

SNO Flurry

Student Nurses' Organization



Riverside City College Student Nurses' Organization Newsletter

September/October 2009

Message from the Dean

Welcome and welcome back to all our wonderful students! On behalf of the faculty and staff I would like to commend you for choosing the RCC School of Nursing as your nursing program. It is your first step towards a rewarding lifetime career as a professional nurse!



You are entering a banner year for our program, as October 29th will mark the official Ground-Breaking Ceremony for our new School of Nursing building! This building, designed by the RCC faculty to bring our programs into the 21st century, will triple our available square footage and include a state-of-the-art virtual hospital for students to perfect their clinical skills. Although you students may never take a class in one of its rooms, you may come back to RCC to take classes toward a Baccalaureate or Master's degree or even to teach here someday!

As we are preparing to enter our new building, the faculty are also looking at our first major curriculum change in almost 30 years! We are considering ways to make our programs more contemporary, accessible, student-centered, and even more concise! We will be seeking your input as we get closer to a final product, so stay tuned! Please make sure your semester level has representation on our nursing committees, so your voice is heard. October 19 at 9am in LS208 is the Dean's Council, an opportunity for you to provide me with honest and confidential feedback about our programs. Please plan to attend!

Use all your resources to achieve success, and it will be yours! Have a wonderful semester!

Sandy Baker, DNP, CNE
Dean, School of Nursing

Message from the Associate Dean/MEC

Greetings from the March Education Center!

It is fall again and we are welcoming many new Nursing 1, 2, 3, and LVN students! We are happy that you have chosen to pursue your nursing education here at RCC! We know that you will learn all you need to know and provide the best, quality care for your patients and families. Welcome back to all our returning students who are continuing along their journey. Hope you all had a fun and restful summer and were able to recharge those batteries!

This fall, the RCCD School of Nursing admitted our largest Nursing 1 class in the history of our program, with 60 students on the Riverside campus and 40 students at MEC. We are facing some challenges, but you are all worth it!

We have many resources to assist in your success, and we hope that you will take advantage of all we have to offer you in the way of remediation, simulation, MLK and library! (Don't forget to use ATI products and services as they are invaluable in your learning and

retention of nursing knowledge.) We also began the use of Supply kits this semester, and hope that this new addition will enable you to practice with those supplies when it is convenient.

Our MEC Back to School Event was held Saturday, Oct. 3, 1130-100. We hope many of our students and families attended and enjoyed this fun event!

Stay focused, study frequently, surround yourselves with supportive, respectful people, and you will reach your goals!

Have the best semester ever!

Dr. Lisa Howard, Faculty and Staff
The March Education Center

Message from the ADN Chair

Hello Everyone,

I bring you greetings from NLN Summit which was held this year in Philadelphia, PA. What a beautiful city of “Brotherly Love and Sisterly Affection”, as the mayor of the city so aptly stated at the Summit.

If you are new to the nursing programs at Riverside City College, then I welcome you to the most wonderful school of nursing in the country! If you are a continuing student then welcome back! You will all benefit from the wonderful opportunities that this school and this faculty have to provide. Take advantage of them! Learn for the sake of learning and grow in your knowledge!

After attending the NLN Summit, I return to the college renewed, re-energized, and challenged to meet the needs of our profession. Nursing is a blended profession of caring and integrity which is embedded on a scientific foundation. In order to change practice for optimal patient care outcomes and advance our profession we must work together on strategies to accomplish our goals. This is why we must be collaborative and caring with others in our profession to achieve better outcomes.

I hope you have a wonderful, productive semester filled with both challenges and triumphs. You have a wonderful support system at this college. First and foremost, your faculty are here to support and guide you on your professional journey. Look to them as professional role models of the caring spirit of nursing. I am also available as the ADN Department Chair to lend an ear and help support you on your way. We have wonderful staff members in the Department to help keep you on administrative task. And finally, we have our Dean and Associate Dean who are committed to your success.

Let me know if I can assist you in any way. Keep your eye on the prize and enjoy the journey!

Tammy Vant Hul, MSN, ANCP
Assistant Department Chair, ADN Program

GREETINGS FROM THE VN PROGRAM

Message from the Vocational Nursing Assistant Chair

Welcome to all of our new and returning students. The VN faculty wishes everyone a productive and enriching semester. The VN students are busy performing well in the clinical setting and college lab. Skills to date include hand hygiene, body mechanics, repositioning patients, range of motion, bedmaking, bathing, vital signs, feeding and monitoring intake and output. Whew and this is just the beginning of the semester.

The classrooms and skills labs are busy as students pursue their dreams and desires for becoming a nurse. Whether your individual path begins in the VN program or the ADN program, following your dreams places each of you on the path to self-actualization. There are many resources available including your faculty, NERS, and SOS. As you seek to reach your individual goals, many of you will form new friendships as your classmates and study partners become more like family members. Remember, if something comes to life in others because of you, then you have made an approach to immortality (Norman Cousins, 1915-1990, American writer).

Many of your faculty members are proud graduates of the VN and ADN program here at Riverside City College School of Nursing. This is an excellent example of promoting excellence within while growing our own nurses and future nurse educators for the community we serve.

As we enter into the cooler days of fall, the VN team is wishing all students and faculty a great semester.

Sincerely,
Kimberly Reimer, MSN, FNP
Nursing Assistant Chair VN Program

VN Class

Stay Tuned—Officers just elected.

Nursing 1 (City Campus)

Congratulations and welcome to all the LVN and Nursing 1 students, and welcome back to Nursing 2, 3 and 4. I know I speak for many (if not all) of my classmates when I say, "Whew, We're so excited to be here! and we are holding on to our seats!" We would also like to say a collective thank you to our big brothers and sisters who have shown patience and kindness, not to mention much appreciated words of encouragement to us newbies. A special thank you also goes to our Nursing 1 instructors who have guided us through these first intimidating weeks while displaying confidence and support.

We are looking forward to an amazing semester with many events already on the calendar. Thank you to all of the students who attended the Back to School Event Saturday September 19th. It's wonderful to get our families involved in our campus activities. We will have another opportunity to do just that with our Halloween Town Celebration on Friday October 30th from 6-8 pm. This year the theme is "Children's Fantasy Castle" and SNO has agreed on the theme of "SNO White's Castle" for our door in the Quad. Mark your calendar, and bring the special kids in your life for an evening of fun and safe trick-or-treating.

Excitement is also building for the CNSA and NSNA conferences being held in October. These meetings are wonderful opportunities for students to come together and learn while networking with other nursing students and professionals from around the state and country.

I would also like to thank everyone who was involved in the Blood Drive on October 6th. Since we are in the business of saving lives, this was an excellent chance to do just that! If you only invest your time in one activity this semester, I thank you for considering this one.

Once again congratulations to all of the LVN and Nursing 1 students. Good luck to each and every one of us, and remember to have fun along the way.

Sincerely,
Cristina A Boctor
Nursing 1 Class President City Campus

Nursing 1 (March Education Center)

Hello, my name is Cathy Cortes. I am the President of Nursing 1 at MEC.

On behalf of our class, I would like to say we are very excited to be part of this years grant fund that has allowed many more students the opportunity to fulfill their dreams of becoming a nurse.

A few weeks ago we attended our first SNO meeting (The Welcome Tea). We had a fun time and it was nice to meet faculty and other students. We appreciated the staff's kind words and encouragement. It definitely boosted our ego's. We enjoyed our Back to School Event on October 3rd at MEC. It was a nice opportunity for our family and friends to visit MEC. I can't believe two months of school has gone by already. Good luck to everyone and study, study, study!

Cathy Cortes
Nursing 1 Class President, MEC

Nursing 2 (City Campus)

Whew! What a start! Nursing 2 has hit the ground running this semester. We have already taken our first test and are starting to prepare for the next one. O.B., Med. Surg., and Peds. have been an amazing experience for the class. For those of us witnessing a birth in O.B., the experience will never be forgotten, it truly is a miracle. Med Surg. has provided us with even more experience with the ever-growing baby boomer population and forced us to expand on our knowledge from Nursing 1. Peds. has been fun, entertaining, and of course very educational. So far, although we are exhausted, we can say we're starting to feel a little more like "Real Nurses" now.

We want to say an extra special thank you to the Nursing staff and all of the Instructors. We know that you are all working extra hard this semester to help cover the loss of one instructor, and Mrs. Indermuehle's illness. We appreciate your efforts and know that you're all doing a fine job!

Mrs. Indermuehle, we miss you and wish you a speedy recovery. We're all wondering how you're doing laid up in bed with the possibility of a nursing student being assigned to you..haha!
WOW!

Keep up the great work!
Nicole Figueiredo
Nursing 2 Class President, City Campus

Nursing 2 (March Education Center)

Welcome back my Nursing 2 classmates! Summer was a well-needed break to get a little R&R and catch up with our forgotten friends and families. And now can you believe we are already over one month into our second semester??!! With the start of this new semester we received three new classmates. So let's give a big welcome to Ashley Yoder, Nora Garay and Melannie Mason.

In just one short month we have adapted to faculty changes, knocked out our first exam, learned four new block lab competencies right along side our fellow N2 City campus classmates,

and are already on our second clinical rotation. WHEW!! Thankfully the strong foundation N1 was so diligent in laying down was there to get us through it all (Shout out to Mrs. Reimer and Mrs. Vermillion... We love you and Thank you!). The first month was very different from day one, but things are starting to settle in and the new pace is becoming the new norm. Hang in there guys and gals... We are all flexible nurses that can handle any challenge thrown our way. I mean we can even silence beeping IV machines; change out IV bags, pack and change wound dressings, and assist in delivering babies!!! We are practically full-blown nurses now!! Ok maybe not. But we are certainly more competent and confident than last semester, and that's huge.

Lastly I want to send our thoughts and prayers from the MEC campus to Mrs. Indermuehle and her family. It is "All about YOU" now missy and you better take it easy and get well soon!! We miss you!!

Stay focused and driven N2, the semester is just starting!! Si se puede!!

Balinda Ballinger

Nursing 2 Class President, MEC

Nursing 3 (City Campus)

School supplies check, books check, uniform check, name badge check, Okay where are my keys.... Ok, found them. I think I am ready for Nursing 3, I hope...

Well we made it through Nursing 2 and are now on to Nursing 3, didn't that year go by fast--one down, one more year to go. Our vacation was nice and long, we had a lot to do. We were able to catch up on much needed sleep even though some of us had nightmares of Med math, care plans and Foleys haunting us in our dreams. We were able to spend time with our families and friends who were beginning to put up "missing" and "have you seen" posters up throughout Riverside County. Some of us were able to go on trips within or out of state. Some of the students went back to work to get some much needed extra money and some stayed in school, either way it was much needed and gave our brains a break and now we are ready for the semester to begin.

As we venture into Nursing 3 we all look back from time to time at the great times we have all had in Nursing 1 and Nursing 2. I would like to thank the instructors from Nursing 1 and Nursing 2 for getting us to where we are today. Without their dedication and knowledge we would not be sitting here today. We have made friendships that will last a lifetime. This semester like the previous two, we hit it full throttle for the first two weeks I might already need another vacation to catch up on the sleep I was missing, but we all made it through and even added some advanced placement students, Welcome. Now we are soaking up as much information about GI and psychiatric patients. For the students that are in their psych rotations we are trying our best to use the therapeutic communications that we learned way back in Nursing one, and have learned that some of the responses from psych patients can be pretty funny. All I have to say is chemical lobotomy. For the students doing their Med Surg rotations, well you got to be the first guinea pigs and finally got to start IV's. You came back to class and showed everyone your badges of honor; some of you had more than one. We also found that the tests have gotten a bit harder so we will be hitting the books a little harder. Last I would like to thank the Nursing 3 staff for sharing their wealth of knowledge and skills with us.

Zac Saxton

N3 Class President, City Campus

Nursing 3 (March Education Center)

6 weeks down and only 10 to go!!!

I keep hearing these kinds of countdowns and I cannot believe we are done with the first rotation. We all survived N2 and are now N3! (YAY)



I wanted to once again take a second and WELCOME our ten new 20/20 students into our little MEC family. I hope you are enjoying finding parking with no problems, not having to walk a mile to get to class when you are "running late" and being able to use 1 of 2 microwaves without having to share them with hundreds of other people on campus. We are all very happy to have you guys with us!

So, Is everyone ready for your Psych rotation or has Mr. M scared everyone to death with his stories? My group is done and speaking for myself... It wasn't so bad. It can actually be really fun and interesting if you just get out there and talk to your patients. You can learn A LOT from them. BUT- be safe... our safety IS the # 1 priority... I can't wait to hear all of your interesting stories and experiences. Most of you have already done your first blood draw, started an IV, and hung lots of piggybacks. CONGRATS! We are finally starting to feel like "we are the nurse"

Keep up the good work and keep studying for those tests! If you ever feel down or feel that the end is never coming, just remember that the biggest countdown and the most exciting one is coming soon enough... we were N1 a year ago and look how fast the time has passed!

1 year down and ONLY 8 months left!

Liz Martinez-Ibarra
N3, MEC, President

PSYCHIATRIC HOTLINE

The telephone rings and an answering machine answers... "Welcome to the psychiatric hotline."

If you are obsessive compulsive, please press one repeatedly. If you are codependent, please ask someone to press 2. If you have multiple personalities, please press 3, 4, 5, and 6. If you are paranoid/delusional, we know who you are, what you want, just stay on the line so that we can trace your call. If you are a schizophrenic, listen carefully, and a little voice will tell you which number to press. If your are manic depressive, it doesn't matter which number you press....no one will answer any way. (LOL) ;-)

N3, MEC

Nursing 4 (City Campus)

I would like to welcome back all of the Nursing two, three, and four students and give a nice warm welcome to all of Nursing One and the VN Class! It is a very exciting time for me and my fellow Nursing four students for the reason that we only have a short time until we graduate. I know that the excitement does not end with Nursing four; Nursing three is at their half way point, Nursing two has made through Nursing one, and Nursing one is FINALLY in the program!!

I believe that we all have taken our first tests and I would like to say good job to everyone who passed, and to the ones that did not do so well... please don't give up! Never give up, you have worked too hard to get into this program and you have worked even harder to stay in! Now is the time to reevaluate your study techniques, form study groups or modify your study group, and make appointments with your professors and Dr. Tutor. How you did on that first test

is no reflection of who you are or the type of nurse you will be, but your resilience and ability to learn from your mistakes and adapt are!

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”- Emerson

Amber Melonson

Nursing 4 Class President, City Campus

Nursing 4 (March Education Center)

Welcome back everyone and congratulations to the new NURSING 1 class! YES, go ahead and pinch yourself, you are in the nursing program. Can you believe it we are heading into you final lap? It is Nursing 4's last semester before crossing the finish line. I am very proud and excited for all of us. First, I would like to say good luck and study hard to all nursing students at the MEC and Riverside campus. I am pleased to see some familiar faces and some new faces from all of the nursing classes. There are going to be new challenges for all of us this semester learning how to prioritize, organize, delegate, and don't forget our old friend Mr. Therapeutic Communication (this is for the Nursing 1 & 3 students).

I am looking forward to GRADUATION! OH YEAH! This last year is flying by and I just want to encourage the new and returning nursing students to keep pursuing your dreams, it is possible. Be positive, think positive, and don't give up. Just remember that every nurse that is on the floor or every nursing instructor was once a nursing student. You all may think they don't understand what a student nurse is going through or what you may be experiencing, but they too have felt the same emotions, and struggles. We have amazing instructors eager to help all of us, so take advantage of their office hours. Take advantage of the wisdom and knowledge that is given to us, because you are going to need it. I am looking forward to an awesome fall semester. So welcome once again to all students new and returning, take time to relax when you can and study hard. Just remember: The RN nursing program at RCC is hard and amazing.

“All our dreams can come true, if we have the courage to pursue them”. **Walt Disney**

Toni Tapia

Nursing 4 Class President, MEC

SNO President

Welcome back everyone! Summer has come to an end (although you wouldn't know it by the heat we've had!) and we are all well on our way into the fall semester. I would like to extend a special welcome to the new group of eager Nursing 1, Advanced Placement, and VN students! You have a long road ahead of you, but the reward at the end of the road is one that will be worth all the time. With all the new information, skills, and hectic schedules, it can be very overwhelming and at times scary. Don't be afraid to utilize our resources and ask your big brother/sister, teachers, other nursing students, or faculty for help! All the knowledge you gain this semester are the building blocks to nursing school and your career ahead...so hop on, strap in and enjoy the ride we like to call RCC Nursing School!

To our continuing N2, 3, and my fellow nursing 4 students: we are all one-step closer for all of us achieving our goal of becoming nurses! I cannot believe how close the finish line is for my class. I honestly seems like just yesterday we were in Nursing 1 giving bed baths to each other and now we truly are “THE NURSE” learning ventilator settings, IV pushes, and the dreaded hemodynamics! How time flies when you are having fun!

SNO is off to a great start and we have SO many activities planned for the fall! The New Student Welcome was an awesome opportunity to see all the new students and for you to meet your current and future faculty. We recently had our Back to School event at the city campus and had a wonderful turnout of family and friends! Thank you to the staff and faculty who took time out of their weekend to give everyone the opportunity to see both SIM labs! On Saturday, October 3rd, MEC had their Back to School Event. It was great seeing everyone there!

On October 6th, we held our Blood Drive for the fall semester. Thanks to all the volunteers who helped sign up potential donors. Your help was greatly appreciated. We had 136 donors and collected 94 units of blood.

We have a lot of great events to participate in this semester. RCC's Halloween Town is coming up on Friday, October 30th, and once again we are trying to win the candy contest. Please get your candy in to your SNO reps. a \$50 prize will go to the RN semester or VN program that has the most pieces.... VN's you were only about 1 bag short last year...so the challenge is on!

The Board and I would love to see all of you at SNO this semester; not only is it a great opportunity to help out on campus but in the nursing community abroad. This semester many of us will be attending the CNSA Annual conference in Sacramento, October 16-18 or the NSNA Mid-Year conference in Phoenix, Arizona October 30th-November 1. We are hoping to bring back lots of new knowledge and goodies! If you would like more information or are interested in attending in Phoenix, please see Ms. LaCava ASAP. Our next SNO meeting is on October 19th at 8:45 am in the Heritage Room. Wishing you all a great semester with a dose of fun, PRN!

Shalyn Stanfield, Nursing 4
SNO President

Our Moment of Zen





Messages from Our Advisors

Welcome to all our new students and welcome back to all returning students. I hope you were able to enjoy a bit of summer and come back to us refreshed and ready to tackle the Fall semester keeping your goal of becoming an RN or VN in sight.

SNO hosted a very successful Welcome Tea on September 14th and then hosted two Back to School Events on September 19th on the City Campus and October 3rd on the MEC Campus. The students and visitors all seemed to enjoy the simulator labs very much. Thank you to all the Faculty and Staff who helped make these events a success.

Our Blood Drive was held October 6th with 136 donors signed up with 94 units of blood collected and 42 donors deferred. Our next Blood Drive will be in January 2010.

“SNO White’s Castle” is our theme for Halloween Town to be held October 30th in the Quad. Help your class win the candy contest by bringing in donations of candy for distribution at Halloween Town.

We will have 10 students attending the CNSA Annual Conference in Sacramento October 15-18. They will be representing SNO and RCC in the House of Delegates, business meetings, educational events and the Exhibit Hall. The Nursing 4 students attending have all signed up to take the mini-NCLEX review.

Thank you for all your hard work in your classes and in SNO. Enjoy a great Semester!

Wilma La Cava, RN-BC, MSN
 SNO ADN Advisor

Class Officers Fall 2009

Nursing 1
Main Campus

President: Cristina Boctor
Vice Presidents: Tabatha Bulen & Annette Snyder
Secretary: Brianna Navarro
Treasurer: Terry Dao
SNO Representatives: Linsey Toscas & Alina Ochoa
Alternates: Ron Pangelina, Isabel Serna & Nick Maxfield
Historians: Gabby Jones & Leann Baker
Alternates: Nichol Wells & Tabatha Bulen

Nursing 1

March Education Center

President: Cathy Cortes
Vice President: April Gilbert
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Treasurer: Ana Morales &
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Christy Wager
Historians: Heather Gish, Lisa Toste,
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Nursing 2

Main Campus

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Historians: Melissa Backstrom, Meagan Brannen,
Kim Duong, Katie Lennartz, Mark Locsin & Elia Olivares
Learning Resource Reps: Melissa Backstrom, Katie Lennartz
Curriculum Rep: Heather Hanssen, Theresa Torres

Nursing 2 (March Education Center)

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Lizette Sarkissian
Historians: Mark MacAbuhay, Gedi Medina,
Tiffany Rambelb & Lizette Sarkissian
Learning Resource Reps: Joanna Cuanico
Curriculum Reps: Jeff Gutterud

Nursing 3

Main Campus

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Historians: Susan Eyman, Tiffany Setinc,

Fernando Ortega & Catherine Berner

Learning Resource Rep:

Curriculum Rep: Linda Carroll

Nursing 3

March Education Center

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Treasurer: Arlene Mejia, Katie Ramirez

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Rosanna Nunez & Tuan Nguyen

Learning Resources: Alissa Haywood, Andrea McKnight

Curriculum Rep: Melissa Dunigan-Hernandez, Michelle Brakebill

Nursing 4

Main Campus

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Secretary: Brandy Casey

Treasurer: Megan Alcantar

SNO Reps: Melissa Watkins, Adrienne Michael

Historians: Melissa Watkins, Danielle Howe,

Jennifer Helferich & Audra Bayan

Learning Resources: Amanda Poindexter

Curriculum Representative: Katie McCafferty

Nursing 4

March Education Center

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Vice President: Chris Schmenk

Secretary: Jeremy Loudon

Treasurer: Priscilla Rosal

SNO Representative:

Learning Resources Representative:

Curriculum Representative:

Historians: Maggie Stevens

VN

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Vice President: Allison Wright
Secretary: Tracey Valdivia
Treasurer: Suzanne McGregor
MAC: Tiffany Haywood
Historians: Jessica Schulte, Nikki Maki, Emily Aguilar,
Tracey Valdivia, Val Torres, Lacey Page
SNO Reps: Nelly Mejia, Lisa Von Zabern, Jennifer Chownyk, Jennifer Rudd,
Dawn Livesay, Tamra Parker, Erika Hanna, Laura Moreno
Environmental Engineers: Patricia Boucher, Suzanne McGregor
Learning Resources Representative: Tracey Valdivia, Doris Heath
Curriculum Com: Stacey Cheatwood, Gretchen Gander
Water Coordinator: Suzanne McGregor
Fundraising Coordinator: Tiffany Haywood
PT Liaison: Lacey Page
Slide Show: Tracey Valdivia, Nikki Maki, Doris Heath

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**SNO Officers
Fall 2009**

<i>President:</i>	Shalyn Stanfield, N4
<i>ADN Vice President:</i>	Amber Melonson, N4
<i>VN Vice President:</i>	Tiffany Haywood
<i>Secretary:</i>	Brandy Casey, N4
<i>Treasurer:</i>	Megan Alcantar, N4
<i>ICC Representative:</i>	Kelly Deyoe, N2
<i>SNO Flurry Editor:</i>	Tony Barraza, N3
<i>Allied Health Commissioner:</i>	Kristen Ebert, N3
<i>Scholarship Chair:</i>	Jennifer Morgan, N3
<i>Alumni Association Liaison:</i>	Hillary Strong and Theresa Vinyard
<i>Historian:</i>	Crystal Frazer, N2 and Jennifer Helferich, N4
<i>Breakthrough to Nursing:</i>	Joy Harris, VN and Linda Carroll, N3

SNO Meeting Calendar Fall 2009

8:45 AM, in Heritage Rooms, located in the Bradshaw Center (Unless noted otherwise)

September 14, New Student Welcome, Hall of Fame 8:45-9:45 a.m.

September 19, Back to School, Hall of Fame 1-2:30 p.m.

September 21, Meeting

October 3, Back to School, MEC 11-12:30

October 5, Meeting

October 6, Blood Drive

October 16-18, CNSA Annual Conference, Sacramento, CA

October 19, Meeting

October 29-November 1, NSNA Mid-Year Conference, Phoenix, AZ

November 2, Meeting (Nominations)

November 16, Meeting (Election)

December 1, Meeting

Happy Fall!
Happy Halloween!