



# LIFELINE

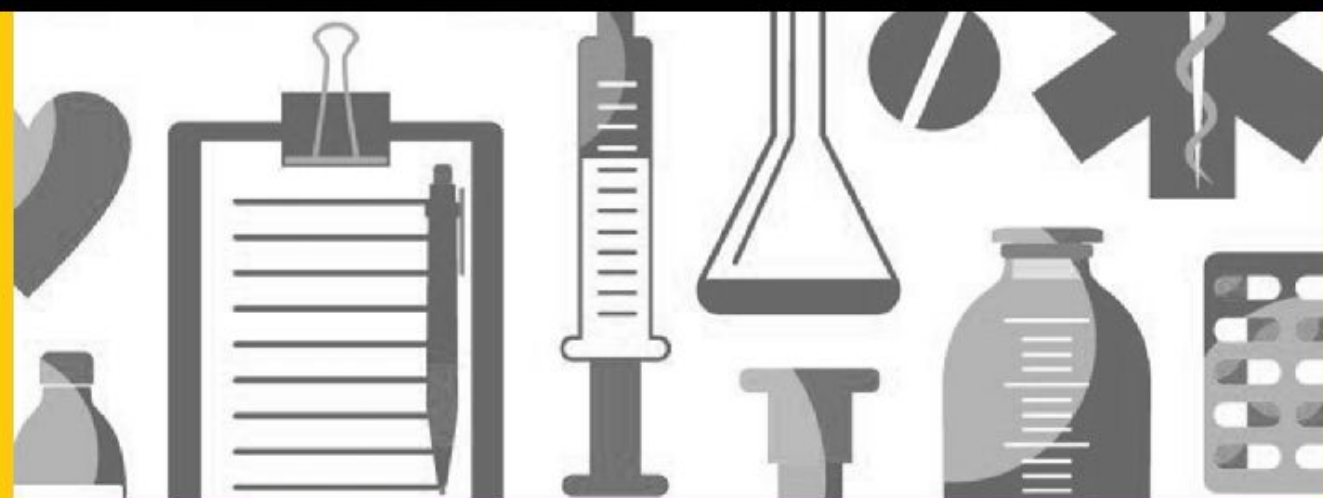
## NEWSLETTER



# STUDENT NURSES' ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



# Editor's Piece

**Angela Frantz**  
SNA Media Director,  
Basic BSN '23



Hello everyone! My name is Angela Frantz, and I will be serving as the SNA Media Director for the 2022-2023 academic year! I am so excited to work with everyone in SNA this year.

As Media Director, I make sure the SNA social media is up to date (both Instagram and FB), I manage the SNA website (make sure to check it out), and I create the lifeline newsletter. I also help plan and promote some SNA events, like the back to school barbeque (which you should all go to in August).

Please feel free to reach out to me with any questions or comments via the SNA social media @SNAUCForlando. I encourage you to send in submissions for the Lifeline Newsletter, they come out about every month or so and it's a great way to be featured and share your nursing thoughts, philosophy, and interests (you can check out our website for past examples). Here's to a great year for SNA!



**My OBGYN Clinical - Spring 2022 at Winnie Palmer**

To start off the school year, let me tell you a little about myself: I'm from Coral Springs, Florida and moved to Orlando to come to UCF. I am a former Marching Knight where I served as the Clarinet Section Coordinator. I played clarinet and saxophone for about 10 years before nursing school! In my freetime I love to listen to music, hang out with my roommates, watch the Kardashians, and drink boba.

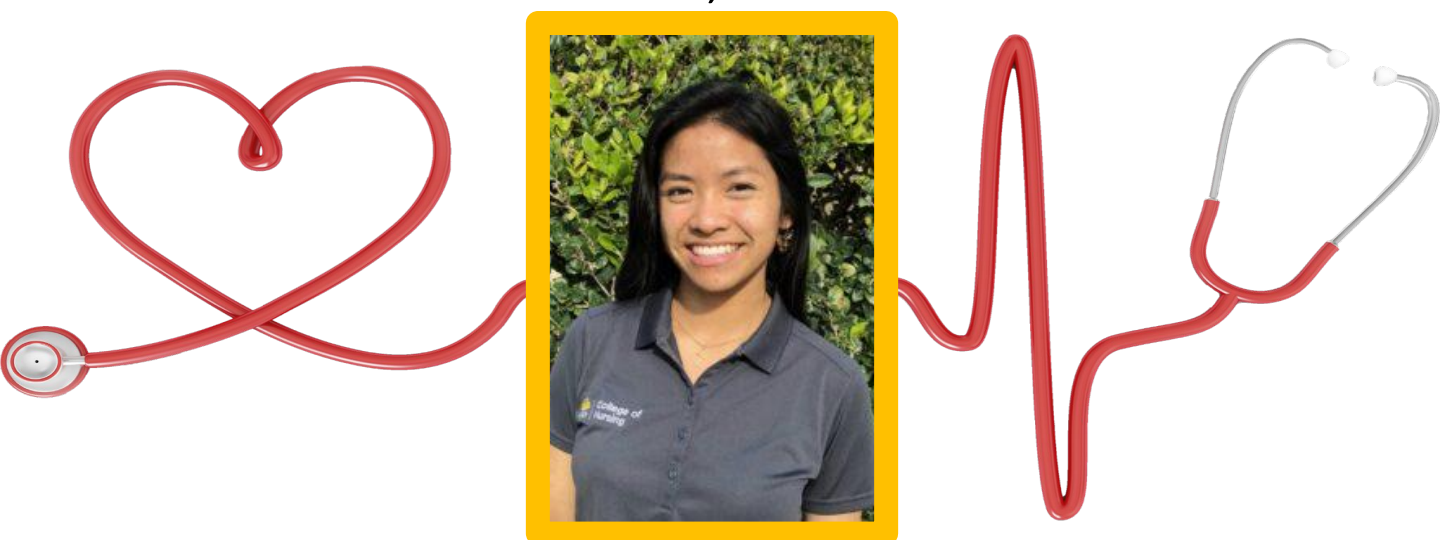
My advice for other nursing students is to find your best study method and run with it. For me, that's going to class and making flashcards for notes and just reviewing those. I also like to quiz myself and talk it out with other nursing students. That being said, try and do whatever works for you!

Good luck this upcoming year and enjoy your summer!!

# President's Corner

**Kaitlyn Yu**

SNA President, Basic BSN '23



*"This organization is more than just something on a resume; it is a community of exceptional student nurses, it is a game changer for your career and your professional development, and it is an outlet for change."*

First off, welcome to the 2022-2023 academic year! It may only be the summertime, but this year is already ramping up with the new Accelerated Cohort and the new SNA board getting things started. So let's not waste any time! I am pleased and honored to be serving as the UCF Orlando SNA President, and I want to thank you for joining our chapter. I will take this opportunity to share with you my vision and objectives for the upcoming year which is based on our organization's description found on our official website:

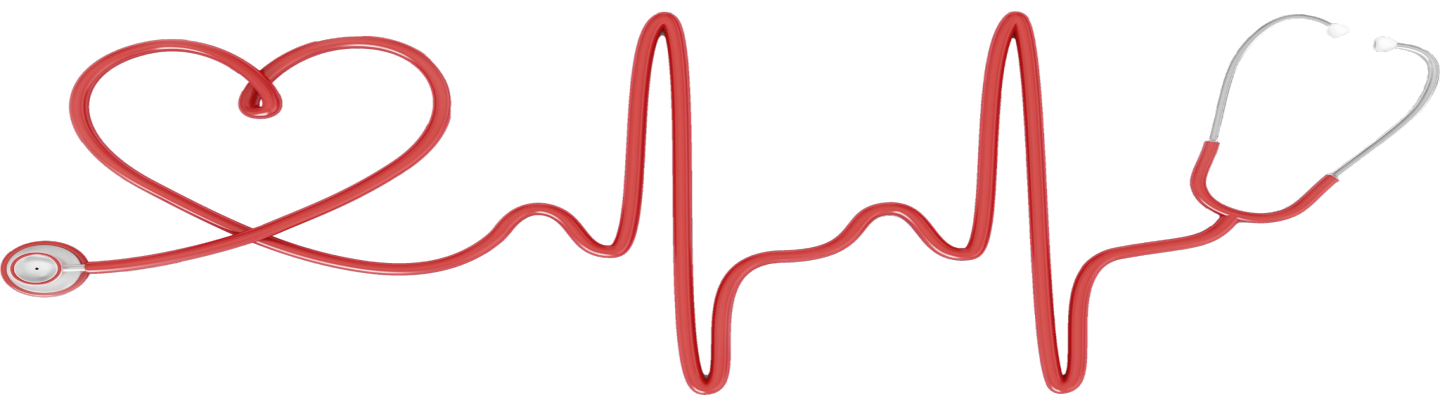
“We are a group of student nurses, motivated to **become the next leaders in the nursing profession**. We understand the foundation of nursing is a **heart of compassion** and that the development of the nursing profession is dependent on nurses who are able to lead wisely and collaborate effectively. SNA at UCF offers student nurses the opportunity to **connect with the community** through their numerous volunteer activities. Students will **grow in their leadership skills** as they not only enjoy special guest speakers, but also ***put their own leadership abilities into action.***”

My heart is to see SNA's members flourish through their time in our organization. We are all at UCF to gain a respected degree and skills which will serve us for our entire lifetime, and SNA will only add to that. With that in mind, my board and I strive to maintain the quality and excellence of previous years as a professional student organization, as well as

- Increase member involvement and diversity of membership - “put their own leadership abilities into action”
- Facilitate FNSA and NSNA attendance for members fiscally (at least in part) - “grow in their leadership skills”
- Maintain collaborative relationships with other programs and our sister campuses - “connect with the community”
- Integrate core values of nursing into everything we do - “heart of compassion”
- Improve media presence
- In other words: “Become the next leaders!”

We have big goals, but together I know we can accomplish them! So, how can you make the most of your involvement in SNA?

1. **Attend general meetings.** Perhaps the easiest way to get involved. Spend time with peers, learn about what activities SNA has planned for the near future, and hear from an accomplished guest speaker specializing in something you're interested in.
2. **Participate in events.** Teach an after school medical club how to take blood pressure with Breakthrough to Nursing Director Caroline Rose Tytar, serve the homeless community a warm meal with Community Director Olivia Kennell, and much more!
3. **Join a committee.** Plan events, design SNA merchandise, and get leadership experience that can help you become a future board member.
4. **Attend state and/or national convention.** By far SNA's greatest opportunity to develop professionally. Attend hot topic lectures of your choice, pass a resolution to change nursing practice or policies, gain more leadership experience by running for office, and represent our local chapter with pride. Did I mention its a super fun trip where you can also travel?





## Lifeline Newsletter

Student Nurses' Association – UCF Orlando

I hope you find SNA more rewarding than you ever imagined! This organization is more than just something on a resume; it is a community of exceptional student nurses, it is a game changer for your career and your professional development, and it is an outlet for change. Have a blessed summer and a great year, and I hope to see you all very soon!



# Faculty Spotlight

## Heather Peralta, RN-BSN, DNP

UCF Professor



**Tell us about yourself and what brought you to the UCF College of Nursing?**

When I graduated with my MSN in nursing education, I knew I wanted to work in the academic world. I actually came to UCF and totally bombed my interview (I totally went down in flames). But, UCF didn't give up on me, and they hired me as an adjunct to do the Apopka CNC.... and I grew and grew, and went back to school for my doctorate, and now there is nowhere else I would ever work!



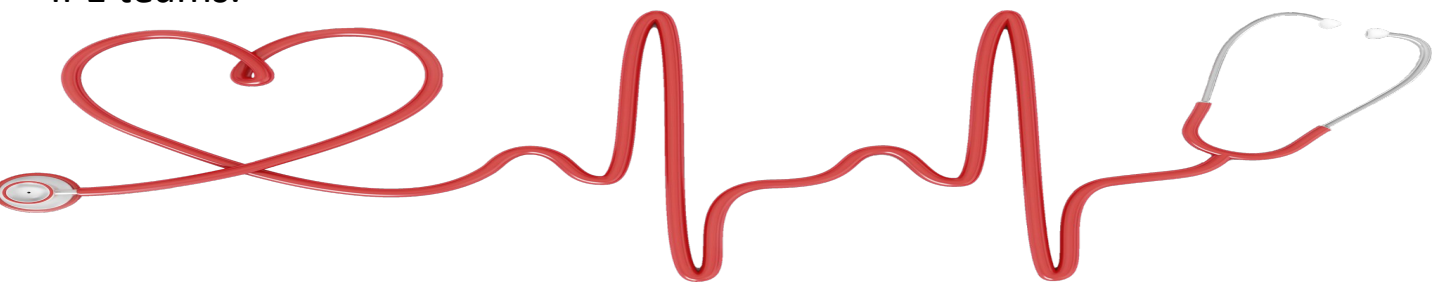


### **What motivated you to pursue a career in nursing?**

I am a second degree nurse. As a little girl, I slept with a copy of Gray's Anatomy at night (I read the whole thing when I was 8). But, life and the journeys I chose as a young adult took me in different directions. When I had my daughter, I also had a hysterectomy and those nurses talked to me and encouraged me. I wanted to be an encourager, a light in the dark, and to honor the trust patients put in to us as nurses.

### **What are some of your research interests and why are you passionate about them?**

Currently I am neck deep in looking at the nutrition of the farmworkers of Apopka. Next spring, I am going to start looking at the impact the Apopka clinic has on the cultural competency scores of students in our IPE teams.



## **What are some things you enjoy doing in your free time?**

My family is my world... we like to do a lot of things at UCF (football, baseball, basketball games). We go to Disney a lot. I like growing plants, eating good food, and hanging out with my dog and three cats (one is named Florence Knightingale).

## **What advice would you give a CON student?**

Be a palm tree---stand strong in a hurricane and bend with the summer thunderstorms. You have to be flexible and roll with the day. Be a good person. Be a good teammate. Wear your mask. Wash your hands. Remember that no matter what, we are rooting for your success!



**Florence Knightingale,  
Queen of Casa Peralta**



**This is me telling Gabe Davis  
that I'm his big sister.**

# Community Corner

**Olivia Kennell**

SNA Community Health Director,  
Basic BSN '23



Hello everyone! My name is Olivia Kennell and I am the SNA Community Health Director for the 2022-2023 school year. I'm here to let you know a little about what we have done in the community so far this year and what's coming up!



UCF SNA Straight Street Volunteers

Come lend a helping hand!



**UCF Student Nurses' association  
is volunteering with  
STRAIGHT STREET**

**Tuesday, May 24th, 5-7pm**

Straight Street is a non-profit urban mission catering to the needs of the homeless in Orlando and Brazil. Every week, volunteers come together to prepare and serve meals that on average feed 200 people.

The Student Nurses Association at UCF has been on the go this summer! At the start of summer, seven students helped serve over 100 meals to the homeless community of Central Florida by partnering with Straight Street. Straight Street is a nonprofit organization aimed to provide meals, laundry services, and hygiene care to the homeless community. Student nurses also donated items such as water bottles, razors, soap, and hygiene products to Straight Street's donation shelves.



## **DID YOU KNOW THAT SUMMER HUNGER AFFECTS 1 IN 5 KIDS IN OUR COMMUNITY?**

**By supporting SNA's  
Virtual Food Drive,  
you will help give kids  
the worry-free,  
hunger-free summer  
they deserve.**



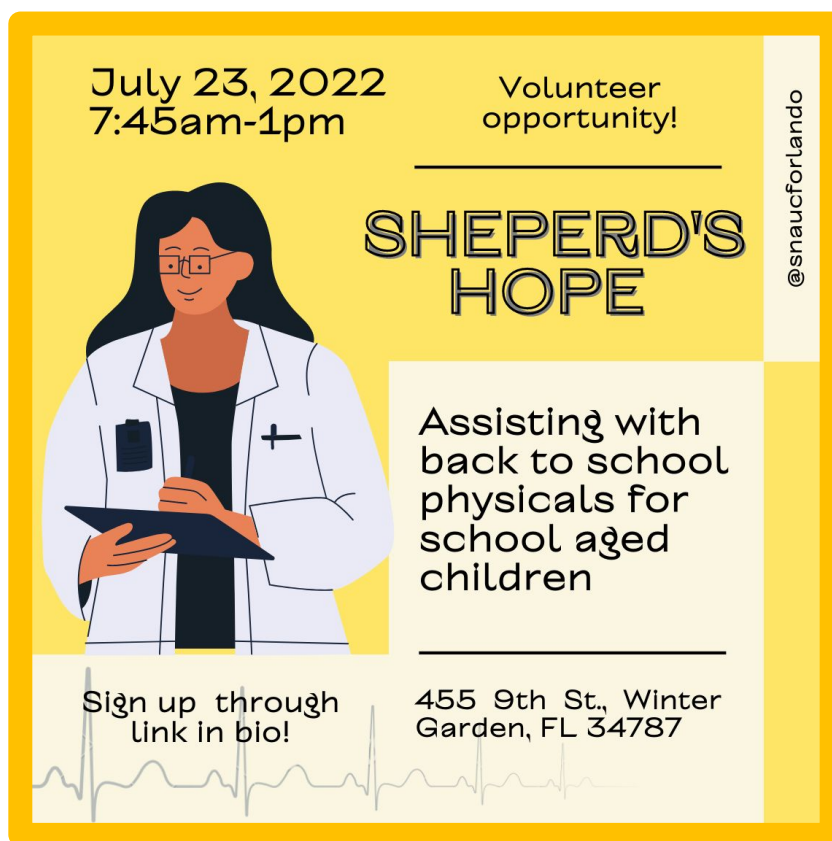
To donate go to:

[https://www.feedhopenow.org/site/TR/VirtualFoodDrive/General?px=1379910&pg=personal&fr\\_id=1320](https://www.feedhopenow.org/site/TR/VirtualFoodDrive/General?px=1379910&pg=personal&fr_id=1320)

During June, SNA participated in a virtual food drive through Second Harvest Food Bank of Central Florida. Through this food drive we have been able to fundraise over \$120 and feed children in need. Summer hunger affects 1 in 5 children within the Orlando community. By starting a SNA funded virtual food drive, we have been able to help combat summer hunger and give children the nutrition they deserve. If you want to join SNA members in stopping summer hunger you can donate at:

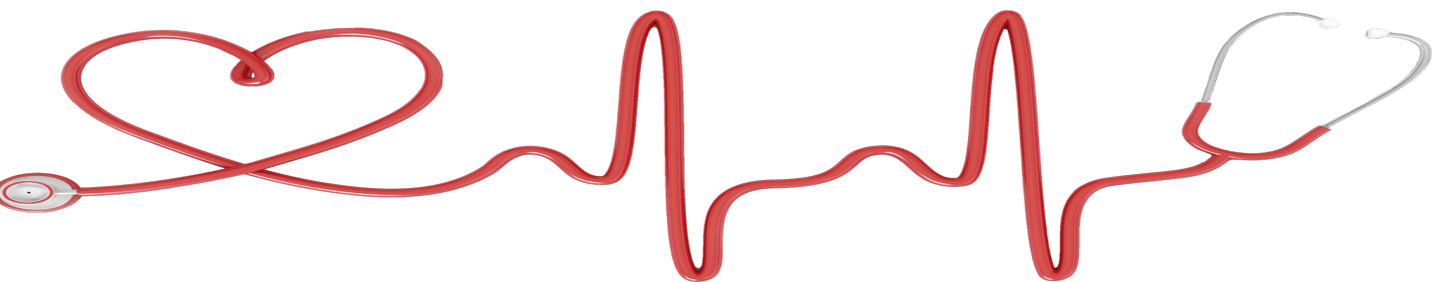
[https://www.feedhopenow.org/site/TR/VirtualFoodDrive/General?px=1379910&pg=personal&fr\\_id=1320](https://www.feedhopenow.org/site/TR/VirtualFoodDrive/General?px=1379910&pg=personal&fr_id=1320) .





We have even more coming up! On July 23rd, student nurses are attending Shepherd Hope's back to school event where we will be assisting with school physicals for school aged children. If you would like to come out and help you can sign up at:

[https://docs.google.com/forms/d/e/1FAIpQLSeX\\_U-1InKNdwJ6PFuzVBhINFIDdALsj-SiIS7ZOyMJ9XeKfw/viewform?usp=embed\\_facebook](https://docs.google.com/forms/d/e/1FAIpQLSeX_U-1InKNdwJ6PFuzVBhINFIDdALsj-SiIS7ZOyMJ9XeKfw/viewform?usp=embed_facebook)



# *Announcements & Upcoming Events!*



The next  
Newsletter  
Submission  
Deadline is **July  
25!**

Shepherds  
Hope is on **July  
23rd from  
8am-1pm!**

**Contact Olivia  
for more info!**

Look out for an  
announcement  
about the Back  
to School BBQ  
in  
**August!**

Be sure to  
follow our  
social media  
pages in order  
to be notified  
of upcoming  
fundraisers and  
events!

# *Announcements & Upcoming Events!*



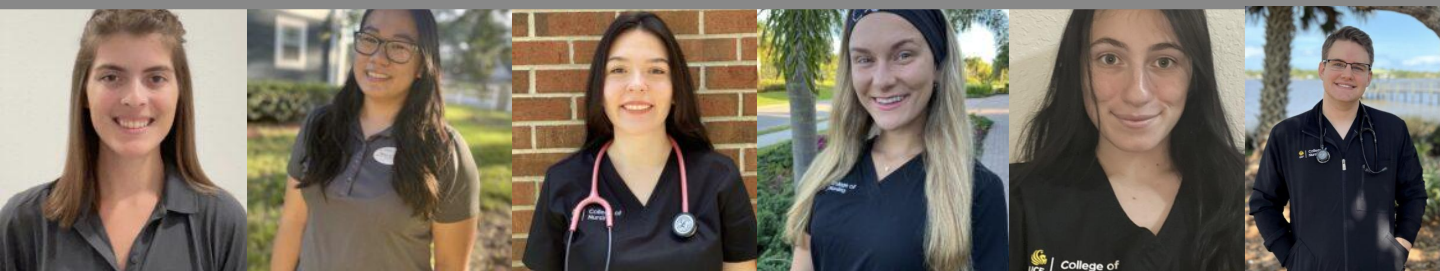
To submit your  
work to the next  
newsletter,  
contact Angela!

ucfsnaorlwebmaster  
@gmail.com

Next General  
Meeting:

**August 31st at  
1700!**

# Contact Info for the 2022-23 SNA Board!



President	Kaitlyn Yu	ucfsnaorlpresident@gmail.com
Vice President	Morgann Betterly	ucfsnaorlvicepresident@gmail.com
Secretary	Michael Keller	ucfsnaorlsecretary@gmail.com
Treasurer	Annaliece Balensiefen	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Taylor Thomas	ucfsnaorlclubhouse@gmail.com
Historian	Leah Shinn	ucfsnaorlhistorian@gmail.com
Legislative Director	Alexis Wade	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Caroline Tytar	ucfsnaorlb2n@gmail.com
Media Director	Angela Frantz	ucfsnaorlwebmaster@gmail.com
Community Health Director	Olivia Kennell	ucfsnaorlcommunity@gmail.com
Fundraising Chair	Kaitlyn Mullen	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Pearce Copeland	ucfsnaorlaccelliaison@gmail.com
Advisor	Dr. Brian Peach	Brian.Peach@ucf.edu
Advisor	Kate Dorminy	Kate.Dorminy@ucf.edu

## Social Media

Facebook: Student Nurses  
Association-Orlando

Instagram: snaucforlando

Website: snaucforlando.com

