

*Serve Locally, Transform Regionally, Lead Globally*



Tau Kappa members have an exciting opportunity to be a part of Sigma Theta Tau International Honor Society Presidential Call To Action (2013-2015) - *Serve Locally, Transform Regionally, Lead Globally*.

The Tau Kappa Service Committee has pursued 3 options allowing the diverse membership across the globe to be a part of the Call to Action Initiative. These programs reach out to various communities, from young to old, from near to far. We hope that you will start the New Year with a commitment to one of the following opportunities. Whichever option you chose, please share your success by e-mailing [taukappa@excelsior.edu](mailto:taukappa@excelsior.edu)

Here is a brief overview and link for specific information for each option.

***Icouldbe* Mentoring Program**

The *Icouldbe* program provides at-risk middle and high school students with an online community of professional mentors, e-mentors, enabling teens to stay in school, plan for future careers, and achieve in life. As an anonymous mentor you will have the chance to help students stay in school and increase the likelihood they will attend college or pursue their chosen career path. The fully developed curriculum is self paced by the mentee and requires approximately 1 hour per week of your time. Click on the following links to learn more [About icould be mentor program](#) and [What it means to be a mentor](#).

**Linking Education, Nurses, and Seniors program (LENS)**

The LENS program provides education that promotes physical and emotional well-being, increases awareness of healthy lifestyles and offers programs designed by professional nurses and consumers to meet the interests and needs of seniors. There are a multitude of educational offerings for seniors in the capital district area of New York State, but LENS needs nurses like you as volunteers to present these programs (all content is already developed). Examples of

programs include *Medication Management/Drug Awareness; How to Improve Your Z's (sleep disorders), Preventive Health Care, and Memory Loss...Dealing with Family, Friends and Neighbors with Symptoms.*

All educational programs provided to seniors are free of charge as a community service. For further information on how you may volunteer contact Beth Allison, Director of the St. Luke's Hospital School of Nursing Alumnae Center for Public Education at [ballison@FoundationNYSNurses.org](mailto:ballison@FoundationNYSNurses.org).

### **Walk For Tau Kappa**

Do you like to participate in charity or fitness events such as walking/running for a cause? If so, this is a great opportunity for community service. Whenever you walk or run in your next charitable event, sign up and register as a representative of STTI, Tau Kappa Chapter. Here is link to [walking and running events nationwide](#) that you might consider participating in. Let's see how many miles Tau Kappa can log in pursuit of community service!

Regardless of what activity you select, e-mentoring a middle school child somewhere in the United States to a local charitable walking event, we want to hear from you! Upon completing any activity, please submit your name, the event and date of participation by e-mailing: [taukappa@excelsior.edu](mailto:taukappa@excelsior.edu)

Thank you for representing and supporting Sigma Theta Tau International & Tau Kappa "Call to Action"!

Tau Kappa Community Service Committee