

# Sigma Theta Tau Honor Society of Nursing Xi Phi Chapter International

## **President's Message**

By Cherie Wilcher, RN MSN FNP PMHNP

Greetings to all again this fall. Last October I introduced myself as the new Xi Phi President and posted my first president's message. This year I'm reporting on our successful 2008-2009 year. We welcomed several new board members at the Annual Dinner Meeting last May. Heather Ortiz was installed as Vice President, Candace Corson Garko was installed as Secretary; Ju Young Shin came onboard as a new Faculty Counselor and Mary Frances Moorehouse was added to the Nominating Committee. We are thrilled to have these nurses. However, we are sad to say good-bye to Jenenne Nelson and Trellis Moore, both faculty members at UCCS, whom have severed on the Xi Phi board in various positions for many years. Our local chapter has been very fortunate to have them give their time so selflessly. Their dedication and commitment to Xi Phi has been invaluable, and they will be missed by all.

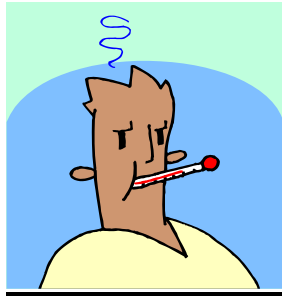
The 2009 annual meeting was held at the Olive Branch and members were treated to a presentation by Linda Goodwin, MSN, MBA, and Chief Nursing Officer at Memorial Health Care Systems. Her topic was "Leadership Trends for the Future." Linda is a Sigma Theta Tau member and a very knowledgeable and poised speaker. We were very pleased and honored that she took time out of her busy life to speak to our group. Also during the meeting, Xi Phi

awarded nursing student Amy Wall a \$1000 scholarship.

Other highlights of the year were the Xi Phi Induction Ceremony and the Research Conference both held at the Lodge on the UCCS campus. Thirty-five new members were inducted in December. We were pleased to have Dr. Kikikipa Kretzer as our keynote speaker for this event. Dr. Jenenne Nelson coordinated our research conference, and we were fortunate to have Dr. Ju Young Shin as the guest speaker to present her interesting research project. Xi Phi will be sponsoring these events again in 2009 and 2010. We encourage members to attend. Please check the events calendar for dates and times.

An exciting new development for Xi Phi is the addition of a nurse networking website called nurses lounge. This site can be accessed through our Xi Phi website. From the Xi Phi site, click on the link for the nurses lounge. Our own area can be found by clicking on "lounges" at the top of the page and then click on "organizations." Look for the Xi Phi icon and click on it. The web address is <http://www.nurseslounge.com/lounge/frontpage/index4.html>. The site is currently under construction, but all members are invited to join now and may participate in its development. Just join and bring your ideas, comments and information to share.

Again, thanks for your support, and we hope to see you at upcoming Xi Phi events.  
*Cherie Wilcher, RN MSN FNP PMHNP*



### **H1 N1 Update**

By Cherie Wilcher, RN, MSN, FNP, PMHNP

In September, Kandi Buckland, MPA, RN, Acting Public Health Administrator from the El Paso County Health Department spoke at our fall Xi Phi meeting. She presented an update regarding H1N1 flu. We were informed that the World Health Organization (WHO) had declared an H1N1 flu pandemic as of June 2009. At the time of her visit, the health department staff was busy planning clinics to administer seasonal flu injections as well as the H1N1. As of October 17, the H1N1 vaccine clinics for October have been canceled due to lack of the vaccine. However, some quantities exist, but are being offered first to those at greatest risk such as, health care providers, infants and children ages six months to 18 years and pregnant women. These groups have a high risk for developing complications. Please note that seasonal flu vaccine continues to be widely available. According to flu statistics, influenza activity has continued to increase since June and is now widespread in 46 states. Doctor visits have sharply increased and are now higher than the peak of regular flu seasons. Flu-related deaths are increasing and are above what is expected for this time of year.

The flu is a virus causing a range of symptoms from mild to lethal, however; most healthy people recover without problems. Symptoms include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue. In addition, H1N1 infection also includes vomiting and diarrhea. Antiviral medications can reduce the severity and duration of the flu illness which can reduce the risk of complications and death. The Centers for Disease Control (CDC) and the

American Medical Association (AMA) are not recommending antiviral medication for uncomplicated flu. This treatment should be reserved for severe symptoms with lower respiratory infection or clinical deterioration requiring hospitalization. Early empiric treatment with antiviral medication should also be considered for persons at higher risk such as: children younger than 2 years old; persons aged 65 years or older; pregnant women and women up to 2 weeks postpartum; and persons of any age with chronic medical conditions. Treatment should begin early within the first two days of symptoms. Waiting for laboratory confirmation is not recommended. H1N1 is resistant to amantadine and rimantadine. It is susceptible to oseltamivir and zanamivir and information on the dosing can be found on the CDC website

<http://www.cdc.gov/h1n1flu/eua/>.

The following information was taken from the El Paso County Health Department website

[www.elpasocountyhealth.org](http://www.elpasocountyhealth.org) For additional information about flu clinics or answers to other questions about H1N1 or seasonal flu, individuals may call the Pikes Peak United Way's Health and Human services phone line at 2-1-1 or the toll-free CO HELP hotline at (877) 462-2911. Please Note: Information is subject to change based on H1N1 vaccine supply. Please visit the El Paso County Health Department website prior to each event to verify that the time and location of an event has not changed. To receive H1N1 vaccine, please check first with your health care provider.

#### **Clinic Dates**

- Wednesday, Nov. 11, 10 a.m.  
Coronado High School  
1590 W. Fillmore St.  
Colorado Springs, CO 80904
- Tuesday, Nov. 17, 4 p.m.  
Harrison High School  
2755 Janitell Road  
Colorado Springs, CO 80906
- Friday, Nov. 13, 8:30 a.m.  
New Life Church  
11025 Voyager Parkway  
Colorado Springs, CO 80921
- Thursday, Nov. 19, 10 a.m.  
The Hangar  
6436 S. Highway 85/87 Suite R  
Fountain, CO, 80817

<b>2009-2010 Event Calendar</b>	
<p>Oct. 8, 2009</p> <p>5:00 – 6:00 PM Board Meeting</p> <p>6:00 – 6:40 PM Membership Meeting</p> <p>6:40 – 7:40 PM Program “The Status of H1N1 and Seasonal Flu in El Paso County”</p> <p>University Hall 3955 Cragwood Dr. Colorado Springs</p>	<p><b>STT Board Members</b></p> <p><b>Light Dinner &amp; Business Meeting</b></p> <p><i>Acting Public Health Administrator El Paso County Dept Health and Environment</i></p> <p>Speaker: Kandi Buckland, RN, MPA</p>
<p>Nov. 10, 2009</p> <p>5:00 – 7:00 PM</p> <p>University Hall 3955 Cragwood Dr. Colorado Springs</p>	<p><b>Information Meeting for Fall Inductees</b></p>
<p>Dec. 6, 2008</p> <p>2:00 – 4:00 PM</p> <p>The Lodge @ UCCS 1420 Austin Bluffs Pkwy. Call 262-4460 for directions</p>	<p><b>STT Fall Induction</b></p> <p>Keynote: Dr. Mary Hines</p> <p>Inductees, family, STT member and friends</p>
<p>Feb. 12, 2009</p> <p>2:00 – 5:00 PM</p> <p>The Lodge @ UCCS 1420 Austin Bluffs Pkwy. Call 262-4460 for directions</p>	<p><b>STT Research Conference</b></p> <p>Keynote: TBA</p> <p>UCCS Students and Faculty</p>
<p>May 4, 2009</p> <p>5:00 – 8:00 PM</p> <p>Place TBA</p>	<p><b>Annual Dinner Meeting</b></p> <p>Speaker: TBA</p> <p>Chapter members</p>

NOTICE:  
Board Vacancies!

It has been a delight to work with the new and established board members this term. We have been actively facilitating activities for the following year. It is exciting to be a part of a such a professional team of nursing leaders.

**Lori S. Peppard  
Leadership Succession Committee**

**The following Board position needs to be filled by April 2010:**

### President-Elect

#### Qualifications:

- Be an active member of the chapter
- Consent to serve in the position

#### Responsibilities:

- Succeed into the presidency at the end of a two-year term of office.
- Communicate to the public the purposes of the society.
- Be chair of committees, as needed.
- Learn the chapter operations and facilitate the achievement of chapter goals and mission of Sigma Theta Tau International and the **Xi Phi Chapter**.

The elected members of the Board of Directors have the authority and responsibility to manage the chapter consistent with the bylaws and in an appropriate legal manner. Board members carry forward the Society’s objectives and manage the business and fiscal affairs of the chapter. Additionally, Board members monitor the income and disbursement of funds, and assure that the chapter fulfills the requirements to maintain good standing in the Society.

**PLEASE CONTACT ANY OF THE LEADERSHIP SUCCESSION COMMITTEE MEMBERS IF YOU WOULD LIKE TO VOLUNTEER TO FILL THE PRESIDENT-ELECT BOARD POSITION:**

**SARAH GARNER~**

**THEGARNERCLAN@COMCAST.NET OR**

**SARAHANDRYANGARNER@COMCAST.NET**

**MARY MOOREHOUSE~**

**MARY.MOORHOUSE@GMAIL.COM**

**LORI S. PEPPARD~**

**TOMPEPPARD@MSN.COM OR (719) 487-**

**9194**



**ATTENTION  
UNDERGRADUATE AND  
GRADUATE NURSING  
STUDENTS**



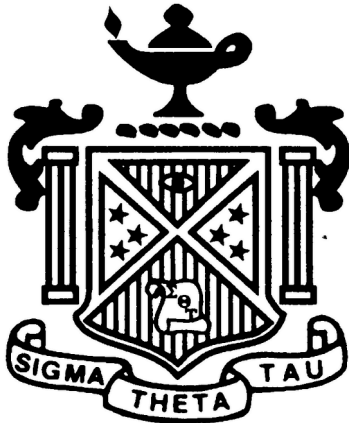
**MONEY IS AVAILABLE FOR  
YOU!!!**

**BETWEEN \$500 AND \$1000**

**THREE SCHOLARSHIPS ARE  
WAITING TO BE AWARDED  
THROUGH XI PHI-THE LOCAL  
CHAPTER OF SIGMA THETA  
TAU**

**APPLICATION DEADLINE:  
NOVEMBER 15, 2009**

**FOR MORE INFORMATION CONTACT:  
VICKI BROWNRIGG-VBROWNRI@UCCS.EDU  
OR  
LORI PEPPARD -TOMPEPPARD@MSN.COM  
CHECK FOR DETAILS ON THE XI PHI  
WEBSITE  
<http://www.uccs.edu/xiphi/scholarships.html>**



The Xi Phi Officers for 2009-2010 are:

**Cherie Wilcher, President**  
[Artcher2@cs.com](mailto:Artcher2@cs.com)

**Vicki Brownrigg, President-elect**  
[vbrownri@uccs.edu](mailto:vbrownri@uccs.edu)

**Heather Ortiz, Vice-President**  
[jorgeandheather@yahoo.com](mailto:jorgeandheather@yahoo.com)

**Candace Garko, Secretary**  
[candacegarko@centura.org](mailto:candacegarko@centura.org)

**Sara Clutter Lee, Treasurer**  
[tLee2409@comcast.net](mailto:tLee2409@comcast.net)

**Lori Peppard, Nominating Chairperson**  
[tompeppard@msn.com](mailto:tompeppard@msn.com)

**Sherry Lee, Nominating Committee**  
[Slee3@uccs.edu](mailto:Slee3@uccs.edu)

**Sarah Garner, Nominating Committee**  
[Thegarner00@msn.com](mailto:Thegarner00@msn.com)

**Ju Young Shin, PhD, RN, Faculty  
Counselor**  
[jshin@uccs.edu](mailto:jshin@uccs.edu)

**Valerie Galloway, MSN, RN**  
[VALJIM\\_GALLO29@msn.com](mailto:VALJIM_GALLO29@msn.com)

**STTI Vision:**

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.

**STTI Mission:**

...to support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide.