



## **Beta Nu Newsletter Fall 2020**

Dean's Greeting, p. 2

President's Greeting, p. 3-4

Beta Nu Fall Banquet, p. 4-5

Member Highlight, p. 5

Member Happenings, p. 6

Beta Nu 2020 Scholarship  
Awards, p. 6-7

Reminders, p. 7

Executive Board Officers,  
p. 8-10

Keep Us Updated, p. 11



**Beta Nu Chapter**



**Dr. G. Rumay Alexander**

**Beta Nu Virtual Banquet October 07, 2020 6:00pm-7:30pm**

**Presentation Title  
Navigating the New Normal with I. D.E. A. S.**

### *The Dean's Message*



*Sylvia Brown, EdD, RN, CNE  
ECU CON Dean and Professor*

The start of a new academic year is always an exciting time at our university and in our College of Nursing. We have an enrollment of 1,365 students in the College of Nursing—the largest enrollment in the history of the College of Nursing. We now have over 11,000 alumni! We celebrated the 50<sup>th</sup> anniversary of the Class of 1969 and the 25<sup>th</sup> anniversary of the first MSN graduates of the Nurse Midwifery specialty at Homecoming on October 25.

Beta Nu Chapter continues to be an exemplary chapter which is definitely embracing Sigma's mission—which is advancing world health and celebrating nursing excellence in scholarship, leadership, and service. As an example, we are excited to have one of our undergraduate honors students, Brooks Holt, to present at the 45<sup>th</sup> Biennial Sigma Convention in November as one of our Rising Stars. Her mentor is Dr. Kim Larson. Their research is entitled, "Comparing the effect of community engagement on water filter usage in rural Guatemala." In addition, the fall banquet program focused on nursing in other countries contributed by three of our faculty: Dr. Kim Larson, Dr. Nancy Dias, and Dr. Holly Wei. Our college provided summer study abroad experiences for students in Guatemala and Finland and we are now exploring options in Africa. Dr. Kathy Sitzman and other colleagues have been offering a massive open online course entitled "Caring Science, Mindful Practice," since 2015 with over 1100 individuals completing the course from around the globe. So, it is quite evident that the ECU College of Nursing is making an impact not only locally, but also globally.

I look forward to our continued partnership with Beta Nu Chapter and celebrating nursing excellence in scholarship, leadership, and service. Thanks to all Beta Nu members for your support and interest in the College of Nursing. Please check out our website at <https://nursing.ecu.edu/> and follow us on social media for updates and events.

Sylvia T. Brown, EdD, RN, CNE, ANEF  
ECU CON Dean & Professor

### *The President's Message*



*Mark C. Hand PhD, RN, CNE*

Each biennium, Sigma installs a new president at the international level. At the 45th Biennial Convention which I attended as President Elect, Sigma proudly installed Richard Ricciardi, PhD, CRNP, FAANP, FAAN, and introduced him as the 33rd president of Sigma. Each president presents a call to action to help guide members and chapters as we strive to fulfill the mission.

President Ricciardi's call asks us to "infuse joy" to achieve Sigma's vision of global nursing excellence. President Ricciardi's call asks us to infuse joy into all we do. All healthcare workers face challenges that can trigger burnout, such as staffing shortages, incivility or violence, lack of control in the workplace, barriers to education, and misaligned policies and regulations. As Beta Nu members, we are well positioned to infuse joy into practice in clinical, administrative, research, and policy settings.

President Ricciardi's call to action highlights three essential elements – the ABCs – that promote joy: **Awareness, Balance & Purpose, and Co-creation.** Sigma members and chapter members have a role to play in being informed of the current issues, advocating for fair and just recruitment practices within their organizations, working with their governments to strengthen the investment in all segments of nursing, and caring for each other as we all respond to the impact of the pandemic. These are unprecedented times, but with collaboration and coordination, the global community of nurses can continue to make the world a better place.

Due to the current pandemic, the Fall 2020 Banquet will be held virtually with our guest Speaker Dr. Rumay Alexander who is a Professor at the University's School of Nursing, the former Chief Diversity Officer and Associate Vice Chancellor for Diversity and Inclusion at the University of North Carolina at Chapel Hill, and past president the National League for Nursing.

Look for more information on this banquet in the near future. Her presentation is titled "Navigating the new Normal with I.D.E.A.S. "Practically everyone is talking about the new normal that COVID-19 has shoved us into individually and collectively. Changes that are long over-due.

The ability to embrace the “new and the next” with dignity will require from all leaders: **Inclusion. Data. Equitable Behavior. Accountability Measures. Systemic Change.** Smooth navigation of the choppy waters upstream called “the future” will require the use of a paddle named I.D.E.A.S.

I look forward to being your President.

Mark C. Hand PhD, RN, CNE

**Beta Nu Virtual Banquet October 7<sup>th</sup> 6:00pm-7:30pm**



**Presentation Title: Navigating the New Normal with I. D.E. A. S.  
Dr. G. Rumay Alexander**

G. Rumay Alexander, EdD, RN, FAAN, Dr. Alexander is currently a Professor in the School of Nursing, Special Assistant to the Dean of the Adams School of Dentistry and formerly the Associate Vice -Chancellor for Diversity and Inclusion/ Chief Diversity Officer of the University of North Carolina at Chapel Hill. At the end of 2019, she completed her presidency of the National League for Nursing, the voice for nursing education which has over 40,000 nurse educators and 1200 schools of nursing as members and her membership of the Tri-Council of Nursing which sets the leadership agenda for the nation. For over 21 years, she was the Senior Vice President for Clinical and Professional Services at the Tennessee Hospital Association and designed one of the nation’s first minority health administrators’ program, Agenda 21, which exists to this day.

Dr. Alexander has guided individuals in academic, corporate, health care and religious organizations in the exploration of marginalizing processes, as well how to be open to multiple perspectives, viewpoints, and the impact both positive and negative due to the many lived experiences of difference. She has authored numerous articles, book chapters and opinion briefs. Her passion for equity of opportunity and penchant for holding courageous dialogues to

steward and promote human flourishing has led to appointments on landmark healthcare initiatives including the Commission of Workforce for Hospitals and Health Systems of the American Hospital Association and the National Quality Forum's steering committee for the first national voluntary consensus standards for nursing-sensitive care. She is a two-term member on the Board of Governors of the National League for Nursing and the American Organization of Nurse Executives. In 2010 she was the American Organization of Nurse Executive's Prism Award recipient for workforce diversity leadership and in 2013 the National Student Nurses' Association bestowed her with their most prestigious award of Honorary Membership. In addition, she received the Southern Regional Education Board's M. Elizabeth Carnegie Award in 2013.

She holds a Bachelor of Science in Nursing from the University of Tennessee in Knoxville, a Master's of Science in Nursing (MSN) and Family Nurse Practitioner from Vanderbilt University in Nashville, Tennessee and a Doctoral Degree (Ed.D) in Education, Administration and Supervision from Tennessee State University.

### Member Highlights



**Beck, M.S., & Neil, J.A.** Publication (2020) Digital storytelling: A qualitative study exploring the benefits, challenges, and solutions. *CIN: Computers, Informatics, Nursing*. Advance Online Publication. 10.1097/CIN.0000000000000667



**Firnhaber, G., Roberson, D., & Kolasa, K.** (2020, ahead of print). Nursing staff Participation in end of life nutrition and hydration decision-making in a nursing home: A qualitative study. *Journal of Advanced Nursing* <http://dx.doi.org/10.1111/jan.14491>

## Member Happenings

### Member Updates

- **Melissa S. Beck:** Presented, *Presented, From the Lens of the A/R/Tograher: How Nurse Educators use Digital Stories*, at Sigma's 31<sup>st</sup> Virtual International Research Congress on July 22<sup>nd</sup>, 2020.
- **Bolin, L.P., Horne, C. E. & Wei, H. (2020).** Qualitative descriptive study: Young adults' experiences with biofeedback. *Journal of Holistic Nursing*. Published August 20, 2020. <https://doi.org/10.1177/0898010120950892>
- **Davis, S., Bolin, L.P., Crane, P., Wei, H. & Crandell, J. L. (2020).** Non-Pharmacological Interventions to Manage Fatigue in Adults with Inflammatory Bowel Disease: A Systematic Review and Meta-Analysis. *Complementary Therapies in Clinical Practice*. Published August 12, 2020. <https://doi.org/10.1016/j.ctcp.2020.101229>
- **Mark C. Hand:** Served as Moderator, at Sigma's 31<sup>st</sup> Virtual International Research Congress.
- **Shakira Henderson:** Presented, *Catalyzing Frontline Nurse Research with Intentional Connections*, at Sigma's 31<sup>st</sup> Virtual International Research Congress on July 22<sup>nd</sup>, 2020.
- **Sydney Howard:** Beta Nu Leadership Intern, DNP Project Proposal "Academic Preparation of a Nurse Practitioner: Doctor of Nursing Practice versus Masters of Science in Nursing." is supported by Beta Nu Chapter. Our chapters' liaison, or project champion, for Sydney's project is Dr. Gina Woody, Leadership Succession Committee member. Upon completion of the DNP program, dissemination of the project is required by the University and will include a public presentation to our local Beta Nu chapter.
- **Wanda Lancaster:** Presentation, *Navigating Uncertain Waters*. A Webinar presented by the Future of Nursing NC Action Coalition and supported by Eastern AHEC on June 25, 2020.
- **Charleen McNeill:** Member of a team from ECU that is part of a statewide to learn more about how coronavirus spreads. <https://news.ecu.edu/2020/05/22/covid-19-survey-project/>
- One new Study approved: "Heart Rate Variability Biofeedback In COVID-19 Patients Sent Home for Self-Quarantine: A Novel Indicator for Virus Progression." Pls: **Dr. Linda Bolin**, College of Nursing & Dr. Nick Murray, College of health and Human Performance.

### Beta Nu 2020 Scholarship Awards

The following members have been notified of their awards and will be honored at our next event:

- **Morgan Braxton** – Travel Grant - \$1,000.00
- **Patricia Crane** – Outstanding Mentor
- **Cheryl Elhammoumi** – Excellence in Education

- **Carolyn Horne** – Excellence in Research
- **Ryan Lewis** – Excellence in Leadership
- **Patrick Merricks** – Friend of Nursing
- **Elizabeth Mizelle** – Research Grant - \$1,000.00
- **Mitzi Pestaner** – Research Grant - \$1,000.00
- **Christopher Smith** – Graduate Scholarship - \$500.00
- **Renee Spain** – Excellence in Practice

### Reminders

- Business Meeting scheduled for Thursday September 10<sup>th</sup> via WebEx – Link to Follow.
- Beta Nu Virtual Banquet October 07, 2020 6:00pm-7:30pm. A registration link will be sent via email. There will be no cost for the banquet but donations to Beta Nu are greatly appreciated. Checks may be made out to:

Sigma, Beta Nu Chapter  
Lisa Barnes, Treasurer  
110 N. Garris Street  
Lasker, NC 27845



## Executive Board Officers



**Dr. Mark Hand**  
[Handm17@ecu.edu](mailto:Handm17@ecu.edu)  
President  
2020-2022



**Linda Bolin**  
President Elect  
[bolin@ecu.edu](mailto:bolin@ecu.edu)  
2020-2022



**Jennifer Sugg**  
Vice-President  
[jbsugg85@gmail.com](mailto:jbsugg85@gmail.com)  
2020-2021



**Misti Phillips**  
VP-Intern  
[phillips18@ecu.edu](mailto:phillips18@ecu.edu)  
2020-2021



**Gina Firnhaber**  
Secretary  
[firnhaberg@ecu.edu](mailto:firnhaberg@ecu.edu)  
2020-2022



**Lisa Barnes**  
Treasurer  
[barnesl15@ecu.edu](mailto:barnesl15@ecu.edu)  
2020-2021



**Clyde Carpenter**  
Treasurer-Intern  
[carpentercl19@ecu.edu](mailto:carpentercl19@ecu.edu)  
2020-2021





**Robin Webb Corbett**  
Governance Chair  
[corbettr@ecu.edu](mailto:corbettr@ecu.edu)  
2019-2021



**Joyce Buck**  
Counselor 1  
[buckjoy@ecu.edu](mailto:buckjoy@ecu.edu)  
2019-2021



**Courtney Caiola**  
Counselor 1-Intern  
[caiolac19@ecu.edu](mailto:caiolac19@ecu.edu)  
2019-2021



**Heather Kindl**  
Counselor 2  
[kindlh19@ecu.edu](mailto:kindlh19@ecu.edu)  
2020-2022



**Sandra Morris**  
Counselor 2-Intern  
[morriss@ecu.edu](mailto:morriss@ecu.edu)  
2020-2022



**Thompson Forbes**  
Research Chair  
[forbest17@ecu.edu](mailto:forbest17@ecu.edu)  
2019-2021



**Jeanette Avery**  
Leadership Succession Chair  
[averyj@ecu.edu](mailto:averyj@ecu.edu)  
2020-2022



**Denise Brigham**  
LSC-Intern 1  
[denisebrigham@gmail.com](mailto:denisebrigham@gmail.com)  
2020-2022



**Sydney Anne Howard**  
LSC-Intern 2  
[howards12@students.ecu.edu](mailto:howards12@students.ecu.edu)  
2020-2022



Gina Woody  
Leadership Succession Committee  
Member 1  
[woodyg@ecu.edu](mailto:woodyg@ecu.edu)  
2020-2021



Sharona Johnson  
Leadership Success Committee  
Member 2  
[shajohns@vidanthealth.com](mailto:shajohns@vidanthealth.com)  
2020-2022



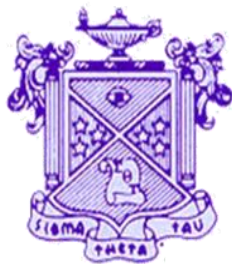
Shakira Henderson  
Governance Committee  
Member 1  
[Shakira.henderson@vidanthealth.com](mailto:Shakira.henderson@vidanthealth.com)  
2020-2022



Karen Krupa  
Governance Committee-Member 2  
[drupak@ecu.edu](mailto:drupak@ecu.edu)  
2022-2021



Lesha Rouse  
Archivist  
[rousel18@ecu.edu](mailto:rousel18@ecu.edu)  
2019-2021



Rebecca Greene  
Webmaster  
[thegreenerlife@outlook.com](mailto:thegreenerlife@outlook.com)  
2019-2021



Elizabeth De Jesús Toderick  
Newsletter Editor  
[todericke19@ecu.edu](mailto:todericke19@ecu.edu)  
2020-2021

### *Keep Us Updated*

Share your news with the Beta Nu Chapter. Please send the details (especially any scholarly activity; please include the title of your presentation, the audience and location) to Dr. Mark Hand at [handm17@ecu.edu](mailto:handm17@ecu.edu) *and* to Dr. Elizabeth De Jesús Toderick (Newsletter Editor) at [todericke19@ecu.edu](mailto:todericke19@ecu.edu)

### *Thank You...!*

