



# LIFELINE

## NEWSLETTER

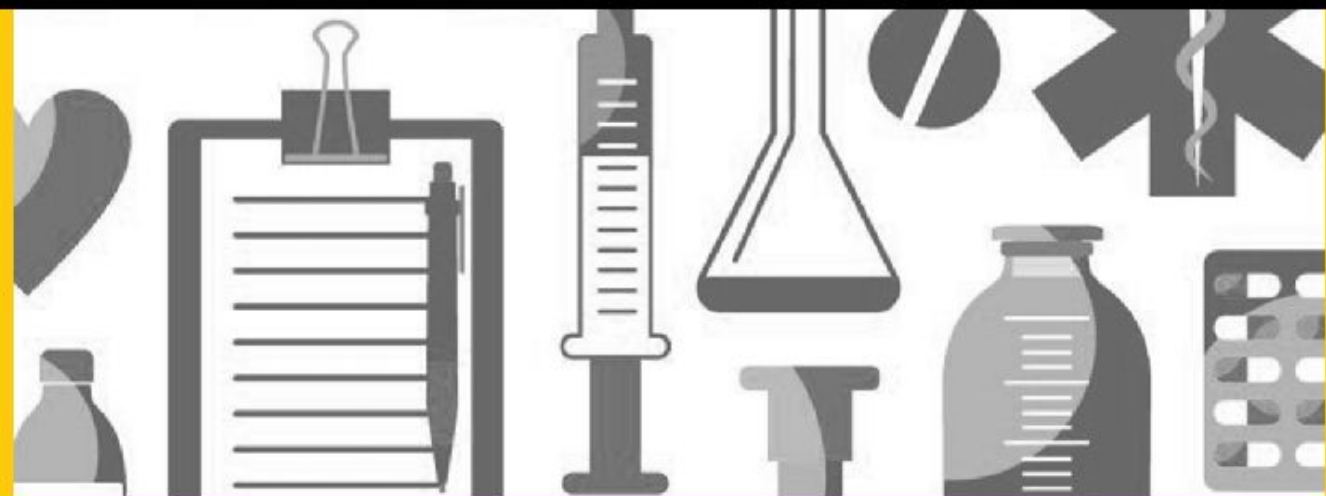


# STUDENT NURSES'

## ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



# Editor's Piece

**Nathan Moran**  
SNA Media Director,  
Traditional BSN '24



Hello everyone! My name is Nathan Moran, and I am the current SNA Media Director for the 2023-2024 academic year! My roles as the Media Director include updating the Instagram and Facebook SNA social media accounts, and managing our fantastic SNA website where I create and post this Lifeline Newsletter.

This month the chapter is sending 17 members to the Florida Nursing Students Association state convention in Lake Buena Vista. I am excited to help represent our chapter where we can hopefully achieve the prestigious Diamond Chapter award for the 8th year. For more information regarding the convention, take a look at the August edition of this newsletter and read the convention highlights in our next edition. The 72nd Annual National Student Nurses Association Convention will be Orlando, April 3rd-7th. Mark your calendars now! We'd love to see our chapter well represented.



**Congratulations to our new clubhouse director and elects!**

**A special thanks to our guest speakers from the Victim Service Organization of Orlando, who spoke about the career, sexual assault nurse examiners!**



Breakfast ideas for clinical mornings:  
3 fast, affordable and nutritious options

**Jessica Sayers**

SNA Breakthrough to Nursing Director  
Traditional BSN '24



We have all heard that breakfast is the most important meal of the day; this significantly applies for nursing students. Studies show that healthy eating habits not only provide energy, but a healthy breakfast can also prevent fatigue and brain fog.

Here are 3 quick and nutritionally beneficial breakfast ideas!

### Lenny & Larry's The Complete Cookie:

Plant based proteins are easier on the digestive system and this cookie is packed with 16 grams . In combination with 55 grams of carbs, this cookie is truly the complete breakfast for a quick clinical morning. Publix has a consistent sale, 2 cookies for \$4!



### Cascadian Farm Organic Peanut Dark Chocolate Chip Protein

This organic snack is often on sale at Publix as a buy one, get one free deal! Packed with 12 grams of protein, this is a perfect pre-clinical snack.



## Greek Yogurt

Last but not least, Greek yogurt is a light and vitamin rich breakfast option. Chobani is one of my favorite brands, available for as low as \$1.39 at Target.



## Conclusion

Clinical days are long and your body would definitely appreciate a nutritious snack that doesn't break the bank!

Tip: Publix lists their items on sale throughout their website. Before shopping, it's a good idea to look over some of the deals!

## References

Cascadian Farm. (2022a, October 10). Home • Cascadian Farm Organic • Always

Organic. Never Ordinary. Cascadian Farm Organic.

<https://www.cascadianfarm.com/>

Chobani Strawberry on the Bottom Nonfat Greek Yogurt - 5.3oz. (n.d.-a).

[https://www.target.com/p/chobani-strawberry-on-the-bottom-nonfat-greek-yogurt-5-3oz/-/A-13173302?ref=tgt\\_adv\\_xsp&AFID=google&fndsrc=tgtao&DFA=71700000108264730&CPNG=PLA\\_Dairy%2BFrozen%2BShopping\\_Local%7CDairy%2BFrozen\\_Ecomm\\_Food\\_Bev&adgroup=SC\\_Dairy%2BFrozen&LID=700000001170770pgs&LNM=PRODUCT\\_GROUP&network=g&device=c&location=9011804&targetid=pla-363033074084&gclid=EAlaIQobChMIwKqW3\\_GogQMVJOvjBx15ngOSEAQYASABEgLmqfD\\_BwE&gclsrc=aw.ds](https://www.target.com/p/chobani-strawberry-on-the-bottom-nonfat-greek-yogurt-5-3oz/-/A-13173302?ref=tgt_adv_xsp&AFID=google&fndsrc=tgtao&DFA=71700000108264730&CPNG=PLA_Dairy%2BFrozen%2BShopping_Local%7CDairy%2BFrozen_Ecomm_Food_Bev&adgroup=SC_Dairy%2BFrozen&LID=700000001170770pgs&LNM=PRODUCT_GROUP&network=g&device=c&location=9011804&targetid=pla-363033074084&gclid=EAlaIQobChMIwKqW3_GogQMVJOvjBx15ngOSEAQYASABEgLmqfD_BwE&gclsrc=aw.ds)

Mph, M. T. M. (2018a). What's a healthy breakfast? Harvard Health.

<https://www.health.harvard.edu/blog/whats-a-healthy-breakfast-20180913147>

## Fun Costumes for Halloween/Fall Festivities

### **Alyssa Torres**

SNA Vice President  
Traditional BSN '24



Whether you are boo'd up, flying solo, or want to share that team/family spirit, we have fun and unique costumes for you! Here are some fun and creative costumes you can try this Spooky Season!



## Singles Costumes:

### #1. Nurse Joker

No DC fan can forget the great Heath Ledger Nurse Joker! After all, he's a man with "simple taste."



### #2. Beetlejuice, Beetlejuice, Beetlejuice! (It's Showtime!)



## Singles Costumes (continued):

### #3. Knightro For the UCF Fans. Go Knights!



## Couples costumes:

### #1. Peter Pan and Wendy

We all wish we could have changed the ending; Peter losing Wendy. Do not fret, think happy thoughts instead and fly to Neverland!



**Couples costumes (continued):**

**#2. Knightro and Citronaut (The iconic UCF frenemies)**



**#3. Cosmo and Wanda (From Fairly Odd Parents)**

**When Timmy Turner is away, the Fairies will play! Enjoy a Timmy-free night out!**



## Team/Family Costumes:

### #1. Barbie Movies

Calling all Barbie fanatics. Each person could dress up as some of the iconic Barbie movie characters such as Rose from Island Princess, Elina from Fairytopia, Annika from Magic of Pegasus, etc.



### #2. Scooby-Doo Gang

You can never go wrong with the greatest mystery solving gang; or as some may call them, “meddling kids”. Scooby-Doo, Shaggy, Velma, Daphne, and Fred.



## Owner/Pet Costumes:

### #1. Jon and Garfield/Odie

Whether you're a cat lover or a dog person, Garfield has got both options. Dress up as Jon and bring your furry friends as Garfield or Odie.



### #2. Jack and Zero (From Nightmare Before Christmas)

Jack the Pumpkin King and his not-so-furry buddy Zero will forever rule over Halloween!



## References

FM, Flashback. (2020). The Dark Knight. YouTube.

<https://www.youtube.com/watch?v=c0EyFBPPuuY>

G., Coquin. (2020). Peter Pan. YouTube.

<https://www.youtube.com/watch?v=wuPvtkQ0r6Y&t=5s>

Garfield Wiki. (n.d.). Garfield and Friends. Fandom.

[https://garfield.fandom.com/wiki/Taste\\_Makes\\_Waist/Gallery](https://garfield.fandom.com/wiki/Taste_Makes_Waist/Gallery)

Movieclips. (2012). Beetlejuice. YouTube.

<https://www.youtube.com/watch?v=aDm4L7gjYNs>

Nickelodeon. (n.d.). Cosmo and Wanda from Fairly Odd Parents. Fandom.

[https://familyoddpairs.fandom.com/wiki/Cosmo\\_and\\_Wanda](https://familyoddpairs.fandom.com/wiki/Cosmo_and_Wanda)

Mansfieldartguy. (2009). Jack Skellington Pumpkin King. DeviantArt.

<https://www.deviantart.com/mansfieldartguy/art/jack-skellington-Pumpkin-king-147385957>

## References

Rozmajzl, Katerina. (2021). Dressing Up as Iconic Barbie Movies. TikTok.

[https://www.tiktok.com/@katerina.rozmajzl/video/7018706244840082694?is\\_from\\_webapp=1&sender\\_device=pc&web\\_id=7164535587782493742](https://www.tiktok.com/@katerina.rozmajzl/video/7018706244840082694?is_from_webapp=1&sender_device=pc&web_id=7164535587782493742)

Thespookyredhead. (2018). The Scooby-Doo Gang. The Spooky Red Head Blog.

<https://thespookyredhead.wordpress.com/2018/01/02/12-of-the-most-awesome-scooby-doo-animated-movies/>

UCFSports. (2022). UCF Football: Sights & Sounds from the 70-13 Space Game Blasting of Temple. YouTube.

[https://www.youtube.com/watch?app=desktop&v=\\_GzaBkKe4BI](https://www.youtube.com/watch?app=desktop&v=_GzaBkKe4BI)

Wilson, P. (2015). Knightro points toward the student section in Bright House

Networks Stadium. Central Florida Future. photograph.

<https://www.cincinnati.com/story/entertainment/2016/07/19/mascot-dance-of-f-challenge/87299184/>

## Top Fall Snacks to Try This Spooky Season

**Kiley Nicholson**

SNA Fundraising Director  
Traditional BSN '24



Spooky season is here!!! Are you as excited as me?! Some of my favorite things to do during the fall months are going to pumpkin patches, decorating for Halloween, watching Halloween movies, and eating spooky themed snacks! Here is a list of a few spooktacular Halloween-themed snacks you can make and share with friends while you do your favorite fall activities



## #1. Roasted Pumpkin seeds

Carving a pumpkin soon? No need to throw out those slimy seeds! They're actually quite tasty! Crunchy, salty, and addicting...you won't regret trying a recipe out. Click this link for the full recipe:

<https://www.jessicagavin.com/how-to-roast-pumpkin-seeds/>



## # 2. Chocolate chip pumpkin bread

This is the better version of pumpkin bread in my opinion. Try this fun twist on a fall favorite! Click this link for the full recipe:

<https://www.goodhousekeeping.com/food-recipes/easy/a33406715/pumpkin-chocolate-chip-bread-recipe/>



### #3. Ghost s'mores dip

S'mores dip but make it spooky...

Click the link below to try this ooey-goey goodness!

<https://www.delish.com/cooking/recipe-ideas/recipes/a55544/ghost-smores-recipe/>



### # 4. Creamy pumpkin pie dip

Another delicious sweet treat to share with your friends! This snack is a combo of sweet and tangy with the fall flavors of pumpkin pie spice.

Click the link below for this creamy snack:

<https://inspiredbycharm.com/creamy-pumpkin-dip/>



## Top 10 Spooky Movies to watch during Spooky Season

### **Trinity Eloriaga**

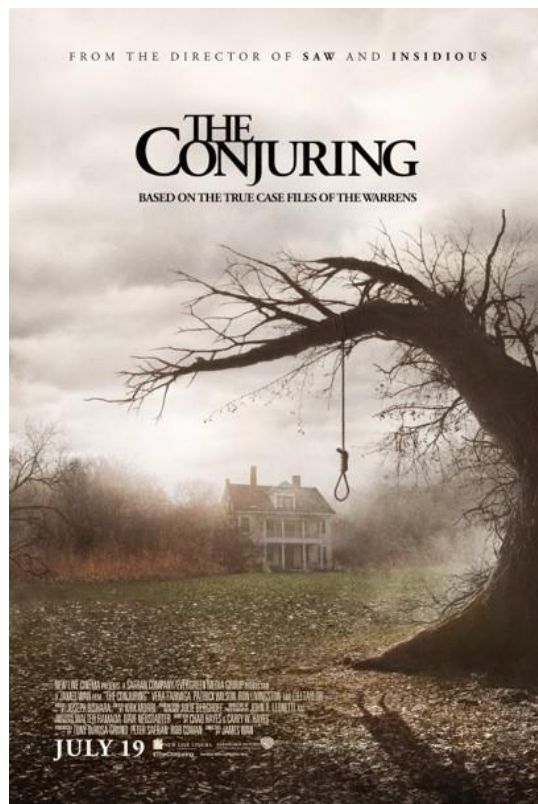
SNA Secretary  
Traditional BSN '24



October is the one month of the year where anything spooky, scary, and everything in between is accepted and it's all the rage. From trick-or-treating, corn mazes, pumpkin patches and haunted houses, such Halloween traditions are displayed in countless horror and spooky-themed movies. As a lover for Halloween and being a scary movie connoisseur, I have curated some of the top movies you have to watch in the month of October. The movies range from scary, to suspense, to old classics that are the founding fathers of this rich holiday.

## The Conjuring (2013)

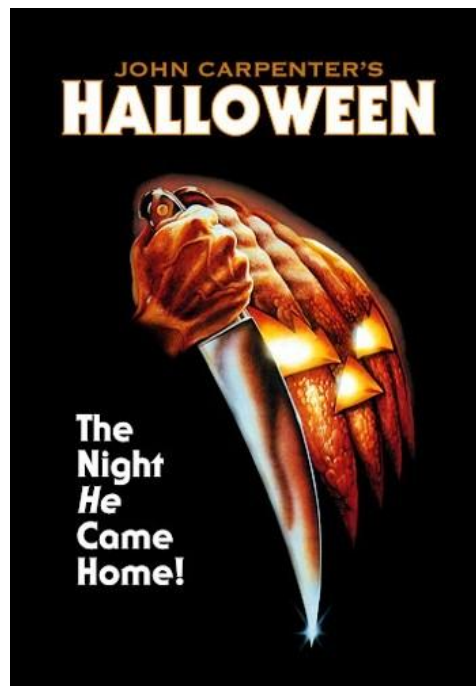
Director James Wan is world renown and known for being the co-creator of the Insidious franchise, SAW, and creator of The Conjuring Universe. The Conjuring is inspired by the paranormal investigators, Ed and Lorraine Warren's cases files regarding the 1970s Perron Family Haunting. Taking place in the 1970s, main character Carolyn Perron moves with her family and husband Roger to a farmhouse in Rhode Island where strange occurrences and voices occurred in an instant, resulting in a possession of the mother and haunting of the family. I recommend this movie and franchise as a whole to people who want to do a movie marathon with friends and enjoy suspense and horror that satanic hauntings can portray.



IMDb. (2023). *The conjuring*. <https://www.imdb.com/title/tt1457767/>

## Halloween (1978)

Halloween is a reputable horror movie that was immensely popular when it was released in 1978, and continues to be a favorite film this time of year. One of its infamous characters, Michael Myers, is an allusion to many when they think of a sadistic, evil, horror movie character. The movie takes place on Halloween Night 1963 when the antagonist, Michael Myers, slaughters his 6 year old sister Judith. From then, he was institutionalized at Smith's Grove Sanitarium for 15 years and later escapes to his hometown, Haddonfield, to kill yet again on Halloween night. Halloween is one of those legendary slasher films that will make you cling to your seat and be weary of your surroundings right after.



## The Nightmare Before Christmas (1993)

Released in the early 90s, *The Nightmare Before Christmas* has become one of the most influential animated classics of the holiday, created by Tim Burton himself. The style of animation is a stop-motion film, where the characters and setting are hand created and are filmed frame by frame to develop a seamless production of the characters being brought to life and moving on its own. The story takes place in Halloween Town, a town where they prepare for Halloween every day of their life. The main character Jack Skellington, the Pumpkin King in town, discovers a Christmas town, a town that prepares for the Christmas holiday 364 days of the year. Mesmerized by how different Christmas is different from Halloween, he sets out to bring Christmas to Halloween Town, which causes chaos for both holidays! From the catchy song breaks to the vibrant and whimsical motion picture, *The Nightmare Before Christmas* can be enjoyed with all age levels.



IMDb. (2023). *The nightmare before christmas*. <https://www.imdb.com/title/tt0107688/>.

## The Shining (1980)

Adapted from the book *The Shining* by the “King of Horror” Stephen King, the movie takes place in winter time in the Colorado mountains. Jack Torrance, an aspiring writer and recovering alcoholic, takes on a winter caretaker position at the Overlook Hotel. Torrance’s family joins him for this assignment. The manager of the hotel informed Jack that the previous caretaker of the hotel killed his family and himself in the very same hotel. I recommend the 1980 horror to those who appreciate psychological thrillers aside from gore and supernatural thrillers.



IMDb. (2023). *The shining*. <https://www.imdb.com/title/tt0081505/>

## The Addams Family (1991)

Adapted by the TV Cartoon The Addams Family, by Charles Addams, The Addams Family is loved by many and has been remade into a spinoff TV series Wednesday that came out in 2022, and an animated children's film adaption of TV Cartoon in 2019. The movie consists of the same characters we know and love: Morticia, Gomez, Wednesday, Pugsley, Thing and Lurch! Accountant, Tully Alford, and Loan Sharks, Abigail and Gordon (Originally Uncle Fester Addams), try to find a way to uncover the Addams wealth through using Gordon as a pawn to be seen as Gomez's long-lost brother, Fester Addams. This movie is a joy to watch and a tradition of mine to watch during this spooky season as I cannot simply cannot get enough of the mysterious and macabre family.

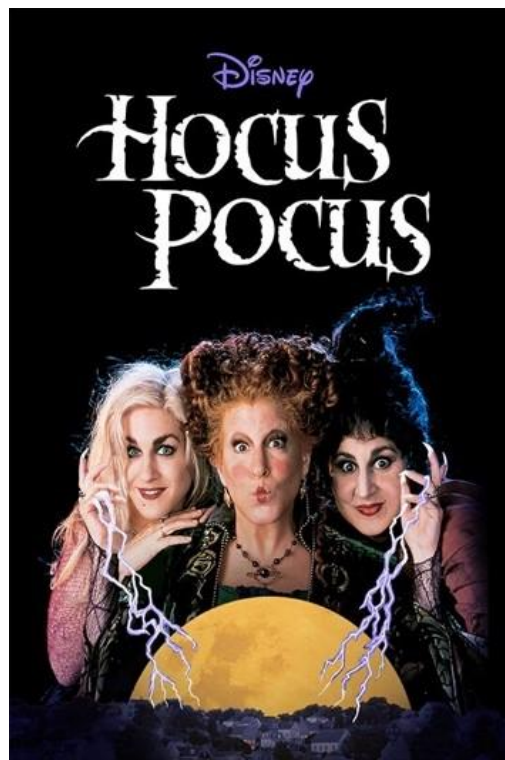


IMDb. (2023). *The addams family*. <https://www.imdb.com/title/tt0101272/>.



## **Hocus Pocus (1993)**

A Walt Disney Production, Hocus Pocus is another classic Halloween movie that continues to gain recognition to present day. It is a fantasy comedy film surrounded by brother and sister, Max and Dani in Salem, Massachusetts where they accidentally resurrect the infamous witch sisters, the Sanderson Sisters. The movie is jam packed with laughter, musical numbers, and suspense to try to break a curse the Sanderson sisters put on Binx, a black cat who once used to be a human and stop the witches from wreaking havoc in the Salem town.



IMDb. (2023). *Hocus pocus*. <https://www.imdb.com/title/tt0107120/>.

## Coraline (2009)

Based on the book *Coraline* by author Neil Gaiman, *Coraline* is yet another stop-motion film like *The Nightmare Before Christmas*. The movie is based on the protagonist Coraline Jones who has recently moved into an old house called the Pink Palace Apartments in Ashland, Oregon with her family and she feels bored as her parents are constantly working. She discovers an alternate universe through a tiny square door in her house that leads to people that look like her parents and give her the attention she desires. Of course, things are never what they seem and Coraline is on the mission to restore things how they used to be before she opened the door. I recommend this movie to anyone who appreciates chilling and suspenseful movie plots, and if you are someone reading this that adores *Coraline* as much as I do, I recommend reading the book as it is more chilling and much scarier than the film adaption!



## The Cabin in the Woods (2011)

The Cabin in the Woods is one of those horror movies that has a stereotypical plot set up with 5 friends going on a weekend vacation in a secluded cabin in the woods. They find old mysterious relics and the house has various quirks such as doors opening on its own, and creaking in areas where there's nowhere to be found. However, there is more that meets the eye and goes beyond the stereotype of horror movies that can only be experienced by watching it for yourself.



IMDb. (2023) *The cabin in the woods*. <https://www.imdb.com/title/tt1259521/>.

## Scary Godmother: Halloween Spooktakular (2003)

Adapted from the Scary Godmother book series from the late 90s – early 2000s by Jill Thompson, *Scary Godmother: Halloween Spooktakular* is a children's animated film, one to be a fever dream to most. It takes place with the main character Hannah Marie, a young girl and her Scary Godmother, a Witch, who takes her to Fright Side, a realm where all monsters reside to celebrate Halloween with a party! I would recommend this movie to individuals who want to participate in watching in scary movies, without the gore and frights, and is acceptable for little children to watch!

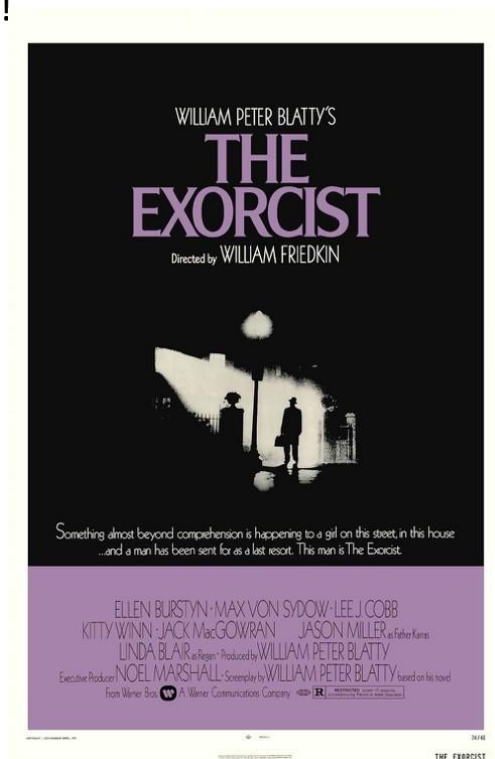


IMDb. (2023). *Scary godmother: Halloween spooktakular: Plot.*

[https://www.imdb.com/title/tt0330859/plotsummary/?ref=tt\\_ov\\_pl](https://www.imdb.com/title/tt0330859/plotsummary/?ref=tt_ov_pl).

## The Exorcist (1973)

Last but definitely not least on the list is the infamous The Exorcist. This movie paved the way for more movies being produced regarding exorcisms, possession, and hauntings. This movie is about a young girl being possessed by a satanic entity and her mother seeks help from two priests to save her life from the entity. Pretty self-explanatory, however, it still contains suspenseful events that adds to the horror that is loosely based on true events!



IMDb. (2023). *The exorcist*. <https://www.imdb.com/title/tt0070047/>.

# Announcements & Upcoming Events!



## October General Body Meeting Information



*SNA's October 2023*

# GENERAL MEETING

College of Nursing Room 602

**OCTOBER 25TH**

**AT 5PM**



Guest Speaker: Bryana Blanco  
Topic: ICU Nursing

NCLEX KAHOOT, PRIZES, & SNA POINTS!



**FREE  
FOOD!**



RSVP using  
the doodle  
link or scan  
the QR code:



Free for first  
time attendees  
and all SNA  
members

# Announcements & Upcoming Events!



**New Knight Nurse Merchandise available for Pre-Order**

A promotional graphic for Knight Nurse merchandise. The background is a yellow and white checkered pattern. On the left, a black t-shirt is displayed with a gold stethoscope and ECG graphic above the text 'KNIGHT NURSE'. A grey speech bubble next to it says '\$17'. To the right, a white paper with a black polka-dot top edge says 'SNA FALL KNIGHT NURSE PRE-ORDER!' in bold black letters. Below this, a black hoodie is shown with the same gold stethoscope and ECG graphic above 'KNIGHT NURSE'. A grey speech bubble next to it says '\$30'. At the bottom left is a QR code. At the bottom center, it says 'ORDER UNTIL OCT. 31ST!'. On the right side, there is a yellow pumpkin illustration and a yellow smiley face icon. The entire graphic is framed by a yellow border.

# Announcements & Upcoming Events!



**Come join SNA November 4th at the AHA Heart Walk located at UCF memory mall! Sign up using the QR code below**

A poster for the AHA Heart Walk. It has a dark brown background with a yellow border. At the top, it says "UCF SNA INVITES YOU TO THE". In the center, "AHA HEART WALK" is written in large, white, bold letters. Below that, it says "Wear comfortable shoes and a UCF shirt as we will be walking the 3 mile loop around campus". A white box contains the date "NOVEMBER 4" and "8-11AM". To the right of the box, it says "UCF MEMORY MALL", "Earn SNA points and support heart health!", "SIGN UP BELOW!", "OR", and "LINK IN BIO". At the bottom center is a QR code. The poster is decorated with illustrations of hands holding hearts and small red dots.



# Contact Info for the 2022-23 SNA Board!



President	Jamie Lanza	ucfsnaorlpresident@gmail.com
Vice President	Alyssa Torres	ucfsnaorlvicepresident@gmail.com
Secretary	Trinity Eloriaga	ucfsnaorlsecretary@gmail.com
Treasurer	Sam Garcia	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Julianna Silva	ucfsnaorlclubhouse@gmail.com
Historian	Alondra Bravo	ucfsnaorlhistorian@gmail.com
Legislative Director	Sarah Bell	ucfsnaorllegislative@gmail.com
Breakthrough to Nursing Director	Jessica Sayers	ucfsnaorlb2n@gmail.com
Media Director	Nathan Moran	ucfsnaorlwebmaster@gmail.com
Community Health Director	Jesse Bailey	ucfsnaorlcommunity@gmail.com
Fundraising Chair	Kiley Nicholson	ucfsnaorlfundraising@gmail.com
Accelerated Liaison	Shannon Carter	ucfsnaorlaccelliaison@gmail.com
Advisor	Dr. Brian Peach	Brian.Peach@ucf.edu
Advisor	Kate Dorminy	Kate.Dorminy@ucf.edu

## Social Media

Instagram: [snaucforlando](#)

Website: [snaucforlando.com](#)

Linktree: [SNAUCF](#)

