



# Xi Theta Chapter 342 California State University Dominguez Hills

Sigma Theta Tau International Honor Society of Nursing

Newsletter-Spring 2011

## Let's Get Acquainted with Xi Theta Xi Theta Board, 2010-2011

### Dale Mueller

#### Professional & Academic Information

##### Education:

EdD - Institutional Management; Pepperdine University  
MSN - Nursing Administration; St Josephs College of Maine  
MS - Clinical Psychology, Community Focus; CSU Long Beach  
AA - Nursing; Los Angeles City College

##### Employment:

Associate Professor, CSUDH  
Regional Manager, Western Division; behavioral health facilities  
Reimbursement Consultant, Medicare and Managed care

##### Public service:

President, Xi Theta 2009-2011  
Serving 4th term as provider appointee to the CA Dept of Mental Health Planning Council:  
[http://www.dmh.ca.gov/Mental\\_Health\\_Planning\\_Council/](http://www.dmh.ca.gov/Mental_Health_Planning_Council/)



Dale and Sr. Callista Roy, 2010

#### How the STTI mission is served in your job/volunteerism

I have had the privilege of serving on the Xi Theta Board as President of the Chapter. We have accomplished many things, extended support to many individuals and groups here and overseas, and have built a cadre of leaders who serve on our Board and Committees.

At the School of Nursing, one course that I teach on a regular basis is Leadership & Management. This is a wonderful opportunity to support and coach other nurses in their own professional growth. Many students become acquainted with STTI as a result of our conversations.

As Region 2 Coordinator, I have had many opportunities to interact with other leaders. Opportunities have included helping them with their Chapter Board governance and with individual personal/professional growth. The position of Regional Coordinator is demanding, but especially rewarding as well.

#### Most rewarding (or FUN!) activity you have experienced as an STTI member

Every STTI event I have attended has been fun. The Biennial Convention and Leadership Summits are opportunities to meet other nurses from all over the world. Our own Xi Theta Chapter events are especially fun. My personal favorites are the times where friendships are begun, nourished and strengthened, as that is of great value to all involved.

#### Tell us all about YOU! (Favorites - Movie, author, food, vacation spot, hobby)

I like live theater and concerts a little more than movies, so I do go to the theater when I can. I should say that this includes theater on Broadway and in London West End as I have been known to plan my vacations around theater events, such as the Mozart Festival in Salzburg. One special moment was when I saw the Shaolin monks from China perform at a theater outside of London; some of their members were young children whose artistry was, of course, breathtaking. I have autographs of the original Moody Blues and also from Rudolph Nureyev when I met him backstage at the Greek Theater.

Latest book: *Little Bee* by Chris Cleave.

#### Your vision for the next 10 years - What you would like to accomplish (Career, personally)

This next decade will probably consist more of "giving back" than creating new projects, since I am eligible for retirement but not retiring any time soon. I am looking forward to building more networks internationally and interculturality among nurses in our global environment.



## Ana Marie Cinco

### Professional & Academic Information

Nursing Instructor  
 Los Angeles County, College of Nursing and Allied Health  
 Los Angeles, CA.  
 Member of Xi-Theta -Philanthropy Director

### How the STTI mission is served in your job/volunteerism

Xi-theta chapter has been a great supporter for the volunteer work I have done with my community.

### Most rewarding (or FUN!) activity you have experienced as an STTI member

Meeting and networking with the diverse members of STTI.

I enjoy attending all functions that STTI and XI-theta chapter offers which provides me the opportunity to grow personally and professionally.

### Tell us all about YOU! (Favorites – Movie, author, food, vacation spot, hobby)

Currently, my two teenage girls and I are hula students in which we perform at different private and public functions. We love and enjoy being able to do things together. Most of all, it's a place to meet new friends and great way to exercise.

### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

Looking forward to new challenges in the ten years with my girls going to college. I enjoy being a Nursing Instructor, so I would like to continue to flourish my skills and knowledge in this area of my career to be a more effective educator.



## Cynthia Johnson

### Professional and Academic Information

**EDUCATION:** EdD, Nova University, Higher Education, 1984; MS, Long Island University, Community Health- Health Administration, 1976; MSN, California State University, Dominguez Hills, 1995; BA, Marymount Manhattan college, Sociology; Diploma, Paradise Valley School of nursing, 1966.

**CURRENT POSITION** Chair and Graduate Coordinator, School of Nursing, California State University, Dominguez Hills:

**CURRENT POSITION - XI THETA CHAPTER:** Vice President and Global Project Liaison for Sierra Leone, West Africa Collaborative

### How the STTI mission is served in my job and my volunteerism

I serve Xi Theta chapter with enthusiasm. I have been a member since 1995 and enjoyed my tenure as Secretary for two years. In that position, I ensured maintenance and accuracy of the meeting minutes. Currently as Vice President I will perform the duties of the president in her absence and meet my responsibilities of the Board.

Last year the "International year of the Nurse," I continued the Collaborative venture that begun the previous year. Collected and sent eight boxes of books for our faculty colleagues at the College of Nursing at the University of Sierra Leone

### Most rewarding (or most fun!) things that I have done as a member of STTI

Attended STTI Biennium

Collected and sent books for our faculty colleagues at the College of Nursing at the University of Sierra Leone

### About Me! Favorite movie, favorite author, favorite food .. favorite vacation spot

Food -Caribbean Pelau (rice and pigeon peas)

Vacation Spot – The Caribbean islands of Trinidad and Tobago

Movie – How Stella got her Groove

Author – All books relating to improving life

### Vision for the next 10 years - what would you like to accomplish?(Career, STTI, or personal goals)

I would like to see more participation among chapter members. We still have quite a few members who are not taking advantage of the available modern technology to communicate and work in groups to accomplish tasks as we move forward.





## Enna Trevathan

### Professional & Academic Information

**Position:** President Elect

#### **Education:**

2009, Doctorate in Nursing Practice, University of San Francisco, San Francisco, CA, concentration in leadership

2006, Masters in Business Administration, Holy Names University, Oakland, CA, concentration in leadership,

2003, Master's in Nursing Administration and Management, Holy Names University, Oakland, CA,

2000, Bachelor of Science in Nursing, University of Phoenix, Woodland Hills, CA,

1998, Associate of Science in Nursing, Moorpark College, Moorpark, CA, 38 semester hours,

**Degrees:** RN, MSN, DNP, MBA, CNL



### How the STTI mission is served in your job/volunteerism

Activity or Project(s):

Collect and deliver soaps/toiletries/ socks and clothes to the homeless veterans

Participates in the "Homeless Veterans Stand Down". A program that provides medical care, food, shelter and legal reprieves to the homeless veterans.

Support Haiti student nurses

Support the University of Fondwa in Haiti

I am a member of STTI Philanthropy sub-committee

Conduct fund raising activities to support scholarship for nurses

### Most rewarding (or FUN!) activity you have experienced as an STTI member

The induction of new members into the society. I am always amazed when they recognized the significance of the pledge. The new members are always amazed that they are signing up for something much larger than themselves.

### Tell us all about YOU! (Favorites – Movie, author, food, vacation spot, hobby)

I like science fiction books and movies. I love the Lord of the Ring series and Harry Potter. My favorite author is Dean Koontz. I love to cook and bake. I like to create new dishes or improve on common recipes. My favorite food is Thai, when I go out to eat with Italian a close second. I love to vacation wherever the ocean is warm: Mexico, Caribbean etc. I like to refinish furniture, gardening and redecorating.

### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

I would like to pursue a teaching career in nursing and spend time mentoring nursing students in the Caribbean and third world countries. I would like to see them become members of STTI and also become nursing ambassadors in their home countries.

### Content suggestions for upcoming newsletter issues

A segment on why members should become more active in the organizations.

The benefits of belonging to the chapter

## Melissa J. Benton

### Professional & Academic Information

Associate Professor and Graduate Coordinator

College of Nursing

Valdosta State University, Valdosta, GA

### How the STTI mission is served in your job/volunteerism

My scholarship and research focus involves the clinical applications of resistance exercise (weight training) in adult and older adult populations. I have investigated the effects of resistance training on strength, function and quality of life in elderly, chronically ill adults, and the effects on strength, lean (muscle) mass, body composition, metabolism, and quality of life in middle-aged women.

Currently I am the first Registered Nurse to be elected as a Fellow in the American College of Sports Medicine





## Tim Yett

### Professional & Academic Information

MSN (Nurse Educator) CSUDH  
 BSN: CSUDH  
 Adjunct Professor of Nursing: CSUDH  
 Commissioned Officer: US Public Health Service

### How the STTI mission is served in your job/volunteerism

Xi Theta Chapter Counselor  
 Governance Committee Member  
 Induction Ceremony Committee member and event emcee

### Most rewarding (or FUN!) activity you have experienced as an STTI member

Each Induction Ceremony  
 Odyssey Conference  
 Biennium National Conference

### Tell us all about YOU! (Favorites – Movie, author, food, vacation spot, hobby)

Professional Musician  
 Outdoorsman, fishing, camping, adventure  
 Physical Fitness, strength training, running, diving, Mixed Martial Arts

### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

Retire from Active Duty in the Uniformed Services  
 Begin Teaching Full Time  
 Write Journal Articles and Books  
 Continue to Travel the World!

### Content suggestions for upcoming newsletter issues (Remember, I'm NEW at this!!!)

Focus on accomplishments of our members!  
 Recognize Outstanding Work



## Nadine Mariotti

### Professional & Academic Information

Director of Surgical Services  
 BA political Science University of Illinois at Chicago Circle  
 BSN Lewis University  
 MHA expected graduation August 2011 University of LaVerne

### How the STTI mission is served in your job/volunteerism

Promotion of the professional nurse  
 Use of nursing research for patient outcomes

### Most rewarding (or FUN!) activity you have experienced as an STTI member

Attendance at biennial 2009

### Tell us all about YOU! (Favorites – Movie, author, food, vacation spot, hobby)

Author Patricia Cornwell  
 An Affair to remember  
 Hawaii  
 Sewing

### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

Graduate this August  
 Possibly obtain doctorate degree  
 Start my own business

### Content suggestions for upcoming newsletter issues

This is a great beginning  
 Why we belong to stti





## Tiffany Montgomery

### Professional & Academic Information

BSN—San Jose State University, 2005  
 MSN—California State University Dominguez Hills, 2010  
 Currently working as an RN in the OB/GYN Department at Kaiser West LA

### How the STTI mission is served in your job/volunteerism

The organizational mission of STTI is to "...support the learning, knowledge and professional development of nurses..." My job as the Director of the Mentoring Committee mirrors the mission precisely. I am here to gently guide new members into the fold and get them acclimated to the ins and outs of chapter and international STTI operations. I am something like a big sister to all the new and incoming members.

### Most rewarding (or FUN!) activity you have experienced as an STTI member

Attending the 2010 STTI Leadership Seminar in Honolulu, Hawaii! The conference was only 2 days, but of course I stayed for **SIX!!!**

### Tell us all about YOU! (Favorites – Movie, author, food, vacation spot, hobby)

I love to travel!!! This summer my friends and I went to Jamaica for eight days, and next summer we will be cruising the Western Caribbean for seven days. Whenever I find time to get away, I hop on a plane... my vacation balance is always at a minimum (smile).

### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

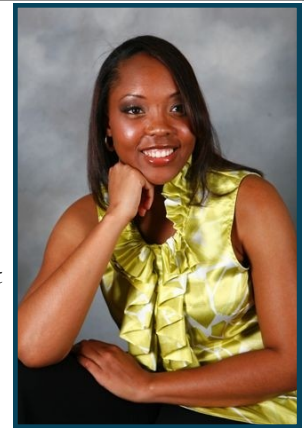
I hope that ten years from now I am married with beautiful, God-fearing, and intelligent children. I also look forward to completing the coursework, research, and writing required to obtain a PhD in Nursing.

### Content suggestions for upcoming newsletter issues (Remember, I'm NEW at this!!!)

Highlight upcoming service opportunities and educational offerings (i.e. CEUs)

### Additional News

I have been selected as one of five 2011 Emerging Leaders of the Association of Women's Health, Obstetric, and Neonatal Nurses. As a part of the Emerging Leaders Program, I have been appointed to the AWHONN Public Policy Committee. I am also the AWHONN California Section Legislative Coordinator. In addition to this I was accepted to UCLA and received a Eugene V. Cota-Robles Fellowship. This is a four-year monetary award which pays fees and provides a \$21,000 living stipend each year. I will begin coursework in the PhD in Nursing program in September.



## Lyndsay Goss

### Professional & Academic Information

Position:

Registered Nurse in a Non-Profit Family Care Clinic

Education/Degree:

B.S. Molecular, Cellular, and Developmental Biology

B.A. in Psychology

M.S.N. in Nursing

### How the STTI mission is served in your job/volunteerism

I am always keeping up to date on research so I can provide my patients with competent and quality care.

### Most rewarding (or FUN!) activity you have experienced as an STTI member

Participating as an administrator of the Facebook page.

### Tell us all about YOU! (Favorites – Movie, author, food, vacation spot, hobby)

Movie: Now and Then, TV Show: 30 Rock, Author: Roald Dahl, Food: Vietnamese,

Vacation Spot: Maui, Hobby: Singing and Swimming

### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

I am a new graduate nurse, my goals are to receive acute care experience within the next year and within 10-15 years to be working on my Doctorate in Nursing and be teaching.





## Rose Aguilar Welch

### Professional & Academic Information

Position: Acting Director, Associate Dean School of Nursing, CSU Dominguez Hills

### How the STTI mission is served in your job/volunteerism

Activity or Project(s)

I serve as the Xi Theta liaison to the Southern California Chapters of STTI which is charged with putting on the annual Odyssey conference. Currently, I serve as Chair of the Planning Committee.



### Most rewarding (or FUN!) activity you have experienced as an STTI member

Attending the STTI Biennium which makes you proud to be a nurse!

### Tell us all about YOU! (Favorites – Movie, author, food, vacation spot, hobby)

Love to read books by Nevada Barr, J.A. Jance (mysteries)

Love to travel in my 5<sup>th</sup> wheel which I'm getting better at operating with the exception of backing up. Anyone have any pointers?

My favorite place in the world is Zion National Park in Utah.

### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

Retirement

## Anna Cathy Williams

### Professional & Academic Information

Nurse Researcher/Educator – City of Hope in Duarte, Ca.  
BSN, PHN CSUDH  
MSN anticipated graduation 2012  
CSUDH



### How the STTI mission is served in your job/volunteerism

Promotion of nursing as a science  
Use of nursing research for patient outcomes

### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

PhD by age 61!  
Develop QOL programs/Disease Prevention

## Congratulations to our newly elected Board members!

President- Elect	Anna Marie Cinco
Secretary	Vacant
Counselor	Tim Yett
Governance Committee	Diana Moseley Dale Mueller
Leadership Succession Committee	Vacant

## Cristina Prado

### Professional & Academic Information

BA, Sociology, 2011  
Administrative Assistant, Xi Theta  
Administrative Assistant, CSUDH,  
School of Nursing



### Your vision for the next 10 years – What you would like to accomplish (Career, personally)

Master of Social Work by 2015  
Buy a house  
Make my family grow

cprado@xitheta.org

HURRAY!

