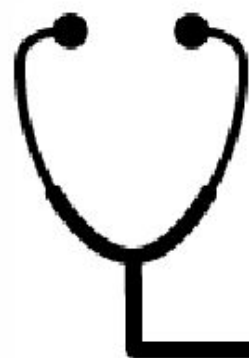




# LIFELINE

## NEWSLETTER

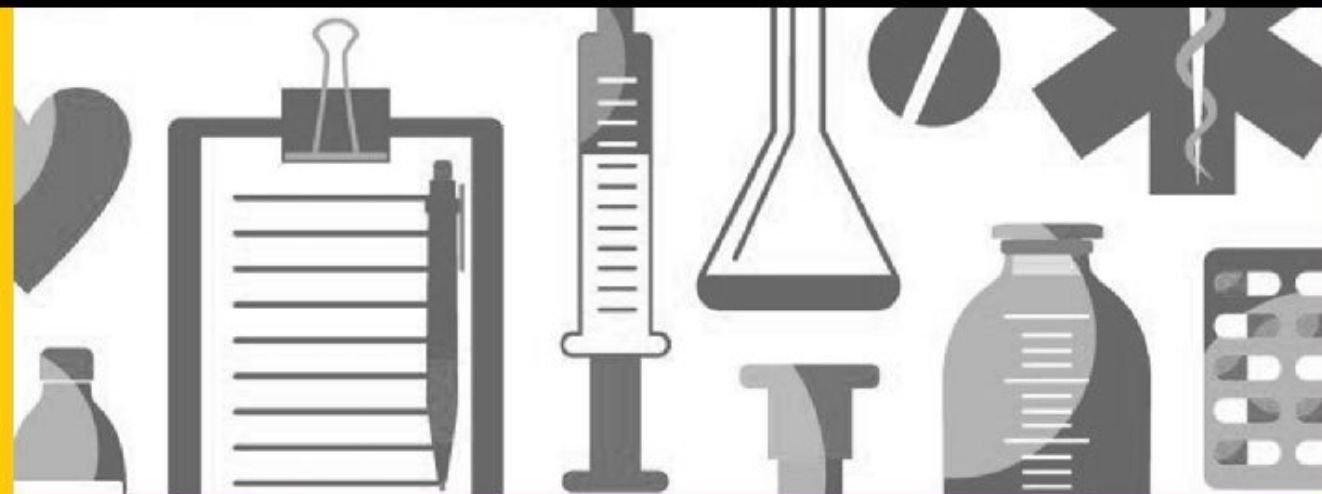


# STUDENT NURSES'

## ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



# 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! This month, I just wanted to say I hope that everyone is having a great fall semester. If you need any support or help through nursing school, always feel free to reach out to SNA.

We would love to feature you all in our newsletter, anything from nursing school tips to your favorite disease, always feel free to reach out to be featured in the next issue.

I hope everyone is having a great semester so far!



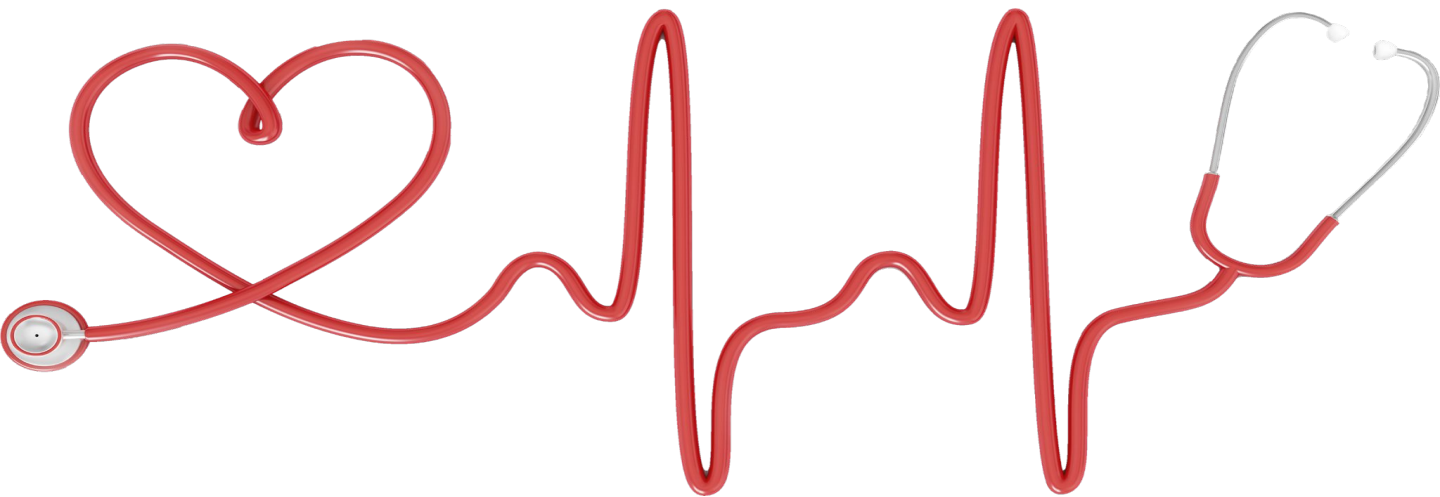
This past month we were able to do a fundraiser with Ice & Bites, a local boba and food shop, where we collaborated for partial proceeds. This was an awesome experience and we would love to be able to do this again. Thank you so much to everyone who came out and supported us. Hope to see everyone at the next one! :)

**Next month we hope to put on a RomCON night to watch romantic comedies, October 17th 5:00-8:30pm in room 602. See you there!**



This upcoming month, we will be attending state convention for SNA. It will be October 27-29 2022, at the Hilton Daytona Beach Oceanfront Resort. For more information, make sure to check out <https://www.fnsa.net/>. If you would like to read more about what to expect at convention, check out the 2022 FNSA Hotline here: <https://www.fnsa.net/hotline>. The FNSA Hotline/Newsletter gives an overview of what is happening within the Florida Nursing Students Association and any upcoming events, announcements, and opportunities that are available.

If you are interested in attending, please make sure to reach out to SNA and Ms. Dorminy (for clinical) as soon as possible if you wish to attend.





# Advice for Nursing School

## Leah Shinn

SNA Historian, Basic BSN '23



Hi! My name is Leah Shinn and I am the Historian for Student Nurses Association. Today I'm going to be sharing 4 pieces of my best advice for the junior cohort this year regarding how to make the most of your time in nursing school.

First and foremost, it goes by so fast. I feel like it was just yesterday that I was walking into room 602 for the first time and now here I am, a senior with one year left until I'm an actual nurse. With that being said, take every opportunity you can. Join a club, go to the study group to make friends,

sit by the new person in class, etc. You'll look back and be happy that you put yourself out there, got involved, and made a ton of new friends by doing so. One of the best parts of nursing school for me is all of the fantastic friends that I've met in class and from SNA.

Second, say yes. If you're given an opportunity, just say yes. This goes for in class, extracurriculars, and even clinical (within your scope as a nursing student of course). You're in one of the few times in your life where you have the ability and the freedom to say yes to everything, so use that. That's not to say you need to overwhelm yourself, but if you see a good opportunity, take it. You won't regret it later down the line when you're applying to grad school, or interviewing for a tough position, etc.

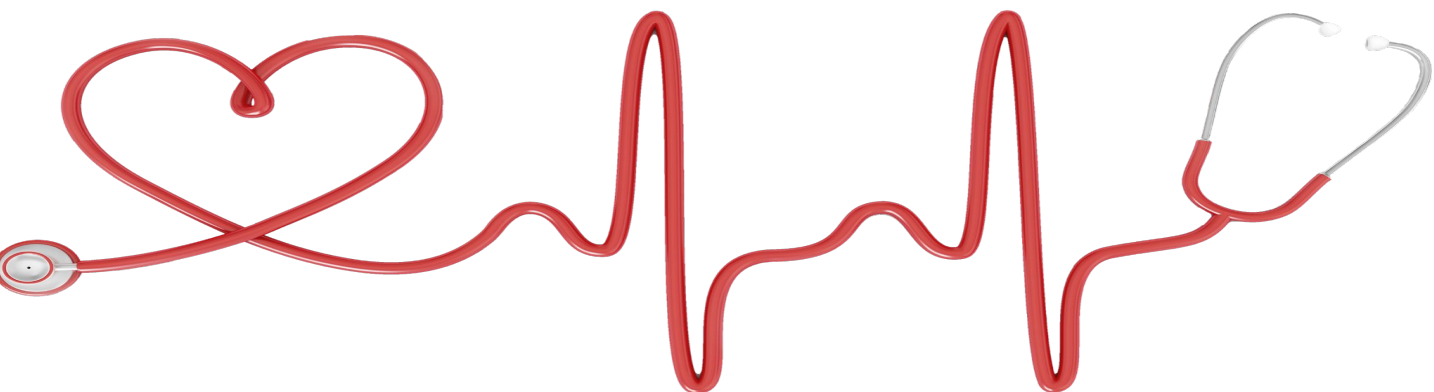
Third, I know this probably feels like a broken record and you hear it all the time, but take the time to take care of yourself. Recharge your social battery and take a day off studying every week no matter what. Take the extra time at night to spend 30 minutes reading a book or watching Love Island, or whatever makes you actually happy that's completely unrelated to nursing school. It may seem like you don't have time to do that when you have 3 exams coming up and clinical for the next two days, but it is so important to preserve your mental health.



Finally, have fun. Don't forget that even though you chose a hard major, you're still college and you deserve to have fun like everyone else. Don't make nursing school your whole life, just an extremely important part of it.

Thanks for reading. You all will do amazing things!

Love, Leah Shinn



# Faculty Spotlight

**Desiree Diaz, PhD, APRN, FNP-BC,  
CNE, CHSE-A, ANEF, FAAN, FSSH**  
UCF Professor



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

Hmm there is so much to tell. I am a mama of three men and married to a Navy man so I am estrogen challenged in my home ( this is why I want to get a female puppy 😊). I came to UCF from CT because I saw the potential in simulation capabilities. There was a sim-sister that worked here that encouraged me to relocate.



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

I have always wanted to be a “Florence nightingale and care for patients globally in underserved areas”. The other real motivation was that I wanted to make a difference and still have time for family and life.

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

I am passionate about exploring ways to decrease and eliminate healthcare disparities. I believe everyone has a right to human health and it should not depend on the color of my skin, language I speak or my zip code. I use simulation to provide a platform for students to care for individuals they may not otherwise encounter, giving them a future reference point.



Dr. Diaz's "boys"

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

I believe you should take time to breathe. Be in the moment. In the hectic space of school, find time to enjoy the moment. Time will pass whether you are enjoying it or not- it is the one constant so seek to find time to just be still and know- you will succeed. Positive thoughts are the path to positive actions.

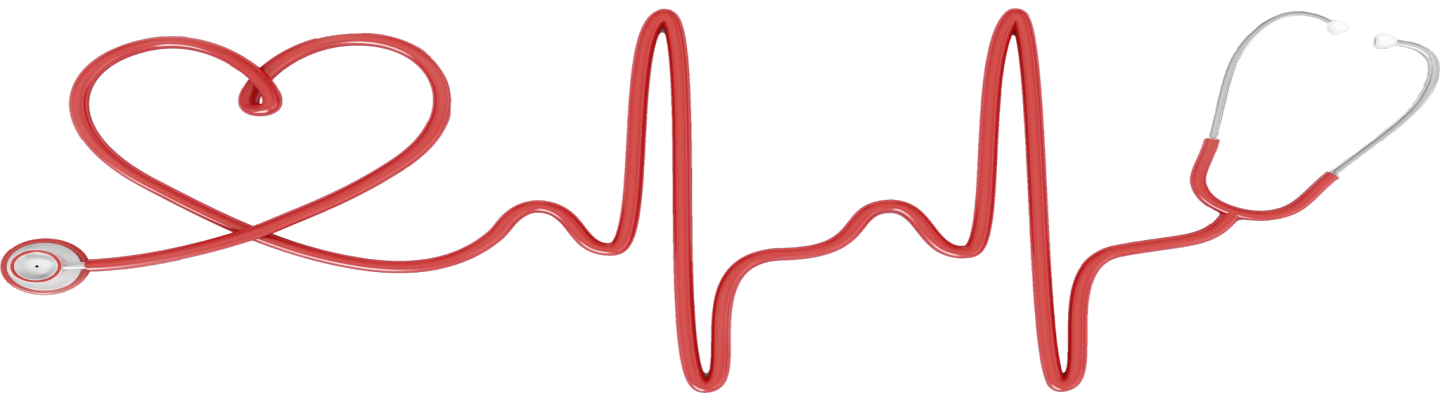


### **What are some things you enjoy doing in your free time?**

I am a movie buff and beach girl. My faith and family is the world to me so.. when a new Marvel movie hits we all go to see it on the same night so we can critique it. I am usually up to date on the current movies. As a former athlete I am into sports- my boys and I watch football and soccer.



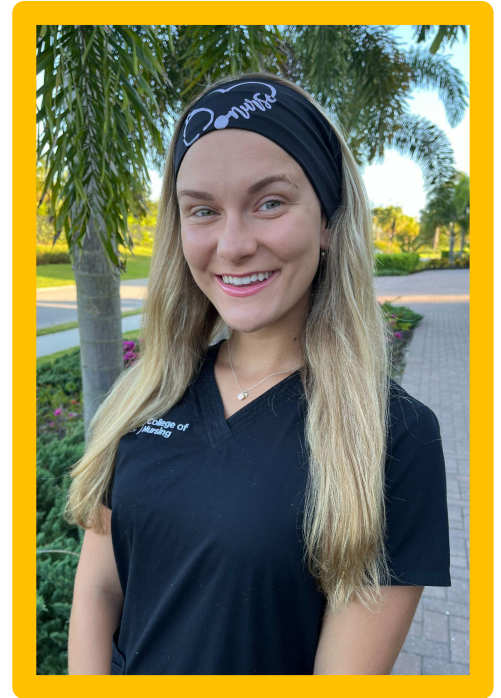
Dr. Diaz is our undergraduate simulation coordinator and an associate professor here at UCF.



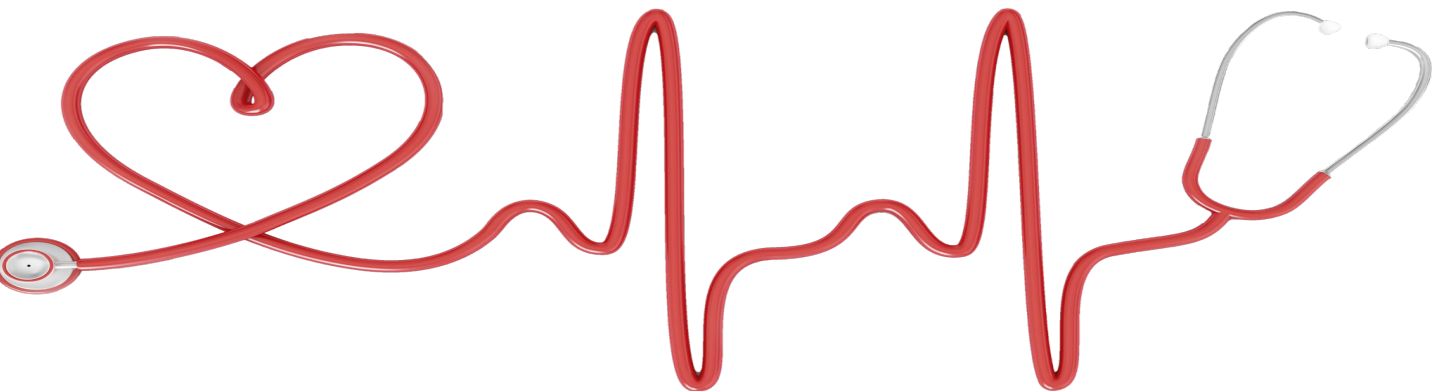
# Community Corner

## 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!







*SNA is hosting a donation drive to help new moms in need of resources.*

# Help us help moms!

*Items being collected: baby soap/lotion, gift cards to food stores for moms, diapers, diaper rash cream, size M/L maternity clothes.*

DONATION BOXES CAN BE FOUND IN ROOM 602 AND THE 3RD FLOOR OFFICE.  
THE DRIVE WILL START ON 9/6 AND END ON 9/14

This past month we had a donation drive for SNA to help moms in need! We collected baby soap, lotion, gift cards, diapers, diaper rash cream, and maternity clothes to donate to new moms in need of resources. This event went very well and we were able to give back to our community.



September 2022  
**BAKE SALE**



**Swing by the SNA bake sale today for  
a sweet treat (11am-2pm)  
Located in the lobby of the CoN :)**

@snaucforlando

We also hosted a bake sale on September 14th and sold various fall treats in the lobby of the College of Nursing to raise funds for SNA. We hope to see you at the next one!



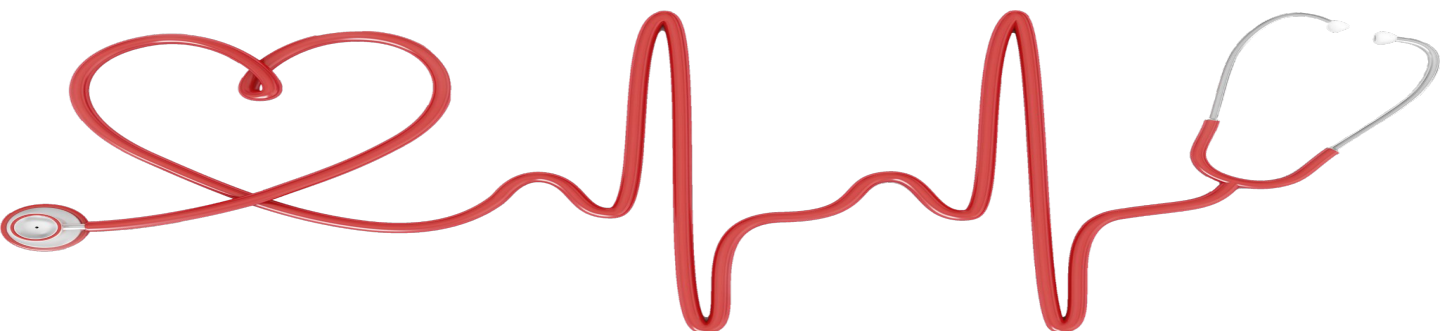
On October 15th SNA students will attend the Ronald McDonald house to feed the children and families staying there. Ronald McDonald house supports programs that directly improve the health and well-being of children and their families. In order to make this happen we will need your help, if you feel led to sponsor an ingredient you can sign up with the link below!

<https://docs.google.com/forms/d/e/1FAIpQLScn1tid0Rtkro3mIMlItarh8tj9AyTPpRTFjFLL1blfBfieqMA/viewform>

On Monday October 10th the College of Nursing will be hosting a flu vaccine event in room 604 from 10:30am-2:00pm.

In addition, UCF will be participating in the American Heart Association's annual Heart Walk located here at UCF on November 12th. The walk will begin at 8am, if you wish to sign up or donate you can do so using this link. Be sure to join team SNA!

[https://www2.heart.org/site/TR/?team\\_id=748211&pg=team&fr\\_id=7035](https://www2.heart.org/site/TR/?team_id=748211&pg=team&fr_id=7035)



# Announcements & Upcoming Events!



The next  
Newsletter  
Submission  
Deadline is  
**October 15th!**

Come out to  
the next Bake  
Sale, October  
19th  
11:30-1:30pm

Thank you so  
much to  
everyone who  
came out to Ice  
& Bites, we will  
add SNAP  
points for that  
soon!

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

# Announcements & Upcoming Events!

This past month we had the privilege of hosting FNSA pre-convention on Sept 17th, 2022



**FNSA Pre-Convention** 🐻



# Announcements & Upcoming Events!



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

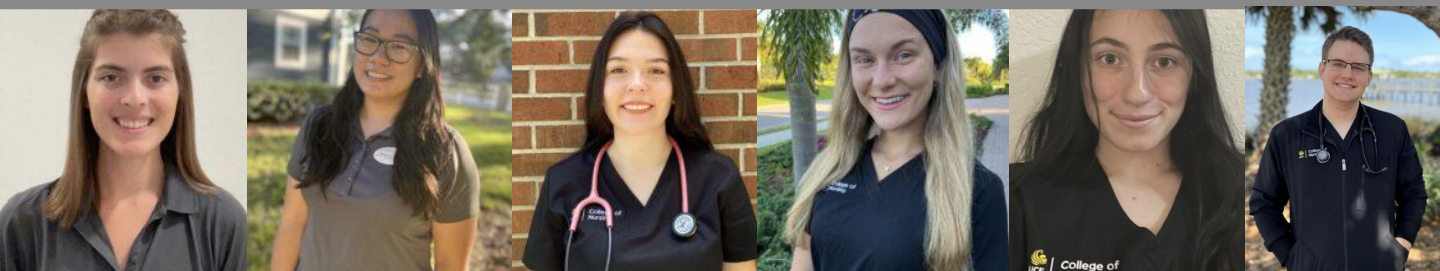
ucf sna url webmaster  
@gmail.com

Next General  
Meeting:

**October 26, 2022**  
**@1700**  
**Room 602**



# Contact Info for the 2022-23 SNA Board!



President	Kaitlyn Yu	ucfs opresident@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

