



LIFELINE

NEWSLETTER



STUDENT NURSES' ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



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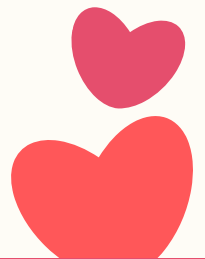
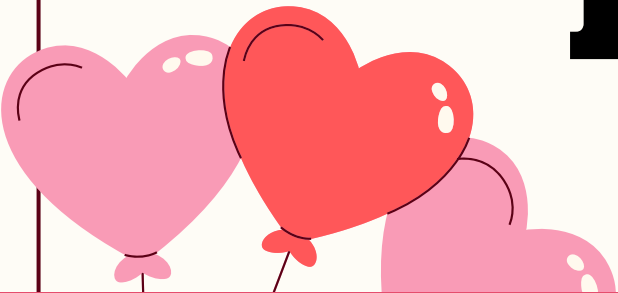
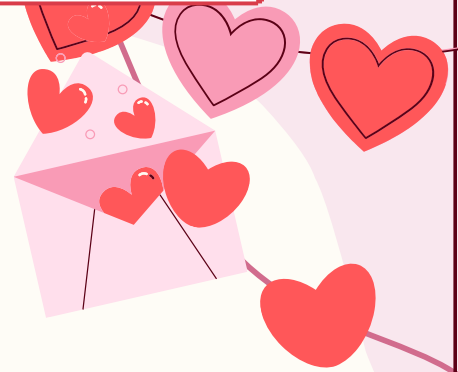
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EDITOR'S PIECE

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Hi everyone! My name is Ronica and I am the Social Media Director for the SNA chapter at UCF Orlando. As the Social Media Director, I continuously create and post for our social medias and website and bring our Lifeline Newsletter to life! I am so excited to share my creativity with all of you.

We've officially started the semester!!!

Feel free to reach out to me if you want to write an article, have suggestions, or if you have any questions at all!

Contact me: ucfsnaorlwebmaster@gmail.com

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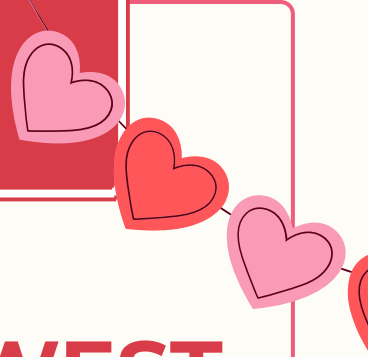
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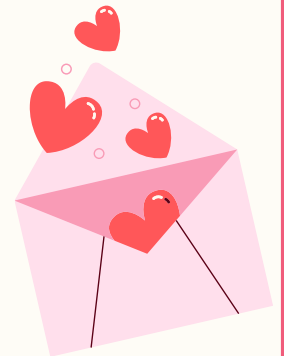
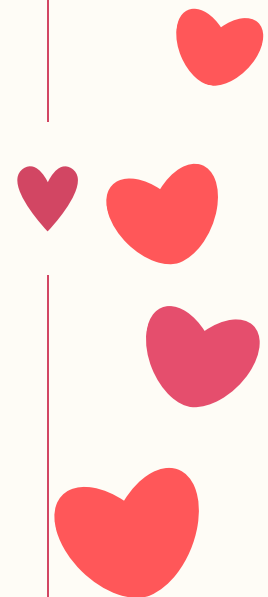
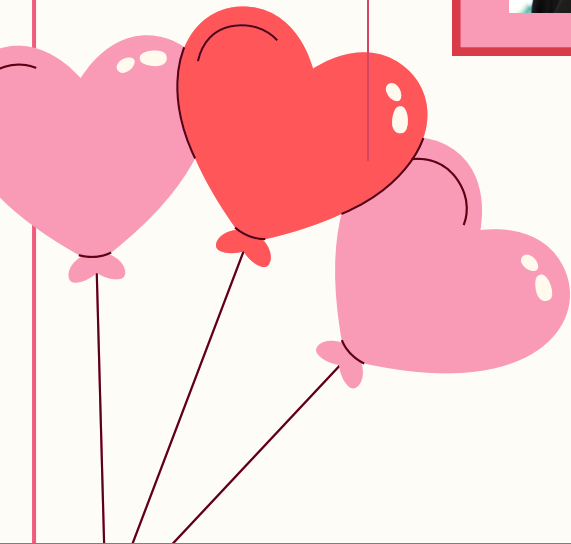


RONICA BUKASA
SNA SOCIAL MEDIA DIRECTOR
TRADITIONAL FALL BSN '26





GET TO KNOW YOUR NEWEST ADVISOR DR. FOLEY



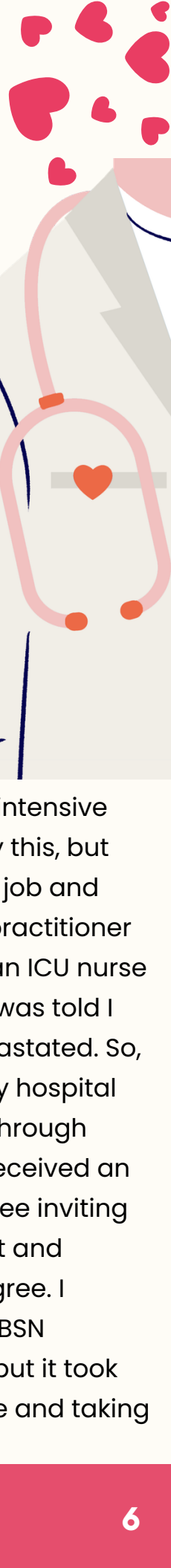
As I look back and reflect on my long nursing career, I am reminded of something one of my high school teachers, Sister Ursula, used to say about navigating life. She said, “God draws straight with crooked lines”. When she explained this, she said that we get to where we are meant to be, but often it is not a simple route. I believe I was meant to be a nurse educator, and I want to share with you a little of my history in nursing and how all the crooked lines got me to where I am today.

When I graduated from Boston College with my BSN, I began working on a surgical unit that specialized in gynecologic and urologic surgeries. What I loved about the job was patient teaching. As I gained clinical experience, I became a preceptor to new nurses joining the unit, and loved that too. After a few years, I left that hospital and worked as a travel nurse for a year. This was on my bucket list: to live in California, and then to spend a summer on Cape Cod in Massachusetts. I was able to achieve both goals. When I returned home, I felt there was more I could do than working at the bedside.



I went to the University of Massachusetts Lowell for my master's and earned a degree as a gerontological nurse practitioner. I wanted to spend time teaching my patients to manage their chronic illnesses and stay as healthy as possible. However, I did not enjoy that job and I didn't get to spend a lot of time with my patients. I had also just had my first child, and I did not want to work Monday through Friday 9a-5p.





I took a job as a Visiting Home Care nurse on weekends and loved that! I worked with patients in their own homes and provided so much teaching. During this time, I also worked one to two days a week as an adjunct nursing clinical instructor. I loved this because I was able to work with nursing students and help with their education. When my daughter was 4-years-old, I was approached by my old high school principal to help develop a school-nurse program for them. Never one to shy from a challenge, I agreed. While creating this role and then working as the school nurse, I was asked to teach biology to 9th graders. I said, "why not" and my love of teaching in the classroom began. I stayed in this role for 4 years and had 2 more children during that time. It was again too much to work Monday through Friday.



I decided to take a chance and applied to work in an intensive care unit at the local hospital. I had always wanted to try this, but was afraid I wouldn't be good or smart enough. I got the job and loved it! The knowledge and skills I learned in my nurse practitioner program helped me immensely in this role. I worked as an ICU nurse for almost 9 years and then I suffered a back injury and was told I would not be able to work bedside any longer. I was devastated. So, I took a job doing telephone triage in the evenings for my hospital and enjoyed the teaching of patients and talking them through their illnesses as well as their children's illnesses. I then received an email from the college where I earned my master's degree inviting me to attend a PhD in nursing information session. I went and learned I could become a nursing educator with this degree. I signed on and while in the program, I was able to teach BSN students. I had gotten to where I always felt I should be, but it took me almost 20 years to get there – 20 years of experience and taking chances.

While in the PhD program, I continued teaching clinical, but I was also teaching pathophysiology, nursing assessment, and fundamentals in the classroom and lab. In 2014, my family and I moved to Florida. I got a job at a college and was able to teach pathophysiology and pharmacology – my 2 favorite courses to teach! Each time I was asked to teach a new course, I said yes, even if it was something I did not feel ready for. I have taught research, nutrition, fundamentals, medical-surgical nursing, senior NCLEX preparation, and health care policy.



I believe I was led along the crooked lines to get to where I am today. I would not have had it any other way nor would I appreciate it as much. I took chances, challenged myself, and stayed open to possibilities. I had great mentors along the way and worked with many patients and so many students over the years. I have a job that I love and enjoy going to every day! How lucky am I?

LOVE LETTER TO KNIGH-THON HALEY KELLER



Hi Everyone!

My name is Haley and I am this year's Communications Manager for Knight-Thon 2025-2026. Miracle Network Dance Marathon, known by the name Knight-Thon at UCF, is a student-led movement supporting Children's Miracle Network Hospitals. All year long, we raise funds for kids at our local children's hospital. Donations stay local to ensure that all kids get the care they need.

UCF's local Children's Miracle Network Hospital is Orlando Health Arnold Palmer Hospital for Children. I currently work at Arnold Palmer Hospital and get to see the day to day impact made on these children and their families. The work Knight-Thon does shines throughout the hospital to help provide life-saving care to kids in need.



The following is a love letter I've written to Knight-Thon.

Dear Knight-Thon,

I don't know how to put into words everything you've given me, but I know my life is forever changed because of you. Over the past three years, my passion for Knight-Thon has grown in ways I never could have imagined. What started as a simple involvement turned into a calling, a community, and a constant reminder of my love for pediatrics.

Through you, I was introduced to Orlando Health Arnold Palmer Hospital for Children. It's not just a hospital, but as a place filled with courage, resilience, and miracles. Every story, every family, and every child reminded me that strength can exist in the smallest bodies and that compassion can be just as powerful as medicine. You connected me to families facing unimaginable challenges with bravery and grace, and through them, you showed me the true impact of showing up with heart. Attached are some photos of our local miracle children that I have had the privilege of getting to know and hear their stories over the past 3 years :)



Knight-Thon, you helped me discover and solidify my love for pediatric nursing. Seeing the direct impact that care, advocacy, and empathy have on children and their families made my future feel clear. Because of you, nursing is no longer just a career path. It is a purpose and belief that every child deserves a healthier, happier tomorrow.

This year our mission is to be the reason.

To be the reason that no child has to face their fight alone.

As I step into my final year with Knight-Thon, my heart feels fuller than ever. I am so grateful to spend this last year celebrating a cause I love so deeply. This year, I have the honor of leading a communications team bringing our events, stories, and mission to life. Being able to share the heart of Knight-Thon with others and help tell the stories that matter most has been one of the most meaningful experiences of my college journey.



Through this cause, I have met some of my best friends and people who have stood beside me through long nights, early mornings, and moments that tested and strengthened us. Together we showed up time and time again, because we believed in something bigger than ourselves.

Love,
Haley K



Scan to donate :)



Ivy's Coffee Corner

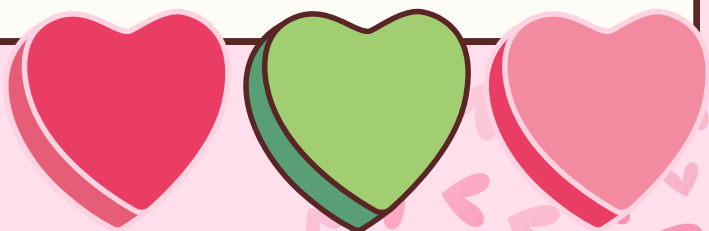


This year, my heart belongs to a cup of coffee that gets me through long lecture days. I like to call this a “hot” remix of the renowned Brown Sugar Shaken Espresso — because I only ever drink my coffee hot.

Here's how I order it:

- Drink: Brown Sugar Oatmilk Latte
- Espresso: Blonde espresso with an extra shot
- Special request: Have the cinnamon powder stirred or steamed into the milk

If you're looking for other fun twists on your favorites, stop by the Starbucks across the street! You'll find me in my black Coffee Master apron, ready to fuel your day.



MEXICO STUDY ABROAD

MARION JONES



I had the pleasure of going to Chiapas, Mexico with Dr. Sotos, Dr. Galura, and a group of amazing nursing students in 2025! I highly recommend this trip to any upcoming spring and fall cohorts. It completely broadened my perspective on nursing and what it means to be a good healthcare professional.

Nursing in Mexico:

Nursing school in Mexico is a little bit different from the United States. The nursing school we collaborated with, Instituto Superior de Estudios de Enfermeria del Estado de Chiapas (ISEECH), is located in an area with a high indigenous population. Along with learning the nursing process, students take two years of an indigenous language and learn many of the traditional practices of each community. The students also learn different methods of giving birth; they are trained to assist in standardized hospital births and in more traditional birthing methods.



Community Project: Oral Hygiene

All of the UCF nursing students and medical students in Universidad Autónoma de Chiapas (UNACH) were assigned to one of the following groups: prenatal care, breastfeeding, handwashing, nutrition, and oral hygiene. We went out to indigenous or underserved communities and presented, handed out free supplies, and offered resources for where to receive more care. Our group focused on educating children about the importance of good dental care, a very prevalent issue in the area of Mexico we were in!



There is so much more that I can get into--the amazing people we met, the great food we ate, and the sheer amount of cultural exchange. I learned so much from everyone on this trip, and I am so excited for the students who get to experience it this upcoming summer!



ANNOUNCEMENTS & UPCOMING EVENTS

**DM US ON INSTAGRAM
FOR OUR EXCLUSIVE
MERCH!**

Spring 2026 Events!
**General Board
Meetings**
2/24 5pm-7:30PM
3/11 5pm-7:30PM
4/27- 5m-7:30PM
NSNA CONVENTION -
4/8-11

**SAVE THE DATE
FOR THE NATIONAL
STUDENT NURSE
ASSOCIATION
(NSNA)
CONVENTION:**

**April 8, 2026 -
April 11 2026**

**This year it is being
held in Houston
Texas!**

**Happy second
month
of classes!**



CONTACT INFO FOR THE 25-26 SNA BOARD!



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Brianna Dattile

Vice President

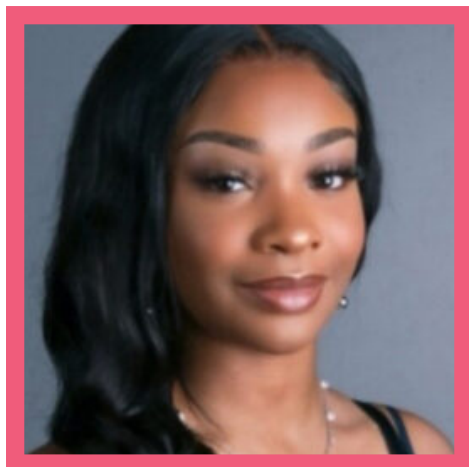
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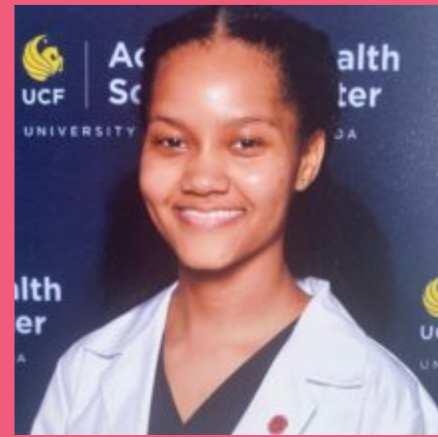
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