



University of Central Florida
Student Nurses' Association

Volume 8

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Lifeline Newsletter

Student Nurse's Association - UCF Orlando

Knight Nurses Celebrate, Fight Back, and Remember at Relay for Life!

Relay for Life 2016 was certainly a night to remember! The overall theme was “A Knight at the Emmys” and SNA chose “That 70’s Show” to represent the Knight Nurses! Our tent was decorated in tie-dye, 70’s gear, and Christmas lights, and we had a full service pancake bar and sold raffle tickets for gift baskets to raise money for the cause. Not only was our team very engaged and spirited this year, but the Knight Nurses took second place overall.

- Savannah Reed, Basic BSN Class of 2016



As nurses “who do you relay for?” has a never ending answer. Our team Relayed for family members, friends, mentors, and the millions of patients admitted to the hospital each year for cancer treatment. We have been blessed with the opportunity to impact the lives of cancer patients in our care, but our care and compassion does not end when the shift ends. These patients are in our thoughts and prayers and never truly leave our hearts.

This year Relay for Life was very dear to our hearts. With two of our faculty members openly battling cancer, it was very important for us to honor their fight and support their survivorship. We are so proud to have such incredible role models in Dr. Linda Howe and Ms. Joyce DeGennaro to shape us into the nurses we dream of becoming!



It was truly a rewarding experience to support people near and far to us affected with cancer. I look forward to seeing the Relay for Life tradition continue and I am thankful to those who supported us along the way! Together we can work to achieve a world with more birthdays and smiles.



Finding Balance as a Student Nurse

- Anne Dolmovich, Basic BSN
Class of 2016

As nurses, we are accustomed to being on the run constantly. Many of us are perfectionists, trying to do as much as possible, for as many people, as we can. This is not a bad thing! It shows that we care. However, we have to find balance. For our own sake, for the sake of our patients, for the sake of our loved ones, we need to remember to focus on ourselves occasionally too! I know many of us are great at taking care of others, not so great when it comes to ourselves... but we are doing ourselves a disservice when we do not take the time to make sure we are feeling well and in a good place mentally.

It is incredibly better going into a shift well-rested and at peace, excited for the day, than when we show up in a bad mood, running on two hours of sleep... again... and just not ourselves. I know it seems sometimes like there is no extra time to take a break, but it does not have to be something big!

Just take an extra ten minutes to eat slower and better! Take 25 minutes to watch a show with your roommate or family! Get an extra 15 minutes of sleep each night! Take a bubble bath instead of a shower! Doing one simple thing per day for yourself can make all the difference in the world... trust me!



KNIGHT NURSES PARTICIPATE IN MONTHLY SHARE-A-MEAL!



The community committee has had a lovely, long-standing relationship with the Ronald McDonald House near the Arnold Palmer Hospital for Children. This month, the amazing students from both the Basic BSN and the Accelerated classes united in their efforts to create a wonderful home-style meal for these families!

As always, these nursing students did a spectacular job working together in the kitchen, and their care for the patients and their families really shone through! Thank you to everyone who participated this month!

Fundraising Holds Spring-Themed Bake Sale!

The fundraising committee hosted an adorable bake sale at the College of Nursing this month! Most items were Easter or Spring-themed, which was a much welcomed breath of fresh air for those walking into the



building on their way to class or their office. Treats ranged from coffee cakes, cupcakes, whoopie pies, cookies, and much more! As always, the ever-popular Keurig is also available for single-serve coffee. Thank you to all who donated your time and effort to bake these delicious treats, your creativity blew us all away!

Striving for Type "None"

- Shannon Hassett, Basic BSN
Class of 2016

On March 5th, the Knight Nurses had the immense honor of walking with thousands of type 1 diabetics and their families at the UCF-hosted Walk to Cure Diabetes. The walk invites families and type 1's of all ages from all over the Central Florida area to participate, and the turnout was in the thousands! For people like me, a young adult with type 1 diabetes, knowing that there are so many who support the cure is like nothing else.



Even one of my favorite places, Wawa, was supporting the event and giving away food, coffee, and other goodies! They were even cheering all the way along the walk route. It was so uplifting to see families banded together to support their type 1's, from the toddlers leading the way, to the older adults that have been fighting diabetes for over 30 years. I have never gotten to do a walk with my family, so



I was ecstatic to have my nursing family there with me, and to facilitate even more diabetes education (as if my fellow students don't get too much of that from me already)!! As always, thank you to SNA and to those in attendance for supporting a world where type 1 becomes type none. Go Knights!!

Partnering with the Autism Society's Glow in the Dark Easter Egg Hunt!

- Alexandra Carson, Accelerated BSN
Class of 2016

On March 24th, a group of nursing students from the Accelerated Class of 2016 participated with Volunteer UCF in partnership with the Autism Society of Greater Orlando to put on the 3rd annual Glow in the Dark Egg Hunt. During the event, children and their families participated in many fun games, won cool prizes, and ate pizza and dessert before the massive egg hunt began!



We had a great time setting up and running one of the game stations, where children had to catch colorful popping eggs into their basket. The look on their faces as eggs flew above the table as they tried to catch them as fast as they could was priceless. We even had adults captivated by the game! The most rewarding aspect of the event was being able to interact and encourage so many special children and their families from our local community. Many volunteers helped make this event a success, with the great majority being UCF



students. We should be proud of ourselves and each other that no matter how little time we have to spare, our bigger hearts guide us to serve others.

Getting a Seat at the Table:

Attending the 2016 AACN Student Policy Summit

- Amy Bunton, Basic BSN 2016
Media Director



From March 20th-22nd, nearly 200 nursing students gathered in our nation's capital at Washington, D.C. to take an active role in nursing



advocacy! The Association of American Colleges of Nursing hosted the 2016 Student Policy Summit, which helped to give students the tools and education we need regarding the most important nursing issues.

An average of one or two nursing students per university were selected to attend this summit, usually along with their College of Nursing's dean. These included BSN students (such as myself), as well as those who were pursuing their MSN, PhD, or DNP. I was blessed with the amazing opportunity to attend this three-day summit with our dean, Dr. Mary Lou Sole.

Students from the UNF, UWF, and UF were also in attendance.

The AACN provided us with some amazing speakers throughout the first couple of days of the summit to help educate us on the issues, and get us excited for our Capitol visits!



The first speaker on day one was actually one of the most inspirational and motivational, in my opinion. Rear Admiral and U.S. Deputy Surgeon General Sylvia Trent-Adams was able to speak from a very unique perspective about what health issues are important to nursing today. In fact, she was the first to introduce us to a phrase that we would come to know and love by the time the summit was over:



“If you don’t have a seat at the table, you’re probably on the menu.”

We’ve heard this quote many times before from political greats such as Elizabeth Warren (D-MA), but it was interesting to hear it in terms of the nursing world. So why is it so important for nurses and nursing students alike to hear this? Trent-Adams further explained, “Nurses spend more time with the patient than anyone else in the healthcare delivery system, so we have a direct line to change.”

Over the next couple of days, we got even more words of wisdom from other speakers on topics such as the importance of research in nursing, the role of nursing in shaping policy, the merit of joining and participating in professional organizations, and considering the possibility of running for office.

Although running for office may not seem like the logical conclusion for a career in nursing, the lessons we learned at the summit revealed how important it is for nursing issues to be involved directly in policy-making, or to “have a seat at the table.” In fact, one of my newest role models, U.S. Representative Lois Capps (D-CA), also served as a nurse for 20 years. She worked hard to address issues such as the nursing shortage, providing better mental health care, and improving Medicare coverage.

All of the preparations and speakers led up to the most important part of the summit: Capitol visits! We were given some talking points based on the current issues up for votes, and some background information/research to back up our requests. This year, we focused on Title VIII funding (which is hugely important to a large number of colleges of nursing), continued funding for the National Institute of Nursing Research (under the NIH), and support of a bill that would ensure ARNP's have full scope of practice at the VA.



The nursing students of Florida travelled together to Capitol Hill to begin a great day of advocacy! We had the amazing opportunity to speak to the staff for our representatives and senators about our issues. We all represented the Florida constituent for the senators' offices, and broke off by

individual university for the representatives' offices.

Dr. Sole and I were joined by Gregory Schuckman, the lobbyist for UCF, as we visited the offices of representatives Daniel Webster, John Mica, and Alan Grayson. The legislative assistants were wonderfully professional, respectful, and familiar with the issues at hand. Even more amazing, Rep. John L. Mica actually heard our conversations and joined us! He was extremely respectful and gave us his full attention. We had a truly insightful conversation!



Overall, I am truly honored and forever grateful to have had this opportunity! For any and all students who want to make a difference I would definitely recommend getting involved with the AACN!

Announcements/Coming Up!



Events and Traditions: Thank you for your submissions for the senior video! We are so excited to share it with the class, faculty, family, and friends! We hope to see you at the recognition ceremony on May 4th! Contact Savannah Reed and Amy Bunton with any questions.

Legislative: Congratulations to all those elected to the new board! We can't wait to see you at next month's transition meeting!

Community Health: We will be going to STEPS, Inc on April 9 at noon to teach a Health Project to women and children in a rehab facility! Contact Anne Dolmovich and sign up on the Doodle!

Breakthrough to Nursing: Interested in a specific area of nursing? Great! Come and share your passion with new students and undergrads at the Student Led Nursing Showcase on April 23rd! Contact Shannon Hassett for more information!

Clubhouse: We will be getting a new shipment of the adorable hot pink "Don't Be Tachy, Be Classy" shirts from the NSNA convention! Contact Andrea Maiorini for more information!

Fundraising: Get excited for our FINAL fundraiser of the year! You can get a jump-start on your spring cleaning by donating your used items to our sidewalk sale! Pickup will be April 11-13, and the sale will take place on Saturday, April 16th! Contact Emily Mekas for more information!



Ask a Knight Nurse!



Spring is the season of renewal! What do you do to help yourself refresh and reenergize?

Organize my room, closet, bathroom, etc. –

Emily Mekas, Basic BSN 2016

Go to the gym! – Lauren Hurley,

Basic BSN 2017

Make a list, put on some 90's music, and start checking things off! – Hannah Rachel

Countryman, Basic BSN 2016

Definitely sleep more than 4 hours –

Amanda Wimmersberg, Basic BSN 2017

Spring cleaning! When my space is freshened up, I feel freshened up too! –

Natasha Hajal, Accelerated BSN 2016

I like to start each day by reminding myself that it is what I make of it! And then there's coffee, lots of it! –

Corrine Medeiros, Basic BSN 2017

Spend a couple hours where I don't look at my phone! – Leah McDonnell, Basic BSN 2016

Drink Coffee –Sean Lamphier Basic 2017

Do something outside! The best is going to the beach, but even taking a walk in my neighborhood helps. – Andrea Maiorini Accelerated BSN 2016

Large amounts of coffee & the gym makes the heart happy – Victoria Wynne Basic 2017

Contact info for the 2015-2016 SNA Board



President	Leah McDonnell	president@snaucforlando.com
Vice President	Jae Lim	vicepresident@snaucforlando.com
Secretary	Makenzie Cox	secretary@snaucforlando.com
Treasurer	Justin Grace	treasurer@snaucforlando.com
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Historian	Savannah Reed	historian@snaucforlando.com
Legislative Director	Rylan Douthett	legislative@snaucforlando.com
Breakthrough to Nursing Director	Shannon Hassett	btn@snaucforlando.com
Media Director	Amy Bunton	webmaster@snaucforlando.com
Community Health Director	Anne Dolmovich	communityhealth@snaucforlando.com
Fundraising Chair	Emily Mekas	fundraisingchair@snaucforlando.com
Accelerated Liaison	Alexandra Carson	accelerated@snaucforlando.com
Advisor	Kimberly Dever	kimberly.dever@ucf.edu
Advisor	Cherill Stockmann	cherill.stockmann@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)
- Breakthrough to Nursing.....1 point/hour (4 max)

Top Point Earners:
 Senior: Jessica Shaw
 Accel: Karin Price
 Junior: Amanda Vivo

Social Media Buzz:

Facebook- Search 'Student Nurses Association- Orlando'
 Instagram- #snaucforlando
 Twitter- @snaucforlando

