

Volume 8  
Issue 11



*Lifeline*

Newsletter



*University of Central Florida*  
Student Nurses' Association



## The Editor's Piece: Signs that I am Becoming a Nurse

*Written by: Amanda Wimmersberg, Media Director*

As I enter my senior year of nursing school, I can't help to think about how much I have changed as a nursing student and person in general. When I first started nursing school, I had no idea what I was doing nor did I have any confidence. However, that has all changed. I have started to realize that nursing is becoming a way of life and I am seeing signs that I have never seen before. I have realized that people in my life are much more comfortable telling me very personal things, and I am not embarrassed by it. In fact, I usually try to help them understand what is going on. My friends show me their weird rashes, moles, or ask me to look in their throat to see if they have strep. I have realized that I walk twice as fast now when I am at the hospital. I usually hear the bed alarms in my sleep after a day at clinical. I can hold my bladder much longer than I could ever before. I watch medical shows and think to myself "that doesn't really happen" or "they're wrong it's actually this".



And that's not all. I have realized that I have started to diagnose strangers with medical conditions that they may or may not realize they have. "That guy has a pretty enlarged neck—He should probably see his doctor to see if he has goiter." Also, when I hang out with friends, I have started to notice how nice their veins look and I try to decide which vein I would start an IV on. The best one is that when my nursing school friends and I talk during lunch, it is usually about gross things that have happened and it doesn't affect us at all. I have started rating most things on a scale from 1 to 10. And when I enter a patient's room and they forgot to flush the toilet instead of think "ewww", I think, "Okay, it's a semi-formed large BM..."



The most important sign that I have realized is that I have started to appreciate the little things in life, such as being able to breathe on my own. I have learned so many life lessons from my patients in just one year, and I cannot wait to keep learning and striving to be the best nurse that I can be.



## Capernaum Camp: A Summer Camp That Changed My Life

*Written by: Megan Elliott, Basic BSN 2017*

Capernaum Camp is a place where kids and young adults with disabilities get to have fun, make friends, develop self-esteem and begin a relationship with Jesus Christ. Over the summer I was given the opportunity to be a part of this experience. Imagine loading up on a bus with 25 friends with disabilities who are more excited than you were on Christmas morning when you were five. You ride through some of the most rural parts of Florida and end up at a camp deep in the woods in what seems like the middle of nowhere. But this isn't just any camp, this is Young Life camp.



You might be thinking, “Okay, cool. I don’t know what Young Life camp is, but it’s most likely a replica of the movie, *The Parent Trap*, where the lunch lady puts something on the plates that looks more questionable than dog food.” Wrong! The bottomless family style feasts are better than any cruise ship or restaurant meals.



This camp has zip lines, horseback riding, mountain biking, the BLOB, paddle boarding, hiking, the “Big Swing”, rock climbing, you name it. Through this experience, our Capernaum friends with disabilities were shown that they matter and deserve the best. They got to spend a week in God’s creation and hear how crazy He is about them.



As a leader, I had the opportunity to help my friends with hygiene, nutritional and emotional care, and medications. I also had the privilege of sitting down with them one-on-one and hearing what they think about God and their thoughts on life. By the end of the week, there was not a dry eye on the bus ride home. Relationships were deepened and walls were broken down. It is no wonder why we tell our friends that this camp will be the best week of their lives.



## Faculty Spotlight

*Written by: Dr. Frank Guido-Sanz, Assistant Professor*

I am wholehearted about teaching and for the opportunity of sharing my clinical knowledge and experience with students. This is my second year as Assistant Professor at UCF and I am really excited to be part of the Knights' Nursing faculty. My previous teaching experience includes teaching as Adjunct in the undergraduate nursing program at Florida International University (FIU). In addition, I have been a clinical preceptor for the past 10 years at Jackson Memorial Hospital Surgical Intensive Care Unit (SICU) to many Adult Acute Care Nurse Practitioner students from University of Miami and Barry University. I have also precepted baccalaureate nursing students in their Advanced Concept Practicum course. At UCF, I have taught health assessment practicum, Adult II and Critical Care in the undergraduate program. This Fall semester I am teaching Adult II and Professional Nurse Seminar in the undergraduate department and Advanced Health Assessment and Diagnostic Reasoning in the graduate department. I will also be teaching in the Adult Gerontology Acute Care Nurse Practitioner (AGACNP) track in summer of 2017.





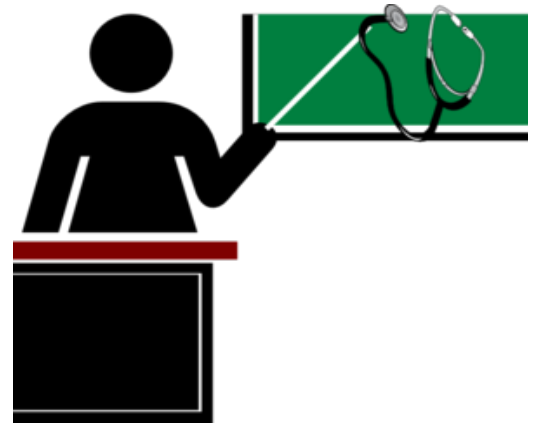
My nursing educational formation started at Barry University from where I obtained a Bachelor of Science in Nursing (Accelerated Option). I later pursued a Master of Science in Nursing along with an International Family-Focused Healthcare Certificate at FIU and University of Rome-La Sapienza (Rome, Italy). Four years after my Master's I returned to FIU for a Post-Master's Certificate in Nursing Education and a year later for my doctorate (PhD) in Nursing. As a researcher, my program of research focuses on the effect of Advanced Practice Nurses (APNs) as Intensivists in the ICU on patient outcomes and healthcare costs. I am currently researching on Hospital-Acquired Pressure Ulcers (HAPUs) incidence and prevalence in the ICU. My long term research goal is to explore the use of image analysis by surface area aided by image processing technology in tracking and documenting pressure ulcers in the ICUs.



I am a certified Adult Nurse Practitioner (ANP-BC) but have been practicing as an Advanced Practice Nurse Intensivist (Acute Care) for the past 10 years at Jackson Memorial Hospital SICU. In addition, I am an active Nurse Practitioner (NP) civilian volunteer under the Department of Defense, federal, and state emergency/disaster assistance programs. I serve as a volunteer NP for Miami-Dade County Medical Reserve Corps, Mobile Acute Care Strike Team and International Medical Surgical Rescue Team (both under National Disaster Medical System), and Florida Advanced Surgical & Transport Team.



So why teaching? I really love teaching and the opportunity to share knowledge and inspiration. Engaging and challenging students into learning and discovery is not an easy task but it's certainly a very rewarding experience. I like to encourage students to go beyond the concepts conveyed in class and to engage in research and discovery. I do my best to inspire them into the quest for knowledge because I believe that every student has the potential as an individual for intellectual development. I like engaging my students in the classroom by presenting "real world" nursing scenarios and by crafting and interjecting anecdotes and experiences along with the lectures.



In clinical situations, I favor teaching by demonstration and encourage students to actively participate in the experience always within the scope of practice and the safety of patients and self. It is my hope that when students leave my classroom or the clinical setting they are confident enough to provide the best nursing care possible, that they are able to validate their practice based in solid and actualized scientific reasoning, ample knowledge, and in a holistically way. I want my students to be able to articulate that knowledge, render it operational, but without losing the humanity and caring attitude that hallmarks our profession.

Why UCF? I am very proud to be a faculty member of the nation's second-largest university and of the College of Nursing (CON), ranked among the best in the nation. I am also honored to share appointment with nationally recognized nursing faculty members and educational leaders. One of the reasons why I choose UCF was for the mentorship and research opportunities that UCF CON offered. The added value was the opportunity to teach the best nursing students in Florida as demonstrated by the consistent NCLEX performance of our graduates and getting to know the best colleagues I could have ever asked for. My faculty peers have been extremely supportive, welcoming, and embracing and that has made all the difference in the world!

It is not easy as a new faculty to establish yourself and develop the rapport and confidence among your students that will contribute to achieve those aforementioned goals. I got to learn, for example that somehow there is this notion among nursing students here at UCF CON that I am a “harsh-grader”. Nothing more distant from the truth; urban myth. I believe to be very reasonable in grading and I always use grading rubrics to be objective and fair. I hope that we can oust that notion and instead have them realize that I am approachable and accessible, empathetic, and committed to provide them with the best education and learning experience to the best of my knowledge and abilities.





## True or False Questions About Dr. Frank!

**Question: T/F Did Dr. Frank ever participate in a rescue mission?**

Answer: True. Yes, he deployed with the IMSuRT team for 14 days to Port-au-Prince, Haiti a day after the earthquake of 2010 to provide care and relief for the victims.

**Question: T/F Did Dr. Frank ever win a practice award?**

Answer: Yes, twice. He won the 2015 Advanced Practice Nurse of the Year March of Dimes Nurse of the Year in Miami, FL. and the 2007 Nurse Practitioner of the Year at Jackson Memorial Hospital, Miami, FL.

**Question: T/F Is Dr. Frank a harsh-grading professor?**

Answer: False. No, he is not. In fact he is very lenient and objective, always using the rubric to grade papers and assignments.



## Nursing Student Expectations: Expecting the Unexpected

*Written by: Kimberly Bogers, Basic BSN 2018*

As a new nursing student, I have been stressing quite a lot. There are so many things that I don't know yet about being a nursing student, and I'm honestly not sure what I should expect once the semester begins. However, I am coming to the realization that I need to expect the unexpected. I'm aware of how cliché that sounds, but as a nurse it will be my job to help others when the unexpected occurs. Nobody plans to break a bone, contract pneumonia, receive a cancer diagnosis. Even planned medical procedures, like surgeries and births, have a level of uncertainty to them.

The individuals and families who find themselves facing confusing diagnoses and expensive procedures need the support of competent and strong nurses to help them get through it all. Even in the midst of chaos, nurses are expected to provide the best care possible. Because of this, I know that I will need to get used to persevering through problems. I have barely begun my nursing school adventure, yet I have already run into some unexpected bumps in the road.





Finding my vaccine records was much more difficult than I had anticipated; I needed to receive multiple titer tests, which weren't covered by health insurance; I found out that I needed to take an additional class over the summer in order to complete my AA degree. On the other hand, I have also experienced several wonderful surprises.



My grandmother (who is a licensed RN herself) and grandfather graciously helped me to purchase some of my nursing supplies; several of the graduating nursing students I bought my textbooks from threw in an extra textbook or scrub top, out of the kindness of their hearts. All of these surprises have helped me to see that even though I can't always control what happens in life, I can control how I respond, and I think that's going to help me a lot as a nurse. As I begin my first semester of nursing school, I am preparing myself for the good, the bad and, most importantly, the unexpected.

## Doorway into Daytona: Senior Sendoff

*Written by: Samantha Meere, Daytona Historian/Media Director*

As the senior class begin their integration into the professional nursing community we can take a second to admire the idea that we will soon join them too. The start of our third and potentially most difficult semester is right around the corner and as we prepare for our classes we can find solace in their own success. The prospect of becoming a nurse is extremely exciting and now is the time to prove to everyone that we are ready to take on the challenges associated with working in the professional world.



*Cake brought by Ashley Wiles for our Senior send off.*

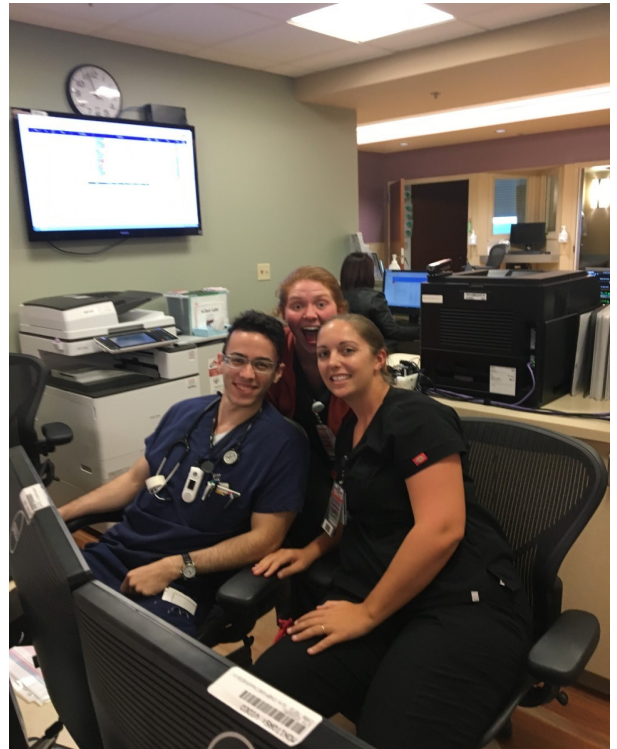
Our seniors have overcome long hours of clinicals and studying to prove that they are ready for the unique and dynamic working environment associated with our profession. When we are struggling to finish that final hour of studying or the last few hours of clinicals because our eyes are involuntarily beginning to close just think about all of the people who have endured the same test of perseverance before us. Remember to stay positive and look ahead in times of frustration and don't forget that in a few months we will be rewarded with an amazing and rewarding opportunity to integrate into the nursing community.



## My Life as a VALOR Student!

*Written by: Tiffany Harper, Basic BSN 2017*

V.A.L.O.R stands for VA Learning Opportunity Residency. The Orlando VA and UCF have a partnership which pairs BSN students entering their senior year with a paid scholarly internship. Throughout the program students complete 400 inpatient hours where they are paired with BSN qualified preceptors and another 400 clinical or outpatient hours. Upon completion of the hour requirement, graduation, and passing the NCLEX, students who complete the program are evaluated and placed in a full time position. I knew when I started the nursing program here at UCF that I wanted to be a VA nurse, but I assumed it would take years to even get my foot in the door. My dream growing up was to enlist in the Navy like my brother had. He was my best friend and I wanted to be just like him.



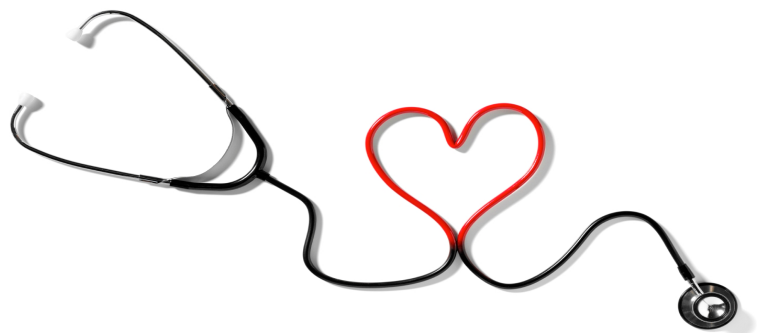
I was so determined that I even talked him into ditching his girlfriend and taking me to the 50<sup>th</sup> Anniversary Hospital Corpsman ball where he was the Master of Ceremonies, when I was just 15. However, like we often do, I let life happen and before I knew it I was married and had children of my own, and felt it was best for my family if I gave up that dream. I wasn't able to enlist as I had always dreamed I would, but this is my opportunity to give back and to serve those who made the ultimate sacrifice.



I have just completed my first 400 inpatient hours this past week. I can't even begin to express my love for this facility, the nurses who work there, and especially the Veterans we serve on a daily basis. When I started on my med/surgical unit back in May, I had no idea how much this opportunity would impact my life and my future career. This residency is an opportunity to develop and hone in on clinical skills that we only get to observe in our clinical rotations. As a V.A.L.O.R. student my scope of practice includes all assessments, nursing skills, communication with doctors and different areas of the hospital, collaborating with case managers & social workers, as well as documentation. We essentially practice as a licensed nurse would, under the direct supervision of a BSN qualified RN.



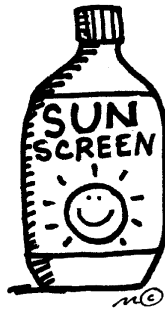
While I have enjoyed learning skills from drawing blood and starting IV's to inserting and hand irrigating Foley catheters, what I have taken away from this experience is so much more than the physical skills. What sets the VA apart is most definitely the population we serve. I am beyond blessed and am certainly honored that I get to give back to America's heroes and look forward to what my future at the VA holds! Not only have I gained experience and confidence but I have gained so many amazing friends and mentors.



## Implementing Patient Education of Skin Cancer and Sun-Protective Behaviors

*Written by: Ryan Woodmansee, Basic BSN 2017*

Skin cancer is the most commonly diagnosed cancer each year in the United States (U.S.). It is estimated that one in every five Americans will develop skin cancer during their lifetime. Ultraviolet (UV) radiation is ubiquitous, most people don't realize the detrimental effects of prolonged UV exposure from the sun. As nursing students entering the healthcare profession it is our duty to provide accurate patient education. When performing your physical assessment during clinical include a head-to-toe inspection of the skin and look for three most common skin cancers: basal cell carcinoma, squamous cell carcinoma and melanoma.



According to the American Cancer Society, skin cancer screenings could potentially be the foremost way to combat the increasing prevalence of skin cancer. Ultraviolet light exposure from sunlight is the most common cause of skin cancer. Most of the rising incidence of skin cancer is likely due to changing behaviors and neglecting primary prevention. Although skin exams do not slow the progression of skin cancer, they allow for early detection which is crucial for an effective prognosis.



Ask your patients if they perform self-head-to-toe skin exams. Self-examinations provide an opportunity for the patient to notice suspicious moles or abnormal skin features that may be early skin cancer. The Skin Cancer Foundation recommends doing a self-head-to-toe skin exam monthly and seeing a professional healthcare provider for a yearly skin exam. Also be sure to teach your patients the mnemonic ABCDE (Asymmetry, Border, Color, Diameter, and Evolving) which is often used to identify early signs of melanoma, and patients should be notified to seek immediate treatment if they notice something abnormal.



Lastly, take the initiative to educate your patients about sun protective behaviors. During 10 a.m. and 4 p.m. is known to be the most harmful hours of the day for your skin due to UV radiation exposure being at its strongest. The Centers for Disease Control and Prevention recommends to, “avoid indoor tanning, staying in the shade especially during midday hours, wearing clothing that covers your arms and legs, wear a hat with a wide brim, wear sunglasses, use sunscreen with sun protection factor (SPF) 15 or higher, and both UVA and UVB protection.” All of these protective measures would be easy for your patient to implement into their daily life.

References:

American Academy of Dermatology. (n.d.). Skin cancer. Retrieved August 24, 2016, from <https://www.aad.org/media/stats/conditions/skin-cancer>

American Cancer Society. (n.d.). Does UV radiation cause cancer? Retrieved August 24, 2016, from <http://www.cancer.org/cancer/cancerauses/radiationexposureandcancer/uvradiation/uvradiation-does-uv-cause-cancer>

Centers for Disease Control and Prevention. (2016). Skin Cancer. Retrieved August 24, 2016, from <https://www.cdc.gov/cancer/skin/>

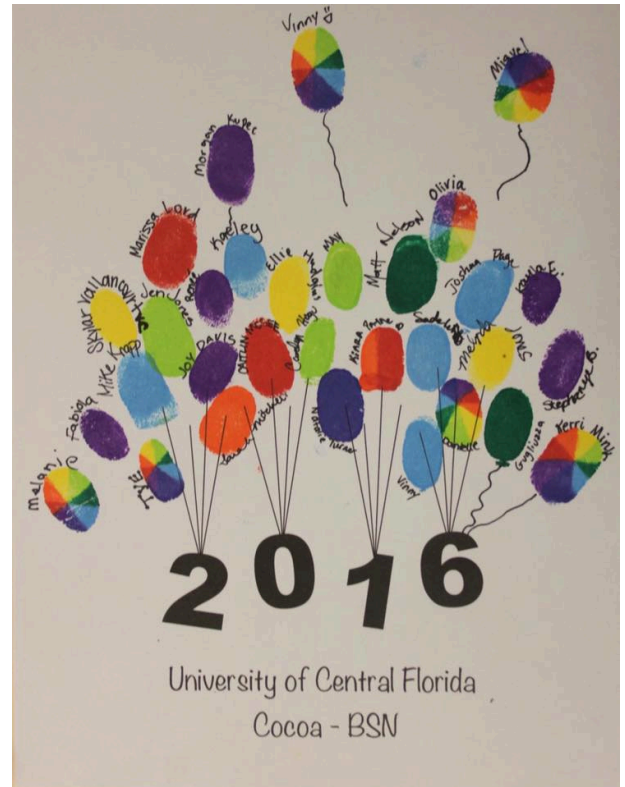
McDonald CJ. American Cancer Society perspective on the American College of Preventive Medicine's policy statement on skin cancer prevention and screening. *CA Cancer J Clin.* 1998;48:229–31.

Skin Cancer Foundation. (n.d.). Prevention Guidelines. Retrieved August 24, 2016, from <http://www.skincancer.org/prevention/sun-protection/prevention-guidelines>

## Catching Up With Cocoa: Summer Events!

*Written by: Alysha Andrus, Cocoa Web Administrator*

This summer has been very successful for the Cocoa Student Nurses Association! We offered painting with a twist for the first time to say our farewells to the senior class and it was a hit! The seniors truly enjoyed it and did a phenomenal job on their artwork! We will be using this event from now on to raise funds to help those in our community. One organization we were able to contribute to was Cross Winds, which helps the troubled youth and homeless teenagers.





We were able to do a shoe drive and donate over 50 pairs to this remarkable organization. We also donated 33 purses, some backpacks, and hygiene products to the Women's Center of Brevard. Cocoa SNA hosted a bake sale on the Eastern Florida State College campus to welcome everyone back on their first day of school on August 15<sup>th</sup> with muffins, cookies, brownies, car decal stickers, and more! This event helped with fundraising, as well as raising awareness of the UCF Cocoa Nursing program! We appreciate everyone's support and look forward to working alongside main campus for more exciting events in the future!



## Welcoming in the Juniors!

*Written by: Haley Boyle, Basic BSN 2017*

Junior Orientation kicked off early on August 18, where we got to welcome 126 new nursing students and give tours to 75 of their family members. Four senior students had the pleasure of giving these tours, where they got to introduce family members to the labs and simulations their students would be partaking in within the year. Family members got to see Noel, our birthing simulation mom, as well as the health assessment and essentials lab, and the simulation room for critical care. Meanwhile, the Juniors eagerly picked up their nurse packs and enjoyed breakfast fruit and pastries generously provided to the College of Nursing by a grant.



While the new students got oriented, members of the Student Nurses' Association (SNA) set up the table full of merchandise ranging from various t-shirts to stethoscopes, pen lights, badge reels, and more. Many SNA members were then able to assist in helping the Juniors go through their nurse packs, which were filled with the required needles, suctioning kits, IV piggyback supplies, and the infamous Foley catheters.



## Lifeline Newsletter

Student Nurses' Association – UCF Orlando

It was incredible to think that all of the current Seniors had been in those seats only one short year ago, having fear struck into their hearts by professors promising that they would have no life outside nursing school, and then learning throughout the year how to balance life and grades and jobs and friends and family, finding that it is possible to do it all and have a rewarding, albeit challenging year. Our volunteers were able to partake in a teambuilding exercise, where the CNC groups had to work together to get BINGO, and we got to observe the first hints of friendship throughout the individual groups as pictures were taken and fun facts were shared. SNA's Historian, Corrine, had the wonderful idea of getting each CNC together for a group photo to document their first day as a nursing family.



## Lifeline Newsletter

Student Nurses' Association – UCF Orlando

SNA was able to show a video created by Corrine detailing the various events that our organization takes part in, and the Junior Orientation booklets that were created by SNA's Media Director, Amanda, were passed out, filled with advice for the incoming class. The volunteers of SNA were able to share their experiences with the Juniors and encourage them to join the organization, emphasizing the opportunities that SNA offers its members, such as volunteer work, leadership prospects, interview workshops, networking, job opportunities, a portfolio, and more.



At the table, parents and students alike gathered to purchase their needed supplies and snacks for the coming year, and the volunteers working the table couldn't have enjoyed themselves more as they answered students' questions and helped them pick out the right materials for their first day of school, lab, and clinicals.

As the day came to an end, the new Juniors filed out, both exhausted from the full day of orientation and excited for their first week of school, where they will have the opportunity to meet their Senior buddies at the picnic. The day was a success, all due to the faculty, who worked tirelessly to orchestrate this orientation, and the help they received from their Senior SNA students.

Welcome to the College of Nursing, Class of 2018! We know you will do amazing things!



## Healthy Eating : Devine Veggie Swaps

*Written by: Caroline Chu, Basic BSN 2017*

*You can swap your pasta for Zucchini!*

This green squash can be found year round in markets around town. With plentiful amounts of vitamin A, C, potassium, and fiber, the use of this vegetable is well known to aid in weight reduction and promoting eye health. Eaten regularly, this magical courgette can reduce the risks of heart disease.

Here are some delicious sneaky ways to incorporate zucchini into your favorite dishes:

**Lasagna noodles:** Cut the stem and bottom of the squash to maintain a rectangle-like shape. Cut or julienne (with a mandolin) slices lengthwise the same thinness as a lasagna noodle. Sprinkle with salt lightly and set aside on paper towel to soak up excess moisture. Use the “zoodles” in lieu of regular noodles in your favorite lasagna recipe. Treat the “zoodles” like pre-cooked lasagna noodles during assembly and cooking.

**Spaghetti:** This ever popular version of “zoodles” calls for a vegetable spiralizer. These zoodles do not need to be cooked. Toss with your favorite tomato sauce in a parmigiana or try it with an avocado cream sauce (recipe on next page).

**Pizza bites:** slice in medallion circle slices, about 1/2 inch thick. Salt lightly and set on paper towel to remove excess moisture. Assemble zucchini rounds onto lightly oiled (use nonstick spray) oven pan. Top with pizza sauce and shredded cheese. Put into oven on broil for about 2 minutes or until the cheese has melted.

*Avocado Cream Sauce:*

- 1 ripe avocado pitted and chopped
- 1/3 cup lightly chopped basil or cilantro (depending if cilantro tastes like soap to you)
- 1/4 cup Greek yogurt
- 1 garlic clove peeled and chopped
- 1/4 lemon (seeded and juiced, about 1 tablespoon)
- 2 tablespoons extra virgin olive oil (more if needed)
- 1 tablespoon water or almond milk
- 1 tablespoon grated parmesan cheese
- 2 teaspoon salt (more if needed to taste)
- 2 teaspoon pepper (to taste)



**Direction:** Put everything except for olive oil into a food processor or blender. Pulse/blend until smooth and combined. Season with salt and pepper to taste. If sauce is too thick, add olive oil and pulse until combined. Toss with zoodles.

## Eateries That Will Relieve Stress!

*Written by: Keith Bartolome, Basic BSN 2017*

Briarpatch Restaurant is a warm and welcoming restaurant located on Park Avenue in downtown Winter Park. The place serves contemporary American cuisine and is the perfect place for brunch. While the restaurant is slightly more expensive than your usual café or diner, this place is perfect for catching up with a family member or a friend. I ordered the three cheese bacon grill and tomato sandwich pictured to the right. The sandwich had nicely toasted bread with large amounts of savory cheese and crispy bacon and roasted tomatoes. While there is a plethora of healthy options available, this sandwich is the perfect solution for those craving something savory and filling.





# Ask a Knight Nurse!



“Seniors, what piece of advice would you give to the incoming juniors?”

My advice for the juniors would be to try not to compare themselves with other people! Each person goes through this program differently!

Life is like Tetris: Everything falls into place! But also, mistakes pile up and accomplishments disappear.

Don't stress and enjoy the ride!

Everything little thing is going to be alright!

Be ready for tissues for tears of joy, sadness, heartbreak, and triumph. It's definitely worth it in the end!

Even when it gets difficult, work hard and stay focused because it will all be worth it!

Comfort food is a real thing... And much needed for those rough clinical and/or exam days.

This too shall pass.

Find the nearest coffee shop!

You're not studying to pass tests; you're studying to save lives.

Playing “Onto the Next One” by Jay Z after an exam is really helpful for morale. Also, buy a bunch of paper plates and plastic utensils during finals week—Don't waste time washing dishes.

Starbucks opens at 5 AM.

Celebrate every success no matter how small! After all you've made it this far!

The other nursing students are the best support group you'll ever have.

Schedule in a “me” day!

Use an agenda to write out all of your dates.

Don't give up your hobbies! Use them as stress relievers!

# Announcements & Upcoming Events!



**President:** I hope everyone has had a wonderful start to their semester! I know everyone is going to be getting pretty busy with class and clinicals, but make sure you start putting some thought toward State Convention this October and being a Delegate or writing a Resolution! Juniors, get excited for elections on September 28! If you have any questions, feel free to contact me or our legislative director, Allison!

**Vice President:** Our next general meeting will be held on September 28<sup>th</sup> at 5 PM in room 602! We will be having Dr. Valerie Lapp speak and there will be free food and drinks as well!

**Treasurer:** There is no deadline for membership applications; however, you will not start gaining points for meetings and events until you are officially members! Please see Sean Lamphier with any questions!

**Events and Traditions:** Thank you so much to everyone who came out to the Back to School BBQ! Keep an eye out for the rest of our fall events such as the Haunted Lab around Halloween, an ice cream social, a kickball tournament, and more!!! Also, if you would like to join our committee please contact Amanda Wimmersberg or Corrine Medeiros!

**Legislative:** Want to run as Legislative Elect? Contact Allison for more information!

**Community Health:** Our next event is going to be the Greater Orlando Heart Walk on September 10<sup>th</sup> at 7 AM at the UCF Main Campus Memory Mall! It is free to sign up and attend, but please consider making a donation to the cause! And join our team "Knight Nurses"! Also, the first Share-A-Meal is going to be on September 25<sup>th</sup> at the Ronald McDonald House!

# Announcements & Upcoming Events!



**Breakthrough to Nursing:** Stay tuned for a UCF Nursing Showcase in late September or early October! We will be attending a career fair at Oakridge High school on October 11<sup>th</sup>. There will also be a career fair at University High school on October 12<sup>th</sup> from 9 AM until 12:30 PM.

**Clubhouse:** We just made new badge reels, so come stop by and check those out along with all of the other merchandise that we have! Also, the new clubhouse hours are from 12:30 PM until 1:30 PM every Monday.

**Fundraising:** Keep an eye out for our next on campus bake sale coming up on September 12<sup>th</sup>!





# Contact info for the 2016-2017 SNA Board

<b>President</b>	<i>Haley Boyle</i>	president@snaucforlando.com
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<b>Co-Advisor</b>	<i>Joyce DeGennaro</i>	Joyce.DeGennaro@ucf.edu

## How to Earn SNA Points

- Attend a General Meeting.....**1 point**
- Clubhouse Shift.....**1 point**
- Fundraiser.....**2 points**
- Submit to Lifeline Newsletter.....**2 points**
- State Convention.....**5 points**
- National Convention.....**10 points**
- Community Service.....**1 point/hour (4 max)**
- BTN Event.....**1 point/hour (4 max)**



## Top Point Earners

- Basic BSN 2017: Kaman Cheng
- Accelerated 2017: Amanda Minnis
- Basic BSN 2018: Alexandra Fox

## Social Media Buzz

- Facebook: Student Nurses Association-Orlando
- Instagram: snaucforlando
- Twitter: @snaucforlando
- Website: snaucforlando.com

