

Volume 8
Issue 10



Lifeline

Newsletter



University of Central Florida
Student Nurses' Association

Wait... How did I get here?

The Editor's Piece

I can't believe that it has almost been 1 year since I was sitting in the very front of the classroom feeling so overwhelmed that this is what was circulating through my head: "Oh my gosh." "Why did I get myself into this?" "Will I even make it out alive?" "Goodbye life." "So when is graduation again?" And yet, here I am writing my first piece as the 2016-2017 SNA Media Director. It's also hard to believe that just one year ago I could barely balance studying, taking a shower, and feeding myself. And now I am balancing school, studying, work, Honors in the Major, and being an SNA officer. (Yes, I still shower and feed myself as well)



Written by:
Amanda Wimmersberg
SNA Media Director



It's crazy how things change, right? So how did I really get to this point? To be honest, I have no idea. All I remember is managing my time so well that I was able to study non-stop, wake up for clinical on time, go to class without drinking coffee, eat, sleep at least 6 hours, and repeat it all over again. But hey, that's the life of a nursing student. And I will tell you this... I would never change a second of it.

This past year has had its fair share of lessons, failures, successes, tears, and laughter. (Sometimes more tears than laughter) It's funny because most college students will remember the nights they go out with their friends or when they went to that football game that UCF actually won. For nursing students, we will remember those sleep deprived nights where we start laughing for no reason or when we had an amazing (or not so amazing) patient during clinical.



Before nursing school, I was so excited to see where this journey would take me and to see if I would actually make it out alive. And now that I am actually on this journey, I have found a love for nursing that is truly unexplainable. I enjoy waking up at 5:30 AM on clinical days. I look forward to taking care of my patients, even if it is for just one day. I actually enjoy going to class, even though we have to sit there for almost 4 hours. I actually enjoy nursing school, as weird as that may sound. My nursing school friends have become my family. My professors have become my mentors. And the profession of nursing has become my life. I am so excited to start SENIOR year and see where the rest of this journey takes me. I am also very excited to be SNA's Media Director for the next year! I hope you enjoy the very first newsletter! ☺

The Night I Attended Runway to Hope

Written by:
Lauren Hurley
Basic BSN 2017

On May 21st, we volunteered for nearly nine hours, did not get home until almost one in the morning, and I have blisters on my heels that make sneakers a painful experience. Would I do it all over again? Absolutely. Runway to Hope was an unforgettable experience and 4.27 million dollars were raised to support the children and their families who have been impacted by pediatric cancer. There were kids of all ages at the event, some who were actively going through chemo/radiation and others who were in remission.



Whenever I asked them to tell me about themselves, not once did they tell me about their struggle with cancer. Instead, I heard about their favorite sports to play, their siblings and what they dreamed of being when they grew up. These kids did not let their illness define who they are or bring down their spirits. As volunteers, we were each in charge of 4 kids maximum and kept them on a loose schedule throughout the night. My group started with a delicious dinner of mac & cheese, chicken tenders and giant cookies.



We then moved on to hair and makeup where they excitably peered into the mirrors for their first transformation. The kids wore beautiful accessories such as bows, tiaras/crowns, golden butterfly clips and more. Those without hair had their heads decorated with golden hairspray, so that they could feel special as well. After hair and makeup, we proceeded to the wardrobe where each child changed into their extraordinary outfits that they had personally picked for the event. It was truly amazing to see their huge smiles as they twirled and posed in their dresses and suits. When they showed me how they would walk down the runway, my heart melted.



Later on in the night, we helped the kids find their “celebrity” who would walk them down the runway. It was easy to see how each kid felt so special and loved at this event. When they finally walked down the runway, I know that I was smiling the entire time because it really was one of the best things I’ve ever seen. Each of those kids had gone through so much, but on that night they felt like royalty. I’ll never forget this experience. “Let’s Hold Hands. Let’s Walk Together. Let’s End Childhood Cancer.”

Another Perspective from Runway To Hope

Written by:
Andrea Maiorini
Accelerated 2016

Runway to Hope is an organization dedicated to raising money to provide help to Central Florida children impacted by pediatric cancer. The main event is the Spring Fashion Show where the children are the stars of the show. Kids from the Central Florida area affected by cancer are invited to become runway stars for a night. The entire night is about celebrating these wonderful kids and raising money for the cause. I was most surprised to learn that the kids get to have a fun day shopping at Bloomingdales before the event where they get to pick out an outfit of their choice. This ensures that the kids are confident and excited on the night of the fashion show.

My role as a student nurse at the event was to work with the children and their families back stage. I escorted the kids to hair, makeup, and wardrobe. I was also there to allow moms and dads to go and enjoy the show with the peace of mind that someone was there watching their kids. I had the pleasure of working with three lovely little children. They reminded me why I wanted to go into the field of pediatric oncology. I had a blast helping the little girl pick out bright blue eye shadow, long rhinestone blue lashes, and pink blush.



She told me she waits all year for this event, because her mommy lets her wear any makeup she chooses. One of the little boys I worked with chose to wear a bowtie with “puppy dogs” on it and suspenders. He said his mommy told him he looks like a gentleman, and he melted my heart. These children all just want a chance to feel normal, and while walking the runway may not be normal, it sure is fun! I love that these kids got a night to play backstage, run around and be kids, and be recognized for being the little fighting heroes that they are. The most magical part of the night for me was the community of families that I witnessed.



Kids knew kids and moms knew moms and everyone was celebrating each other and this special night that allowed the families to take a step back, have a night out, and enjoy their amazing kids. I hope one day I will work closer with these amazing kids and families. However, I was honored to work alongside them for one night, and I will definitely be back next year!

Perfect Eateries for Stressed Nursing Students!

The stress of nursing school can take a grueling toll on you physically, mentally, and emotionally. Stress eating is a problem that many students can relate to. During the summer before my senior year, I spent my times exploring the good eats of Orlando. I found numerous places that offer vegan, vegetarian, gluten-free, and farm to table options. One of the cool finds was Market on South, located on South Street in the Milk District. This farm-themed market is home to several businesses, one being Valhalla bakery. This bakery is a vegan fare, offering many pastries such as cupcakes, bars, and donuts.

Written by:

Keith Bartolome & Caroline Chu

Basic BSN 2017



Yes, donuts. Feast your eyes on these- they defy the definition of regular by being square, vegan, and loaded with toppings! One of their top selling donuts include the fruity pebbles donut that they carry every day, and five other rotating flavors. In the picture, I bought the “Loki” (coconut and dark cherry), peanut butter caramel cracker, and a chocolate brownie. The Loki was definitely my favorite, very similar to a Boston crème style donut. I can’t wait to try more of their fun flavors! The market also offers vegan food and freshly made kombucha.



The Coop is a delightful southern restaurant located in Winter Park on the corner of Morse Blvd. and Pennsylvania Ave. With a focus on freshly fried chicken, they also serve delicious “fixins” (side dishes) such as crispy fried-okra, skillet cornbread, silky creamed corn, and many more. With its simple rustic interior design, this restaurant has a pleasant and relaxing feel to it as well. If you’re looking for a quaint place to eat on the weekend with friends or family, this place is definitely worth stopping by.



Fried chicken with skillet cornbread, mac n’ cheese, fried okra, creamed corn, and chicken n’ biscuits with a maple drizzle.



“Barbakoa Banh Mi” Oakwood smoked pulled-pork, lucky dragon sauce (so sweet yet savory!), ginger-garlic aioli, pickled vegetables, jalapeños, and cilantro on a toasted sub roll, corn, and fried plantains.

Out of all the local restaurants on Mills Ave., Pig Floyd’s Urban Barbakoa is a real local treasure. This place is easy to miss and pass by with only a silhouette of a pig with flames marking its location. Ranging from braised brisket to Oakwood smoked pulled-pork to grilled pork belly, Pig Floyd’s has a plethora of options for the hungry individual seeking a fulfilling meal. If you stop by in the morning, you can already smell the meats being freshly cooked for the day. If you stop by too late in the evening, I guarantee you that not all the menu options will be available anymore, especially the braised brisket.

The Diary of a Nurse

Written by:
Michael Isner
Basic BSN 2017

Male nurses are seemingly a rare breed. We are greatly outnumbered by our female counterparts and always stand out in the crowd. Through our clinical rotations I have encountered so many people from so many walks of life. Though there is great diversity in patient population; their questions are all the same. So, for your consideration; I have compiled a list of my top 5 most frequently asked questions:



1. Why did you not go to medical school?

This is literally always the first question on everyone's lips when I enter the room. My answer is... being a nurse affords me a level of patient interaction and care that, as far as I have seen, you just cannot find in other areas of medicine. You are able to know your patient, be their advocate and provide a significant amount of protection for the person in your charge. Additionally, nursing has the most impressive range of specialties and branches that the opportunities for growth and change over the course of your career is incredibly exciting.

2. How did you like labor and delivery?

What to say about L&D...? I'm sure there are people who absolutely love this field but I was definitely not one of them. I don't think I have really ever felt so out of place in clinical. For starters, most women/families usually aren't too thrilled to have an unknown man hanging out in the delivery room. Additionally, not having the ability to assist, left me mostly just hovering around a very uncomfortable mother. When I get asked about my experience I usually just give my greatest takeaway: the miracle of life, although beautiful from a distance; is kind of really terrifying in person.

3. Are you uncomfortable taking care of female patients?

The first time, absolutely! Long-term care was the first time I ever had to care for a female patient in regards to showers, bed baths, and toileting. I had this fear going in that no female patients would want or be comfortable with a male taking care of them. I found the opposite was usually the case. The residents I interacted with mostly did not care or found having a male nursing student really amusing. My answer now is: no. I feel confident and comfortable taking care of female patients and find it an utmost privilege to be involved in their care.

4. Are you dating anyone in the program?

I get this a lot particularly by my elderly lady patients after I've worked closely with female classmates. I think they're looking for some hot gossip/drama between students. Unfortunately, life is a little more realistic than Grey's Anatomy and although I care deeply for my classmates and cherish their friendships/working relationships; I am very happily taken outside of and away from the program.

5. Will you marry me?

What a flattering question!! In long term care I received 3 marriage proposals from 3 different residents in 8 weeks (that's more than I've had in my whole life). I can't lie, my self-esteem shot through the roof! This is a surprisingly common question and although I never accept, I'll always appreciate.



Hopefully this has provided a bit of insight into nursing! It is not without its challenges but it's been one of my favorite adventures.



Four Fun Things to do for FREE!

Written by: Victoria Wynne, Basic BSN 2017

Want to relieve some stress this summer? Check out some of these awesome places!

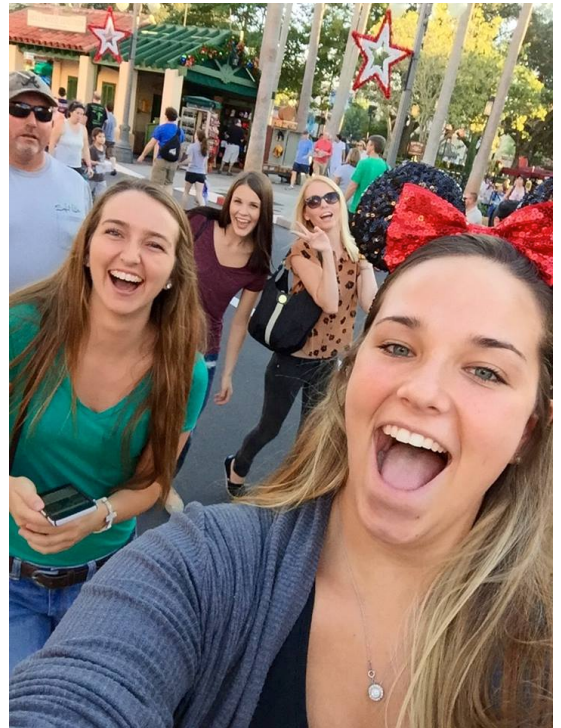
- *Harry P. Leu Gardens*
 - FREE on every first Monday of the month from 9am-12pm
 - There are 50 acres of trails, lakes, gardens, and 200-year-old oaks and camellia forests! Absolutely stunning!
- *Kissimmee Old Town*
 - FREE after 7:30pm
 - District with shops, rides, food, entertainment, weekly classic car shows and so much more!
- *Winter Park Popcorn Flicks*
 - FREE on every second Thursday of each month in Central Park
- *Kelly Park Rock Springs*
 - FREE admission (\$3 a car to park)



The way I unwind after a stressful week!

Written by: Mckayla Braun, Basic BSN 2017

After long hours of studying and tests, lectures and quizzes the best thing I have found to help me deal with stress is going to Walt Disney World. Having an annual pass allows me to go as often as possible. It is true what they say, Walt Disney World is *the* most magical place on Earth. There is no way for me to feel stressed when Disney is involved! Being able to stop by to see my favorite princess or watching the afternoon parade allows me to focus on Walt Disney's dream of adults being able to have fun and experience magic along with children. When I am at Walt Disney World, I do not have to think about the test I just took or studying for an upcoming exam. I just take a few hours out of my week and spend them where I feel most at ease.



Words of wisdom for incoming nursing students...

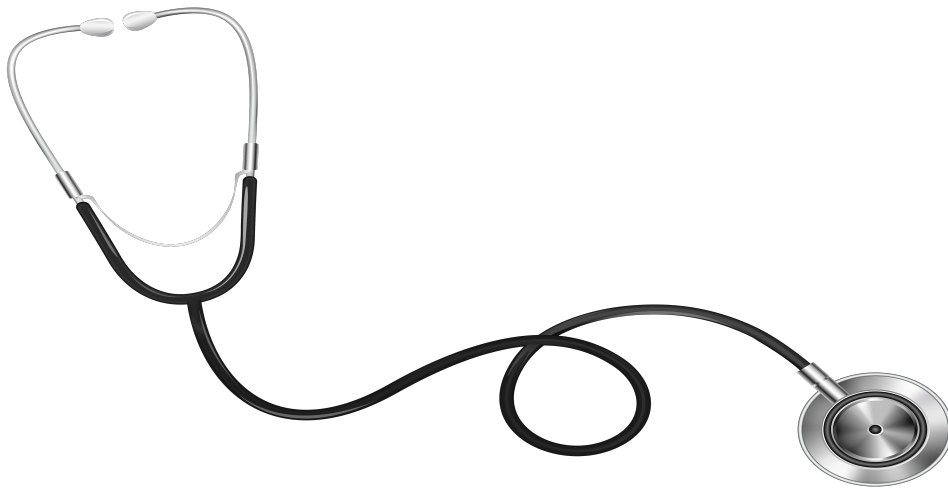
Written by: Emily Qu, Accelerated 2018

As an incoming nursing student, I believe that education alone cannot do much to prepare entering nurses for the ethical dilemmas and workload burdens experienced in a real work situation. Nursing schools should not only focus on training nurses with the practical techniques and skills used in the profession, but schools should also focus on allowing nurses ***to experience making moral decisions and ethical dilemmas in a healthcare setting as experienced in the real world.*** Coming from the perspective of an incoming nursing student, I would like to know about the realities and challenges I'm dealing with before entering the workforce, in addition to being informed on how to utilize my education when transitioning from school to work.

The College of Nursing at the University of Central Florida has initiated a highly interactive teaching style by incorporating a simulation lab into the educational program for its students. The lab contains highly responsive mannequins which can give human-like responses such as sweating and eye dilation. The mannequins can be controlled and voiced by an instructor when a team of students are working with the mannequins. The simulation lab provides the opportunity for students to make mistakes, learn, and grow in an environment that is closest to a real work situation while the instructors provide feedback on the student's performances.



I interviewed students from the Student Nurses Association at the College of Nursing at UCF regarding ways that students could prepare for their careers in nursing while still in school. This bulleted list is ordered from tips/advice given by individual students to commonalities shared by a majority of the students. This is what they had to say:

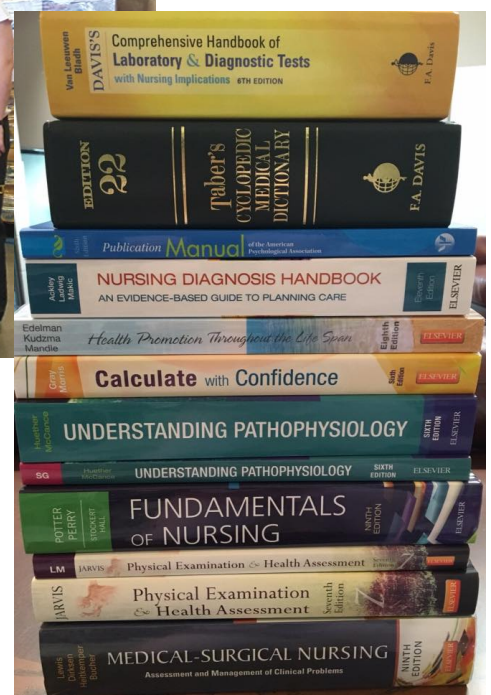


- Practice your communication skills with your peers in a manner that is direct, honest, and straightforward because good communication is vital in the nursing profession.
- Ask your instructors for feedback as often as you can, your professors are far more experienced than you and have most likely been in situations you may be dealing with for the first time.
- Improve your organization skills. Nursing is a profession where tasks are constantly thrown at you, so organizing your duties in a planner or to-do list would greatly reduce stress.
- Practice mindfulness during your clinical times. Mindful practices enhances problem solving, judgment and attention in stressful situations. Mindfulness can help a nurse see situations more clearly and respond more thoughtfully.

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- Surround yourself with a strong support system. Getting through nursing school and working in the profession is unbearable when you have to work through it alone. Keep close friends and family by your side as a way to receive advice and encouragement.
- Try to spend time by yourself and practice self-reflection and meditation
- Remember to make taking care of yourself a priority
- Be positive! This is true for all professions, healthcare or not. Optimism helps students look at the bigger picture on why nurses do what they do which reminds students for their reason for enrolling.



Doorway to Daytona: Passing the Torch!

Written by: Brittany McDaniels, Class of 2016



The class of 2016 officers of the Student Nurses Association (SNA) of University of Central Florida (UCF) in Daytona Beach have worked hard to plan this year's past events and achieved very successful outcomes. This past year, SNA has organized and participated in many community service projects, including Relay for Life, Donations for Childs Academy, and countless blood drives, to name a few. The fellow class officers have made many sacrifices to achieve much success in these events. As the nursing school chapter for the 2016 officers begin to come to a close, the journey is only beginning for the new 2017 SNA officers.

“We cannot hold a **torch** to light another's path without brightening our own.” –Ben Sweetland

On June 26th, 2016, the University of Central Florida at Daytona Beach SNA welcomed with open arms the 2016-2017 officer inductees. The 2015-2016 officers were present along with the family and friends of the junior class inductees to welcome the new officers into their positions. After lighting the candle of the juniors, the seniors blew out their candles, to symbolize the passing on of the officer duties. The 2016 officers are confident that the new officers will not only continue, but exceed the previous class' participation in the many events that benefit the surrounding county.

Congratulations to the new officers from the class of 2016!



Alex Scott (President), Sydney Robinson (Vice President), Olivia Kondos (Secretary), Jocelin Adona (Treasurer), Samantha Meere (Historian/Media Director), Kathy Huang (Community Health Director), and Maria Crescenzi (Breakthrough to Nursing Director).

Ask a Knight Nurse!

“Where have you traveled or will you travel this summer?”



Announcements & Upcoming Events!



President: Hello, new and returning Knight nurses alike! I am so excited to get to know all of you in the coming year as I serve as your president of SNA! Please reach out to me if you are interested in attending the FNSA Leadership Preconvention at the end of September, where you can get a taste of what State Convention is going to be like! I am here to answer questions and help you along, so please feel free to contact me if you need anything! You can reach me at president@snaucforlando.com! I am looking forward to a great year with all of you! –Haley Boyle

Events and Traditions: Want to join the Events and Traditions committee? Contact Amanda Wimmersberg or Corrine Medeiros for more information! We will be starting to plan our Fall events in July, and then will have a meeting with more information on how to get involved and help out!

Legislative: No announcements or upcoming events

Community Health: Get hyped for the Fall events! The Greater Orlando Heart Walk will be on September 10th, and the 1st Share-A-Meal at the Ronald McDonald House will be September 25th!

Breakthrough to Nursing: Look out for the dates for the upcoming career fairs at Timber Creek, Hagerty, and Winter Park! Contact Haley Congrove if you are interested in being on the BTN committee!

Clubhouse: No announcements or upcoming events

Fundraising: We will be having our first on campus bake sale on July 23rd from 11AM-4PM! So if you want to donate any baked goods or help with manning the table, please contact Victoria Wynne at fundraisingchair@snaucforlando.com!

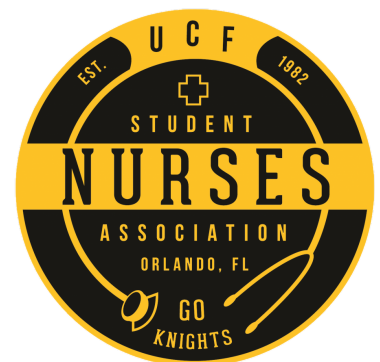
Contact info for the 2016-2017 SNA Board

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Vice President	<i>Keith Bartolome</i>	vicepresident@snaucforlando.com
Secretary	<i>Caroline Chu</i>	secretary@snaucforlando.com
Treasurer	<i>Sean Lamphier</i>	treasurer@snaucforlando.com
Clubhouse Director	<i>Karis Tindell</i>	clubhouse@snaucforlando.com
Historian	<i>Corrine Medeiros</i>	historian@snaucforlando.com
Legislative Director	<i>Allison Dascani</i>	legislative@snaucforlando.com
Breakthrough to Nursing Director	<i>Haley Congrove</i>	btn@snaucforlando.com
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Advisor	<i>Chris Deatrick</i>	Christine.Deatrick@ucf.edu
Co-Advisor	<i>Joyce DeGennaro</i>	Joyce.DeGennaro@ucf.edu



Social Media Buzz

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



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

- Senior: Kaman Chang
- Accelerated 2016: Natasha Hajal and Bernadette Corridor
- Accelerated 2017: Hannah Nooshin and Julie Otero
- Junior: N/A