

# SNO Flurry

Student Nurses' Organization



*Riverside Community College Student Nurses' Organization Newsletter*

May/June 2006

## Message from the Dean/Director

It's hard to believe the end is here for 75 lucky Nursing 4 graduates! And, in just 3 short months there will be another 70 VN graduates as well. It seems like yesterday that they started doesn't it? This year marks my 29<sup>th</sup> (yikes, I really am old!) anniversary as a graduate from my Associate Degree Nursing Program at Maryville College, St. Louis, MO. This time of year I always remember my own Pinning Ceremony. It's like childbirth; you'll never forget it (but perhaps just as much pain). So please, graduates, don't deny yourself the once in a lifetime opportunity--attend the Pinning and Graduation Ceremonies, you'll be glad you did.

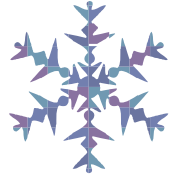
As you've heard me say before it's a wonderful time to be a nurse. Your opportunities are endless. Please continue your education so you never become burned out. I think it has been key to my 29 years of happiness as a nurse. Consider becoming a Nurse Educator—we need you here in academia, too!

For those of you continuing with us in the fall—sleep in, read a trashy novel, and spend time with your family. The fall will come soon enough.

Congratulations to our graduates once again, we are very proud of you.

Sandy Baker, RN, MSN

Dean/Director



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## Message from the ADN Chair

From Assistant Dept. Chair ADN Program

This will be my last message to you as Assistant Department Chair for the ADN program. I am happy to announce that Dr. Lisa Howard-York will be assuming this role beginning June 2006. It has been a pleasure serving you in this capacity. It's almost over. All the hard work and studying is finally coming to an end and your goal of moving on is close at hand. You have Finals left and you need to focus on doing your best. Do not slack off now. You need to study! Summer is almost here and you can enjoy your break when you are done with Finals. Hopefully you will move on to your next semester and in the case of Nursing 4 students you are ready to graduate, take the NCLEX-RN, and start working as a Registered Nurse. If you end up having to repeat, it is a disappointment but it will strengthen you in the long run. You can still achieve your goal it just may take a little longer. Take a break but make time to review content over the summer. Nursing is something you can't just sit on the back burner. You will forget if you do not do some review and the summer is a long time. Best wishes to you all as you approach these final days. To the Nursing 4 students getting ready to graduate we

wish you much success as you pursue your careers as Registered Nurses. Make sure you take a review course for the NCLEX-RN. Have a safe and relaxing summer everyone.

We'll see you in the Fall.  
Angie Fawson, RN, MSN

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## **GREETINGS FROM THE VN PROGRAM, May/June 2006**

Congratulations to Carlos Cox and Monica Ortiz, who were selected by the VN Faculty Team as students of distinction for 2006. We believe each of our students is outstanding and possesses unique qualities to contribute to the nursing profession!

A recent story in *The New York Times* described the preparation that Hospice is now offering family members and friends for the final moments of their loved ones. For decades, Hospice has helped dying patients have a comfortable and peaceful death at home surrounded by the people who matter most. With the growing body of knowledge on end of life care, now this care is being extended to include the calming effects of music, meditation, visualization, aromatherapy, and massage for both patients and families. Holding the patient's hand and speaking with a soothing steady low murmur are simple techniques to comfort the patient at the final moments of death. Nurses can use these very basic strategies to coach and console loved ones through the death process. The result for families and nurses alike is the elimination of fear of the unknown, replaced by the ability to cherish the memories of the last moments with their loved ones.

This story reminds of the Nightingale Pledge, in which nurses pledge to "provide care with respect for human dignity and the uniqueness of the client," including the family. Evidence-based practice provides the tools for us to assist our clients through each stage of the life cycle.

Thank you to our WONDERFUL VN adjunct and full-time faculty. We know that the quality of our program is dependent upon the support of these dedicated individuals.

Many **GOOD** wishes to the Nursing 4 graduates. As RCC grads, you possess the skills and values to positively influence health care and to have a personally rewarding career.

Soon our part-time VN students will enjoy a well-deserved summer break. VN full-time students have an intense eight-week summer session, with culmination in the Pinning Ceremony on August 7 at 3:45pm. Everyone is invited.

Study hard for your final exams and then take plenty of time to reward yourselves for a successful semester. Have a wonderful and blessed summer!!

Sincerely,  
Phyllis L. Rowe, RN, MSN, ANP  
VN Program Assistant Chair

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### **VN President**

Only a few weeks left of the Spring semester! For the VN full time students, then it is on to the summer semester which means classes five days a week. For the part time VN students, it means only a few weeks until summer! Enjoy your summer, because

when fall approaches you will be very busy and remain busy until the end of the next summer.

Earlier this month, RCC held the Nursing Scholarship ceremony and approximately 10 VN students were awarded scholarships. The money will help pay for textbooks for the summer and maybe gas to get back and forth to school. The ceremony was held at the Riverside Community College Alumni House and it was great to be there supporting our fellow classmates and the nursing program.

As we get closer to our pinning date, more arrangements are being made for the ceremony. The committees are hard at work to ensure that we have a memorable event. Time is going by fast, must be because we are working so hard.

Take care and remember if it were easy – everyone would be doing it. It takes a special type of person to go to nursing school.

Sylvia J. Tolang-Cruz  
VN President

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### **Nursing 1**

Well Nursing 1, we have just about done it! We actually made it through our first semester of nursing school! We are a quarter of the way done and our pinning will be here in no time! I know we have all had some interesting experiences in the clinical facilities and have learned so much from them. Some of the things we have learned are that old skin is harder to pierce with a needle than young skin (a lot harder) and that when moving a patient into a wheelchair, it is advisable to keep your shoes out of the line of fire (or flood, whatever you prefer to call it). We actually survived our lectures and the never-ending tests that seem to always be over our heads.

Most of us have taken on one or more little brother or sister and we are all very excited to meet them in July. We are all looking forward to being able to help them as much as Nursing 2 helped us through this first semester. We would like to thank our big brothers and sisters for helping us so much this year. We also want to thank the students from 3 and 4 who have also given us a lot of much appreciated advice. A huge hug to our Nursing 1 faculty for sticking by us and helping us so much through this semester, you are all so wonderful and so appreciated!

Finally, I just want to leave you with a quote I found from Virginia Henderson. If you ever question why we are going into this field, just remember, "The nurse is temporarily the consciousness of the unconscious, the love of life for the suicidal, the leg of the amputee, the eye of the newly blind, a means of locomotion for the infant, the knowledge and confidence for the young mother, and the voice for those too weak or withdrawn to speak."

Yours with love and no sleep,  
Sam Trout  
Nursing 1 Pres

P.S. Congratulations Nursing 4! We can't wait to see your pinning!  
We are so happy for you!

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## Nursing 2

It seems like we were just getting used to Nursing 2 and now Nursing 3 is almost here! New pressures and new stresses but just look at how well equipped we are now. We have mastered laboring moms, brand new babies, very sick kids, and all types of traction devices. I know everyone is looking forward to a little R and R during the summer months. My goals are to clean my house, get a really good manicure, and read a non-nursing book. When school starts at the end of August we will be halfway done and this time next year we will be counting the days to our pinning.

Some advice for our little sisters and brothers in Nursing 1, get ready, things are about to get exciting.

Have an awesome, restful, FUN summer!!!!

Linda Clayton

President, Nursing 2

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## Nursing 3

I read somewhere recently a quote that I thought was great:

**“He that would want fruit must first climb the tree.”**

I don't know who said it, but I find it to be quite fitting as we work our way through nursing school. We probably realized right when nursing school started that this was going to be a lot more work than any of us imagined. Classes, clinicals, medications, assessments, charting, oh, the list just goes on and on. There are times when it seemed as though we were never going to finish putting all the pieces of our care plan together.

But here we are, coming to the end of the third of four semesters. As per usual, the semester flew by. It seemed that we were just walking in the door when suddenly we are taking finals and planning those trips to the beach or the mountains. It has been a great semester, letting many of us see a completely different side of nursing in psych, letting us get more comfortable in the med-surg setting, and moving us one step closer to being real nurses.

I couldn't end this without thanking all of our instructors this semester. Mrs. Lowry whose door was always open to listen, Mrs. Havener with her stories and whirlwind lectures, Dr. Schutte with her genuine concern for her students, and Dr. Kross who was always willing to explain the finer points of psychosis and lithium levels to anyone who was unclear. And of course to the other adjunct faculty at the clinical settings who helped guide us to competence.

To my classmates, congratulations on making it through our third semester. Enjoy this summer as possibly the last real summer you may ever have. And finally, keep climbing that tree, the fruit is almost within reach!!

Rich Mears

Nursing 3 President

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## Nursing 4

Here it is nearly the end of the semester and nursing school. We've been together for two years and many bonds of friendship have been formed and memories created that we can never forget. Hang in there just a bit more. We can do it!

Please join us in celebrating our Pinning on June 6<sup>th</sup> at 3:45 p.m. at Landis Auditorium. Congratulations to the VN Class on their Pinning, August 7th at 3:45 p.m. To all of you--study hard; enjoy the friendships you have forged and the opportunities that are before you.

Goodbye and Good luck,  
Crystal McCarthy  
Nursing 4 President  
SNO President

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### **SNO VP**

That's it, I am so done!! Done with my last care plan for this semester! YIPEEEEE!!! Nursing 2, we are just a final away from being Nursing 3 students. That's right, half way done with the nursing program! Time sure does fly when you are stressed out and sleep deprived. This semester Nursing 2 has been such an awesome learning experience. From working with kids who are terminally ill to observing the miracle of life in OB. I have truly been touched by all of my patients this semester and I hope that in some small way that I have touched them.

To all of the instructors that have been so helpful to all of us this semester, thanks for inspiring us to be the best that we can be. To the Nursing 1 students, it does get better. The pace will slow down a bit next semester and you will actually have a routine that you can follow. Just remember to stay on top of your reading and your studies and you will do fine. Nursing 3, just a semester away from the finish line and you guys will be done. Thanks to all of you who have encouraged us along the way. Nursing 4, from all of us that will follow you, best wishes on the next chapter of your lives. Yes, there is life after nursing school. We hope to see you all at the next Alumni Reception so you can share your stories with us. To the LVN students, August isn't far away and then you will be done. Whether you decide to continue on in the ADN program or plan on working we wish you the best. You have worked hard in your classes and have amazed us all that you still have time to do fundraising.

Have a great summer! Catch up on your sleep, go to the beach, take a nap, watch T.V., and spend time with your family and friends because before you know it we will be at it again!

Ruby Grove  
SNO Vice President

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### **SNO Editor**

Bittersweet. Adjusting to life on the outside will take some doing. I am ready, but I will miss many things. I will miss folks I have seen almost every day for two years and instructors who have become cherished mentors. My friends who will now be colleagues. I can't believe it went by so quickly. We have learned so much and yet it's just the base. That becomes apparent when you are in the company of such insightful and talented nurses. I have to mention a few of you...you have all given us something special to remember you by:

Dr.Colucci-for encouragement (and chocolate)

Mrs. Dyogi-for teaching us it is an honor to care for a patient  
 Dr. Howard-for a gigantic heart; and pushing us to be our best and expecting  
 excellence  
 Mrs. Havener-for sharing her personal stories and helping us to understand the  
 impact of cancer  
 Mrs. Lowry-for, “I don’t know, can you”? “You are the nurse, you tell me”.  
 Priceless!  
 Dr. Schutte-for loving renal calculi. Enthusiasm encourages education.  
 Nursing 4 staff-what a team! These women are brilliant...you will see.  
 Mrs. Vant Hul-for being a role model and a sweetheart.  
 Mrs. Tutor-for not putting up with our disruption...with a smile. Thanks for that  
 smile  
 Mrs. Lange-for an amazing knowledge base..thanks for sharing it with us. Thanks  
 for challenging us.  
 Mrs. Fawson-just brilliant. Training under you was a privilege. I am honored.  
 Finally, Mrs. LaCava-I thank you. You are the glue. I am so touched by  
 your caring. You are *always* willing to go the extra mile. I am blessed to have had  
 you in my life. We all are.

So, I reluctantly turn over my role to Rich Mears. He will be excellent. Thanks for  
 waiting brother. I really love this job. You are a talented writer. I’ll miss your witty  
 articles. Good Luck..*Hemodynamics Dude!*

Donnie...NSRCC

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### **Messages from Our Advisors**

The 9<sup>th</sup> Annual Nursing Alumni Reception was held May 11<sup>th</sup> in the Hall of  
 Fame. Our Alumni speakers were Wendy McEuen, graduate of 2003, and Linda  
 Yazdani, graduate 2002. They shared experiences as to why they went into nursing.

Linda, as a four year old had played with her dolls putting Band-Aids on them and  
 wanting to be a nurse. When as a teenager she sat with her diabetic grandfather in the  
 hospital as he experienced the end stages of diabetes she **knew** she wanted to be a nurse.  
 She finally had her chance to study nursing at RCC with three children at home, the  
 youngest only two. She said she could still hear some faculty voices in her mind when  
 she is in certain situations where she wondered the best thing to do. She started her  
 nursing career at Loma Linda University Hospital on the Cardiac-Thoracic unit. She  
 enjoyed the opportunities to learn and work with so many wonderful mentors. She and  
 her family recently built a new home and she now lives in Orange County where she  
 works in the Outpatient Surgery Center at Saddleback Hospital. She recently had the  
 opportunity to be spotlighted as “The Nurse” as Discovery Channel filmed a patient  
 going through outpatient surgery there. She will appear on the televised feature at the  
 end of the summer. Stay tuned.

Wendy, likewise knew, she wanted to become a nurse at an early age. She, too,  
 had to wait to begin her nursing education at RCC entering with a B.S. in science already  
 completed and a young child at home. She started her nursing career at Riverside  
 Community Hospital in the Emergency Department where she currently works. She has  
 become Part time faculty her at RCC. She is attending CSU Dominguez Hills in a

Pathway program going from her nursing AD/BS to an MSN. She shared some of her experiences and a poem “The Joys of Caring from A to Z.”

Achieving a sense of fulfillment  
Brightening the days of others  
Changing the world for the better  
Discovering the joys of helping others  
Earning respect and admiration  
Feeling good about yourself  
Giving back to others  
Hearing **thank you** time and again  
Inspiring others with your dedication  
Joining the community of caring people  
Knowing you give your best each day  
Lifting spirits  
Making great use of your time and talents  
Noting the difference your efforts make  
Opening your heart to others  
Putting compassion into action  
Quieting others concerns and fears  
Reaching out to those in need  
Spreading smiles wherever you go  
Touching lives  
Understanding the importance of giving  
Valuing everyone you meet  
Warming hearts  
Expressing your generosity  
Year-round appreciation  
Zeroing in on what is important – **CARING**

The Nursing Scholarship Awards Reception was held May 12<sup>th</sup> at the Alumni House and approximately \$33,000 was awarded to a large number of our nursing students. Ruby Grove spoke representing SNO and our students thanking all those who have donated scholarships to help nursing students with their education.

As the school year draws to a close, I'd like to thank each and every one of you who work so hard to complete your education and those of you involved in SNO for all that you so graciously do. It is hard to balance your personal lives, home, school, work, extracurricular activities and throw in a little SNO on the side. My hat is off to you!!

Our Blood Drive May 3<sup>rd</sup> brought in 86 units of blood. Thank you to those who signed up donors and those of you who were also donors. SNO participated in the RCC health fair doing blood pressure checks and counseling those who needed follow-up. SNO was well represented for the ASRCC Service Awards Banquet on May 26<sup>th</sup> on the Promenade with the theme “Masquerade Under the Moonlight.” They have earned many Bronze and Silver Community Service Awards.

We wish those of you graduating this June and August much success in your future careers. You've worked very hard to become nurses. Please continue your

education as it will open many doors for you. Keep in touch and let us know what you're doing.

Have a great summer,  
Wilma La Cava, RN-c, MSN  
ADN SNO Advisor

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## **Class Officers Spring 2006**

### **Nursing 1**

President:	Samantha Trout	Secretary:	Heather VanDalsem
Vice President AM:	Tabatha Kemp	Treasurer:	Luisa DeLeon
	PM: Lieu Vo	SNO Representatives:	
Historian AM:	Cassandra Nissen		Lindsay Lozano
	Alt: Jan Tarculas, Haley		Katrina Talley
	Albertazzie, John	Alt:	Sharon Gerdes, Brittany Woodford
	Cagandahan, Jaime		Sarah Dulton, Toni Waer
	Vandenbush		
	PM: Darlene Agustin		

### **Nursing 2**

President:	Linda Clayton	Secretary:	Karen Navarro
Vice President:	Elisabeth Moore	Treasurer:	Connie Matty
Historian:	John Ferry	SNO Representatives:	Minette Ralleca
	Daisy Alvarado		Lindsay Bacca
		Alt:	Elisabeth Moore

### **Nursing 3**

President:	Rich Mears	Secretary:	Victoria Teets
Vice President:	Brian Bischoff	Treasurer:	Molly Bennett-Neuhoff
	Rina Gillard (Flex)		
Fund Raising/Overseer of Historians:			Candace McMillan
Historian :	Suzie Carter		Miranda Fugate
	Katie Jackson		Renattha Contreras
	Louanne Norris		Kelly Smith
	Colen Davis (Flex)		Carina Kroll (Flex)
SNO Representatives:	Amanda Moore	Learning Resources:	Doug Titus
	Gloria Tan		
Curriculum Representative:	Debbie Larkin		

### **Nursing 4**

President:	Crystal McCarthy	Secretary:	Charity Griffin
Vice President:	Jeanette Tolentino	Treasurer:	Micki Vickroy
Historians:	Misi Komolafe	Learning Resources Representative:	
	Crystal McCarthy		
	Jennifer Goodner	Curriculum Representative:	
	Shiela Padre		Coleen Dupree
	Carrie Joy		
Flex President:	Lucy Wallund	SNO Representatives:	
Flex Vice President:	Bridgette Traylor		Justin Roldan
Flex Historian:	Raquel Banta		Cheryl Hilt

	Joyce Farmer	Lucy Wallund (Flex)
		<u>VN</u>
President:	Sylvia Cruz	Secretary: Daphne Holmes
Vice President:	Monica Ortiz	Treasurer: Chris Adams
Historians:	Erica Brooks	Learning Resources Rep:
	Dong Pederson	Joyce Oypyibo
	Russell Blankenship	Mike Ching
	Maria Hicaro	SNO VP: Diane Odgers
	Van Chau	SNO Reps: Jennifer Haley
Curriculum Reps:	Angie Fife	Katrina Culp
	Nenet Santos	Sharie Malubay

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### SNO Officers Spring 2006

<i>President:</i>	Crystal McCarthy
<i>ADN Vice President:</i>	Ruby Grove
<i>VN Vice President:</i>	Diane Odgers
<i>Secretary:</i>	Candace Hopkins
<i>Treasurer:</i>	D'Ann Park
<i>ICC Representative:</i>	Cheryl Haynes
<i>SNO Flurry Editor:</i>	Donnelle Scherer
<i>Allied Health Commissioner:</i>	Patricia Farnham
<i>Scholarship Chair:</i>	Linda Clayton
<i>Alumni Association Liaison:</i>	Elisabeth Moore Minette Ralleca
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Lindsay Bacca

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### SNO Meeting Calendar Fall 2006

*8:00 AM, in Heritage Rooms, located in the cafeteria (Unless noted otherwise)*

September 11, Tea to welcome Nursing 1 and Advanced Placement students  
(Hall of Fame)

September 16, Back to School Event (Hall of Fame)

September 18, Meeting

October 2, Meeting  
 October 6-8 CNSA Annual Conference, Anaheim, CA  
 October 16, Meeting  
 November 2-5 NSNA Mid-Year Conference, Atlanta, GA  
 November 6, Meeting  
 November 20, Meeting (Nominations)  
 December 4, Meeting (Election)

**Congratulations to the Fall 2006 SNO Officers!**

**SNO Officers  
Fall 2006**

<i>President:</i>	Ruby Grove
<i>ADN Vice President:</i>	Linda Clayton
<i>VN Vice President:</i>	Elected in Fall
<i>Secretary:</i>	Candace Hopkins
<i>Treasurer:</i>	Elisabeth Moore
<i>ICC Representative:</i>	John Cagandahan
<i>SNO Flurry Editor:</i>	Rich Mears
<i>Allied Health Commissioner:</i>	Katrina Talley
<i>Scholarship Chair:</i>	Felicia Thompson
<i>Alumni Association Liaison:</i>	Lieu Vo
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Open

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Goodbye, keep up the good work!  
 See you at pinning in the Fall...  
 Where we can stand as Nurses and recite the pledge.

**Happy Summer Break**