



Rho Omicron: Mount Carmel College of Nursing Chapter



Members E-News: John Quincy Adams said: Let our actions inspire others to dream more, learn more, do more, become more, lead more.....*Staying in Touch*

President's Message

Rho Omicron has had a wonderful year! I want to congratulate all our members who have graduated this year. What a wonderful accomplishment. To our members inducted last November, I encourage you to stay active in Rho Omicron. Membership is not just a one year commitment, but lifelong. Take some time to explore STTI's website and see what is available for members, I think you will be surprised.

Congratulations to our **new board members:**

President Elect: Dr. Scott Dolan

Secretary: Dr. Ann Waterman

Leadership Succession Committee: Jody Gill-Rocha and Tricia Whitney

Governance Committee: Sherry Hull

I know that each of you are an asset to the organization and look forward to working with you.

Let's all pull together and make next year a wonderful year!

Therese

Upcoming Rho Omicron Events

May 23, 2016: End of year board meeting

Late Summer, 2016: New Board Member Orientation, Exact Date TBD

Fall, 2016: Look for more information to come on upcoming events and offerings in the **2016-2017 year**

Until Fall, We wish you a safe, healthy, joyous, and sunny Summer!

Check out our **Websites for** information on how to be an involved member.

Rho Omicron Member Websites

<http://www.nursingsociety.org/Pages/default.aspx>
<http://rhomicron.nursingsociety.org/home>

Rho Omicron: Year in Review

Induction, 2015:

On November 19, 2015 86 new members were inducted into the MCCN's Rho Omicron Chapter during a festive and dynamic ceremony held in the MSB building at Mount Carmel West. The inductees consisted of students and nurses from the Undergraduate program, RN-BSN program, Graduate program, and Community Leaders. All in attendance had the opportunity to listen to a powerful presentation given by Dr. Tara L. Spalla, PhD, RN, Academic Dean of MCCN. Her message to our newly inducted focused on leadership and that as new members beginning or continuing their journey within nursing, to remember you are the leaders of change and the future. Dr. Spalla used STTI's current President Dr. Hester Klopper's call to action that focused on serving locally, transforming regionally and leading globally through four themes/roadmaps to leadership: servant leadership, connectedness, transformation and gratitude. Dr. Spalla encouraged the newly inducted to use their voice, embrace leadership opportunity, and inspire and lead others to contribute to the nursing profession. The message continued to center on STTI's themes of love, honor, courage, connect, engage, grow, and advance, and she challenged the newly inducted to practice these important themes/roadmaps to leadership.

General Membership Meeting, January 28, 2016:

On January 28th Rho Omicron held its annual General Membership meeting. Approximately 25 attended and had the opportunity to network, enjoy lunch, and listen to 3 outstanding presentations by Rho Omicron members. These presentations were inspiring and showcased the talent, scholarship, innovation, and work of Mount Carmel College of Nursing's colleagues and Rho Omicron members.

Dr. Kathy Fernandez and Catie Maurer-Baack's presentation was inspiring, touching, and beautiful on how they portrayed "Ageism" and challenging yet rewarding feeling it can provide to nursing students and nurses as we embrace the aging population and care for them. The elderly brings 'wisdom' like no other, and for nursing students and us alike we can learn so much from and with them.



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General Membership Meeting, January 28, 2016:

Dr. Ann Waterman and Dr Therese Snively presented their work on "Transformation MODEL of Caring, Quality in Online Nursing Education". Their research focused on how an online course can show "caring" yet still maintain high quality education. They found 3 common themes surface in their research to ensure an online course had caring and quality. Those were: Presence; 2) Faculty Competence in Online Teaching and the Material; and 3) The Commitment to Teaching /Learning. As they spoke the message that was presented is a message every nurse educator, clinical faculty, preceptor, and anyone involved with teaching can use. That is to be available, engaged, present, commit time and give time, interact, be student-centered, collaborate with students, inform students of expectations, be adaptable, develop relationships with students, and lastly have a positive "can do" attitude.

Finally, the meeting ended with an insightful presentation by Dr. Scott Dolan on his research of "Minority Baccalaureate Nursing Student Experiences of learning in a Multicontextual Teaching/Learning Environment". Students today in academic settings are becoming more diverse. The diversity is an increase in different ethnicities, which learn in various ways and have different learning needs. Students today are used to multitasking, are more technical and want to be engaged, inspired, and doing. As educators Dr. Dolan's message is for us to use varying ways to present a concept, incorporate multiple interactive methods in the classroom, and "mix-it up".

General Membership Meeting: More than 30 Rho members and the college community gathered on **February 22nd** to learn about an outstanding organization here in Central Ohio, "Local Matters". Liz Fremer, the Operations Director for Local Matters, was dynamic, energetic and truly showed she had a passion for what the organization strives to do which is serving "Central Ohio for Healthy Community through Food." Local Matters works to "increase access to healthful, affordable and sustainable food, while inspiring individuals to consider the role of food in their lives." This organization helps the community, children, and adults understand the importance of healthy eating and making healthy choices. The organization works with local farmers, farmer markets, local small town community stores to ensure these places have the resources, knowledge, and means to buy, cook, and grow healthier choices of food. Local Matters is a nonprofit organization that partners with local organizations, foundations, and private donors to be able to offer the resources, access and education to make sure everyone understands the importance of healthier choices, cooking, and food makes in their life. Local Food Matters has 4 main programs: Food Matters, Wellness Matters, Growing Matters and Cooking Matters. One focus of the presentation was on the national campaign they participate in called "No Kid Hungry." This campaign is striving to make sure no kid in the USA goes hungry! Local Matters is a valuable organization which is mostly comprised of volunteers. If you want to get involved and learn more about this wonderful organization please visit: <http://local-matters.org/>.

STTI Central Ohio Consortium Spring Scholarship, April 14, 2016:

Rho Omicron ended the year when we hosted an exhilarating gathering that took place on April 14th, for the annual STTI Central Ohio Consortium Spring Scholarship Evening at MCCN. More than 50 members joined Rho Omicron for an evening of togetherness as we connected in scholarship, engagement, fellowship, and leadership to improve our own knowledge; while letting our actions inspire us to be powerful in our own way to change the world and empower others to do the same. Members got to network and learn as they viewed 18 Scholarly Poster Presentations from students, faculty, and leadership members. Then we got the opportunity to listen to a dynamic presentation by Dr. Jill Kilanowski, PhD, RN, APRN, CPNP, FAAN, the Associate Dean for Graduate Nursing Programs at Mount Carmel College of Nursing as we enjoyed a delicious Italian dinner. Dr. Kilanowski's presentation centered on *Healthy-eating decision-making in adolescent children of Latino migrant farm workers; Mixed methods pilot study*. Dr. Kilanowski has been a champion for the children of migrant and seasonal agricultural workers. She has conducted seminal research on their health, rates of obesity, food frequencies, physical activity, food security, acculturation, and safety in the migrant work camp. Her presentation inspired us to consider our own eating habits and choices and those of our children for a healthier life.

To end the evening Rho Omicron recognized senior nursing student Kaci Gundin as our Scholarship Receipt for 2016. Congratulations!

In Honor of **Each of You** *for Nurses Week*



Website of Interest:

<http://www.healthleadersmedia.com/nurse-leaders/happy-nurses-week-happy-nurses?spMailingID=8875769&spUserID=MTMyMzQyMDgyMzAzS0&spJobID=920378086&spReportId=OTIwMzc4MDg2S0>