



December 2014



*The Orchid Society recognizes and thanks STTI members and supporters. Learn more about the society on page 4.*

## In This Issue

**p1**

*Welcome*

*Inside the Society*

**p2**

*Inside the Society*

**p3**

*Ruth Hanson*

**p4**

*Plan for the  
Future of Nursing*

*Rita M. LaReau*

**p5**

*Three Retirement  
Trends to Be  
Happy About*

## Welcome

Thank you for your readership, and have a wonderful holiday season!

Welcome to the December 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!

To view past issues of *Always a Nurse* online, go to [www.nursingsociety.org/Membership](http://www.nursingsociety.org/Membership) and click on "Always a Nurse." Your feedback is valuable to us! Please email suggestions or questions to [alwaysanurse@stti.org](mailto:alwaysanurse@stti.org) or call us at 888.634.7575 (U.S./Canada toll-free) or +1.317.634.8171 (International).



## Inside the Society

### Mark Your Calendars!



26th International Nursing  
Research Congress  
23-27 July 2015  
Puerto Rico Convention Center  
San Juan, Puerto Rico  
<http://congress.nursingsociety.org>



43rd Biennial Convention  
7-11 November 2015  
Aria Resort & Casino  
Las Vegas, Nevada, USA  
<http://convention.nursingsociety.org>

(Continued on page 2)

# Inside the Society

(Continued from page 1)

The Experienced Nurse Faculty Leadership Academy (ENFLA) kicked off 24-25 October 2014 as 26 enthusiastic, energetic nurses in the inaugural cohort met in Indianapolis, Indiana, USA, for the first of two workshops. The 12-month academy is the first of many programs to launch from the Sigma Theta Tau International/Chamberlain College of Nursing Center for Excellence in Nursing Education.

The program pairs full-time faculty who have at least seven years of experience with experienced mentors, who are then supported by ENFLA faculty members. Throughout the academy, scholars will develop an individualized leadership progression plan and create and implement a leadership project to achieve their desired leadership development goals.

Presentations during the two-day workshop included sessions on visioning, legacy building, boundary spanning, emotional intelligence, leadership theories, and personal assessment.

ENFLA is a “wonderful immersion in nursing leadership,” said scholar Deborah Greenawald, PhD, RN, CNE, associate professor of nursing and

prelicensure BSN program coordinator at Alvernia University. Greenawald said she feels challenged and excited by the leadership academy and is “deeply grateful

to STTI for recognizing the lifelong learning needs of experienced nurse faculty” — specifically the need for additional knowledge and support as nurses move into new positions of greater responsibility and authority within their institutions.

Mentor Jane Kirschling, PhD, RN, FAAN, who is dean and professor at the University of Maryland School of Nursing and director of interprofessional education at the University of Maryland, Baltimore, said she appreciates ENFLA’s support of midcareer nursing faculty members as they continue to grow and expand their leadership knowledge and skills. “Our ability to prepare the next generation of entry-level nurses, advanced-practice nurses, and nurse scientists requires agility within the educational arena,” she added. “The ENFLA program exemplifies the importance of lifelong learning!”

Learn about this emerging partnership between STTI and the Chamberlain College of Nursing at [www.nursingsociety.org/Education/CENE](http://www.nursingsociety.org/Education/CENE) or email [CENE@stti.org](mailto:CENE@stti.org).





## Ruth Hanson: New STTI Member Earned Her BSN at 65!



Ruth Hanson was introduced to nursing when she took a nurse aide class at West Nebraska General Hospital in 1970. After working a short time as an NA, she went into a one-year licensed practical nursing program at St. Mary's

Hospital, also in Nebraska, USA, and graduated in 1972. Hanson worked as an LPN until she graduated with an Associate Degree in Nursing at the Kansas City Kansas Community College in 1978, and she has worked as an RN ever since.

Hanson has had a wonderful career working as a maternal-child health nurse for the federal government. Her career has encompassed five years at SHAPE Belgium at the 196th Station Army Hospital; five years with the 3rd Medical Group at Elmendorf Air Force Base in Alaska, USA; five years as a new parent support nurse for the U.S. Navy at Naval Air Facility Atsugi in Japan; two years as a lactation consultant nurse at the U.S. Naval Hospital in Okinawa, Japan; three years in Germany at Vilseck Rose Barracks and the U.S. Army Hospital in Heidelberg; two years at Bassett Army Hospital in Fort Wainwright, Alaska; four years at Fort Leavenworth, Kansas, USA; and one year at Fort Riley, Kansas, also working for the Army.

When she retired from civil service in 2010, Hanson worked as a lactation consultant nurse prn ("pro re nata," or as needed) at Overland Park Regional Medical Center in Overland Park, Kansas. While employed prn, she entered Avila University's (Kansas City, Missouri, USA) RN-to-Bachelor of

Science in Nursing degree program and graduated 16 August 2014 — at the age of 65! While moving from country to country, Hanson had gradually accumulated the 210 credit hours needed to earn this degree.

On 5 September 2014, Hanson found herself driving from Kansas to Alaska (which took six days on a route through Canada) to start a job — which required a BSN — as a new parent support nurse at Joint Base Elmendorf-Richardson (JBER) in Anchorage. JBER is the renamed Elmendorf Air Force Base, and it features a new, beautiful U.S. Air Force hospital. Hanson was working for the military once again — this time as a civilian contract nurse. But she has not stopped there! She is currently enrolled in the Legal Nurse Consultant certificate program at the University of Alaska Anchorage.

Hanson first heard of Sigma Theta Tau International in the 1990s when a fellow nurse who was a member wanted to propose her for membership, but Hanson did not have a BSN at that time. And although she has had a wonderful career, there were a couple of jobs she did not qualify for because she did not have a BSN.

So at the age of 66, Hanson has at last accomplished two major goals: earning her BSN and joining STTI. She was inducted into Delta Chapter in October 2014.



# Plan for the Future of Nursing

The Orchid Society recognizes and thanks STTI members and supporters who have made a commitment to the Sigma Theta Tau International Foundation for Nursing (the Foundation) to help ensure the future of global nursing leadership, research, and STTI programs. The founders of STTI selected the orchid as the official flower of the honor society more than 90 years ago, and the significance of its strength and beauty will be valued into the future.



## You're invited!

Orchid Society membership is open to anyone who is providing a planned gift of less than US \$50,000 to the Foundation. (Registered

planned gifts to the Foundation that have a present value of US \$50,000 or more are recognized in the Heritage Society's Billye Brown Fellow program.)

To become a member of the Orchid Society, provide the Foundation with your name and contact information and indicate that you have made provisions for the Foundation to receive a planned gift from you. The Foundation understands that circumstances change, so you don't need to specify the amount of your planned gift when you become an Orchid Society member. To have a Foundation staff member contact you about your planned gift, email [foundation@stti.org](mailto:foundation@stti.org) or call 888.634.7575, ext. 228 (U.S./Canada toll-free), or +1.317.634.8171 (International).

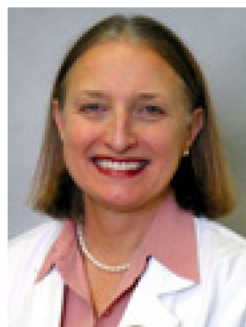


"I deeply admire and am very proud to be a member of STTI. It is therefore a delight to be among the first to become a member of the Orchid Society, thus contributing to the fiscal health of a stellar nursing organization."

— Lillian Douglass, PhD, RN, Retired (Canada)

## Rita M. LaReau:

## Amy J. Berman Geriatric Nursing Leadership Award Recipient



Rita LaReau is an American Nurses Credentialing Center board-certified gerontological nurse practitioner. She embodies the spirit of this award as an emerging nurse leader who has made significant contributions to the health care of older adults through

exemplary vision, influence, critical thinking, communication, and role modeling. She is considered a trailblazer who gives pragmatic yet

visionary guidance. LaReau's leadership of interprofessional teams, clinical expertise, and mentorship of nursing students and peers have positively influenced geriatric care across the health care continuum. She is a published author, mentor, and resource on geriatric nursing care issues.

International Awards for Nursing Excellence submissions are being accepted through 4 March 2015. Contact [awards@stti.org](mailto:awards@stti.org) or visit us online at [www.nursingsociety.org/Awards](http://www.nursingsociety.org/Awards).



# Three Retirement Trends to Be Happy About

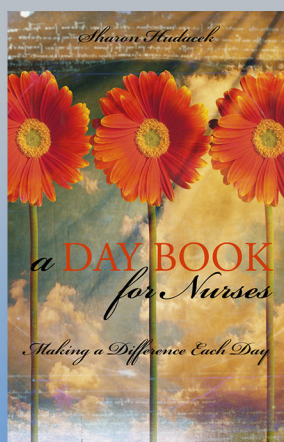
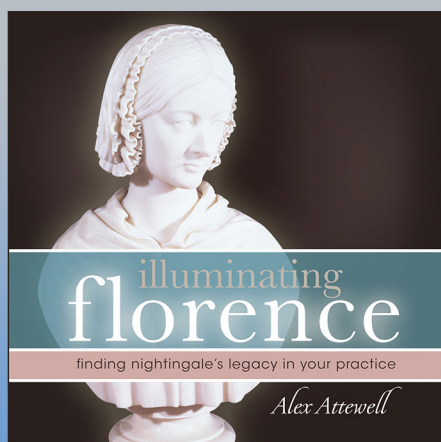
There are several labels, old and new, identifying the phase of retirement: Third Age, Not Your Parents' Retirement, Encore Careers, etc. Retirees are continually reinventing themselves; they are becoming entrepreneurs, creative artists, musicians, inspirational leaders, and so much more. Planning your retirement requires you to take a long, hard look in the mirror and decide what is best for you. There is more opportunity today than there ever has been for you to design the type of retirement that is suitable for your desired lifestyle.

Philip Moeller authored "Three Retirement Trends to Be Happy About." The research for his article convinced him that every kind of retirement option has been road tested by those who came before. Some people will continue to work during retirement — especially those with power, such as Bill Gates and Warren Buffett. Continuing to work during your retirement will make this phase of your life easier to afford, more comfortable, and more enjoyable.

Here are three things to make you smile as you develop your perfect retirement plan.

- We are living longer, which is no secret. On average, we are living two to three decades following the customary retirement age of 65. Look for realistic allowances for potential health issues or care needs. You just may live to be 100!
- The quality of health care is improving and is being geared more toward wellness, allowing us to live longer and healthier lives. Better health care, more effective drugs, and physically active lifestyles will be the ticket to a higher quality of life in our later years.
- Older people are growing in number and are becoming a mainstream group. Therefore, companies are shaping products and marketing efforts to entice them. The growing visibility of the older demographic will encourage the celebration of the interesting paths this group decides to follow in old age.

Read the full article on [Time.com](http://Time.com).



 **nursing KNOWLEDGE**  
international®

[WWW.NURSINGKNOWLEDGE.ORG](http://WWW.NURSINGKNOWLEDGE.ORG)

A subsidiary of the Honor Society of Nursing, Sigma Theta Tau International (STTI)



Sigma Theta Tau International  
Honor Society of Nursing®

Ph: 888.634.7575 (U.S./Canada toll-free)  
+1.317.634.8171 (International)

Fax: +1.317.634.8177

[www.nursingsociety.org](http://www.nursingsociety.org)