the April Showers Program. Together, these activities involve scores of Nu Xi members in ways that help to achieve STTI mission, vision, and goals. The Research Conference is held annually by Nu Xi or in collaboration with other chapters or Kaiser Permanente and the Hall of Fame event is held every two years to honor STTI and Nu Xi members and to recognize their achievements. The April Showers Program, initiated by Diana Dunn and currently led by Joan Bard, provides toiletries and clothing for homeless shelters in Oakland. Nu Xi also received a fourth award for participation in the Greater Bay Area Consortium with Alpha Eta, Alpha Gamma, Beta Gamma, Lambda Gamma, Nu Psi and Rho Alpha chapters for the Greater San Francisco Bay Area Research Program.

President Elect Juli Maxworthy

The Board of Directors met on August 23, 2008 at Holy Names University to orient new members and to initiate strategic planning for the year. Several major events are planned this year as detailed in the Chapter Calendar of Events. Of particular note are the Hall of Fame event on January 20, 2009 and a Collaborative Research Day with three regional STTI chapters scheduled for April 18, 2009. The Board approved the annual fund drive and established a fund raising goal of $3,000 to support scholarship and research. Philanthropy projects will continue to include April Showers and a drive for socks for Bay area homeless shelters. Members are encouraged to bring their ideas for other philanthropic projects to the chapter meeting in October. The Board will be exploring ways and means to “go green” with the newsletter in the coming year and to expand website capacity and use. A topic of considerable discussion was membership retention. The Board voted to initiate a New Member Involvement Committee to address this issue.
# NU XI CHAPTER AT LARGE CALENDAR OF EVENTS 2008–09

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>STTI International Leadership Institute</td>
<td>September 25-2, 2008</td>
<td>See STTI website at:</td>
<td>Indianapolis, IN</td>
</tr>
<tr>
<td>Fall General Membership Meeting</td>
<td>October 14, 2008</td>
<td>5:00-6:30 PM Board Meeting to follow</td>
<td>Holy Names University Bay Vista Room</td>
</tr>
<tr>
<td>Nu Xi Annual Research Grant Proposals Due for Review</td>
<td>November 7, 2008</td>
<td>—</td>
<td>Submit to Marcia Canton, Research Chair</td>
</tr>
<tr>
<td>Biennial Hall of Fame Event</td>
<td>January 20, 2009</td>
<td>5:00-7:30 PM</td>
<td>Holy Names University Nominations to Teresa Burgess at:</td>
</tr>
<tr>
<td>Spring Membership Meeting</td>
<td>March 10, 2009</td>
<td>5:00-6:30 PM Board Meeting to follow</td>
<td>CSU Hayward</td>
</tr>
<tr>
<td>Collaborative Research Conference</td>
<td>April 18, 2009</td>
<td>8:00 AM-4:00 PM</td>
<td>Holy Names University TBA</td>
</tr>
<tr>
<td>2009 Induction &amp; Installation of Officers</td>
<td>April 25, 2009</td>
<td>10-2:00 PM Luncheon Orientation 10:00 AM Induction, Installation, &amp; Luncheon 11:00 AM</td>
<td>Samuel Merritt College Fontaine Auditorium HEC</td>
</tr>
<tr>
<td>STTI 20th Annual International Research Congress</td>
<td>July 13-17, 2009 Cancun, Mexico</td>
<td>Abstract Deadline December 10, 2009 Info: <a href="mailto:congress@stti.org">congress@stti.org</a></td>
<td>Cancun, Mexico</td>
</tr>
<tr>
<td>Board Retreat</td>
<td>August 22, 2009</td>
<td>10:00 AM-4:00 PM</td>
<td>Holy Names College Founders Room</td>
</tr>
<tr>
<td>Fall General Membership Meeting</td>
<td>October 13, 2009</td>
<td>Board Meeting to follow.</td>
<td>Holy Names College Founders Room</td>
</tr>
<tr>
<td>39th STTI Biennial Convention</td>
<td>October 31–November 4, 2009</td>
<td>See STTI website at:</td>
<td>Indianapolis, IN Abstracts due January 28, 2009</td>
</tr>
</tbody>
</table>

# BOARD OF DIRECTORS & COMMITTEE CHAIRS, 2008–09

**PRESIDENT**
Fay Bower
fbower1@sbcglobal.net

**PRESIDENT ELECT**
Juli Maxworthy
withmax@comcast.net

**PAST PRESIDENT**
Bobbie Richards
thebobs2@comcast.net

**CO-1ST VP — SAMUEL MERRITT COLLEGE**
Joan Bard
joanabard@yahoo.com

**CO-1ST VP — HOLY NAMES UNIVERSITY**
Anna Mullins, DNS, RN
amullins@calnurses.org

**CO-1ST VP — CSU EAST BAY**
Kimberley Kim, PhD, RN
kimberley.kim@csueastbay.edu

**SECRETARY**
Janice La Coste, MS, RN
Janice.LaCoste@kp.org

**TREASURER**
Shirley Dostal
Shirley.Dostal@kp.org

**FACULTY COUNSELOR, HNU**
Carolyn Harris-Muchell, PhD, RN
harris-muchell@hnu.edu

**FACULTY COUNSELOR, CSU EAST BAY**
Adrienne Carlson
adrienne.carlson@csueastbay.edu

**FACULTY COUNSELOR, SMC**
Teri Gwin
tgwin@samuelmerritt.edu

**LEADERSHIP INTERN**
Bonnie Holmes
bonnie.holmes@johnmuirhealth.com

**LEADERSHIP SUCCESSION COMMITTEE**
Suzanne August-Schwartz
saugust-schwartz@samuelmerritt.edu
Wacheera Davis
wdavisrnsbnmsnmba@comcast.net

**AWARDS COMMITTEE CHAIR**
Teresa Burgess
teresa.burgess@kp.org

**GOVERNANCE COMMITTEE**
Sarah Hampson
shampson@samuelmerritt.edu

**PHILANTHROPY COMMITTEE CHAIR**
Enna Trevathan
Enna.E.Travathan@kp.org

**RESEARCH COMMITTEE CHAIR**
Marcia Canton
drcanton@pacbell.net

**NEWSLETTER EDITOR**
Abby Heydman
heydmanabfr@msn.com
Do you know what country does not sell gum and has major ($500-$5,000) fines for graffiti and littering…the answer is Singapore. I have never seen such a clean and organized city. The infrastructure is amazing and their primary language is English (mandatory through 12th grade) which made it easy to get around. There was plenty to see and do at the meeting. During the general meeting, there were concurrent workshops in collaboration with Institute for Johns Hopkins Nursing, Joanna Briggs Institute, Registered Nurses Association of Ontario, and Dreyfus Health Foundation as well as a two-day simulation and emerging technologies workshop. The Congress objectives included:

- Explore strategies to promote teaching-learning about the broad use of technology in the advancement of nursing science
- Promote international opportunities for collaboration through the use of technology in its broadest sense
- Integrate technological advancements in the acquisition and dissemination of knowledge, leadership, and service skills amongst diverse communities internationally
- Enhance technology access to international membership in the promotion of discovery and the advancement of nursing science in diverse practice, education, research, and administrative settings.
- Create an international forum where the exchange of ideas and solutions promotes the integration of technology into evidence-based nursing practice
- Stimulate dialogue that will create and foster a technologically advanced international nursing environment.

Three members from Nu Xi chapter presented posters or papers at the Conference: Carolyn Fong, Kimberly Kim, and Juli Maxworthy (see Members News for details). The meeting was well attended considering how far away Singapore is from the United States and was well worth the 20 plus hour travel time, even without gum.

Juli Maxworthy and Kimberly Kim in front of Kimberly’s poster Characteristics of Pain Experienced by Elderly Clients Living in Community Housings.

19th International Nursing Research Congress
Focusing on Evidence-Based Practice “Globalization of Research Through Technology”

By Juli Maxworthy

Juli Maxworthy, Kimberly Kim, & Carolyn Fong at 19th Annual Nursing Research Congress
MORE CHAPTER NEWS

Candidates Sought For Election to Nu Xi Chapter Offices

The Leadership Succession Committee is seeking nominations for positions on the Nu Xi Board of Directors for 2009-2011. Positions open in the coming election include: President-elect; Vice President Samuel Merritt College & Co-chair Program Committee), Treasurer, Faculty Counselor-Samuel Merritt College, Faculty Counselor, -CSUEB, Governance Committee (1), Succession Committee (1). The Board of Directors meets approximately six times per year by teleconference, twice yearly at general membership meetings, and participates in major Nu Xi events such as Induction, Hall of Fame, and the Annual Research Conference. Mentoring is provided to those interested in serving who have limited experience and opportunities are provided for officers to attend the Leadership Academy and International Convention of Sigma Theta ’Tau that are each sponsored every two years. Both conferences provide outstanding opportunities to learn about STTI and offer programs that describe leadership strategies for managing a chapter. Members who are interested in exploring opportunities to serve in a chapter leadership role should contact Nancy Gibbs, Leadership Succession Committee at nangib@sbcglobal.net for information.

Nu Xi Research Committee Seeks Research Proposals

Marcia Canton, PhD, Chair of the Nu Xi Research Committee, has announced that funds will be available to support at least two research proposals in the coming year. Members are urged to submit a proposal by November 7, 2008 for consideration for funding. Graduate students in either master’s or doctoral programs, as well as other Nu Xi members are eligible to apply for research support. The number of applications received typically is small, and well-designed studies are likely to receive funding. The Board of Directors voted to increase the amount available for awards to $7,500 in the coming year. For information on the application process, please contact Dr. Marcia Canton at drcanton@pacbell.net.

Nominees Sought for Awards

Nu Xi at Large is sponsoring its biennial Hall of Fame Event on January 20, 2009 at Holy Names University. This special event provides an opportunity to recognize those among us who have demonstrated excellence in leadership, practice, education, philanthropy, or service within the nursing profession and Nu Xi at Large. The deadline for nominations is November 15, 2008. Information on the award categories, nomination process, and forms for nominations are available on the attached insert. Questions? teresa.burgess@kp.org.

April Showers Project & Chapter Philanthropy

Thanks to the generous contributions of the NuXi Chapter-at-Large members, the April Showers Project has provided toiletries to people who attended Project Homeless Connect in Oakland. People living in the Tenderloin receive the packets of toiletries as well as agencies that provide services to homeless people such as St. Vincent de Paul, the Henry Robinson Center, and the Alameda Point Collaborative. Members have been collecting the small toiletry items from hotels and motels for years. The items are organized in small bags and given to people in need with a greeting assuring them that “Nurses Care about Them” and indicating the supplies are from the NuXi Chapter-at-Large. Providing socks to the homeless is another project that the members of the Chapter support. Members can bring socks and toiletries to any Nu Xi meeting or give these items to a Board member who will bring the materials to Joan Bard, Coordinator of the project. Joan also teaches a course to prepare Faith Community Nurses. She informs the nurses in the course about the April Showers and socks projects so they can implement them for homeless people. Consequently, these projects started by the NuXi Chapter-at-Large influence many communities.

Nu Xi Scholarship Awardees from Samuel Merritt College

As reported in the June newsletter, Nu Xi scholarships were awarded to Christine Zumba and Evelyn Shober in late spring. Evelyn, a student in the entry-level MSN program, is originally from Chicago, Illinois. She studied journalism as an undergraduate and after volunteering in East Africa, recognized the need for basic healthcare in developing communities. She then chose nursing - and specifically, the FNP route - because it provides her with the tools necessary to respond to this need on a personal level. She hopes to open her own family wellness practice and to work abroad during parts of the year in rural clinics in developing countries. This summer Evelyn joined SMC faculty and FNP students in a trip to Laos to provide free healthcare services to local Hmong villagers in the Northern Province. Christie Zumbo, a recent graduate of the Intercollegiate Nursing Program at SMC and Saint Mary’s College also received a Nu Xi scholarship. A brief article on Christine appeared in the June newsletter.
Holy Names University

- This fall the RN/BSN program was expanded to two new sites: Stanford University Medical Center and Arroyo Grande Hospital in San Luis Obispo. Thirty-five new students began classes in 10 sites. Graduate level students will also receive the MSN program in San Bernardino and Bakersfield and well as on campus in Oakland. Thirty new MSN students began classes in September. Plans for the initiation of a LVN/BSN program in partnership with American College of Nursing (a LVN program) are moving forward with September 2009 as the date for the enrollment of the first class.

- Edith Jenkins-Weinrub, EdD, RN, Assistant Professor, and Carolyn Harris-Muchell, PhD, RN, Adjunct Professor, took the lead in establishing a partnership between Holy Names University and the American Red Cross for the purpose of developing a curriculum for disaster preparedness. The proposed curriculum will be piloted this fall in the graduate Administration practicum

California State University East Bay

- New faculty for CSUEB include Lindsay McCrea, PhD, RN, FNP-BC, CWOCN, who has accepted an appointment as Associate Professor beginning in the fall term. Lindsay, past-president of Nu Xi At Large Chapter, completed a PhD degree at UCSF in June of this year. Her dissertation is titled, “Gender and Age Differences in Constipation Characteristics, Bowel Symptoms, and Bowel and Dietary Habits in Patients Evaluated for Constipation.” Lindsay comes to CSUEB with many years of teaching and clinical experience, certification as a Wound, Ostomy, and Continence Care Nurse, and a strong publication record.

Samuel Merritt College

- Centennial Celebrations
  On January 26, 1909, Samuel Merritt Hospital welcomed its first patients and its school of nursing enrolled 18 students in its charter class. Today, Samuel Merritt College is the largest provider of newly licensed nurses in California and offers nursing on four campuses and an array of health science programs at its main campus in Oakland. In 2009, the College will celebrate its centennial year and will begin marking that celebration with several scheduled events including:
  - Founder’s Day January 26, 2009
  - Birthday Celebration for Samuel Merritt, M.D. March 30, 2009
  - Centennial Social Mixer (with Oakland Chamber of Commerce) April 23, 2009
  - Centennial Gala October 10, 2009

- SMC Global Nursing Project
  For 10 days in August, Valerie Dzubur, PhD, Associate Professor at Samuel Merritt College, escorted students and faculty members including Joan Bard, NuXi-at-Large Chapter V.P., to Laos to visit Hmong refugee camps and a small hospital outside of Luang Prabang. Over the last year, the FNP students collected $3,000 that was used to purchase a gurney for the hospital that can provide care for up to 100 people. The travelers also provided sheets, vitamins, mats for beds and a microscope. Further, they promised to provide $7000 to the hospital to purchase an X-ray processing machine next year. Fund raising has started already. The hospital gave the college a framed certificate of appreciation. When the group visited the Hmong and Khmer refugee camps, they provided limited primary care including referrals to a dentist. In addition, they presented the tribal people with clothing and generated good will between themselves and these people who live in isolated camps without electricity, clean water, a reliable source of food or health care. Dzubur and Evelyn Shoher, an NP student, will participate in a panel discussion on International Nursing at the NuXi General Membership Meeting on October 14, at Holy Names University starting at 5 pm.

- SMC Becomes Largest California RN Provider in 2007-08
  Samuel Merritt College became the largest provider of newly licensed nurses in California in 2007/2008 (July 1/June 30) with 355 students passing the California licensing examination. Pass rates for this period were 92.25% for BSN students and 95.88 for entry-level MSN students. The next largest providers are Fresno City College (303), Mount Saint Mary’s College (252), and West Coast College (243). (Data from CA Board of Registered Nursing website)

- DNP Proposal
  The study to determine the feasibility of offering a DNP program is well underway and should be ready for internal approval this semester.

- Orientation & New Faculty
  SMC provided an orientation program for all nursing faculty on the San Mateo campus in August and introduced several new nursing faculty for the 2008-2009 academic year:

  **Patricia Brennan**, PhD, RN, Assistant Professor
  **Carole Campbell**, MS, RN, Assistant Professor
  **Garry Johnson**, BSN, RN, Adjunct Instructor
  **Karen Lyon**, PhD, RN, Interim Associate Professor, and Associate Dean, Operations
  **Pamela Minarik**, PhD, RN, FAAN, Interim Professor
  **Peter Miskin**, BSN, RN, Instructor
  **Christine Reardon**, MEd, RN, Adjunct Professor
  **Kevin Reilly**, MSN, RN, Assistant Professor
  **Kate Shade**, MS, RN, Assistant Professor
  **Paulina Van**, PhD, RN, Assistant Professor
  **Dr. Karen Wolf**, RN, Interim Associate Professor

Volume 19—Issue 3 • 5
Carolyn Fong

Carolyn Fong, PhD, PNP, RN, Chair and Professor, CSU East Bay, presented a paper, Evidence Based Best Partnership Practices between Education and Hospitals to Solve the Nursing Shortage, at the 19th Annual International Research Conference sponsored by STTI in Singapore in July 2008.

Members are encouraged to submit news on professional accomplishments. Deadlines for submission of newsletter items are 1/15/09, 6/1/09, & 9/1/09 at aheydman@samuelmerritt.edu

Suzanne August Schwartz, MS, FNP, RN, Assistant Professor, recently learned that she is one of three recipients for the Victor Schimmel Nursing Scholarship from the Camden Group. Suzanne is in the final stages of completion of the DNP program at Rush University, which she is accomplishing while serving as program director of the FNP Program, and managing the new Davis Street Family Resource Center Faculty Practice clinic.


Fay L. Bower, DNSc, RN, FAAN, Chairperson, Holy Names University, has been acting as a consultant for Maryville University in St. Louis, MO as they prepare to initiate an interactive video conferencing program. The Dean of the nursing program is also interested in having the Center for Third Age Nurses provide a workshop for them in the spring.

Sharon Diaz, MSN, RN, President, SMC, has completed 25 years as President of Samuel Merritt College. SMC will celebrate its centennial year in 2009.

Leslie Flynn, MSN, MBA, Instructor, SMC, has been accepted into the doctoral program at Walden University.

Carolyn Harris-Muchell, PhD, RN, Adjunct Professor, Holy Names University, attended the National Black Nurses Association Conference as the Treasurer for the Bay Area BNA.

Kimberly Kim, PhD, RN, Associate Professor, CSU East Bay presented a poster, Characteristics of Pain Experienced by Elderly Clients Living in Community Housing, in July 2008 at the 19th Annual International Research Conference sponsored by STTI in Singapore. Kimberly also moderated a research session at the Conference on July 10, called Innovations to Enhance Student Success. Kimberly was promoted to the rank of Associate Professor at CSUEB last June, and in addition to assuming the role of Assistant Director at the Hayward campus, she will become Clinical Placement Coordinator in the fall.

Maria Mangini, PhD, RN, Associate Professor, Holy Names University, recently started Women’s Visionary Council (WVC), a new nonprofit organization, with two other women. The WVC, which is based in San Francisco, brings women together for the mutual support, good works, education, and inspiration. Throughout the year, the WVC organizes educational gatherings and social events and makes grants to women healers, scholars, educators, and artists who contribute to the health and spiritual nourishment of their communities and the world.

Julie Maxworthy, DNpc, MBA, RN, CPHQRN, Adjunct Assistant Professor, Samuel Merritt College, presented “Incorporating Rounding into a Fall Prevention Evidence-Based Guideline.

Lindsay McCrea, PhD, RN, FNP-BC, CWOCN, Associate Professor, CSUEB, was appointed Abstract Chair, National Conference Planning Committee, Wound Ostomy Continence Nurses Society for 2008-2010. Lindsay has had three publications in the current year (see citations which follow) and one publication in press. Lindsay completed requirements for a PhD at UCSF in June 2008.


• McCrea, GL., Miaskowski, C., Stotts, NA., Macera, L., Varma, MG. (In Press). A review of the literature on gender
and age differences in the prevalence and characteristics of constipation in North America. *Journal of Pain and Symptom Management.*

**Anna Mullin**, DNSc, RN, Adjunct Professor, and Director of the California Nurses Foundation, and other staff in the Foundation were invited to make a presentation at a National Nurse Recruitment and Retention Conference: Innovative and Successful Strategies for Recruiting and Retaining Top Nurses. The conference was held in Chicago, Illinois on July 24 and 25 and was sponsored by ACI Media Partnership. The response to the presentation about the mentor, preceptor, and cultural awareness programs created through research projects by CNF was extremely positive.

**Janet Rowland**, MS, RN, Instructor, SMC, received a SNAPLE loan forgiveness scholarship. The State Nursing Assumption Program of Loans for Education for Nursing Faculty (SNAPLE NF) is intended to encourage students to complete a baccalaureate or graduate degree and teach in a nursing program at an accredited college or university in California.

**Min Sohn**, PhD, RN, ACNP, Assistant Professor, CSUEB, received Faculty Support Grant 2008-9 for a project titled “The effectiveness of the support group on academic and clinical self efficacy in nursing students who speak English as a second language”

**Enna Trevathan**, MSN, DNPC, RN, has recently completed requirements for national certification as a Clinical Nurse Leader. Enna and Juli Maxworthy, who are currently completing requirements for a DNP degree at the University of San Francisco, recently attended the first CNL Conference hosted by USF and Sonoma State University on Friday, August 8 at the University of San Francisco.


**Christine Zumbo**, BSN, RN, recent graduate from SMC, has accepted a position at John Muir Medical Center Concord, in the Cardiac Telemetry Unit. A brief story about Christine and her experience in visiting a Pediatric Unit in Italy was featured in the June 2008 newsletter. A photo of Christine in Italy with her Italian mentors, a nursing instructor and a nurse clinician appears in this newsletter.

**Christine Zumbo**, BSN, RN, recent graduate from SMC, has accepted a position at John Muir Medical Center Concord, in the Cardiac Telemetry Unit. A brief story about Christine and her experience in visiting a Pediatric Unit in Italy was featured in the June 2008 newsletter. A photo of Christine in Italy with her Italian mentors, a nursing instructor and a nurse clinician appears in this newsletter.

**CALL FOR ABSTRACTS**

20th International Nursing Research Congress
Cancun, Mexico

The 20th International Nursing Research Congress is scheduled for July 12-17, 2009. Abstracts will be accepted until December 10, 2008. For information, go to the STTI website or: congress@sti.org

**STTI & NU XI MEMBERSHIP**

Renewal & Correction of Mailing & Email Addresses

Late summer is the time for membership renewal for a majority of STTI members. Is your membership current? Continue to get this newsletter and other information from STTI by renewing your annual membership. Online renewal is fast and convenient. Simply click on www.nursingsociety.org Also, do not forget to update your mailing and email addresses so that you can continue to receive Nu Xi information. Use the STTI website noted above for updating this information.
NU XI AT-LARGE CHAPTER
Abby M. Heydman, PhD, RN, Newsletter Editor
78629 Rainswept Way
Palm Desert, CA 92211
RETURN SERVICE REQUESTED

NU XI AT LARGE CHAPTER OF SIGMA THETA TAU PROGRAM & MEETING

The Global Reach of Nursing:
Experiences of Three Nurses Caring for the Underserved

HOLY NAMES UNIVERSITY—Bay Vista Room

October 14, 2008, 5:00-6:30 PM (Board Meeting to Follow)

Three nurses will share their experiences in caring for the underserved in various parts of the world including a hospital in Laos and a nursing school in Africa. This program is an illustration of the opportunities for nurse to influence healthcare internationally. A discussion period will follow.