NEWSLETTER

November 2026

LIFELINE

MEMORIES • MILESTONES • MOMENTS



THE LATEST FOR UCF NURSING

Discover what's happening across UCF Nursing: SNA events and service projects to leadership opportunities, member achievements, and helpful resources designed to keep you connected and inspired.

Volume 18 Issue #2

BRADENTON, FLORIDA

FNSA ANNUAL CONVENTION 2026





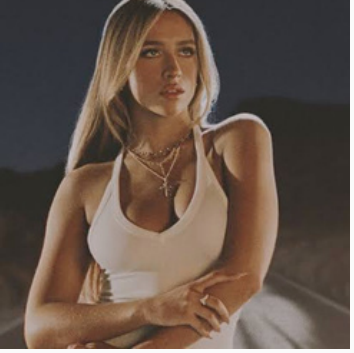


This October, UCF Student Nurses Association members traveled to Bradenton, Florida, for the 2026 Florida Nursing Students Association (FNSA) Annual Convention! Throughout the event, students connected with future nurses from across the state, attended inspiring presentations, and engaged in meaningful discussions about leadership, advocacy, and the future of nursing. From collaborating with fellow nursing students to celebrating chapter accomplishments, the convention was an unforgettable opportunity for professional growth, new friendships, and lasting memories!









ON REPEAT

What are UCF nursing students listening to?

Housewife
by Tate Mcrae
Rosa Snyder Fall '27



Space Invader
by Kaytranada
Ivy Yego Fall '27



Wonderwall
by Oasis
Violet Dobbs Fall '28



Butterflies
by Mac Miller
Kathy Nguyen Spring '27

Gold Medal Ribbon
by Pierce the Veil
Angelia Salazar Fall '27



K-POP
by Travis Scott
Lei Cruise ABSN '27

BRADENTON, FLORIDA

FNSA AWARDS AND RECOGNITION



The SNA board proudly won the Diamond Chapter Award, recognizing excellence in leadership, service, and professional development.



Lucy passed her resolution in support of standardized educator and school personnel competency in pediatric type 1 diabetes recognition and management.



Hallie (Left) was elected FNSA Treasurer
&
Angelia (Right) was elected West Central Regional Coordinator.

FNSA SCHOLARSHIP WINNERS



HALLIE SCHROEDER



LUCY BISCEGILA



ANGELIA SALAZAR



SAMANTHA BOLES

TWO GENOMES, ONE PATIENT

ALLOGENEIC TRANSPLANTATION IN MARGINAL ZONE LYMPHOMA

My dad has two sets of DNA. The blood in his veins came from a 23-year-old man in Germany he has never met, while the rest of his body and organs are still his own. In 2015, his blood type changed from A+ to B+, and his case was written into medical literature. As a nursing student who was originally inspired by him, I wanted to understand the science behind what my family lived through.

AN INDOLENT CANCER

In 2008, my dad's annual physical exam labwork showed his platelets were low. Repeat labs and a bone marrow biopsy confirmed a diagnosis of marginal zone lymphoma (MZL), which is a rare type of B-cell Non-Hodgkins Lymphoma. MZL is indolent, meaning slow growing, which is great for giving patients time but also makes it very hard to cure. At the time of his diagnosis, his was considered incurable.

At the time, a bone marrow transplant was not even on the table. There was almost no history of using it for MZL, and his doctors could only tell him that, as transplant science advanced, it has a chance of being an option someday. So in a strange way, the slow pace of his cancer is what saved him. It bought him enough time for the science to catch up.

For about 7 years, he was cycled on and off a chemotherapy regimen called R-CHOP, with a drug called rituximab as the constant. Rituximab is a monoclonal antibody that targets CD20, a protein on B cells, so it attacks the lymphoma with fewer side effects than traditional chemotherapy. The other medications in this regimen were Cyclophosphamide which damages cancer cell DNA, Hydroxydaunomycin which blocks cell growth, Vincristine which stops cancer from dividing, and Prednisone which reduces inflammation and immune response.

"This treatment plan and the growth rate is what gave me so much time before I had to transplant."

-DARREN OGDEN

Eventually, the lymphoma progressed about 30% involvement of his bone marrow to over 94%, and the treatment stopped working.



87 DAYS AT MOFFITT

In June 2015, my dad was admitted to Moffitt Cancer Center in Tampa for an allogeneic, or donor, stem cell transplant. Because his own marrow was the source of the cancer, the goal was to replace his immune system with a healthy donor's that could destroy the remaining lymphoma. He was the 2nd ever person to undergo a transplant for MZL, the 1st not having survived. There was very little data to guide his care.

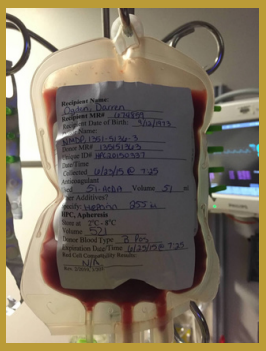
He started with four days of high-dose of chemotherapy, followed by three days of rest. One of the medications used to level his old immune system was called Melphalan, which is chemically linear to mustard gas. In this therapy he had to use oral cryotherapy to prevent sores in his mucosa.

His donor was a perfect 10 point match found through the international registry. A medical courier transported the cells from Frankfurt, Germany hand delivring them to Tampa, Florida. Before the conditioning began,

my dad signed consent acknowledging he could not survive if there was any complications with the delivery of these cells. On June 19th, the transplant itself was a single IV bag.

"For so much talk about the day of the transplant, the transplant itself is nothing."

-DARREN OGDEN





The first week after was the hardest. With his blood counts all leveled at zero, his body couldn't repair the lining of his oral mucosa and stomach, leaving sores from top to bottom until the donor cells engrafted. After a readmission for a rare spirochete blood infection, he finally came home after 87 days.



TWO GENOMES

When he was discharged he was on 41 medications, including an immunosuppressant and a combination of drugs to prevent graft-versus host disease while still letting the donor cells kill the cancer. He only had mild skin and GI involvement. When the medication stopped, he turned out to be a 100% donor. Every blood cell he makes now comes from his donor, which is why his blood type changed.

THE "LAZY" B CELL

After the transplant, my dad started on rituximab again to support his B cells. This time instead of helping, the rituximab caused his new B cells to stop making antibodies. He initially started IVIG treatment every 3 weeks, and his case was documented as a caution for further MZL transplants.

Research since then has shown that rituximab after a transplant can cause an antibody deficiency indefinitely, even when the B cells themselves are well differentiated. After a transplant, the immune system is rebuilding itself from scratch, to the degree where you even need a full cycle of childhood immunizations since the adaptive immunological memory was a part of the old immune system.

The cause of this inoperable B cell is still debated. In some cases, the B cells returned in numbers but stayed in an immature stage, with no observable defect that should impair them from doing work. This description matches my dad's immune system.

Today, his trough IgG level is around 450 (700-1,400 being normal), and he needs IVIG only every 3.5 months. His doctors have classified him as cancer free, not just in remission, because the immune system that once made the cancer no longer exists.

WHAT PATIENTS REMEMBER ABOUT THE NURSES

"It was almost the human aspect of it more than the medical aspect of it"

"The nurses I remember were the ones that gave that extra touch of just standing there or being there. If you weren't feeling well, to just sit there and talk to you. That was not their job, but its what made the biggest difference"

-DARREN OGDEN

His nurses managed at one point 21 pumps, dozens of IV lines, protected him from infection, and cleaned him up on his worst days. But over 10 years later, what he remembers is the nurse who always stayed to talk for an extra minute to talk or put a hand on his shoulder. As a nurse tech in the ICU, his story reminds me that skill and presence are not separate jobs. Patients need both, and what they remember is the ladder.



10 YEAR ANNIVERSARY

FACULTY SPOTLIGHT

BEYOND THE CLASSROOM

GETTING TO KNOW DR. BINDING



With more than 14 years of clinical and academic experience, Dr. Hannah Binding brings her passion for nursing education and emergency care to UCF. Beyond teaching, there is a personal side students may not know.

01

IF YOU WEREN'T IN NURSING, WHAT CAREER WOULD YOU HAVE PURSUED?

I would have loved to open my own bakery specializing in specialty cakes.

02

WHAT'S ONE FUN FACT ABOUT YOU THAT ISN'T ON YOUR FACULTY BIO?

I was homeschooled from grades 2–12, have five siblings, and I am the first in my family to earn a college degree.

03

WHAT'S SOMETHING STUDENTS WOULD BE SURPRISED TO LEARN ABOUT YOU?

I am very introverted outside of the classroom and actually very quiet and keep to myself.

04

WHAT'S YOUR FAVORITE TOPIC TO TEACH?

I really love teaching cardiac and trauma.

05

WHAT'S YOUR FAVORITE WAY TO SPEND A DAY OFF?

I love going to little boutiques and window shopping with my family in sweater weather and finding a good cookie shop!

THIS OR THAT

WITH ISABELLE AZAMBUJA ABSN '27

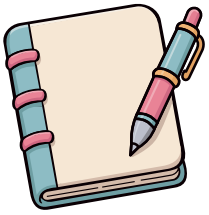


ICED COFFEE **OR** ENERGY DRINK





TYPED NOTES **OR** WRITTEN NOTES





MED SURG **OR** PEDIATRICS



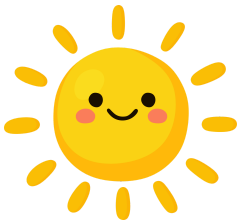


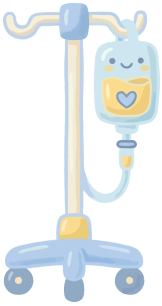
CLINICALS **OR** SIM LAB



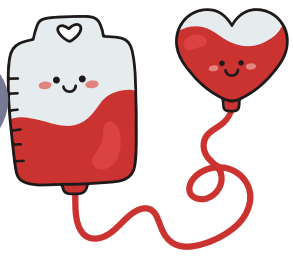


NIGHT SHIFT **OR** DAY SHIFT





IV START **OR** BLOOD DRAW



Life After Nursing School





As someone who graduated nursing school in May 2025, time has flown by. I started as a new grad nurse on labor and delivery in June 2026, right after passing my NCLEX and trained for 4 months. I remember coming off training and being extremely nervous. After working side by side with another nurse for months, I feel confident enough to be on my own. Starting as a new nurse and on a speciality unit was a huge learning curve. However, with the support of other nurses, I was able to succeed and continue to learn and grow as a nurse.

My biggest advice to those who will be starting as new nurses soon would be to trust yourself. Whether you are about to graduate and take your NCLEX, or if you starting on a unit soon, trust in your skills and what you have learned. You are more capable than you think. Looking back at myself, this time last year, I am so proud at the confidence and skills I have built and am continuing to build. Never stop asking questions and continue to learn every day. It can be so scary, but it is so worth it.

Chelsea Costa
Fall '25

NURSING SCHOOL BINGO

HOW MANY OF THESE CAN YOU CHECK OFF?

B	I	N	G	O
Cried after an exam	Survived a 12+ hour clinical	Said "I'm going to fail" and passed	Practiced assessments on friends	Had caffeine for breakfast
Forgot your stethoscope	Studied until 2 AM	Had a patient call you the nurse	Worn scrubs all day	Explained medical terms to family
Advocated for a patient	Questioned your career choice	FREE SPACE	Celebrated passing a skills checkoff	Had a clinical at 6 AM
Made 100+ flashcards	Had an instructor say "It's on the NCLEX"	Forgot what day it was	Got excited about a successful IV	Had a patient make your day
Survived a group project	Met your best friend in nursing school	Practiced a skill on a mannequin	Used an acronym to memorize something	Said "I can't, I have clinical"

A LETTER TO FIRST SEMESTER ME

Angelia Salazar Fall '27







"I would tell myself to always remember the "why" behind my ambition and journey in nursing. It can be easy to feel discouraged or overwhelmed by school and working full-time. When motivation fades, remembering the purpose and passion behind your "why" can help you push through more than you know. Never be too hard on yourself because, like many others before you, you are not alone in this journey. Do not judge yourself too harshly just because you feel like you are "behind." Everyone has their own pace, and growth does not always happen as quickly as you expect.

Lastly, have fun and take care of yourself! School is important, yes, but taking care of yourself should be just as much of a priority as opening a textbook. It is easy to get caught up in assignments, exams, and responsibilities that you forget to make time for yourself. Remember that you cannot take care of others if you do not take care of yourself first.

Always be proud of how far you have come, even when the progress feels small. Cherish the friends you make and the memories you create along the way, because those are the moments you will look back on most. One day, you will look back at this version of yourself and realize just how much you have grown, not only as a nursing student but also as a person."

Board Members



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Advisors



Brian Peach



Kate Dorminy

UPCOMING EVENTS FOR SNA

MARK YOUR CALENDARS, KNIGHTS!

November is filled with opportunities to get involved, give back to our community, and connect with fellow nursing students. From volunteer events and fundraising to educational sessions and our general board meeting, there's something for everyone. Check out what's coming up and join us!



Trunk or Treat with the VA

- Sunday, October 25, 2026
- 9:30 AM – 5:30 PM
- Orlando VA Healthcare System
  13800 Veterans Way, Orlando, FL 32827



Sweat for a Cause

- Saturday, November 7, 2026
- 1:00 PM
- Orangetheory Fitness Waterford
  12301 Lake Underhill Rd, Orlando, FL 32828
- $12 per participant



Heart Walk

- Saturday, November 7, 2026
- Event Opens 7:30 AM | Walk Begins 9:00 AM
- Memory Mall, UCF
  Orlando, FL 32816
- 1-mile or 2.5-mile walk (route options)



Labor & Delivery Q&A Series

- Wednesday, November 4 & 18, 2026
- 5:00 PM (EST)
- Microsoft Teams
- 1 SNA point per session



Salvation Army Donation Drive

- October 26 – November 16, 2026
- Drop-off location: Downstairs near the vending machines at the College of Nursing.
- 3 donated items = 1 point
  6 donated items = 2 points

SNA GENERAL BODY MEETING

- Wednesday, November 18, 2026
- 6:30 PM
- College of Nursing (CON)

All members are encouraged to attend! This is a great opportunity to stay informed, get involved, and share your ideas.

A NOTE FROM THE EDITOR

FINDING PURPOSE BEYOND THE CLASSROOM

Nursing school has taught me so much beyond textbooks, exams, and clinical rotations. Some of my favorite lessons have come from the people I've met and the opportunities I've embraced.

Attending the Florida Nursing Students Association Convention reminded me why leadership, advocacy, and connection matter. I left inspired by the nursing students and healthcare leaders I met along the way.

Through SNA, I've seen how our Knight Nurses support one another, celebrate achievements, and give back to the community. My hope is that Lifeline continues to share those moments and the people behind them.

Thank you for being part of our nursing community. Here's to another month of learning, growing, and making memories together!









Charge On!

SAMANTHA BOLES

SNA SOCIAL MEDIA DIRECTOR

Have a story or accomplishment to share? Email us for a chance to be in the next Lifeline!

ucfsnaorlwebmaster@gmail.com

Instagram: @snaucforlando

Linktree: linktr.ee/UCFSNA

Website: snaucforlando.com

Facebook: The Student Nurses Association: UCF - Orlando