



# LIFELINE

## NEWSLETTER

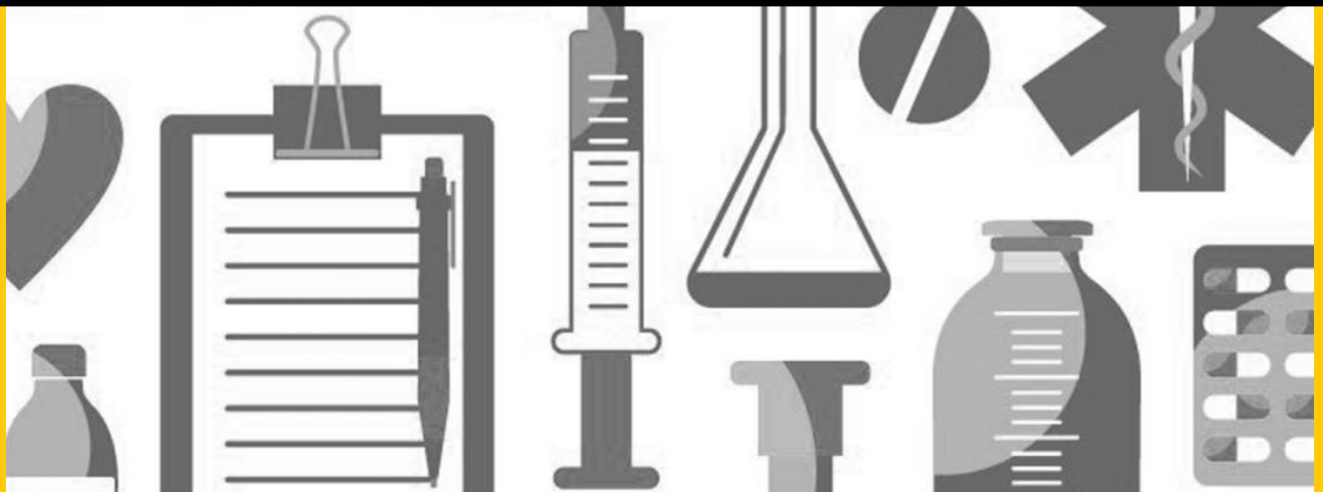


# STUDENT NURSES'

# ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



## *The Editor's Piece:*

### An Introduction to Your SNA Officers

By: Alexandra Weinstein, SNA Media Director, BSN'18

Hi there! Glad to see you've found your way over to the Lifeline Newsletter. My editorial piece will be focused on the upcoming SNA Elections! With the election of President, Legislative Director, and Treasurer coming up very soon, I wanted to offer some insight into the roles you may be interested in holding. Along with the introduction of our current SNA officers, I've included a small summary of the overall responsibilities that accompanies the individual officer position.



## SNA President: Carolyn Hair

The president has many roles. The first, and most obvious, is making sure the SNA is running as it should. This means that the president has to be in contact with all of the officers to make sure that they have all the resources they need to be successful in their own roles. As president, you are also in charge of communicating with faculty. You are the primary contact with your advisors, and any administration if they reach out to you.

The president is also the one who communicates with FNSA and the other chapters. One of the biggest roles as president is to plan the trips to state and national convention. This involves working with the SGA to request funding. Another primary role of the president is to create the document to submit for Diamond Chapter at state convention. Diamond Chapter is an award that is given to SNA chapters that have gone above and beyond in their school year. Most of all, the president is there to offer help and guidance to their officers and members.



“My favorite part about being SNA president is the platform it gives me. I have gotten to meet so many people through this position that I would not have had a chance to meet otherwise. I also have gotten to go on trips to Daytona Beach and Dallas, Texas, to attend conferences that have furthered my professional development. I have loved getting to know my fellow officers and hanging out with them both at SNA events and outside of school. As a board, you become very close because of how much you communicate throughout the week. SNA has been a wonderful way for me to get more involved and meet different people in my cohort.” – Carolyn Hair

## SNA Vice President: Liz Guzman

The Vice President is tasked with coordinating our General Meetings and communicating the importance of the Junior/Senior Buddy Program. The Vice President’s responsibilities when it comes to the General Meeting are recording participation points, arranging a speaker to be present at the meeting, and most importantly planning the food to be served. Liz is tasked with the overall success of the General Meetings, and keeping track of participation points to award three SNA members with Top Point Earner status at the end of each year. She connects herself with influential nursing professionals to share their expertise and advice for all that attend our meetings. One meeting we invited a nursing cohort from the UK join us! We were able to ask questions about how nursing is organized in England, and the different styles of education systems.

Liz has come up with some great themes for the food table. One of the class favorites was the Taco Bar. She takes ideas from members to bring fan favorite snacks and dishes to the General Meetings.

If you are following some of our Facebook groups and pages, you may have heard about the Junior/ Senior Buddy Program that Liz has been coordinating. The Vice President is in charge of connecting incoming Juniors with seasoned Seniors to help transition students into their first year of nursing school. It's a major relief to have a peer mentor to help answer all the questions throughout the year about classes, clinicals, and study tips.

Another interesting event that the Vice President is in charge of hosting is the Interprofessional Education Event. This is a fun event where nearly 200 students from the College of Nursing, College of Medicine, Physical Therapy Program, UF Pharmacy, and other Health Sciences programs coordinate a training event in which they collaborate to provide patient care in a simulated environment. This is a great opportunity to work on interpersonal skills and to practice providing high quality interdisciplinary patient care. And it's so much fun to work with students from other disciplines!



“My favorite part about my position is the networking! I love being able to meet and connect with not only the guest speakers at the meetings, but also with other nursing students and professors. It's great being able to build relationships out of the love of the nursing profession! I take pride in what I do for this organization because I want to help those who are and who are not exactly sure what direction they want to take in nursing to learn more about the different specialties and career paths by bringing in various speakers and learning about their journey and having the opportunity to network!” – Liz Guzman

## SNA Treasurer: Sarah Rose Thornton

: The Treasurer's primary responsibility is managing the SNA's finances. The Treasurer produces a monthly financial report, assists each Board member with their position's individual budget, disperses reimbursements, and ensures the SNA is on track to be able to fund events and conventions. The Treasurer also maintains the SNA member roster and submits that to



the NSNA annually. The Treasurer is also in charge of collecting reimbursement forms from officers and starting the process of reimbursement into the individual's account. Overseeing the SNA budget is a huge responsibility and is a vital position within the SNA Board.

“Greetings! My name is Sarah Rose and I am the Treasurer for SNA. While I began as the "Treasurer-Elect" and shadowed the first year, I feel as if I have grown into the position little-by-little. Being Treasurer puts my organizational skills to the test and allows me to be connected to each officer and all members because everyone is involved in the finances of SNA. I also enjoy being in charge of membership recruitment and spreading the word on how one can benefit from SNA because it is something that has positively impacted my nursing school experience.”— Sarah Rose Thornton

## SNA Legislative Director: Matthew Berry

Elections are coming up quickly (September 27<sup>th</sup> at the General Meeting). If you are interested in becoming a pre-slated candidate it's imperative that you get in touch with Matthew Berry, our Legislative Director. He keeps the election process running smoothly, and compiles the pre-slated candidates. Pre-slated candidates are required to provide a small biography for the Legislative Director to make available for the SNA members to read before the elections. Candidates must be pre-slated 2 weeks before election. DEADLINE FOR PRE-SLATED CANDIDATES IS SEPTEMBER 13<sup>TH</sup> AT 5PM (for the positions of President, Legislative Director, and Treasurer).

The Legislative Director is responsible for working with the President to file any allocation or bill proposals with the SGA. The Legislative Director is accountable for updating the bylaws by presenting any requested changes to the General Meetings.

Matthew encourages members to run for state positions for FNSA and national positions on the NSNA board! These positions enable SNA members to be involved in the nursing student community beyond UCF.



“I especially enjoy having the freedom to handle anything else legislation-related, such as encouraging voting, increasing awareness of healthcare topics, and following laws being passed in the government. What some people think of as the “boring” part of nursing, I have discovered to be very interesting and under-appreciated.”--Matthew Berry



## SNA Secretary: Eliany Torrez Pon

The Secretary records minutes for the General Meetings and submits the records to the advisors for board approval. The Secretary also works with the President to keep Board member contact information updated with the FNSA and NSNA. The Secretary keeps a master calendar of event dates for the board, and is responsible for providing “Thank you” cards/gift cards to the guest speakers that take their time to talk to the SNA members at our general meetings. Secretary organizes the Lifetime Honorable Member and facilitates with presenting the member with a certificate, “Thank you” card, gift card, and a possible plaque.



“As secretary of SNA, I am honored with the opportunity to represent the student body at the Curriculum committee with faculty and staff. I recommend proposals and suggestions that are voiced through all cohorts of the college. I have represented the College of Nursing at the Dean's board meeting, UCF's Ignite Campaign, as well as at the Bill and Melinda Gates Foundation.” – Eliany Torrez Pon

## SNA Breakthrough to Nursing: Christony Dobson

The Breakthrough to Nursing Director organizes visits to high schools, pre-kindergartens, career fairs, and field trips to the College of Nursing. The idea of the BTN Director is to introduce nursing to inquiring student minds. The BTN Director provides a network for new students to feel comfortable asking questions and furthering their search into their upcoming futures.

Christony also facilitates the relationship between the Association of Pre-Nursing Students (APNS) and SNA. She helps to connect pre-nursing and nursing students. The beginning of this fall semester the BTN Director collaborated with APNS to welcome the incoming freshman Nursing at Nike Living Learning Community. Along with the welcoming committee, we spoke with the incoming pre-nursing students about staying focused on their track as well as experiencing the entire UCF community. It was a great way to talk to students and get them excited for what's coming their way sooner than they think.



“It is a great opportunity to work with children of all ages and to share my passion for nursing with the community. Children are full of infectious energy and excitement in learning new things, and in my experience, you can learn so much more from children than they will ever learn from you.” – Christony Dobson

## SNA Media Director: Alexandra Weinstein

The primary and most rewarding responsibility of the Media Director is creating and organizing the Lifeline Newsletter. To accomplish this, the Media Director petitions newsletter submissions from nursing students, faculty, and even experienced RNs. The Media Director is also responsible for updating the SNA website with event details, photographs, merchandise information, and contact information.

The Media Director and the Historian work closely together to form



the Traditions and Events Committee. One event that all of you should be familiar with is the Back to School BBQ we just held at the College of Nursing. Other events that Media Director and Historian plan together are Haunted Lab and Lake Claire Day. We love new ideas and events to boost

morale to get more people involved with the College of Nursing. Make sure to look out for these upcoming events throughout the year. New ideas are always welcome!

“So far, I am loving my position. The Back to School BBQ was better than I expected (the rain being the only exception). I’ve found that I love to plan events. I like the challenge of thinking up different and fun ideas. I honestly love the newsletter best. I love reading the stories of my classmates’ different clinical/life experiences. It just reiterates that no matter which direction, we are all growing together.” –Alexandra Weinstein

## SNA Historian: Alexandra (Allie) Fox

The Historian chairs the Events and Traditions Committee with the Media Director. Other Events that the Historian is in charge of helping the College of Nursing with are the Recognition Ceremonies (for graduating seniors and accels) and the White Coat Ceremonies (for the incoming juniors/ accels). The Historian is responsible for providing volunteers to many of these evented hosted by the College of Nursing.

One big role of the Historian is to be the Captain for the UCF CON Relay for Life team. This includes obtaining a strong team, and fundraising for the Relay for Life event in March. The Historian also holds the position of ‘ Student Liaison’ on the UCF Knight Nurse Alumni Board and attends meetings five times a year. The Historian collaborates with the cohorts and communicates ideas with UCF Alumni Board. The Historian

also gets the seniors and accelerated students involved with the Mentorship Program, where seniors and accelerated students have the opportunity to be paired with to a mentor who is a former Knight Nurse. This allows students to gain insight and advise, while networking to help further a successful career.



“I joined SNA to make friends and to get involved in my community. I have learned invaluable skills such as leadership and teamwork through SNA. My favorite part about Historian is the networking and the independent thinking. As the Student Liaison for the Alumni Board, and the Captain of Relay for Life, I utilize these skills daily. SNA has given me the opportunity to be a leader in the nursing community, get others involved, and have my voice heard!” – Allie Fox

## SNA Fundraising Director: Amanda Levya

The Fundraising Director is responsible for raising money throughout the school year. This is very important to help the SNA board members make our way to events like the State and National Conventions. The fundraising is also used for putting on the events that the SNA hosts like; General Meetings, guest speakers, NCLEX test prep, and other fun events. The Fundraising Director works closely with the Clubhouse Director

to accomplish organizing the tabling at convention and selling merchandise during clubhouse hours. The Fundraising Director assists the Vice President with general meeting preparation: setting up, food coordination, and pick up.

→Some common FUNdraisers are: bake sales, car washes, garage sales, decals, badge reels, & , partial proceeds (Chipotle, Blaze, Menchie's, etc.)



“Being the SNA fundraising director is exciting because it allows me to explore creative ways to encourage student participation and funding. I love coming up with new and impactful events. Involvement with SNA enables me to organize events for both students and the community; touching the lives of peers, faculty, staff, and neighbors. “ – Amanda Leyva

## SNA Community Health Director: Tara Mattox

The Community Health Director plans volunteer events and coordinates Knights Give Back. Generally, the Community Health Director will host two events per month. One of these events will be a Share-a-Meal at the Ronald McDonald House. The Community Health Director is the Team Captain for Knight Thon, and works with the co-captain and Junior Captain to boost morale throughout the event.

Knight Thon is not only a significant event for the Community Health Director, but also for the entire UCF community. Fundraising starts early, and it is consistently available all year until the event to become involved. The Team Captain, Junior Captain, and co-captain are required to attend bi-weekly captain meetings hosted by Knight Thon in the fall and spring semesters. These meetings are a fun way to keep track of updated information and innovative fundraising ideas and techniques.



“My position involves coordinating community outreach and volunteer opportunities. My favorite part about this position is Knight-Thon. Year-round we fundraise money for the Children’s Miracle Network Hospitals. I’ve been a part of Knight-Thon since my freshman year and it was one of the reasons I decided to go into nursing”—Tara Mattox

## SNA Clubhouse Director: Erin McIntosh

The Clubhouse Director’s main role is keeping the clubhouse stocked with goodies for the student nurses at the College of Nursing. S/he places orders, maintains quality, receives shipments, and advertises what great merchandise is available.

Advertisement of the UCF, SNA, and nursing themed items is a vital responsibility of the Clubhouse Director. All merchandise is approved to be sold to anyone at our college and at state/national conventions. Speaking of conventions; the Clubhouse Director creates and obtains designs/ideas for new t-shirts for sale at these events. Contact your new Clubhouse Director for new clubhouse hours.



“I am really excited to be a member of the SNA board, and cannot wait for this new year! I am looking forward to all the projects and events we will be hosting and attending. I also think it is great to be working with people who know what I am going through and have been through it themselves. Nursing is a special calling and it is important to have support from others. I look forward to the upcoming events and getting as much out of this experience as I can. Go Knight Nurses!” –Erin McIntosh

## SNA Accelerated Liaison: Abby Gulden

The Accelerated Liaison facilitates communication between the cohorts. S/he helps keep all the cohorts in the loop and keeps the cohorts involved with events. The Accelerated Liaison also



sits at the Curriculum Committee, and organizes the accelerated class composites. Working alongside the Historian, the Accelerated Liaison matches the accelerated students with a mentor for the Mentorship Program. The Accelerated Liaison also organizes daily events during Student Nurses' Week and arranges to have both Kaplan and Hurst present NCLEX Reviews.



“I am new to the accelerated liaison position, but I am so glad for the opportunity to represent my cohort and to keep them looped in on SNA activities! My position is a main point of contact for Accels and the basic program, and I will also be helping to coordinate Alumni and Accel mentor/mentee matching. I am particularly excited to attend the curriculum committee meetings as my position allows me to represent the students and I am able to give input- if anyone ever has anything they would like shared please reach out to me.” – Abby Gulden

*That's All Folks!*

\*\*To contact your SNA Officers see the last page of the newsletter for their contact information.

# Easy Flatbread Recipe

By: Ricardo Sanchez, Basic BSN'18

## Perfect Dough Ingredients:

4 cups All-Purpose Flour  
2 tablespoons oil  
1 ½ cups warm water  
1 packet yeast  
2 tsp salt

**Step 1:** Mix all dry ingredients together, including dried herbs if desired.

**Step 2:** Add oil and water. Knead dough, adding more flour till dough feels bouncy and is no longer sticky.

**Step 3:** Cover with plastic wrap and place in a warm place till dough doubles in size.

**Step 4:** Lightly flour a flat surface and grab a large handful of the dough. Roll into a ball and flatten into a disc about ½ of a centimeter thick.

**Step 5:** On medium heat, place dough on a dry non-stick pan. Flip when dark brown bubbles form on bottom. Remove flatbread from heat and wrap in clean kitchen towel. (Extra dough can be saved for up to a week in a ziplock bag.)

**Step 5:** Brush top heavily with olive oil or butter, add toppings and place in an oven till heated. Listed below are some of my favorite toppings, but you can add anything you want! **Have fun!**

**Optional toppings:**

- Dried sage, rosemary, oregano, thyme, sea salt, olive oil
- Sugar, cinnamon, butter
- Minced garlic, garlic powder, onion powder, sea salt, oregano, olive oil
- Asiago, parmesan, Romano cheese, olive oil
- Tomato, fresh basil, mozzarella, minced garlic, olive oil



## Speaking at the Ignite Volunteer Summit Campaign:

By: Eliany Torrez Pon, SNA Secretary, BSN'18

On my left side of my seat, I read the name on the gentlemen's name tag: "Nelson Marchioli." Never in a million years did I think I would find myself at the same table as the former CEO of Denny's and Burger King. President John Hitt was at the table directly behind me. I had the pleasure of sitting next to Dr. Gregory Welch, Florida Hospital Endowed Chair in Healthcare Simulation, who is making revolutionary changes in the field of simulation. I was astonished at the sight of such well-known and highly respected assembly of people. I found myself asking "How did I get here? Why am I important?" I was honored with the opportunity to share my story and highlight how the College of Nursing has supported my dreams through scholarship and philanthropy. There was one individual that created the most eye-opening moment for me. Her name is Ana Martinez, a graduate student studying acting at Theater UCF. She shared her growth and evolution through the arts that she has such a passion for. In a world that seems to focus so much on sciences and mathematics, Ana emphasized the importance of following one's dream and aspirations.

Ana shared a quote from John Adams to his wife Abigail:

“I must study politics and war that my sons may have liberty to study mathematics and philosophy. My sons ought to study mathematics and philosophy, geography, natural history, naval architecture, navigation, commerce, and agriculture, in order to give their children a right to study painting, poetry, music, architecture, statuary, tapestry, and porcelain.”

Ana continues and says:

“The point, I think, is that just like my scientifically-inclined mother and father who support my artistic endeavors every single day, each generation has the *responsibility* to help the next pursue their dreams.”

She concludes her speech with a powerful statement of gratitude:

“On behalf of the actors, the athletes, the future doctors, the engineers, and the next CEOs, thank you for helping us create the



spaces where our dreams can come alive.”

I have never been so proud to share the stage with someone as inspiring as she was. I was even more proud to know that I come to a university that truly does all it can to provide a foundation pathway to all our dreams.



# Welcoming the Junior Cohort!

By: Alexandra Fox, SNA Historian, BSN'18

On August 17<sup>th</sup>, the UCF College of Nursing welcomed 126 new traditional BSN students and their family members! Four senior students had the opportunity to give a tour of our simulation and lab rooms to the students' family members. We introduced them to our wonderful faculty and explained the simulation experience that students get to experience here. We showed them 'Jaz' and other simulation tools that we utilize at our college. Parents toured our critical care and pediatric simulation labs. Here, they gained insight on how this can improve the quality of care Knight Nurses provide to their patients and how this prepares nursing students for any situation. Meanwhile, the new juniors eagerly received their nurse lab bags and enjoyed coffee, fruit and breakfast provided by a grant to the College.



Simultaneously, the members of the Student Nurses' Association (SNA) set up our merchandise table with preorders from junior students, including their blood pressure cuffs, penlights, and stethoscopes. They were also able to purchase other items SNA offers, such as T-shirts, UCF Nursing water bottles, and ID badge reels.

As we set up and welcomed the new juniors, I couldn't help but think of how it was me in that seat exactly one year ago. I smiled as I reminisced on my journey throughout nursing school, back to the orientation I attended as a new junior. I remember feeling many emotions that day, being overwhelmed by the amount of information I received, but remembering how excitement trumped all of them. Looking back, I am so proud of the person I have become over the past year. I have learned to juggle many different responsibilities while staying organized and striving to be the best nursing student I can be. Perhaps the biggest lesson I've learned is how important it is to engage in every opportunity that presents itself.





As the students settled in and got to know one another, SNA's volunteers shared their experience of SNA and gave advice to the new students. We explained the benefits that SNA offers, such as networking, interview tips, leadership skills, community opportunities and fun events that we host! As Historian, I made a video to show the new junior cohort to get them excited about all that SNA offers. We then split into groups and did team building exercises, such as playing BINGO to learn more about each other.



As the day came to an end, the new juniors made their way out ready to embark on their nursing journey. Thanks to our incredible and hard-working faculty, along with help from the senior SNA students, the day was a success!

Class of 2019, we are so excited to welcome you to the College of Nursing and can't wait to watch as you accomplish wonderful things.



Welcome Juniors!

# POP QUIZ!!

## What Does Your Nursing Appearance Say About You!?

1. You are wearing your scrubs, and you bend over to look at your backside in the mirror: What do you see?
  - A) The waistband of my scrubs?
  - B) My tucked pink/blue undershirt popping out
  - C) I may be mixed up with a plumber in training
2. Which shoes best fit the description of what you wear to work?
  - A) Normal black/white Sketchers, or tennis shoes
  - B) The newest Nikes/ Air Jordans
  - C) Sometimes mistaken for my grandpa's shoes
3. When a patient sees your hair, what do they think first?
  - A) It's nothing exciting...
  - B) Oooh! How did s/he braid her hair like that!
  - C) Has s/he washed it recently?

4. How often do you draw attention?
- A) When I walk into the room: I work in the ED
  - B) All the time: My co-workers like to see what scrub top I'm wearing today
  - C) Ummm..Never?
5. How do you feel about capri-length scrub pants?
- A) Aren't those old?
  - B) I think they're cute
  - C) No idea what you are talking about....

## Answers!

**If you answered mostly A's** | You're doing fine in your nursing appearance! You're not exactly a distraction, nor a supermodel!

**If you answered mostly B's** | You're a fashion guru! You know all the latest nursing fashion!

**If you answered mostly C's** | Everyone has off days....but maybe you should buy yourself a new pair of sneakers?

# Announcements & Upcoming Events!



**President:** **Our next general meeting will be September 27<sup>th</sup> at 5pm. It is election day for President, Legislative, & Treasurer.**

**Vice President:** **Upcoming FNSA Conference!**

**Secretary:** **If you have a concern for Curriculum Committee, contact me!**

**Treasurer:** **Want more information on my position? Come talk to me!**

**Breakthrough to Nursing:** **Contact me if you'd be interested in volunteering at upcoming career fairs!**

**Media:** **If you want to submit an article to this newsletter, you will receive SNA points AND you can put it on your resume!**

**Historian:** **Look out for the Alumni Kickoff at the College of Nursing on October 16<sup>th</sup> for the Mentorship Program!!**

**Fundraising:** **The Bake Sale was a success! Thank you to everyone that donated and baked!**

**Community Health:** **Contact me to get involved and join our team, Knight Nurses, for the Heart Walk on September 23<sup>rd</sup>!**

**Accelerated Liaison:** **Hi, Accels! Don't forget you can sign-up for the Mentorship Program too!**

**Clubhouse:** **If you have any t-shirt idea that you want to run by me, feel free to contact me!**

**Legislative:** **Remember that elections will be held at the General Meeting on September 27<sup>th</sup>!!**

# Contact Info for the 2017-2018 SNA Board!



President	Carolyn Hair	ucfsnaorlpresident@gmail.com
Vice President	Elizabeth Guzman	ucfsnaorlvicepresident@gmail.com
Secretary	Eliany Torrez	ucfsnaorlsecretary@gmail.com
Treasurer	Sarah Rose Thornton	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Karis Tindell	ucfsnaorlclubhouse@gmail.com
Historian	Alexandra Fox	ucfsnaorlhistorian@gmail.com
Legislative Director	Matthew Berry	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Christony Dobson	ucfsnaorlb2n@gmail.com
Media Director	Alexandra Weinstein	ucfsnaorlwebmaster@gmail.com
Community Health Director	Tara Mattox	ucfsnaorlcommunity@gmail.com
Fundraising Chair	Amanda Leyva	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Nicole Ackenbrack	ucfsnaorlaccelliaison@gmail.com
Co-Advisor	Chris Deatrck	Christine.Deatrck@ucf.edu
Co-Advisor	Joyce DeGennaro	Joyce.DeGennaro@ucf.edu

## Social Media Buzz

Facebook: Student Nurses Association-Orlando

Instagram: snaucforlando

Twitter: @snaucforlando

Website: snaucforlando.com

## Top Point Earners

Basic BSN 2017:

Accelerated 2017:

Basic BSN 2018: