



Sigma Theta Tau
International
Honor Society of Nursing

Rho Chapter

University of Michigan
Chartered 1957

<https://nursing.umich.edu/about/nursing-michigan/sigma-rho-chapter>












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SIGMA RHO CHAPTER EXCELLENCE AWARDS 2020

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|  CHRIS FRIESE |  GRACE KANZAWA-LEE |  REGI FREEMAN |  HEATHER KUDALIS |
|  GEOFFREY HOFFMAN |  MITCHELL KEEFER |  BONNIE HAGERTY | |
|  BRIANNA FINLEY |  RHONDA SCHOVILLE |  HAYLEY FLORES |  ANN KRUSZEWSKI |

**Thank You For Your Leadership in Our
Nursing Community**

RHO CHAPTER EXCELLENCE AWARDS 2020

Each year Sigma Rho Chapter nursing honor society recognizes excellence in our colleagues with its chapter awards program. Rho Chapter proudly salutes our 11 awardees for 2020. Because of current pandemic restrictions our awards program was presented through video. Our awardees also were invited to our October Rho board meeting videoconference to receive congratulations from chapter leaders. Read more about our awardees here and view the awards video at https://www.youtube.com/watch?v=WxiF_6Hv1Ck&t=15s

Excellence in Research: Christopher Friese PhD, RN, AOCN, FAAN (Nominated by Dr. Milisa Manojlovich)



Dr. Friese has an outstanding track record of research in oncology nursing, with a focus quality and safety in chemotherapy care. He is currently the PI or co-PI for 7 grants and has over 80 publications. In 2016, he was awarded a one-year health policy fellowship in Washington DC by the Robert Wood Johnson Foundation, serving in the United States Senate. In 2018, he was appointed by the Comptroller General of the United States to serve a six-year term on the Patient-Centered Outcomes Research Institute (PCORI) Board of Governors. He actively encourages research activities by mentoring honors students and junior faculty.

Excellence in Leadership: Bonnie Hagerty, PhD, RN (Nominated by: Dr. Ann Kruszewski)



Dr. Hagerty has a long career in leadership positions at the School of Nursing. Most notably, as Associate Dean for Undergraduate Studies she led the transformation of the undergraduate curriculum, leading to graduates' consistently high NCLEX score and success in the workplace and graduate school. She was a leader in developing collaborative partnerships with Michigan Medicine and interprofessional learning experiences.

Excellence in Education: Rhonda Schoville, PhD, MSBA, RN

(Nominated by Dr. Michelle Aebersold)



Dr. Schoville uses many innovative teaching approaches and designed a new master's program in Leadership, Analytics, and Innovation using digital education concepts. Dr. Schoville's teaching approaches include storytelling, animation, guest lectures, reflection assignments, and team projects. She is highly respected by students for her experience in nursing leadership and informatics and her concern for their success.

Excellence in Practice: Regi Freeman MSN, RN, ACNS-BC, FCNS

(Nominated by Cristina Wojack)



As a Clinical Nurse Specialist in the Cardiovascular ICU, Regi Freeman represents excellence by emphasizing staff education and evidence-based practice. She works tirelessly on Nursing Quality Indicators like pressure injuries, fall reduction, hand hygiene, pain reassessment, medication safety, allowing the nurses to become "best" in their field. She disseminates nursing knowledge through publications on cardiovascular nursing.

Friend of Nursing: Geoffrey Hoffman, PhD, MPH (Nominated by Julia Morrissey, MSN, RN, NE-BC)



Dr. Hoffman is absolutely committed to enhancing patient outcomes through policy change and honest, transparent discussion. He has published extensively on policies affecting well-being of older adults. He truly believes in the benefits of collaboration with nurses and nurse scientists. In his own words "Many of the solutions to our policy problems rely on the holistic care nurses provide. When we consider the most effective programs for improving patient care, we're counting on nurses to deliver them." He engages nurses in policy in a way that is both inspiring and easy to understand.

Student Leadership:



Hayley Flores RN, BSN (Nominated by Alyssa Fraser, MSN, APRN, CPNP-PC)

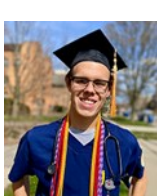
Hayley Flores is a strong service leader, who has participated in multiple volunteer opportunities including Health Ambassador for Project Health Schools, participant in U of M Dance Marathon, Study Lead for undergraduate student study sessions, volunteer at Ann Arbor community "Save a Heart" and "Haiti Gala" events, and fundraising and service activities within UM Student Nurses Association. In recognition of her service values, she was chosen to represent the School in its new marketing video.



Brianna Finley, RN, BSN (Nominated by Dr. Deborah Price)

Brianna Finley approaches her work with 100% effort and is an example to her peers. She has participated in multiple service activities including Student Nurses Association, Project Healthy Schools, Baker Commons Health Clinic, Ann Arbor Circle K Health and Wellness Committee Member, Michigan Abilities Center Coordinator, and Ann Arbor District Library Tutor. She also was project lead for the Michigan Medicine Quality Improvement patient acuity charting tool.

Drickamer Student Mentorship:



Mitchell Keefer, RN, BSN (Nominated by Paul Edick, MSN, RN-BC)

Mitchell Keefer exudes the qualities of a mentor. He has been a formal and informal mentor to first and second year students in the SNA Peer Mentorship Program since 2017. He is also member of the Motley Crew, a group of students that organize local volunteer events where he mentored underclassmen as they learn to plan volunteer events. Mitchell brings energy, encouragement, and engagement that makes fellow students look forward to being in his clinical group.

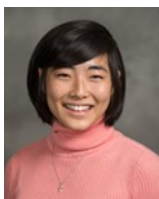


Heather Kudalis, RN, BSN (Nominated by Dr. Deborah Price, DNP, RN)

Heather Kudalis is an outstanding student who has demonstrated excellence in knowledge and competencies in critical care nursing. In the CCMU she impressed her nurse mentor with her knowledge and skills. She demonstrated leadership in mentoring her peers with a group evidence-based practice project and presentation to staff on the unit. She has mentored students through the School of Nursing Peer Mentorship Program and also through participation in Relay for Life.

RHO CHAPTER EXCELLENCE AWARDS

Rising Star Award: Grace Kanzawa-Lee PhD, RN (Nominated by Dr. Alex Fauer)



Dr. Kanzawa-Lee began her nursing education in the Hillman Scholars program which fast tracks promising students from BSN through PhD. Although a recent PhD graduate, Dr. Kanzawa-Lee already has a track record of extramural funding and has over 11 peer-reviewed publications. Her dissertation research has been presented at national nursing conferences. During her graduate program she served as an instructional assistant in the BSN program and continues to practice on the adult bone marrow transplant unit to maintain relevance in her research program.

Distinguished Service: Ann Kruszewski, PhD, RN (Nominated by Dr. Deb Price and the Rho Chapter Board)



Dr. Kruszewski is often referred to as the "glue" of our chapter. She has served as the Publicity Chair for many years. Our Sigma Rho Chapter would not have the impact that it does today if it were not for Dr. Kruszewski's diligence in keeping us moving forward and attending to details.

RHO CHAPTER OFFICERS

President: Deb Lee, MSN, FNP, ACNP-BC (webdeb@umich.edu)

Past President: Laura Struble, PhD, GNP-BC (lstruble@umich.edu)

Vice-President: Heather Jones, DNP, APRN, AGPCNP-C (hejones@umich.edu)

Treasurer: Cristina Wojack, MS, RN, AGACNP-BC, CCRN (wojackc@umich.edu)

Secretary: Norma Sarkar, MPH, RN (nsarkar@umich.edu)

Faculty Counselor: Melissa Bathish, PhD, RN, CPNP-PC (mbathish@umich.edu)

Faculty Counselor-Elect: Laura Prochnow, DNP, RN, CHSE (lprochn@umich.edu)

COMMITTEES

Student Leader Intern: Kathy Sliwinski, SN4 (kssli@umich.edu)

Governance Committee (Membership & Bylaws)

Chair: Ashleigh VanBlarcom, NP (agvanbla@med.umich.edu)

Member: Brianna Finley, BSN, RN

Member: Susie McDevitt, MSN, ACNP-BC (smcd@med.umich.edu)

Leadership Succession Committee

Chair: Julie Buser, RN, CPNP-PC (jbuser@umich.edu)

Member: Kristiana Hila, BSN, RN (khila@umich.edu)

Member: Deanna Bitner, MSN, RN, NEA-BC (dbitner@med.umich.edu)

Excellence in Nursing Awards Committee

Chair: Corinne Lee, DNP, RN, ACNS-BC (leeco@med.umich.edu)

Member: Suzanne Knight, DNP, RN (knightsn@med.umich.edu)

Member: Mary Sue Webb, BSN, RN (mswebb@med.umich.edu)

Newsletter/Publicity Committee

Chair: Ann Kruszewski, PhD, RN, (annkrusz@umich.edu)

Social Media: Joyce Lee SN4 (joyslee@umich.edu)

Research/Special Projects Committee

Chair: Laura Struble, PhD, GNP-BC (lstruble@umich.edu)

Member: Carol Loveland-Cherry, PhD, RN (loveland@umich.edu)

Membership Involvement Committee

Chair: Diane Ferguson, MS, RN, AGPCNP-BC (difergus@umich.edu)

Member: Ann Kruszewski, PhD, RN, (annkrusz@umich.edu)

THE PRESIDENT'S COLUMN



Deb Lee.

I'm honored to have been approved by the Rho board to serve as Rho Chapter president this year. I'm so fortunate to have the support of Past President, Laura Struble, and former Rho president Norma Sarkar who is serving as Rho Secretary. We have an amazing, diverse chapter leadership team this year including faculty, advanced practice nurses, nurse educators, administrators, graduate and undergraduate students, and retirees.

Our board reflects the diversity of our Rho members and they will do an excellent job of

representing your interests as we plan chapter activities.

This year has presented challenges to chapter programming like never before. Uncertainty has become the new normal as we figure out how to engage our members in service, leadership development, and scholarship during the pandemic. Because all "in person" events have been cancelled the board has been working to re-think programming and learn new ways to reach out virtually. Despite these challenges, Rho had a very successful food drive in the fall, with contributions filling a mini van and many members giving financial contributions to Food Gatherers. We are partnering with IPN and Eta Rho Chapter to present a series of virtual leadership conferences. The first is scheduled for January 21, focusing on strategies to promote successful change. We are also presenting a session on applying to graduate school on January 12. If you are thinking about graduate education, this session will provide general information about how to maximize your application and navigate the challenges of returning to school. Our Student Leader Intern, Kathy Sliwinski, is planning a session on stress management targeted to help students navigate this very stressful year. And the Chapter continues to offer a variety of grants to support research and evidence-based practice as well as grants to disseminate scholarly work. Please see the information in this newsletter to take advantage of these opportunities.

I am especially excited about the involvement of our two undergraduate students on our leadership team. Kathy Sliwinski is our student leader intern this year, Joyce Lee has stepped forward to manage social media. Read more about them on page 4.

Thank you to everyone who completed the Rho member survey. We received 150 completed surveys--a fantastic response! The board is discussing the information you provided and will help us as we continue to plan virtual events that meet members' needs. It was heartening to learn that most members are satisfied with the communication from the chapter. And we have received many contacts from members who interested in becoming more involved. Please continue to support our chapter by continuing your membership and utilizing our events. I encourage you to consider becoming involved in Rho Chapter activities. Rho Chapter can only meet its goals if you help us. We welcome hearing from you. On behalf of Rho Chapter I wish very happy, safe, and healthy holidays to everyone!



WELCOME RHO CHAPTER STUDENT LEADERS

Rho is fortunate to have two energetic and capable nursing students on the leadership team. Kathy Sliwinski is our Student Leader Intern and Joyce Lee is our Social Media Chair. Read more about them:

Kathy Sliwinski, SN4

I'm a senior nursing student from the suburbs of Chicago. This summer I was supposed to participate in a pediatric oncology pre-doctoral research internship at St. Jude Children's Hospital. However, it was cancelled due to COVID-19. Although I was disappointed, I was eager to take on a new learning opportunity and work on the National COVID-19 Convalescent Plasma Project for the summer of 2020. Currently I am in the process of applying to various graduate programs in hopes to continue my nursing education, focusing on research and a future career in academia. Besides Sigma, I am a residential advisor for first-year students, co-president of Nursing Student Government, and a member of the figure skating team here at the University of Michigan! I applied to Sigma because of the extensive networking and educational opportunities. I was ecstatic to learn that I was one of the student leader interns for this year, and I am super excited to develop a service project this year focused on student well-being.

Joyce Lee, SN4

I am a senior nursing student at UMSN. I am working with Dr. Ann Kruszewski as a student publicity chair and excited to work alongside other Rho board members. I am also involved in leadership with the School of Nursing as I am the current VP of the Student Nursing Association. My senior research is on "Experiences of Women's Health and Healthcare in Guatemala: Photovoice Study" with my faculty mentor Dr. Erin Kahle. I will represent UMSN and attend the MNRS conference in March. I plan to move to Cleveland, Ohio after graduation and work as a Transplant Nurse. With my experience at Michigan Medicine on 5C (Transplant), I am grateful for this next step into my nursing journey. Thank you for taking the time to read my blurb and I hope everyone continues to be safe and healthy.



Kathy Sliwinski



Joyce Lee

MEET THE RHO CHAPTER BOARD & COMMITTEE MEMBERS 2020-21

Thank you to everyone who participated in the Rho Chapter election in summer 2020 and a special thank you to the Leadership Succession Chair, Julie Buser, for managing the election during the upside-down spring season. We are especially grateful for those who volunteered to lead Rho Chapter this year when there are so many unusual demands on nurses' time and talents. We have an amazing board that represents the many types of members that comprise your chapter. Here is an introduction to your chapter leaders for the upcoming year:



President: Deborah Lee, PhD, RN, FNP, ACNP-BC, CHSE is currently the Co-Director of the Clinical Learning Center and Clinical Assistant Professor in the Adult Gerontology Acute Care Nurse Practitioner Program. She has been using simulation as a modality for teaching nursing students for over 20 years and is a certified healthcare simulation educator. Her current project using developing augmented reality to teach skills and procedures to nursing students.



Vice-President: Heather Jones, DNP, APRN, AGPCNP-C is a Clinical Assistant Professor at the U of M School of Nursing. She earned her DNP degree from U of M Flint and holds an Online Teaching Certificate from The Online Learning Consortium. Dr. Jones teaches in the traditional and digital education advanced practice nursing programs and works in clinical practice two days per week in a primary care office.



Secretary: Norma Sarkar, MPH, RN retired in 2018 as Clinical Instructor Emerita after 16 years teaching Community Health Nursing at the U of M. Norma developed the India Immersion program which enabled students to travel to Delhi to compare health care delivery and health policy. Norma returned to the Rho Chapter Board after serving as chapter president from 2004 – 2009. Norma is pleased to serve as Rho Chapter Secretary for a second term. "Sigma has been an important part of my nursing career providing an opportunity to enhance my nursing knowledge, scholarship and practice.



Treasurer: Cristina Wojack, MS, RN, AGACNP-BC, CCRN is a Nurse Practitioner at Henry Ford Detroit in their Cardiovascular Center. She is currently working toward her DNP at the U of M Flint. She received both her MS and BSN from the U of M. She serves as both a lab and clinical instruction to ACNP graduate nursing students.



Faculty Counselor: Melissa Bathish, PhD, RN, CPNP-PC is a Clinical Assistant Professor at the U of M School of Nursing. She holds PhD, MSN and BSN degrees from the U of M. She is the Co-Director of the Clinical Learning Center, Undergraduate Specialty Lead for Simulation Education and the Undergraduate Pediatric Specialty Lead. Melissa's research focuses on deliberate practice and its influence on nursing competence and performance, and simulation based learning and education.



Faculty Counselor-Elect: Laura Prochnow DNP, RN, CHSE has been a nurse for 30 years and an academic educator for 14 years. She is a Clinical Instructor at the University of Michigan, School of Nursing. She provides clinical guidance to the junior and senior nursing students, is the junior level medical-surgical co-specialty leader, and teaches the pharmacology didactic course. Dr. Prochnow's passion includes cultivating future nurses to become the "Great Nurse".

Governance Committee:



Chair: Ashleigh VanBlarcom, DNP, AGACNP-BC is a nurse practitioner at Michigan Medicine in their cardiovascular intensive care unit. She has worked with the post cardiac surgery population for eight years now.

MEET THE RHO BOARD (CONTINUED)



Member: Susie McDevitt, MSN, ACNP-BC is a Nurse Practitioner in the Pulmonary Hypertension Program, Division of Cardiovascular Medicine at Michigan Medicine. She is currently enrolled in the Duke University Post-Master's DNP Program, and will obtain a Palliative Care Professional Certificate. She received her BSN from Clemson University, MSN from Duke University and Post-Master's ACNP Certificate from the University of Michigan. She serves as a preceptor for NP students, and is a member of the Pulmonary Hypertension Professional Network (PHPN) Executive Leadership Team, and is current Chair for the 2021 PHPN Symposium.

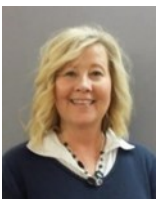


Member: Brianna Finley, RN, BSN is currently working the medical intensive care unit at the Cleveland Clinic. She is a 2020 University of Michigan School of Nursing graduate and looks forward to pursuing her CRNA in the years to come. This is her first leadership role in Sigma Rho and she can't wait to help nurses and students in any way she can.

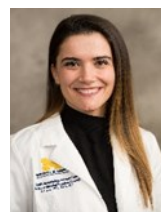
Leadership Succession Committee



Chair: Julie Buser, PhD, PNP, RN, holds a PhD and Pediatric Primary Care MS from U of M, a BSN from Wayne State University, and a BA from Kalamazoo College. She works in pediatric hematology, oncology & bone marrow transplant nursing. She currently is a Fogarty Global Health Fellow with a postdoctoral research program focused on maternal-child health in Ghana.



Member: Deanna Bitner, MSN, RN, NEA-BC is currently the Clinical Nurse Director for 8D- Progressive Care Unit at Michigan Medicine/U of M Health System since July 2016 as well as a member of CAFN. She mentors UM senior level leadership students. She has been a member of Sigma Theta Tau since 2010 and her goal as a Rho leader is to give back to nursing and make a difference.



Member: Kristiana Hila, BSN, RN is a fourth year Doctor of Nursing Practice student, specializing in Adult-Gerontology Primary Care with Concentrations in Occupational Health & Safety, Global Health and Certificates in Nursing Education and Trauma Informed Care. She is currently working on completing her DNP project which is centered around the use of medical surveillance for the handling of hazardous drugs at Michigan Medicine Occupational Health. Kristiana is also currently working as a nurse at Beaumont Health and Ascension Health on the frontlines.

Membership Involvement Committee



Chair: Diane Ferguson, MS, RN, AGPCNP-BC is a Nurse Practitioner that is currently taking time off work to be with family. She taught junior Medical Surgical course: Health and Illness in Young, Middle and Older Adults and specialty lead. She served at the Turner Geriatric Center and for Younes and Associates. She received both her MS and BSN from U of M.

Research/Special Projects Committee



Chair: Laura Struble, PhD, GNP-BC is Laura Struble. PhD, GNP-BC is a Clinical Associate Professor at the U of M School of Nursing. She holds a PhD, GNP, and an Acute Care M.S. degree from the U of M. Dr. Struble has made geriatric and dementia care her life's work through clinical practice, education, and research. She serves as the gerontology curriculum expert for advanced practice nursing programs and as a nurse practitioner with a background in neurology, acute care and geriatric psychiatry.



Member: Carol J. Loveland-Cherry, PhD, RN, FAAN, is Professor Emerita, U of M School of Nursing. Her NIH funded research focused on development and testing of health promotion interventions for families with infants, children, and adolescents. She was formerly Executive Associate Dean at The U of M School of Nursing. She is currently Co-Chair of the International Family Nursing Foundation and is active in the Haiti Nursing Foundation

Awards Committee



Chair: Corinne Lee, DNP, RN, NP-BC, ACNS-BC is an Educational Nurse Specialist at the Department of Professional Development & Education, UMHS-MM. She is also the program director for the Transition-to-Practice programs. She is involved in many leadership development programs for nurses at various levels as well as continuing education for the nursing community at the U of M. Corinne also is an adjunct clinical instructor at UMSN.



Member: Suzanne Knight, DNP, RN is an Educational Nurse Specialist in the Professional Development & Education department. Her work focuses on leadership development, program/education implementation, simulation, and the Magnet journey. With work experience across the care continuum, transitions of care across settings was the focus of her DNP project and ongoing scholarly work.



Member: Mary Sue Webb, BSN, RN, is retired from UMHS Ambulatory Services but has continued to work as a Float nurse for the clinics of Michigan Medicine. During the winter months she enjoys Florida sunshine!

Publicity/Communications



Chair: Ann Kruszewski, PhD, RN is emeritus faculty from the U of M School of Nursing. Although retired, she is still passionate about involvement with the next generation of nurses.



Social Media: Joyce Lee, SN4 is a senior nursing student at UMSN. I am working with Dr. Ann Kruszewski as a student publicity chair and excited to work alongside other Rho board members.

MEMBER SURVEY SUMMARY

Thank you to the over 150 members who responded to the Rho survey on programming and communication during this unusual year. We received responses that represent all of our member demographics (students, retirees, nurses in practice, advanced practice, administration and education). Members expressed interest in programs on professional issues, topics for re-licensure, leadership development, and for students, career planning and job search skills. The Rho board is using the results to plan additional programs and point our members to programs that meet their needs. A detailed report will be sent to members by email following our December board meeting. Again, thank you for helping the Rho leadership team to meet your needs for programming.

RHO CHAPTER SERVICE PROJECT: Community Food Drive

Your response to the Rho Chapter Community Food Drive was amazing! We filled a SUV with food collected from Rho members which was



delivered to Food Gatherers, a local food bank. And many, many members contributed monetary donations to Food Gatherers. This service project supported the food collection led by Michigan Medicine. A sincere thank you to our generous Rho Chapter members.

CONGRATULATIONS TO RHO CHAPTER GRANT & SCHOLARSHIP RECIPIENTS

Thanks to Rho membership dues and donations from members our chapter can support several grants and student scholarships each year. Congratulations to these members who received grants from Rho Chapter.

Rho Chapter Student Scholarships

Rho Chapter awards two scholarships to undergraduate nursing students and one scholarship to a graduate student each year. This year's recipients are:

Lauren Guindi, SN4

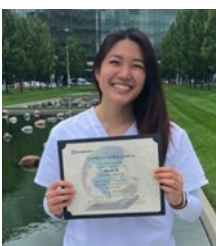


Lauren Guindi, SN4

Lauren's home town is Troy, Michigan. She states that she chose nursing because her family spent a lot of time in hospitals and she noticed that it was the nurses who went above and beyond to make the experience less frightening. She chose U of M because she always loved the city of Ann Arbor and has family members that attended U of M for grad school. After graduation she would like to work in a level III or IV NICU with the goal of eventually applying to a Neonatal Nurse Practitioner program. Lauren participates in Girl Up as well as

the Student Nurses Association. Lauren thanks Rho Chapter members: *Thank you so much for your incredible generosity. I truly appreciate the tuition support. I felt grateful when I received my award because I am being recognized for the tremendous amount of hard work I put into my education on a daily basis.*

Rosalie Qi, SN4



Rosalie Qi, SN4

Rosalie is from New Jersey and she came to U of M because, "I wanted to feel like a small fish in big pond, while still feeling connected and involved with my peers in the smaller UMSN BSN program." She states she chose nursing because "I wish to be a caregiver who is empowered by her knowledge and ability to advocate for her patients at an arm's length in a healthcare setting." Rosalie hopes to work in an ICU and possibly work as a travel nurse. She eventually plans to pursue a graduate degree in nursing,

possibly focusing on systems and leadership. She is involved with Humanity First, a humanities club. Rosalie thanks Rho Chapter for her scholarship, stating, *"Thank you for this financial award. Your generosity has lifted a small burden off my back as I complete my studies. Upon receiving this award, I felt incredibly lucky and excited to be granted a form of recognition for my diligence and dedication to the nursing path."* Rosalie mentioned her clinical experience with Diane Ferguson (our Rho Membership Involvement Chair) as especially meaningful.

Taylor Miller, MSN Program, Midwifery



Taylor Miller, MSN Program, Midwifery

Taylor is from Tulsa, Oklahoma and is currently enrolled in the Midwifery program.

Taylor chose U of M's Midwifery program because "I wanted to get the best possible education so I could serve patients to the best of my ability. I did some research and realized U of M was the best school to do that." Taylor plans to work as a midwife in the inpatient and clinic setting. She hopes to be a preceptor to advance the profession of midwifery. She has a passion for well woman/GYN care and caring for members of the LGBTQ+ community. Taylor thanks Rho Chapter

for her scholarship, stating, *"Thank you very much for your generosity, it is incredibly appreciated and has not gone unnoticed. I felt incredibly grateful, seeing as the U of M is a very expensive program, especially for out-of-state students, any support is very much appreciated."*

Research and Evidence-Based Practice Project Grant

Nathan Stefanovsky is a DNP student at the UM School of Nursing. The Rho grant will support his project, *Feasibility and Acceptability of Motivational Interviewing as an Approach to Reducing the Negative Health Effects of Noise Exposure among Agricultural Producers in Western Michigan*. To address the problem of noise exposure among agricultural producers in western Michigan, Nathan's project is designed to establish evidence-based MI guidelines to improve producer adherence to the use of noise control strategies. The protocol will be evaluated based on the CDC standards used to evaluate the effectiveness of health programs, (utility, feasibility, propriety, and accuracy). Nathan will be working with Dr. Marjorie McCullaugh.

RHO CHAPTER EVENTS AND DEADLINES

GRADUATE SCHOOL INFORMATION SESSION

Tuesday January 12, 2020 3pm-4:15pm

Are you thinking about graduate education in nursing? Plan to attend Rho's virtual Graduate School information session. We'll cover many FAQ's including how to maximize your application and interview for success. Look for more information in your email in mid-December. Or visit nursing.umich.edu/rho-chapter and click on "Events"



ANNUAL LEADERSHIP CONFERENCE

January 21, 2021, 10am-11am

The annual Taking the Lead conference will be presented as a series of virtual events this year.

Session #1:

Negative Pressure/Positive Attitudes - Strategies to Make Change Successful

Watch your email for more information including a link to register for this Zoom conference!

JUST FOR STUDENTS—MANAGING STRESS DURING COVID

The past year has presented challenges like no other and students are experiencing unprecedented stressors. Rho is sponsoring a special session on stress management in February, with a special emphasis on students' experiences. Watch your email for upcoming date and details.

MAKE YOUR NOMINATIONS FOR RHO CHAPTER AWARDS

Nominations due February 28, 2021

Do you know a nurse who demonstrates excellent in his or her work? Consider nominating your colleague for a Rho Chapter Excellence award. Nominations are sought for excellence in practice, education, research, mentorship, and more. See back page for more information or visit our website: nursing.umich.edu/rho-chapter (click on Chapter Grants & Awards). Awards nominations can also be submitted at this link: https://umichumhs.qualtrics.com/jfe/form/SV_bjxs2Rslagm0Lj

RHO CHAPTER GRANTS

Did you know that Rho has support for members to engage in continuing education, pursue specialty certifications, and attend conferences, as well as support for international projects that benefit the health of global communities, and help for international students to pay membership dues? These grants are all part of Rho Chapter's efforts to increase member benefits.

Visit the Rho web page for information on applying for these grants:

<https://nursing.umich.edu/about/nursing-michigan/sigma-rho-chapter/chapter-grants>

RESEARCH AND EVIDENCE-BASED PRACTICE PROJECT-GRANTS—DEADLINE JANUARY 31:

Grants up to \$1000 are available to Rho members. Total grant funds awarded by Rho Chapter are limited, so apply early! Application deadline is January 31, 2021.

Visit our website at www.nursing.umich.edu/rho-chapter. Click on "Research and Project Grants" for more information and the application form.

SIGMA EVENTS AND DEADLINES

SUBMIT AN ABSTRACT FOR 46TH BIENNIAL CONVENTION

New Deadline: 6 January 2021

You now have over a month to prepare your abstract for convention!

Submit your abstract for our 46th Biennial Convention today.

Start now! [https://www.sigmanursing.org/connect-engage/meetings-events/convention/call-for-abstracts?](https://www.sigmanursing.org/connect-engage/meetings-events/convention/call-for-abstracts?utm_source=20dec+3-cfa3&utm_medium=email&utm_term=&utm_content=CFA-button&utm_campaign=Convention2021)

[utm_source=20dec+3-](https://www.sigmanursing.org/connect-engage/meetings-events/convention/call-for-abstracts?utm_source=20dec+3-cfa3&utm_medium=email&utm_term=&utm_content=CFA-button&utm_campaign=Convention2021)

[cfa3&utm_medium=email&utm_term=&utm_content=CFA-](https://www.sigmanursing.org/connect-engage/meetings-events/convention/call-for-abstracts?utm_source=20dec+3-cfa3&utm_medium=email&utm_term=&utm_content=CFA-button&utm_campaign=Convention2021)

[button&utm_campaign=Convention2021](https://www.sigmanursing.org/connect-engage/meetings-events/convention/call-for-abstracts?utm_source=20dec+3-cfa3&utm_medium=email&utm_term=&utm_content=CFA-button&utm_campaign=Convention2021)

46th Biennial Convention November 6-10, 2021

Indianapolis, Indiana

This year's theme is "Honor the Past, Remember the Present, Create the Future" as we kick off Sigma's 100th anniversary celebration. Look for messages from headquarters in the coming months regarding chapter delegates, registration, and other details about Sigma's largest premier event.

Students and New Graduates: Access the revised **Surviving Your First Years as a Nurse** online program

One of Sigma's most popular member benefits! This course focuses on making the transition from student to professional nurse, minimizing legal risks, social media in healthcare, and other aspects of nursing which occur at and away from the bedside. [Learn more.](#)

Find Your Forward: Resources for Advocacy and Resilience

Over the past few months, nurses and nurse midwives have shown true resilience in the face of adversity. Unfortunately, many nurses work in a broken healthcare system, which has been exacerbated by COVID-19. Sigma has developed resources you can use to help yourself and to advocate for change within your healthcare system. [Find Your Forward.](#)

RHO CHAPTER IS ON INSTAGRAM!



Instagram is great way to view news and photos for Rho events and activities. Follow Rho Chapter on Instagram: [@sigmarhocapter](https://www.instagram.com/sigmarhocapter).

DON'T MISS IMPORTANT CHAPTER NEWS--UPDATE YOUR EMAIL ADDRESS WITH SIGMA:

Rho Chapter compiles email addresses from the Sigma database. We use the Sigma database for sending the Chapter newsletter, information about upcoming events, and photos from recent events. Be sure that your email address is up to date in your Sigma member profile. Contact Membership Services to update your information: 888-634-7575 (toll free).

Publication information:

Rho Newsletter, supported by member dues, is published two times a year: Fall and Winter. We welcome your comments and news about Sigma Rho members' activities.

Send your contributions via email by the 15th of March and November, to:

Ann Kruszewski PhD, RN

email: annkrusz@umich.edu

Sigma Rho Chapter
University of Michigan
School of Nursing
400 N. Ingalls
Ann Arbor, MI 48109-5482

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**Sigma Rho Chapter
Excellence in Nursing Awards**

NOMINEE:

Name: _____

Email Address : _____

Work Phone: _____ Cell Phone: _____

For award criteria and submission process, visit the Rho Chapter website: www.nursing.umich.edu/rho-chapter . *Click on Awards*

NOMINATED BY:

Name: _____

Email Address: _____ Phone: _____

Award Categories (check one)

- | | | |
|--|--|---|
| <input type="checkbox"/> Research | <input type="checkbox"/> Education | <input type="checkbox"/> Nursing Practice |
| <input type="checkbox"/> Leadership | <input type="checkbox"/> Rising Star | <input type="checkbox"/> Mentorship |
| <input type="checkbox"/> Friend of Nursing | <input type="checkbox"/> Distinguish Service | <input type="checkbox"/> Student Leadership** |
| <input type="checkbox"/> Institutional/Organizational Excellence | | <input type="checkbox"/> Drickamer Student Mentorship** |

****awards for current UM nursing students**

1. Attach Summary of Nominee's Contributions and Accomplishments
2. Additional supporting materials to be submitted with this nomination form include:
 - The nominee's curriculum vita
 - Supporting statements from peers and community leaders or other documentation regarding award criteria



**Submissions must be received by February, 28, 2021; email to Corinne Lee
For questions, contact Corinne Lee (leeco@umich.edu) or call 734-764-5315**