



June 2014



Learn what this nurse has accomplished after retiring from nursing. Read her story on page 3.

In this Issue

p1

Welcome

Inside the Society

p2

*Ever the Researcher
and Scholar*

Inside the Society

p3

Dr. Thelma Wells

p4

*Transitions—the journey
continues*

Welcome

Welcome to the June 2014 issue of *Always a Nurse*! This issue shares exciting new initiatives from the Honor Society of Nursing, Sigma Theta Tau International (STTI), information from other STTI members, and much more!

Thank you for your readership, and have a wonderful summer!

To view past issues of *Always a Nurse*, visit STTI's Membership webpage at www.nursingsociety.org/Membership and click on "Always a Nurse." We would love your feedback or article ideas for future issues. Please email suggestions to alwaysanurse@stti.org.

If you have any questions regarding *Always a Nurse*, contact alwaysanurse@stti.org or call 888.634.7575 (U.S./Canada toll-free) or +1.317.634.8171 (International).

Inside the Society

JOIN US IN

HONG KONG

Upcoming Events

25th International Nursing Research Congress:
Hong Kong, 24-28 July 2014

STTI's research priorities are advancing healthy communities through health promotion; preventing disease and recognizing social, economic, and political determinants; implementing evidence-based practice; targeting the needs of vulnerable populations such as the chronically ill and poor; and developing nurses' capacity for research.

Learn more about this event at <http://congress.nursingsociety.org>.

Save the Date:

43rd Biennial Convention:
Las Vegas, Nevada, USA, 7-11 November 2014

(Continued on page 2)

Ever the Researcher and Scholar: Dr. Clarann Weinert



Clarann Weinert, SC, PhD, RN, FAAN, of Bozeman, Montana, USA, is a long standing STTI member, chapter officer, international board member, and volunteer.

Weinert graduated from what is today known as Chaminade Julianne

Catholic High School in Cincinnati, Ohio, USA.

In 1960, she joined the Sisters of Charity of Cincinnati, which is a community of religious women who carry out the gospel of Jesus Christ through service and prayer in the world. St. Elizabeth Bayley Seton founded the Sisters of Charity in 1809 in Maryland, USA.

While in Cincinnati, Weinert earned her Bachelor of Science in Nursing degree from the College of Mount St. Joseph, and later she traveled throughout the West working at a variety of hospitals. In 1972, she earned a Master of Science in Nursing degree from The Ohio State University and a second master's degree and a Doctor of Philosophy in Sociology degree from the University of Washington. Then Weinert took her talents to Montana State University, where she worked for more than 30 years as an educator and a researcher. She also assisted graduate students, doctoral students, and colleagues

with various research work. According to The Ohio State University College of Nursing website, "She is a prolific scholar, who is known internationally for her extensive work in establishing rural health as an important nursing specialty."

Today, in semiretirement, Weinert is working with two research teams and volunteers for STTI in various capacities. She serves as a content reviewer for the *Journal of Nursing Scholarship* and a reviewer for more than 25 research grants, and she is a faculty member for the Experienced Nurse Faculty Leadership Academy. Weinert takes time out to visit the mountains surrounding her home, enjoys frequent visits to Yellowstone National Park, gardens, and is an avid reader of mystery books, among other hobbies.

Following are Weinert's tips for other retirees.

- Continue to do what you were doing in your career, but do it at a different pace.
- Learn to say *no* to some things and yes to others!
- Use the passion for your career in a different way to support a cause or your community.
- And last, but not least, stay intimately involved with Sigma Theta Tau International.

Inside the Society

(Continued from page 1)

Always a Nurse Is Changing

In 2014, *Always a Nurse* will be sent to you twice a year — but don't worry! You will also receive two special mailers as supplements to keep you updated on honor society events. You can also visit the Always a Nurse webpage for updates and additional information.



Dr. Thelma Wells: “Retirement Is a Great Gift of Time”



Thelma J. Wells, BSN, MSN, PhD, RN, is professor emerita at the University of Wisconsin-Madison School of Nursing in Madison, Wisconsin, USA. Her 40-year nursing career was based on a deep commitment to caring for the elderly. When asked about her nursing career, Wells stated that “Nursing was a wonder-

ful career path for me. I was of the era that limited women to roles as secretary, teacher, or nurse. Having read Sue Barton and Cherry Ames books, I thought nursing would provide the most options and interest. Wow! It did!”

Best known for her leadership and research in urinary incontinence, she and colleagues produced 24 research and 37 clinical papers, 22 chapters, and one book. Wells served on the first charted study section for nursing from 1987 to 1990 at the U.S. National Center for Nursing Research. She also served on the National Arthritis Foundation Research Review (1987-1989) and the American Federation for Aging Research Scientific Advisory Council (1993-1997).

Wells received her Bachelor of Science in Nursing degree from the Boston University School of Nursing, her Master of Science in Nursing degree from the Case Western Reserve University School of Nursing, and her Doctor of Philosophy degree from the University of Manchester (England).

“I will always treasure my early learning in the diploma program at Massachusetts General Hospital; it grounded me in clinical nursing,” said Wells. “It was contact there that directed me to England and the meaningful impact that British nursing had in my life.

In 2010, Wells was inducted into STTI’s inaugural

International Nurse Researcher Hall of Fame among many other talented nursing researchers at STTI’s 21st International Nursing Research Congress. This unique recognition eternally honors nurse researchers who are STTI members, who have achieved significant and sustained national and/or international recognition for their work, and whose research has impacted the profession and the people it serves. “Rather than myself, I see the International Nurse Researcher Hall of Fame honoring clinical nursing and the commitment to pursue knowledge in sensitive but meaningful problems,” she said.

Wells retired in 2003 to enjoy travel, reading, and the peaceful life. “I am grateful to be well and able to volunteer in numerous community activities,” she said. Wells considers retirement a great gift of time and is somewhat alarmed by how fast it goes. She loves having the time to look at nature and, according to her, “read, read, read.” Although she does not keep up with the nursing literature now, she actively responds to questions about her publications. “I try to be helpful to others in nursing,” said Wells.



Learn more about the
International Nurse Researcher
Hall of Fame at
www.nursingsociety.org/Awards.

Transitions—the journey continues

Is anything we set out to do ever really completed?
Just when I think I can cross something off my endless “to do” list
Something changes — life happens . . .
Changes which in one moment seem devastating may actually be a blessing
Choosing to embrace the time given may hallmark a new beginning

In between times offer tremendous opportunities
Time to discern, to make decisions in a more intentional and thoughtful manner
Time to go deeper, sometimes into the dark caverns
It is in those places we can see things differently, sometimes more clearly

Change is powerful, if we seek to understand
Who we are and what gifts we have to offer
There is always more to learn, more to do, more to improve
Can we use what we discover to move forward?
What will it take — to help ourselves and others too?

Time allows us to connect with others — those who accept us
Family, friends, mentors, students, patients — all who inspire us
Those that allow us to be, just the way we are
Those who bolster our resilience and help us recognize our courage

Transitions give us permission to dream
And challenge us not to lose sight of who we are and what brings us joy
Getting back in touch with those things should never end
And so we learn some more, grow some more, improve some more
Eventually we heal and we are stronger

In the end we arrive with brighter focus and renewed vision
Ready to give back because we are called to do so
Thankful for this in between time — it was a beautiful thing
And thankful to each of you for being with me, shedding the light to guide me along the way.

Margie Hamilton Sipe, DNP, RN, NEA-BC
Nurses Week 2014



Sigma Theta Tau International
Honor Society of Nursing®

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