



# LIFELINE

## NEWSLETTER



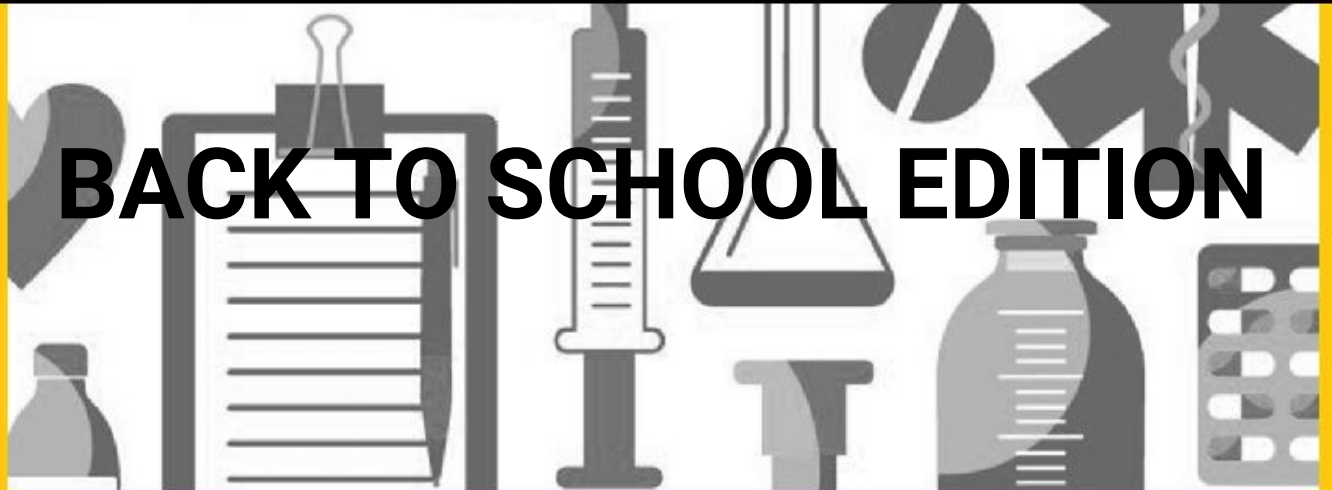
# STUDENT NURSES'

## ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO

**BACK TO SCHOOL EDITION**



# Editor's Piece

## Angela Frantz

SNA Media Director,  
Basic BSN '23



Hello everyone! My name is Angela Frantz, the SNA Media Director for the 2022-2023 school year. I manage our presence online, including our website, social medias (make sure to follow us on FB and Insta), and this very newsletter! I am a rising senior in the traditional BSN program at the Orlando campus. I currently work as a Student Nurse Intern at Arnold Palmer Children's Hospital, and hope to work as a pediatric nurse upon graduation.

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). Good luck this school year and feel free to reach out for help on our socials!



**My first day as a Student Nurse Intern at APH :)**

To the incoming juniors, best of luck to you this semester, and remember that you are capable of so much more than you think. Make sure to find your study style and lean into it. Never feel shy about asking for help (make sure to text your senior buddy if you need anything) and make sure to take a second to take it all in because the year will fly by.

To my fellow seniors, I cannot believe we are already in our last year of the program! I cannot wait to see all of the amazing things our cohort will do this year and as Knight Nurses in the workforce.

Best of luck this coming year and I hope to see you all at a future SNA meeting. Go Knights, charge on!

# Hydration & Health

## Michael Keller

SNA Secretary, Basic BSN '23



Water is vital to survival. Your body requires fluids to get rid of waste, maintain temperatures, and even lubricate your joints (Mayo Clinic, 2020). You have probably heard that you should drink 8-10 glasses of water per day, however, we live in the sunshine state where the temperature, without humidity, easily reaches the triple digits. During the summer months, with temperatures on the rise and more time spent outside, complications such as heat injury and electrolyte imbalances become real public health problems (Mayo Clinic, 2021).

According to the Center for Disease Control ([CDC], 2022), the average, college age individual drinks 46 fluid ounces of water per day (table 2). The suggested amount of fluid intake is somewhere around 120 fluid ounces depending on your weight and body composition.

The CDC (2017) has excellent information on how you can take care of yourself while working or having fun outside. Hydration is not just a 'drink when you are thirsty' business. Hydration requires you to drink before feeling thirsty. While you are working, drinking 8 fluid ounces of water every 15-20 minutes can help maintain proper hydration. Additionally, contrary to popular belief, sports drinks that claim to help with electrolytes and rehydration are not necessary for the average individual. For prolonged sweating over hours, it might help, however, the extra sugars and calories can be detrimental to your health. Most individuals consume adequate salts and electrolytes in their diet.

All of this matters to you and your future nursing practice because dehydration has some serious health complications. According to Mayo Clinic (2021), dehydration leads to urinary and kidney problems including stones and failure, potentially deadly heat injury, or even seizures related to electrolyte imbalances. Knowing your own body and health is important in sharing healthy practices with your future patients and clients. As we all know, prevention is the best form of treatment. Have a great summer!



## References

CDC (2017). Heat stress: Hydration.

<https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf>

CDC (2022, June 7). Plain water consumption varies by age, race/ethnicity, and socioeconomic status.

<https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>

Mayo Clinic (2020, October 14). Water: How much should you drink everyday?.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

Mayo Clinic (2021, October 14). Dehydration.

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>





About the author: Michael is serving as the Secretary of the Orl SNA Board. Michael enjoys working with babies and new parents and he wishes to become a NICU nurse. He enjoys volunteering with organizations and raises dogs for Southeastern Guide Dogs. Michael loves art, coffee, and the outdoors.



Top: Michael at clinical  
Bottom: Michael and the Orlando SNA Board

Top: Michael and his classmate (Angela) after successfully inserting a cath for the first time  
Bottom: Michael practicing catheter insertions in lab

# Letter to my Peers

**Sayid Yasin**

Accelerated BSN - 2022



To my peers and future peers in nursing:

I am thankful for all of you who have helped me. Nursing has without a doubt encountered different challenges over the years, and I commend those in the field today for facing these challenges head on. I spend much time pondering the future of healthcare and what it will look like as we approach the end of our careers. To get to a better future, I am sure that many of us will encounter changes in how we care for patients based on new evidence and technologies. Change is inevitable and may be



unpleasant, and I would like to take this opportunity to offer a bit of perspective from my former field of study and work background.

Other than our assessments and interactions while caring for our patients, we often rely on technology to perform our jobs. In the interest of improving healthcare overall, technology will evolve, and we will inevitably have to adapt to these changes. I can appreciate that the changes we need may not always occur when we need them, which can be a frustrating situation as it impacts how well we are able to perform our jobs.

Changes on the technology front may not come as fast as we would like for a few reasons. First, other industries such as the banking and financial industry have had more years than healthcare to optimize their information systems. Second, one single interaction with a hospital can generate thousands of pieces of data, whereas withdrawing \$20 from the bank results in far fewer pieces of data. Third, improvements in technology requires significant amounts of translating. Barcode scanners and EMRs may come from different vendors and require an interface to speak to each other; technical staff must understand clinical staff to develop a new piece of functionality. Finally, significant testing is required when a change is made to technology used in healthcare—the last thing we would want is for a new change to result in patient harm.



But enough about technology—let me tell you why I have hope. Over the past 15 months, I was privileged to witness the quality and caliber of individuals joining the field of nursing as we went through the accelerated program together. My peers came from a variety of previous work and educational backgrounds, and I believe they will bring unique and useful perspectives to our field. I cannot wait to see how they impact the future of nursing. Regardless of whether nursing is your first degree or your third, I encourage you to use your unique lens critically to see how we can improve nursing together moving forward. When you identify an opportunity for improvement, I challenge you to speak up and provide any solutions you see. If you cannot change the entire system, start small—sometimes a pilot project is all that is needed to convince an entire organization that your solution works! If you have a business or invention idea that will help nurses or patients, I encourage you to find a team of passionate individuals to bring your idea to life. Your perspective is valuable, and the things that makes you different are the things that makes you shine.

Thank you to all of the incredible student, faculty, and leaders I have interacted with during my time here. Thank you all so much for being here, doing what you do.

Never goodbye,

Sayid Yasin

Accelerated BSN Candidate, August 2022



# Faculty Spotlight

## Brian Peach, PhD, RN, CCRN

UCF Professor



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

I came to the College of Nursing in the Fall of 2018, after completing my PhD in Nursing Science with a concentration in Epidemiology at the University of Florida. In a PhD program, you learn how to be a researcher, not a teacher. There are some PhD graduates who after intensive research training, decide they do not want to do research, and would rather spend nearly 100% of their work time teaching.

They're usually hired to teach undergraduate classroom courses and labs. For those who do want to do research, they're usually hired into tenure track roles with the expectation that they will teach graduate level research courses. In most academic institutions, it is considered prestigious to teach graduate courses (and not undergrad courses) and that's what most PhD graduates want.

When I graduated, I was looking for a position where I could continue to do the research I was interested in, but also teach acute care undergraduate courses. UCF offered me that opportunity. A few of the other universities I applied to wanted me to teach research, because I was a PhD graduate, but I have the mind and the heart of a clinician. I love teaching students how to become rockstar critical-thinking nurses. What gets me out of the bed in the morning is teaching the next generation of nurses, and helping them develop their critical thinking abilities. That's what makes every day at the UCF College of Nursing exciting for me!



*I LOVE teaching in the classroom, especially when I'm doing so with my tremendous colleagues. Pictured below from left to right are Ms. Karen McDaniel, myself, former SNA officer Emily Jones, Dr. Sotos Djiovanis, Dr. Kelly Allred, and Mrs. Kate Dorminy.*

# Lifeline Newsletter

Student Nurses' Association – UCF Orlando

While I love teaching, I also wanted to use my nearly 5 years of research training. In addition to teaching and clinical practice, research affords me an opportunity to impact healthcare in a different way. UCF offered research colleagues who had similar interests, but different skill sets that complimented my own. It provided me with a “good fit”, where I could continue to develop under the mentorship of more experienced critical care researchers like Dean Sole and Dr. Annette Bourgault.

In addition to the fit with UCF, I was eager to move back to Orlando. I was raised in Orlando and missed the city and my family. At the age of 18, I started my nursing journey at Villanova University outside of Philadelphia. My baccalaureate and master's degrees are from Villanova. After graduating, I worked at the Hospital of the University of Pennsylvania for over 9 years and taught for Temple University and Drexel University in Philadelphia for a couple years. We moved to Gainesville for 5 years, so I could work at UF Shands Hospital, and pursue my PhD. My wife, kids, and I were eager to be near our family. We're now 25 minutes from my parents, and my in-laws moved down from Macon, GA a year ago, so we have both sides here now. Unfortunately my two younger brothers live in London and Atlanta and have no plans to ever move back, but I remain hopeful they'll come to their senses some day.



*The Villanova University chapel where my wife and I were wed over 14 years ago.*



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

I didn't want to be a nurse. I wanted to be an NBA or NFL star, but neither professional league saw my untapped potential!

When I was finishing up high school, I wanted to be a physical therapist working for a collegiate or professional team. Nursing wasn't on my radar, and I wasn't even aware men could be nurses. When my mother first introduced the idea of pursuing a career in this field, I was uncomfortable with the idea. My mother worked in the nursing profession as a hospital administrator, and informed me the physical therapist (PT) market was oversaturated. With so many PT graduates, there was a national push to require them to earn doctorates as the entry degree into practice. As an 18 year old, I had no interest in going to school long enough to earn a doctorate. The irony is I could have completed my bachelor's degree and a doctorate in physical therapy in 7 years, instead of the 13 years I spent in nursing programs pursuing my 3 degrees.

I always wanted to go away to school but my parents insisted any schools I considered be near family. I was born in New Jersey, and many members of my family still reside there. I looked at the University of Florida, University of Connecticut, Fairfield University, Seton Hall (my parents alma mater), Florida State, the University of South Florida, and UCF, but ultimately I decided to attend Villanova (15 miles outside of Philadelphia). It was a couple hour drive from our family in New Jersey, offered a tremendous education with clinical rotations at top hospitals (Hospital of the University of Pennsylvania, Children's Hospital of Philadelphia, and Thomas Jefferson University Hospital), and had a storied basketball program.

My parents were not willing to send me away as an undecided major, and my mom convinced me to give nursing a try. The summer before my freshman year, my mother took me to the American Nurses Association's conference in Indianapolis, and I learned quite a bit about nursing. There I met Imogene King, one of the famous nursing theorists you learn about in the Professional Nursing Seminar course, who was a very vocal member of the Florida delegation. I shook hands and took a picture with Tipper Gore (Al's wife), who was a vocal supporter of nursing. I learned of the issues facing nursing at the time, such as mandatory overtime and heard how nurses were lobbying for their profession. I came away impressed, but still felt awkward about the prospect of being a male in a female-dominated profession.

Villanova is a private school, and you enter your major from day 1. In my first year, I learned more about my future profession and started to warm to the idea of being a nurse. I also joined the Student Nurses Association to meet people in my major, and it was this involvement that sealed the deal for me. I heard speakers come and talk about emergency, intensive care, and flight nursing. I learned how nursing could have a voice in shaping health care. My advisor, Dr. Carol Weingarten, took notice of me and encouraged me to attend our state and national conventions, and consider leadership opportunities. For those new to our college, our chapter now has an ongoing sister relationship with the Villanova chapter, which is still being advised by Dr. Weingarten. By the end of my freshman year, I was hooked on nursing. I ran for state Vice President as a sophomore and was elected. I served two years on the state board, and fell in love with nursing. It was special to represent my state and school at national conventions in Phoenix, Philadelphia, and Nashville (2x).

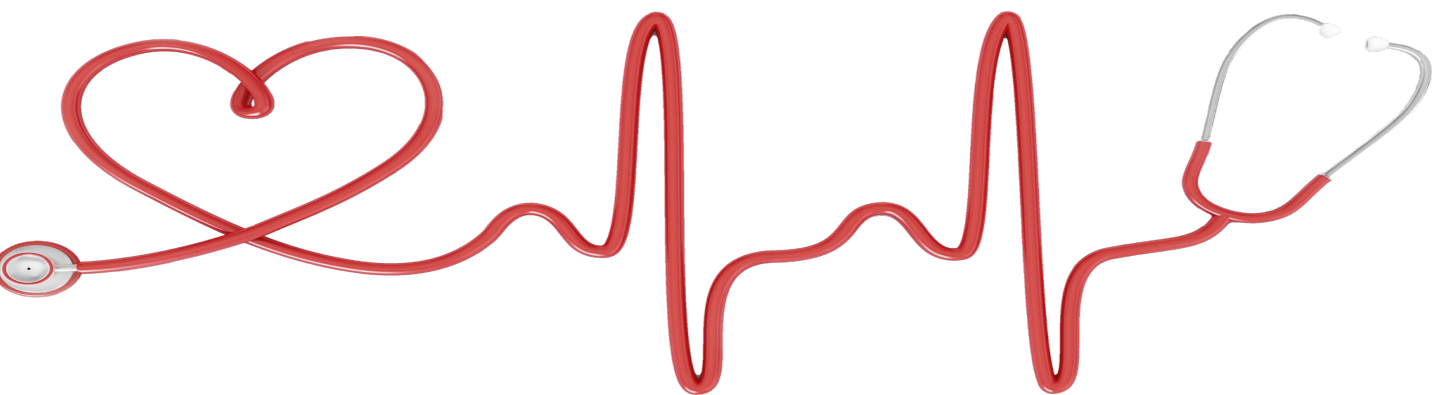


*The UCF and Villanova chapters met for the first time at the 2022 NSNA convention in Salt Lake City, Utah. My SNA advisor, Dr. Weingarten, is pictured in the green jacket next to me. We've now known each other over 20 years.*

Outside of marrying my wife, choosing nursing was the best decision I ever made. I love that this profession allows me to impact lives in so many ways. In the same shift, I can save a life, and help another patient pass peacefully. I love the autonomy I have as an ICU nurse, and the critical thinking required to do my job. Over the years, I've developed strong bonds with other nurses, but also nursing assistants/techs, secretaries, physicians, pharmacists, RTs, PTs/OTs, dieticians, and others. I love the multidisciplinary team approach in healthcare. Healthcare is a team sport.

Lastly, I love that nurses can work in different areas. While my career has largely been spent in critical care, I have many former colleagues and students who have moved between vastly different areas of nursing. Just last week, I spoke with a former student who went from inpatient women's health and labor and delivery, to an outpatient adult post-anesthesia care unit. Another former student started on an adult intermediate care unit, and then switched to NICU nursing. A close friend started on a medical-telemetry unit at UPenn, then moved to a trauma ICU, later worked in a cath lab, was an assistant manager over an ICU at Brigham and Women's Hospital in Boston, and is now working remotely to connect people with health insurance who are struggling to find coverage because of preexisting conditions. This ability to move between different specialties is unheard of in most professions, but not nursing.

I've now been a nurse over 17 years, and I still love it. I've been a charge nurse and rapid response nurse, and have worked at 3 large teaching hospitals. I've had experiences I would have never dreamed of in my life. I've worked through multiple pandemics now, and despite some very tough days, I'm still going because I love what nursing offers. I hope those of you reading this article (novel) will love it as much as I do.



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

Before I answer this question, let me start by saying I had ZERO interest in research as an undergraduate. I hated my undergraduate research course, and it wasn't because the professor did a poor job teaching it. I decided on the first day that I was not interested in research, and saw no life path in which I would become a researcher. Never say never. I discovered working at Penn, that healthcare could be changed in dramatic positive ways through research. I also wanted a career in academia and a PhD is a very marketable degree, so I decided to give research a try.

Prior to coming to UCF, the focus of my dissertation research was sepsis epidemiology. When I arrived, I took a health services research approach and used big data from the Centers for Medicare and Medicaid Services (CMS) and the American Hospital Association (AHA) to examine organizational factors associated with sepsis outcomes. More recently, my program of research has focused on ICU delirium and post-intensive care syndrome (PICS). Many ICU survivors, especially those who were on a ventilator and were being treated for sepsis and/or acute respiratory distress (ARDS), develop ICU delirium and PICS. PICS is an umbrella term for physical, cognitive, and mental health sequelae that develop after an ICU admission. Over half of working-age survivors are unable to return to work in the first year after their admission. Many survivors develop PTSD, and live with vivid, traumatic memories of their time in the ICU.



As a practicing clinician, I hate that we save patients' lives, only for many of them to have a poor quality of life afterward. That eats at my soul, and I'm **determined** to find ways to address it.

I have three active research studies, for which I am the principal investigator (PI). The first is a retrospective chart review study examining factors associated with delirium in COVID- and non-COVID ARDS patients. My 2 research assistants are extracting patient chart data from 5 hospitals in the Orlando Health system. My second research study is screening COVID- and non-COVID ARDS survivors for depression, anxiety, PTSD, and sleep disturbances. We're learning what their sensory triggers are for anxiety and painful memories.



*A publication about PICS authored with my colleagues, Dr. Valenti and Dr. Sole.*

My third study, launched in mid-June, involves trialing a desensitization therapy with critical illness survivors. My colleagues in the UCF RESTORES clinic have been using this therapy for years with active and retired military members, first responders, and survivors of physical and sexual assaults. They've been able to achieve habituation of symptoms, and I thought it was worth trialing this with ICU survivors. My team and I aim to submit a National Institutes of Health grant later this year to fund a larger study. I'm collaborating with Dean Sole, and other faculty members in nursing, psychology, and social work. Research is fun when it's multidisciplinary.



Are you an adult ICU survivor who was previously on a ventilator?

Do you have **traumatic flashbacks** of your ICU hospital stay triggered by things you see, hear, smell, taste, or touch outside of the hospital?

If so, we would like speak with you about an experimental therapy being trialed to help decrease sensitivity to these triggers.

If you are interested, please contact the study's primary investigator, **Dr. Brian Peach of the University of Central Florida College of Nursing** at 407.823.5460 or by e-mail at [brian.peach@ucf.edu](mailto:brian.peach@ucf.edu).

*A flyer for my new research study being circulated in online survivorship groups.*

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

Free time is unfortunately in short supply these days! I typically work 60-80 hours a week. I'm the course lead for 3 courses most semesters (critical care, adult II, the professional nursing seminar, and/or graduate pathophysiology), am the PI for those 3 research

projects, I'm continually applying for research grant funding and writing journal articles, chair or serve on PhD, DNP, and HUT committees, precept masters of nursing education students, serve as a journal reviewer and on college and university committees, and of course am one of two people blessed to advise this SNA. Shout out to Mrs. Dorminy for being an exceptional co-advisor! I also work per diem in the Orlando Regional Multi-System ICU because my practice informs my teaching and research, and I didn't spend all these years refining my clinical skills to lose them.

When I'm not working, I love any activity spent with my family. This past spring, I coached my oldest daughter's softball team, and that brought me immense joy and a little bit of stress. I love traveling, and eating at "foodie" restaurants. My wife and I have been watching Top Chef for years, and we search for restaurants owned by the Top Chef contestants or other notable chefs when we travel. The last time I was in Chicago, I was excited to finally make it to one of TOP CHEF champion Stephanie Izard's restaurants, but they closed it because of a COVID outbreak. Stephanie and I aren't on speaking terms.



*A trip last year to St. Thomas and St. John's.*

## Lifeline Newsletter

Student Nurses' Association – UCF Orlando

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I love visiting college and professional stadiums and arenas when I travel, and make a point of visiting 1-2 college campuses on every vacation. My wife just rolls with it at this point, and I suspect she and my girls are secretly starting to enjoy the visits. On recent vacations, we've visited Oxford University, Cambridge University, Notre Dame, the University of Utah, Brigham Young University, the University of Colorado, and the Air Force Academy. My love for academia was cultivated at an early age and persists to this day. I'm hoping a love for higher education rubs off on my kids.

I watch far more TV than any one person should, usually when I'm working away on my computer. In addition to Top Chef, I still enjoy 90s sitcoms, MASH, College GameDay, and old 80s TV shows such as MacGuyver, Airwolf, Knight Rider, the Golden Girls, Matlock, and Murder She Wrote. Don't judge me! More recently, I've enjoyed watching older movies such as Watch on the Rhine, starring Betty Davis and her eyes. I never grow tired of watching Gladiator, and movies from the Indiana Jones, Star Wars, and Back to the Future series. I met Lea Thompson (Lorraine from Back to the Future) years ago while caring for a patient, and since then, she's been my celebrity crush.

I do enjoy exercising, but I have a hard time finding time for it. If you walk by my office, you may see me on a treadmill. More recently, the kids in our cul-de-sac have discovered rollerblades. I was an avid rollerblader, back when that was a thing, and I've rediscovered my love for it recently. We sometimes rollerblade around our neighborhood as a family, and willfully ignore the judging eyes of others. I'm strongly considering rollerblading to work, but my wife keeps telling me I'll be a mess when I arrive.



My biggest passion outside of work is Villanova basketball. If you visit my office, you'll see my alma mater and its basketball team well represented. This past Spring, I traveled with my youngest brother and a friend to see Villanova play their final regular season game at the historic Hinkle Fieldhouse on the Butler University campus in Indianapolis. We try and do a basketball trip every couple years, and our favorite trip was seeing a game at Cameron Indoor Stadium at Duke. My little school with 6,500 undergraduates has now won 3 national championships in basketball ('85, '16, 18), and was in the Final 4 this year for the 6th time this year!



*My family at Windsor Castle in England. The Queen was there the day we toured. She did not invite us into her quarters for tea.*



*My brother, a friend, and I at Hinkle Fieldhouse to see Villanova take on Big East-rival Butler.*



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

You have an incredible opportunity here at the UCF College of Nursing. Don't squander a good thing! You have professors who care deeply about you and your future. We want you to be successful, but you have to want it too! You need to be willing to put in the time and effort necessary to be successful, recognizing that school is temporary. I have a mantra I live by: Working hard doesn't guarantee success, but it significantly increases the odds. You may work your tail off, and still not earn the A you want in my Adult II or critical care course. However I can almost certainly guarantee you won't earn an A, if you don't give your best effort. A college education is the best gift one can receive, so don't squander the opportunity. Less than <7% of people on Earth possess a college degree, and I want you to be one of those individuals. If you're an accelerated student, I want you to have two!

Another piece of advice is to find people who inspire you to be great. It may be your parents, friends, professors, or clinicians you've encountered in the clinical setting. For me, it was three people I met early in my career who made me realize there was so much I could do and be as a nurse. They showed me what critical thinking looked like, how bedside nurses could impact practice in meaningful ways, and one inspired me to want to teach. You'll have to wait until my critical care course to hear more about them!

A final piece of advice is to consider all your options when you graduate. Your best options may be local, or in Florida, but they may also be out of state. I worked at the Hospital of the University of Pennsylvania, a perennial Top 15 hospital in the US News and World Report, and it's opened doors for me my entire career.

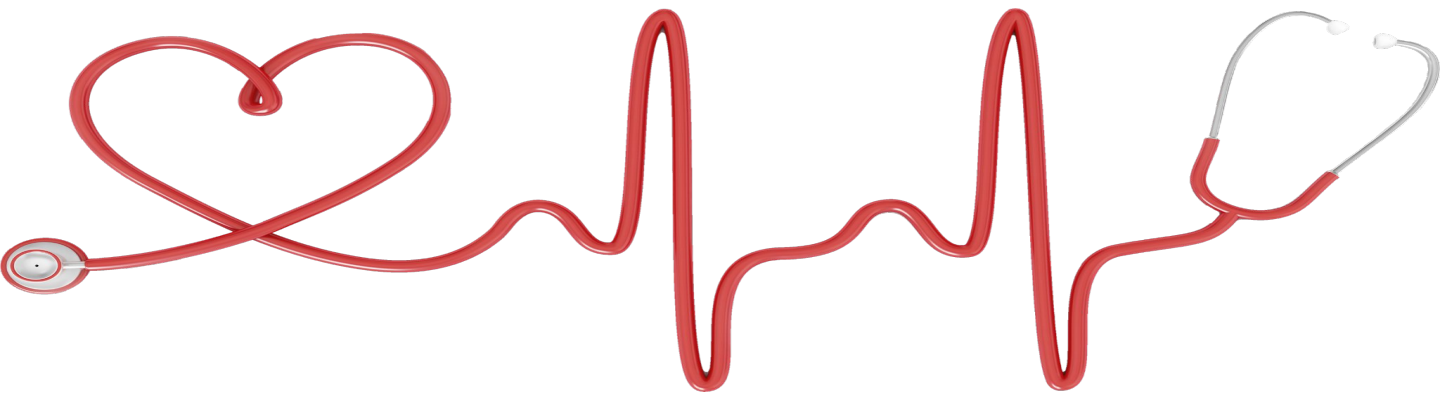
I worked with incredibly smart clinicians educated at some of our nation's best universities (e.g. Harvard, Yale, Princeton, UPenn, Stanford), and interacting with them accelerated my development as a clinician. Another mantra of mine is: You only grow smarter when you surround yourself with people brighter than yourself.

At Penn, I saw medical conditions I haven't seen anywhere else. I cared for patients with malaria, Mad Cows disease, calciphylaxis, leprosy, and an earthquake survivor with tetanus. We routinely had patients flown to us from 3 states (PA, NJ, and DE), and others that traveled great distances to receive medical care from our facility. I cared for patients that came from Texas, Haiti, and the Middle East. I even had a patient flown to me from Celebration Hospital. When I was at Shands, I learned about ECMO and how to care for snake bite victims. Find a place that encourages you to grow, and provides you with the resources you need to develop (e.g. paid conferences, tuition reimbursement, hospital committee involvement opportunities for staff nurses, quality improvement/research training for staff nurses, etc.).



*The Hospital of the University of Pennsylvania (HUP), my first nursing home, that helped shape the nurse I am today.*

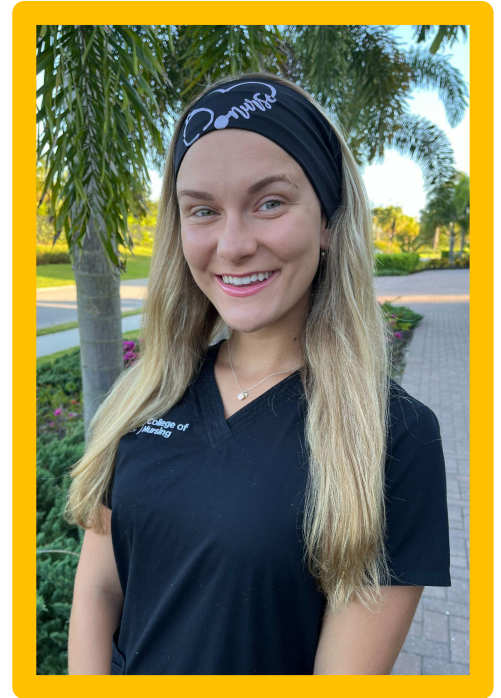
Healthcare leaders in all 50 states deserve the quality of our Knight nurses. I truly believe we produce exceptional graduates whose skills and knowledge, rival, and often exceed those coming from the top ranked nursing schools in the country. I aspire to produce nurses who critically think on a deep level, and are ready to hit the ground running after graduation. I want you all to see in yourselves, what I see in you. You are smart enough and will be well-trained enough to work anywhere. Find a healthcare organization that's going to help you grow and reach your potential. Be open to having your life changed in unexpected ways. Regardless of where you work and the type of nursing you do, your SNA advisors will always be proud to call you Knight nurses!



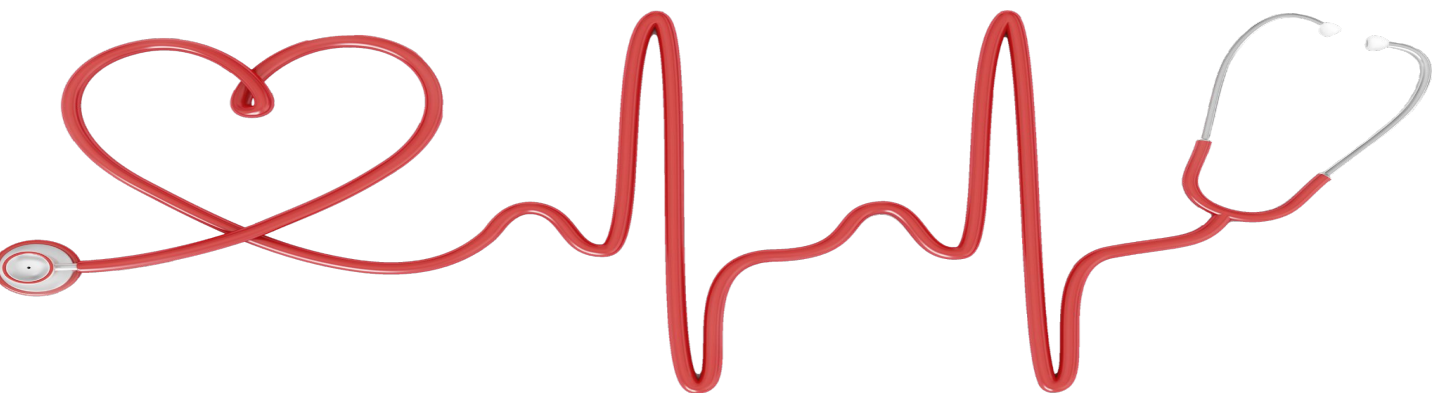
# Community Corner

## 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!



July 23, 2022  
7:45am-1pm

Volunteer  
opportunity!

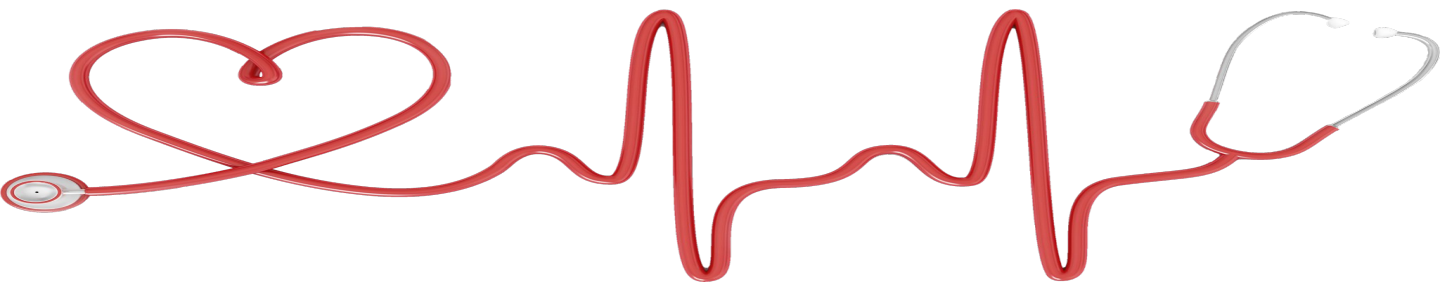
**SHEPERD'S  
HOPE**

Assisting with  
back to school  
physicals for  
school aged  
children

Sign up through  
link in bio!

455 9th St., Winter  
Garden, FL 34787

@snaucforlando



At the end of July, members from UCF SNA attended Shepherds Hope annual school physical event. At this event, school age children were given physicals for back to school. SNA members assisted with vitals, eye examinations, and BMI calculations. All together over 20 school physicals were completed and patients left ready to go back to school in August!



# Announcements & Upcoming Events!



The next  
Newsletter  
Submission  
Deadline is  
**September  
25th!**

For more info  
about  
upcoming  
volunteer  
events, contact  
Olivia!

The Back to  
School  
Barbeque will  
be held the first  
week of school,  
please make  
sure to attend!

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

# Announcements & Upcoming Events!



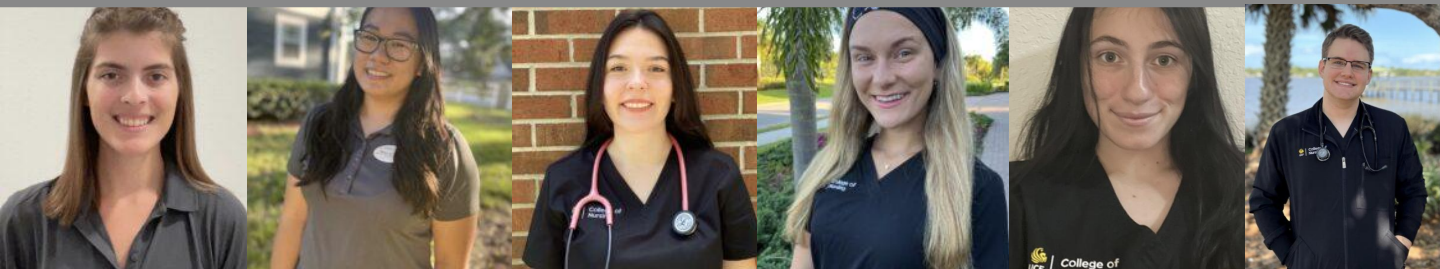
To submit your  
work to the next  
newsletter,  
contact Angela!

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

