

MAY 2023

Together, we change lives and advance healthcare.



Message from the President...

The 2022-2023 annual year is quickly coming to an end. This has been an amazing year for Alpha Xi. I want to start by thanking all of our new and returning board members, chapter members, and volunteers for their continued support and dedication to our Chapter! Alpha Xi has much to be proud of this year including, but not limited to, the following highlights:

- Increased host or co-sponsored events/initiatives from 24 to 57
- Increased board members from 15 to 30 members and chapter members from 295 to 378
- Decreased recent inactive (non-renewed) chapter memberships from 68 to 22
- Increased student membership recruitment from 14% to 72%
- Initiated a new Wisdom Council, for Retired Chapter Members, with over 66 members
- Received the SC Nurses Foundation, Palmetto Gold Nurse Recognition and Scholarship Program Supporter Award
- Congratulation to Dr. Pam Wright as the first Alpha Xi recipient of a 2023 Sigma Foundation Small Grant
- Recognized by Sigma for meeting the 2022 Nurse Leader Chapter Challenge, increasing the number of nurse leaders by 22% from 2021 to 2022 - increased from 7 to 21 new nurse leaders
- Welcomed two new Member Ambassadors, Jordan Burkey, and Mary Rose DePont (BSN Senior Students) and a Nurse Intern, Jennifer Beecroft (PhD Student) to the board
- Continued international partnership with the Netherlands and Germany academic programs
- And many more...

The aforementioned accomplishments, and many more, are the direct result of teamwork, commitment, and service. Alpha Xi is continuing to make a difference! I want to encourage all members to share your ideas and become more actively involved in the Chapter. We need your support to continue our journey towards nursing excellence. Please stay tuned to emails, our Chapter's webpage <https://alphaxi.sigmanursing.org/home>, and social media for upcoming Alpha Xi involvement opportunities.

Be Bold and Be Active in Alpha Xi!
Karen Worthy

<https://alphaxi.sigmanursing.org/home>


*"Leadership is not about a position or title; it is action and example."
(Anonymous)*



Connect with Alpha Xi on social media!

Facebook



 Sigma Theta Tau -Alpha Xi Chapter


Twitter



AlphaXi_SigmaThetaTau
@AlphaXi_STT

Instagram



 **alphaxi_stt**
AlphaXi_SigmaThetaTau

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Alpha Xi Board Members

President

Karen Worthy

Vice President

Curisa Tucker

Secretary

Nydia Harter

Treasurer

Sue Haddock

Counselors

Maggie Selph, Chair

Leigh Pate

Governance

Pam Wright, Chair

Leadership Succession

Cindy Corbett, Chair

Awards & Scholarship

Billie Thompson, Chair

Membership Involvement

De Anna Cox, Chair

Kathy Miller, Vice Chair

Membership Ambassadors

Jordan Burkey

Mary Rose DePont

Publicity/Newsletter

Teresa Bowers, Chair and Web Master

Lan Nguyen, Newsletter Editor

Research

Phyllis Raynor, Chair

Nurse Intern

Jennifer Beecroft

Alpha Xi Top news

See the photo gallery for pictures

Speaker Dinner Meeting

Special thank you to Dr. Veronica Deas for her presentation, *A Bold Move: From the Exam Room to the Board Room*, during our speaker dinner meeting on March 7, 2023.

CON Annual Research and Scholarship Day, Co-sponsored by Alpha Xi!

The College of Nursing's Annual Research and Scholarship Day was held April 14, 2023. By co-sponsoring this event, Alpha Xi supported a collegial and interactive environment that highlighted how research and scholarship enhances nursing practice and stimulated and showcased student research and scholarship that advances nursing-related science.

Vital Sign Clinic

Thank you and congratulations to senior nursing students Jordan Burkey, Mary Rose DePont, and Jenna Martin for organizing, leading, and managing a student-driven vital sign health clinic at AHEPA Senior Apartments on April 20, 2023.

Chapter Annual Meeting

Special thank you to Melissa Taylor, Chief Nursing Officer at Lexington Medical Center, for sharing thoughts and wisdom on the *Changes Covid-19 Brought to Nursing* during our chapter annual meeting on May 18, 2023.

Congratulations to Alpha Xi member Dr. Pam Wright!

Dr. Wright was selected for a Sigma Foundation Small Grant to help advance her research.

Thank you for voting for the 2023-2025 Biennium Alpha Xi chapter leaders.

Several were inducted during the Chapter Annual Meeting on May 18, 2023:

President-elect: Lan Nguyen

Vice President: Pam Wright

Treasurer: Sue Haddock

Governance Committee:
Malissa Mulkey

Leadership Succession Committee: Jeanne Cavanaugh

Several others will be inducted during the June Board meeting; a full list will be sent after the June meeting.

Terms begin July 2023.

Congratulations!



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Sigma Membership News

Are you preparing for the Next Generation NCLEX?

Renee Carter is an NCLEX tutor and is sharing her three insights to help nursing students gain confidence and pass the new exam. [Read more here.](#)

Announcing the **2023 International Nurse Researcher Awards** recipients Sigma will induct 22 world-renowned nurse researchers into the [International Nurse Researcher Hall of Fame](#) and [recognize six emerging nurse researchers and scholars](#) at Sigma's 34th International Nursing Research Congress in July 2023.

Volunteer to become an abstract or grant reviewer! (New application process)

Sigma is seeking volunteer reviewers to critique research grant proposals and/or abstract submissions. Individuals from around the globe who meet the minimum requirements are encouraged to apply using our new application, which will be open year-round. (Note: Current reviewers will need to re-apply by completing the new application.) Give back to Sigma and grow professionally by serving as a volunteer reviewer! Interested? [Apply here.](#)

What's your A Nurse First story?

Want to be featured on Sigma's podcast? Share your nursing first story! Sigma is wrapping up season 2 and looking for guests to feature in the third season starting in August. [Share your story with Sigma today!](#)

You have a friend in the writing process

In Sigma's new edition of A Nurse's Step-By-Step Guide to Writing a Dissertation or Scholarly Project, Karen Roush helps you get from square one to DONE. Filled with practical steps and tools, with this guide there's no reason to go it alone.

[Purchase today](#) or take advantage of the [free downloads](#) available in Sigma's Repository.

View the latest issue of **Journal of Nursing Scholarship (JNS)**

The latest issue of JNS is now available for all members. All issues, current and past, are available on the Sigma website and on the new [Wiley Online Library app](#). [View the issue.](#)

Sigma's 47th Biennial Convention registration is open!

Plan now to attend Sigma's 47th Biennial Convention, where you'll join more than 2,000 other Sigma members and global nursing leaders to help celebrate Sigma's heritage and build on our successes.

[Register today.](#)

Upcoming Events and Opportunities

Join an upcoming [Alpha Xi Chapter Monthly meeting](#) on the 2nd Thursday of each month [here.](#)

[Free upcoming webinars](#)

Looking for an opportunity to connect with other nurses, grow in your profession, and learn practical skills that you can start applying today? Register for an upcoming webinar and earn free NCPD contact hours. [View this month's topics and reserve your spot.](#)

[Anne Frank Center Tour](#)

Date: 5/23/2023 & 5/24/2023

Time: 10:30am - 12:00pm

Location: 1731 College Street, Columbia, SC

See the chapter site for more info.

[What's Next? A Virtual Tour of Sigma](#), June 15, 2023, 10:00am

As a Sigma member, there are a lot of opportunities for you to take advantage of! Attend this session to take a tour of the My Membership portal, where you'll create your membership experience.

[Register today.](#)

[Free community health nursing course](#)

Community health nursing combines public health sciences and nursing theories to improve and sustain the health of populations in communities. This course provides an overview of community health nursing history, poverty, sustainability, and the healthcare needs of developing countries. Complete this free-for-members course and receive 2.16 contact hours. [Find it on Sigma Marketplace.](#)

THE CORNER HIGHLIGHTS INFORMATION, ADVICE, AND TIPS FOR OUR CHAPTER MEMBERS.

Belonging

Carolyn Swinton, CEO Reveille Executive Coaching & Consulting Services, LLC

Dr. Carolyn Swinton, DNP, RN, NEA-BC, FACHE, NCC, ACC is the Founder and CEO of Reveille Executive Coaching & Consulting Services, LLC. Carolyn has served in several clinical leadership roles in her over 30 years in nursing, including Chief Nurse Executive, Prisma Health; Affiliate Faculty, University of South Carolina College of Nursing; and Clinical Associate Professor, Clemson University School of Nursing. She is a Fellow of the American College of Healthcare Executives, a Fellow of the Riley Institute Diversity Leaders Fellowship Program, an Amy V. Cockcroft Nursing Leadership Fellow, and an ANCC Board-Certified Nurse Executive.

We live in a world and a time where there is a lot of emotional distress, isolation, and feelings of being excluded. Stories abound of brokenness and feeling disconnected. We all crave the peace that comes with being connected and feeling that we belong. Yet all we have to do is watch the news to hear and see, that there is much chaos, suffering, and lack of peace in the world. I've often asked myself why is this the case? Mother Teresa said, "If we have no peace, it's because we have forgotten that we belong to each other." So, what is belonging?

Belonging is defined as a feeling of being happy or comfortable as part of a particular group. Its having a good relationship with the other members of that group because they welcome you and accept you. A sense of belonging is one of humanity's most basic needs. So how do we as a profession, whose mission is rooted in serving others, create a sense of belonging for those in our places and spaces of work, family, and community?

I would offer that we have to look no further than those spaces of work, family, and community to find an opportunity to help someone else feel that they belong. It could be the person at work who always sits alone during a meal break, it could be the person at church who sits alone on the back pew and is always the first one out the door. Or it could be within your own family circles where there's that one brother, sister, cousin, or aunt who always seems to sit on the fringes of family gatherings. Think about it. Do any of you know someone who fits these descriptions?

If the answer is yes, and if you have not been intentional about inviting someone into your circle, I would challenge you as a nursing professional to reach out to the person whose voice is silent and who feels invisible, and let them know that you see them, you will listen to them, and that you care about them. And thankfully, it doesn't take a lot to make a difference. The smallest of gestures can make someone feel special, included and seen. I am reminded of a story of a Caucasian educator who was hired to work at a historically black college. During COVID a beloved member of the faculty passed away. She wanted to pay her respects to her colleague and his family and decided to attend the funeral. The services were being held outdoors and because she was relatively new to the group she sat apart from the rest of the mourners. She was the only person of her race in attendance and felt a bit out of place. After a few minutes she felt movement beside her and noticed that one of her African American colleagues had picked up his chair and came to sit beside her so that she would not be by herself. He never said a word, but through his actions he sent a message of Ubuntu... an ancient African word meaning "humanity to others". It is often voiced as "I see you. I am here." Ubuntu is often described as reminding us that "I am what I am because of who we all are. His gesture of humanity gave her a feeling of belonging.

“ Home is ultimately not about a place to live but about people with whom we are most fully alive. Home is about love, relationship, community, and belonging, and we are all searching for home.”

ERWIN MCMANUS

Belonging (continued)

So, this is only one example of an opportunity to make another feel welcomed. Another opportunity is joining a colleague who stands alone in a controversy. Have you ever been in a meeting where someone is going against the grain? Others in the room agree with that person knowing that if the majority rules others will be negatively impacted. They know but are afraid to take the risk of being seen as a contrarian. They complain after the meeting but remain silent when it matters most to speak up. For them it's more important to fit in than to speak truth. Some of that may come from fear. And some of it may come from wanting to fit in. They confuse fitting in with belonging. As Brene Brown so eloquently puts it "Fitting in is one of the greatest barriers to belonging. Fitting in is about assessing a situation and becoming who you need to be in order to be accepted. Belonging on the other hand doesn't require us to change who we are it requires us to be who we are.

So, have any of you been in a situation like that? Where you wanted to take a stand but didn't? I would venture to say that the answer is yes for you and yes for me. I have been that person who had to choose between remaining silent or speaking up. I've reflected on the times that I shouldn't have remained silent and have learned from them. Now I have a better understanding of the importance of choosing to stand with the minority because it's the right thing to do. It's not always easy and it's often uncomfortable. But sometimes you must be that brave soul who will stand for a just and noble cause. Again, Brene Brown says it well- "There will be times when standing alone feels too hard, too scary, and we'll doubt our ability to make our way through the uncertainty. Someone, somewhere, will say, "Don't do it. You don't have what it takes to survive the wilderness." This is when you reach deep into your heart and remind yourself, I am the wilderness." And what is the wilderness? It's fierce, primitive, uninhabited by humans, except for those who are passing through it. It is also earthy, strong, wild, and beautiful. And I would like to think that we all possess some measure of wilderness within our souls.



I believe that you have the capacity and the capability to make a difference. I invite you to lean into your strength and power in whatever way you can, to make the path brighter for someone else. To stand out and stand up for a cause that is bigger than your own. So, I invite you to see your world through new eyes. Instead of seeing arrogance in others, see brokenness. Instead of seeing anger, see pain. And when you see indifference see loneliness. I invite you to see the unseen. And rather than run away from these poor souls run towards them. Lean into this new vision unfettered by the perceptions of the past. Be bold and be courageous as you invite others into your circle of caring, compassion, and influence.

The world needs you and the world needs to know that you are here, that you are fearless, and that you are here to make a difference. So again, I invite all of you powerful men and women to embody the purpose for which you are here and to commit in your hearts, as citizens and fellow travelers on this path that we call life, to stand up, raise your voice and move your chair.

Photo Gallery



Students enjoy Alpha Xi sponsored mindful coloring pages during Spring 2023 Final Exam week.



Karen Worthy with nursing students Jordan Burkey, Mary Rose DePont, and Jenna Martin at the Student-driven Vital Sign Health Clinic.



Members at the Alpha Xi co-sponsored College of Nursing Annual Research and Scholarship Day



Karen Worthy and Alpha Xi students Taylor Gorski and Aidan Fahy at the American Red Cross Sickle Cell Diverse Blood Drive

Photo Gallery

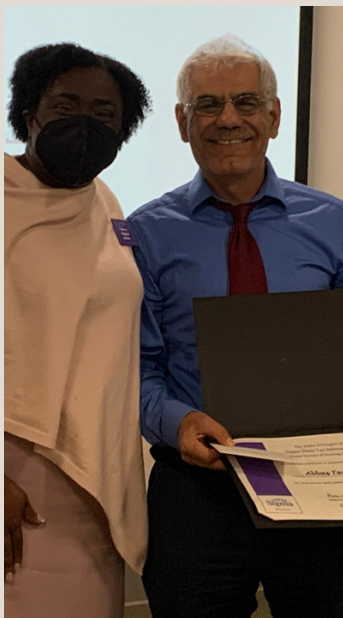


Members at the Chapter Annual Meeting

The 2023 Alpha Xi Service Award recipients were recognized for their continued service and contributions to the Chapter during our Chapter Annual Meeting on May 18, 2023.



Karen Worthy & Kathy Miller



Karen Worthy & Abbas Tavakoli



Karen Worthy & Sue Haddock



Karen Worthy & Jeanne Cavanaugh

Thank you and Congratulations to:

Jeanne Cavanaugh

Joan Creed

Sabra Custer

Sue Haddock

Rhonda Johnson

Heather Roth

Maggie Selph

Abbas Tavakoli

Gail Vereen

Kathy Miller

MAY 2023

Have a colleague you'd like to join us? Share the recruitment flyer below!



"Dedicated to the advancement of knowledge, teaching, learning, and service"

Sigma Theta Tau International Honor Society of Nursing, today known as Sigma

- More than 135,000 active members in more than 100 countries.
- 540 chapters at more than 700 institutions of higher education.
- World of diverse members across varied demographics, scopes, practices, and educational levels.

Benefits of Sigma

- Free subscriptions to the *Journal of Nursing Scholarship* and *Reflections on Nursing Leadership*.
- Opportunities to share ideas with nurse scholars from around the world and to receive continuing education credits through the activities and programs of our chapters and at the regional and international levels.
- Discounts on continuing education credits offered through the society including the newest method – online case studies.
- Access to The Circle, Sigma’s online professional networking site, with 15 communities of interest and the ability to communicate with fellow nurses from around the globe.

Benefits of Joining Alpha Xi Chapter

- Exposure to licensed nurses in diverse leadership roles and nursing professions.
- Promote and celebrate nursing scholarship, leadership, and service locally and internationally.
- Priority when applying for research grants and scholarships offered by Alpha Xi Chapter and international headquarters.

Meetings

- Meetings are held once a month via online platform. Non-Alpha Xi members welcomed.

Membership Dues

- Annual National Dues \$80.
- Local Dues \$45 for chapter (previously inducted) members or \$40 for new inductees.
- Annual Total Dues \$120 - \$125 annually. Retired nurse discount available.

Ready to Join Sigma Alpha Xi Chapter?

- **USC Columbia Students:** By invitation only from USC Columbia College of Nursing programs.
- **Renew Membership:** If previously inducted, renew at www.sigmanursing.org/renew
- **Never Inducted:** Join as a Nurse Leader at <https://join.sigmanursing.org/#/>
- **Unsure if Previously Inducted:** Contact Sigma Membership at memserv@sigmanursing.org or by phone 888-634-7575.
- **Chapter Questions?** Contact Dr. DeAnna Cox, Alpha Xi Membership Involvement Committee Chair, at dlcox@mailbox.sc.edu



Did you know?

Sigma offers automatic membership renewal!

<https://Membership.SigmaNursing.org>