

A Message from the President...

Hello Members of Delta Tau Chapter-at-Large,

Our Chapter's year has ended and another season is coming to an end. We look forward to a very exciting 2011-2012 year as a Chapter and trust that the fall weather *will not* bring temperatures into the 90's! My tenure as President has also come to an end. It has been an honor to serve as President these last two years. It has also been such a pleasure to work with a dynamic, wonderful group of dedicated colleagues in pursuit of Sigma Theta Tau International's vision.

During the last year our Chapter has sponsored the South Eastern Pennsylvania League of Nursing dinner in April and co-sponsored the 13th Annual Jean Brown Excellence in Nursing Conference in March. We also paid registration for two students from each University to attend the Region 12 Annual TriState Consortium Brunch where we all were privileged to hear our STTI President Karin Morin speak. It was an exciting day indeed. As a Chapter we donated an "Italian Basket" filled to the brim for the TriState fund raising event. I have to say, I think members of the chapter had a good time creating the basket and I thank everyone for their creativity and help with purchasing. The Board agreed to donate monies to be used for a student attending the School of Nursing Science of the North West University (Potchefstroom Campus) in South Africa; the monies are to be used for books and school supplies. Dr. Boas Yu from Holy Family received the Chapter's Research Scholarship; please see article on her research in the newsletter. Unfortunately we had no applications for Graduate and Undergraduate Scholarships....Oh my! These scholarships are open to all members of the Chapter. Please look for the applications on our website; they need to be completed by February 28, 2012.

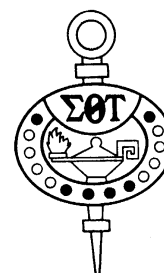
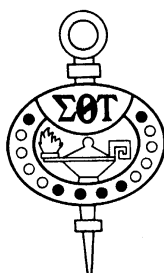
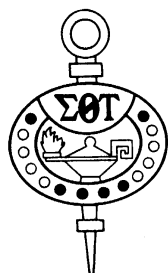
In June we had Board elections for 2011-2012. It is the members of Delta Tau Chapter that make it such a wonderful chapter to lead. Thank all of you who volunteered to be on the ballot. The Board is the hub of our chapter and without their expertise, ideas and hours of work we could not exist. I want to thank Lucia Lubik, Tami Hoppole, Mary Jane Speen, Shelia Cunningham, and Jane Tang for their many hours of work on the board over the years. I also appreciate your mentorship to our new Board members joining us this year. A welcome to Dr. Kathryn Hayes who will be Chapter President ;Nancy Laplante, VP for Neumann; Mary Powell, Counselor for Neumann; Janice Reilley, Counselor for Immaculata; Mary Boylston, Counselor of Eastern; Boas Yu, Counselor of Holy Family, Susan Lynch, Leadership Chair, Ann **Continued on page 9-Denise Yonkoske**

- 2011-2012**
- CALENDAR OF**
- EVENTS**
- SEPTEMBER 19, 2011**
- BOARD MEETING**
- NEUMANN UNIVERSITY**
- 4 PM**
- OCTOBER 16, 2011**
- ANNUAL TRI-STATE**
- CONSORTIUM BRUNCH**
- LOCATION: EMBASSY**
- SUITES HOTEL**
- PHILADELPHIA**
- FEBRUARY 10, 2011**
- BOARD MEETING**
- HOLY FAMILY**
- UNIVERSITY**
- 4PM**
- FEBRUARY 28, 2012**
- SCHOLARSHIPS &**
- AWARD APPLICATIONS**
- DUE**
- MARCH 2012**
- PRE INDUCTION PIZZA**
- PARTIES AND INDUC-**
- TION PLANNING MEET-**
- ING (TIME AND PLACE**
- TBA)**
- APRIL, 2012**
- RESEARCH DAY**
- IMMACULATA**
- UNIVERSITY**
- TBA**
- APRIL 15, 2012**
- 32ND ANNUAL**
- INDUCTION CEREMONY**
- AT HOLY FAMILY**
- UNIVERSITY**
- 1 PM**
- JUNE 2012**
- ANNUAL PLANNING**
- MEETING (TIME AND**
- PLACE TBD)**

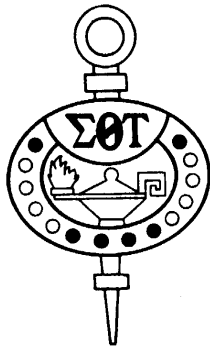
*31st Annual Induction Ceremony
Welcome to our new members...*



31st Annual Induction Ceremony



31st Annual Induction Ceremony

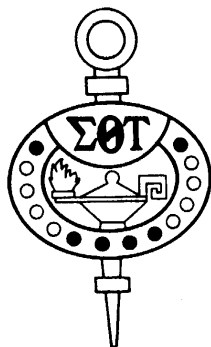


*Annual Tri-State Consortium Brunch
Embassy Suites, Philadelphia
Sunday October 16, 2011
Registration 9:30 AM*

*Speakers: Peggy Knecht, PA Nursing Workforce
Topic: Impact of IOM on the Staff Nurse*

*Joseph Napolitano, PA State Board of Nursing
Topic: The Future of Nursing*

Information to register will be posted on the web site.



Did you know that you could make
a donation to the
Delta Tau Chapter when renewing
your

STTI membership?

It's just a click away...



Annual Induction Ceremony

Hello to All Our Delta Tau At-Large Members!

. A celebration, commemorating the 31st Anniversary of Delta Tau Chapter-At-Large and the induction of new members of Sigma Theta Tau Honor Society of Nursing was held at Eastern University on April 10, 2011 at 1pm.

Family and friends gathered to congratulate these superior nurses and nursing students from Eastern University, Holy Family University, Immaculata University and Neumann University.

135 individuals were inducted to the Delta Tau Chapter-at-Large:

Baccalaureate students:

- 22 students from Eastern University
- 44 students from Holy Family University
- 31 students from Immaculata University
- 21 students from Neumann University

Graduate students:

- 3 students from Holy Family University
- 9 students from Immaculata University
- 4 students from Neumann University

1 Nurse Leader

President, Denise Yonkoske presided over the ceremony. Dr. Boas Yu received the 2011 Research Award. The keynote address was offered by Anne C Muller (former Region 12 Coordinator and past president of the Delta Rho chapter).

Following the Induction Ceremony, a reception was held for inductees, family, & friends.

Did you know???

I will be serving as your President for the next two years (2011-2013). I am a Professor of Nursing at Holy Family University, Philadelphia, Pennsylvania and a long-term member of Sigma Theta Tau International. It is my privilege to serve you in this capacity.

Did you know???

We have four universities in our chapter: Eastern University, Holy Family University, Immaculata University, and Neumann University.

Did you know???

We have 631 active members (as of 8/9/11). It is a great honor to be inducted into Sigma Theta Tau International. I ask that you consider becoming active in our organization. You could serve on a committee and volunteer your expertise or run for office next year and share your leadership skills. In addition, you could gain leadership skills by becoming an officer!

Did you know???

Our website - deltatau.libertynet.org – has information you can use. For example, the applications for research grants and undergraduate and graduate scholarships are on the website. Please be sure to check our website periodically.

Did you know???

We have an exciting line-up of activities for the coming year. Please see the calendar of meetings and events in this issue of the newsletter. All members are welcome to attend.

I am excited to serve you and look forward to getting to know you! I hope you have a wonderful fall season and will introduce yourself at one of our meetings!

Kathryn Van Dyke Hayes, PhD, RN, BC, CNE



2011 Research Award

Dr. Boas Yu
Holy Family University



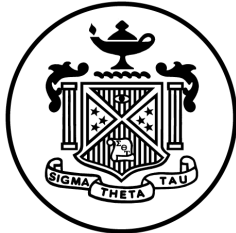
The Effect of Maum Meditation on Power and Well-Being

Boas Yu, EdD RN GCNS-BC, FNP-BC, CRRN, CNE

In a Delta Tau funded research study, *the Effect of Maum Meditation on Power and Well-Being*, Dr. Boas Yu will explore the effect of Maum meditation in relation to power and well-being on faculty, students and staff of Holy Family University. As Maum meditation sessions are being initiated as a part of wellness program offered at Holy Family University, a Catholic institution, the possible effectiveness of Maum Meditation sessions will be explored. Maum meditation is not associated with any religion and is a relatively new form of meditation which was started in 1996 by Woo Myung. There are eight levels of this meditation which guide the practitioner through different levels of enlightenment progression. The Northeast campus of Holy Family University will be used as the main site of this research.

The objectives of this research study are: 1) to explore manifestations of inner sense of power and well-being over time in persons who participate in Maum Meditation; and, 2) to examine relationships between participation in Maum Meditation to inner sense of power and well-being.

A quasi-experimental and longitudinal design will be used with the intervention of Maum Meditation sessions facilitated by the researcher. The data collection started in January 2011 and will continue until spring semester of 2012. The research funding received through Delta Tau enabled the researcher to obtain expertise of a consultant to guide the study process.



**Sigma Theta Tau
International**

Delta Tau Chapter-At-Large
C/O Mary Wombwell
Holy Family University
9801 Frankford Avenue
Philadelphia, PA 19114

2012 Scholarship and Grant Awards

Delta Tau Chapter-at-Large will award one Graduate and one Undergraduate Scholarship in the amount of \$500 during the 2011-2012 year. Additionally, we will award two Research Grant Awards in the amount of \$500 each. The Graduate Scholarship and Research Grant Awards will be given directly to the recipient to be used toward his/her graduate course of study and research. The Undergraduate Scholarship Award will be deposited into the student's account at his/her school.

Delta Tau Chapter Officers (2011-2012)

Kathryn Hayes, President

Corinne Latina, VP, EU

Danielle Kohler, VP, HF

Nancy Berry, VP, IU

Nancy Laplante VP, NU

Pat Giuffrida, Treasurer

Catherine (Katie) Tottser,
Secretary-Recording

Mary Wombwell, Secretary-
Corresponding

Mary Boylston, Counselor
EU

Boas Yu, Counselor HF

Janice Reilley Counselor ,IU

Mary Powell, Counselor
NU

In order to be eligible for the *Undergraduate Award*, the applicant must:

- Be currently enrolled as a nursing student at Eastern University, Holy Family University, Immaculata University or Neumann University.
- Agree to a 1 year service commitment to the chapter
- Completed all JUNIOR level nursing courses
- Maintain a minimum cumulative GPA of 3.25
- Submit a short essay.
- Submit one copy of official transcripts.
- Submit a faculty recommendation.

To be eligible for the *Graduate Award*, the applicant must:

- Be an active member of Delta Tau Chapter-At-Large (paid dues are up-to-date)
- Agree to a 1 year service commitment to the chapter
- Maintain a cumulative GPA of 3.25
- Completed 1/3 of graduate program requirements.
- Submit a short essay.
- Submit one copy of official transcripts.
- Submit a faculty recommendation.

To be eligible for the *Research Grant*, the applicant must:

- Be an active member of Delta Tau Chapter-At-Large (paid dues are up-to-date)
- Submit Proposal Abstract (limited to 4 pages)
- Present a poster presentation at the Annual Research Conference at Immaculata University.

Deadline for all applications is **February 28, 2012**. The recipients of the Undergraduate, Graduate, and Research Grant Awards will be acknowledged at the Annual Induction Ceremony. To receive an application and further instructions for any of these awards, please contact your faculty counselors (Mary Boylston, EU, Boas Yu, HF, Janice Reilley, IU, Mary Powell, NU) or visit our website:

<http://deltatau.libertynet.org> and click on Calendar of Events to download an application.

Continued from page 1 - Denise Yonkoske

Buttner, Leadership succession committee member and Nancy Berry ,VP for Immaculata. Beth Chiatti and Eileen Alexy will be our Delegates at the 41st Biennial Convention in October.

This coming year we are planning a Health Fair for an Ethiopian Church in west Philly. We also have a committee working on our goal to receive the Key Chapter Award at the next Biennial in 2013. A Chapter Facebook is up and coming soon. As a Chapter we are 630 active members strong! As a Chapter we need your input, expertise and ideas. We need volunteers for Chapter projects, volunteers to be think tanks, and volunteers to maintain our history. With today's technology we no longer have to get in our cars and drive twenty...fifty miles to a designated meeting place. There is an old Maasai tribal saying, "one hand cannot clap on its own but it needs the other hand to make a clap"; please volunteer your expertise, if only a few hours a year. We can do many things virtually.

I know many of our Chapter's members are living Sigma's vision through leadership, research and scholarship. The Board would like to hear about your individual accomplishments and also those in the clinical and academic areas in which you work. Please contact our President, Kathryn Hayes or e-mail www.deltatau.libertynet.org .

I do want to take a moment to tell you about (brag a little bit) a few of our members and their accomplishments this past year:

- Liz Lisowski a MSN student at Immaculata did a community service project with AHNA Philadelphia area Network Healing Outreach in South Africa.
- Elaine Hossler spent two weeks, for the second year in a row, in a small village (Camilo Ortega) outside Managua, Nicaragua providing health education to the women of the village and teaching basic health care.
- Dr. Christine Jackson was presented with the Holistic Nurse of the Year Award
- Immaculata University was the recipient of the 2011 American Holistic Nursing Association Excellence in Education Award.
- Dr. Ann Buttner presented her research: *Changes in Students' Attitudes toward Aging after a Gerontological Course* at the Jean Brown Nursing Research Conference.

Being a member of Sigma Theta Tau was a much unexpected gift to me and I could go on and on about the people I have met, the support I have received and the fun I have working with such diverse and brilliant individuals. Networking is one of the greatest advantages as a Sigma Theta Tau member. I would like to recommend to our new inductees an article that can be found in STTI's Connect titled *Going Up? Intentional Networking Works* by Tiffany Montgomery (July 2011).

Thank you one and all for *all* that you do with love, courage and honor. I look forward to continuing to volunteer on Chapter projects and working as the Archivist.

Be safe and enjoy the cooler weather ahead,

Denise Yonkoske, MSN, RN, CEN,
President of Delta Tau Chapter-at-Large 2009-2011