

# SNO Flurry

Student Nurses' Organization

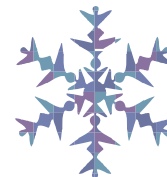


*Riverside Community College Student Nurses' Organization Newsletter*

June 2008

## Message from the Dean/Director

It's hard to believe the end is here for 120 lucky Nursing 4 graduates! And, in just 2 short months there will be another 70 VN graduates as well. It seems like only yesterday that they started doesn't it? This year marks my 31st (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 31 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, DNP

Dean

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## Message from the Associate Dean/MEC

Greetings from the March Education Center!!

Well, the end of the semester is here and we can all breathe a sigh of relief. One more semester to mark off the list and take a well deserved break! We have had a busy academic year and have accomplished much! Consider all of the pages you have read, medications you have researched, patients you have cared for, and the number of hours you have spent learning and preparing. All the sacrifices you and your families have made have enabled you to come one step closer to realizing your dreams!

We bid farewell to our Nursing 4 graduates and, in August, our LVN graduates. We wish them much success and hope to see them out in our community representing RCC!

Thanks for the support of our entire faculty and staff who have made this another successful year! We will be graduating the largest class in the history of our nursing program!

Have a great summer and we will see you in the fall!

MEC faculty and staff

Lisa Howard, RN, EdD

Associate Dean, March Education Center

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### **Message from the ADN Chair**

I want to take this opportunity to Congratulate our Nursing 4 and VN classes as they finish the requirements to graduate and receive their nursing pins. You've worked hard and now you will continue preparing for the NCLEX and the transition to practicing nurses. For Nursing 1, 2, 3 and the Part time VN class, keep looking forward as you study, prepare for clinical and competencies. Your hard work and practice will lead you closer to your goals.

As I complete my term as ADN Department Chair, I want to say thank you for the opportunity to help you with your learning. For the next school year you will have Tammy Vant Hul who will be there to assist you as ADN Department Chair.

Congratulations again. Enjoy your summer break and come back refreshed.

Anita Kinser, RN, EdD

ADN Department Chair

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### **GREETINGS FROM THE VN PROGRAM, June 2008**

A book by former NBA star Kareem Abdul-Jabbar tells the story of a black tank battalion in World War II. Although initially precluded by racial discrimination from fighting in combat units, the 761st fought in the Battle of the Bulge, saw combat in five countries, and helped liberate dozens of villages and towns and several concentration camps. But racist attitudes in the military culture prevented the 761st from receiving medals and other honors until finally, in 1978, President Jimmy Carter presented the 761st with a presidential citation for extraordinary heroism.

This story reminds me that we nurses practice principles of equality every time we care for a client. The Nightingale Pledge charges us to provide care unrestricted by considerations of the client's health history and demographic data. Let us each renew our commitment to treating our clients and each other with respect and consideration.

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 nursing 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, DNP, RN, ANP  
VN Program Assistant Chair

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**VN Class**

Well...it is just about that time...time to congratulate ourselves for a job well done! In contemplating what we will become, and knowing that TLA's are used frequently, much thought has been given to our current and future status.

Very soon we can change our status from SVN to GVN waiting to become LVN, which is one step closer to ADN, preparing us for BSN, which meets requirements to pursue MSN. If you are still not satisfied and want to continue on for the FLA's you can work toward anything from ACNP to WOCN, and then decide if you want the ultimate TLA which is DNP

What? You don't know what TLA and FLA signify? Ok, brief explanation. TLA=three letter acronym. FLA = four letter acronym. Now you want more? Ok, GVN=graduate vocational nurse, ACNP=acute care nurse practitioner, and WOCN=wound, ostomy, continence nurse, and finally DNP=doctor of nursing practice.

In other words, we are just beginning our careers, and the sky is the limit. Best wishes to all. We will make a tremendous contribution to the health and wellness of our future clients. Remember it is always more fulfilling to give than to receive, and one last reminder from the previous issue of the SNO Flurry.

*"If you don't like where you are, move...you're not a tree!"*

Melva Cooksey  
VN Class Vice President  
SNO VN Vice President

**When we reach out to another, we have the possibility of remembering that we are one,  
we are the same...future Nurses! -Unknown**

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**Nursing 1**

We have one week left! It has been a long semester, but the weeks have flown by pretty fast at the same time. Looking back to February, we have come a long way. We made it through all of the Monday and Tuesday lectures, the BNLs and college labs, the clinical rotations, sidewalk surveys, agency visits and presentations, the care plans, and the many sleepless nights. We still have a few tests to take in order to complete Nursing 1. We turned in our final care plans last week and the last few days will be devoted to studying.

Good luck to everyone! It was a nice feeling when we were handed the big brother and sister forms to fill out. It was another representation that we are almost ready to become advisors to a new group of nursing students starting in the fall. Thanks once again to our big brothers and sisters for the advice and help that you all provided for us this semester. I want to also sincerely thank the entire Nursing 1 staff for their tireless

efforts this semester. Dr. Colucci, Mrs. Dyogi, Mrs. La Cava, Mrs. Wettergreen, Mrs. Flourney, Mrs. McEuen, and Ms. Christiansen. You're all the best! I hope everyone has a great summer. I hope the gas prices do not hinder your travel plans!!

Tony Barraza  
President, Nursing 1

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### **Nursing 2 (City Campus)**

It has been a long semester but the end is in sight. With the last of our Clinical Competencies out of the way we are ready to finish this semester. Only the final to go and we will be moving on to our 3rd! Summer will be over quickly so take the time to spend with your family and rest up. For those who have not paid their dues, please try to get them paid before the end of the semester. Thank you to Chelsea and Christina for their efforts in collecting for the class. I would also like to give a big thank you to Crystal Perez for coordinating the CPK fundraiser for N2. We had a great turn out from all of the nursing classes and some of the instructors too! Make sure you all put your cans and bottles in the recycling bins, N2 has taken them over and I will make sure they are emptied and the money put into our account.

Congratulations to the graduating class of June 2008! We hope we will see you in our clinical rotations in the fall! For all of the rest of us, keep studying and working hard on those care plans, it will be over before you know it!

Paula Stacey  
President, Nursing 2 City Campus

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### **Nursing 2 (March Education Center)**

As the semester draws to a close we can breathe a sigh of relief. With a little hard work, some sweat, and maybe some tears we can be proud of the work we have done. To us this is school, for the nurses we work with it is a career, for the patients we all take care of, it is that caring touch that is needed to get through a tough point in their life. Every little thing we do makes a big difference. Though it may seem insignificant to us, to the patient it is big. So congratulations to everyone, from Nursing 1 to Nursing 4 and Riverside to MEC. Enjoy your summer! In honor of Nurses' Week (May 6 thru May 12) I leave you with this...

Being a NURSE means...

You will never be bored.  
You will always be frustrated.  
You will be surrounded by challenges.  
So much to do and so little time.  
You will carry immense responsibility  
and very little authority.  
You will step into people's lives  
and you will make a difference.  
Some will bless you.  
Some will curse you.  
You will see people at their worst...  
and at their best.

You will never cease to be amazed  
at people's capacity for love,  
courage, and endurance.  
You will see life begin....and end.  
You will experience resounding triumphs  
and devastating failures.  
You will cry a lot.  
You will laugh a lot.  
You will know what it is to be human  
and to be humane.

Melodie Chenevert RN, MN, MA

Larry Lee

President, Nursing 2 MEC

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### **Nursing 3 (City Campus)**

It's the end of the semester! It has been a truly great four months, with several class activities, successful fundraisers, and great bonding experiences as we've welcomed more students into the fold. We're excited to be that much closer to Nursing 4 but I think we're all beginning to feel that 'I want to stay in!' emotion that our instructors keep telling us about.

However, before we move on to our last semester we have to finish our current course of study! Our last week holds a theory test, a clinical competency test, and a final. In seven days, we'll have studied more than we can ever remember. After that, we move onto a relaxing fourteen days before Nursing 16 starts! It will be a busy summer for sure, but the majority of the class will be glad to be taking a break from 7 am clinical mornings! For the few that have work study, around 6 am we'll be wondering what were we thinking when we signed up.

Hopefully we'll still be able to work in the traditional summer experiences: a trip to the beach, a shopping excursion, a relaxing afternoon with friends . . . or even a trip to Disneyland perhaps? Either way, we'll enjoy our break until we come back in September full swing. Until then, good luck on your finals, stay safe during the break, and don't forget to study!

Sarah Lassek

President, Nursing 3 City Campus

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### **Nursing 3 (March Education Center)**

We are all officially Nursing 4 students...well almost. Once we get through one more exam, one more competency testing, one more dosage calculation test (they are gonna 'one more us' to death) and the final it'll be official and we'll get a little break. Just a couple more little hills before our journey reaches its destination.

Congrats to all the Nursing 1 students, you've gotten through one of the hardest semesters you'll have, although I hear N4 may be as grueling. We all can't help but notice how active and involved you guys are. You guys are awesome! Congrats to Nursing 2 as well, you'll enjoy 3 just as well...and a BIG Congrats to Nursing 4! You are where we WILL be in December. You've had a hard row to hoe and the harvest will be bountiful. Good luck to all in your new careers. The VN programs group will also be

graduating in August...Congrats to you and we'll look forward to welcoming some of your class next semester in the RN program.

As for Nursing 3...I'm so glad to see everyone working together. We've had many new classmates added this semester that have brought us much experience that we can draw from and all seem eager to share their knowledge. It's much appreciated! See you all in Nursing 16 after a much needed (albeit short) break!

Sandra Brock  
President, Nursing 3 MEC

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### **Nursing 4 (CITY CAMPUS)**

FINALLY!!!!!!! It is finally time to say goodbye to Nursing School and hello to making a difference in patient's lives while getting paid! Currently the pinning committees are tying up loose ends in preparation for our pinning ceremony. Our class is REALLY looking forward to graduating, and exemplifying why RCC graduates are the best! Good luck to the incoming Nursing 4 students! Relax over your summer break, but really try to get in some study time over the intersession. You will be grateful later, as Nursing 4 will challenge you more than any other semester has.

We want to express our gratitude in advance to all the volunteers that will be helping us make our pinning ceremony run smoothly! The ceremony will be on June 9<sup>th</sup>, 2008, at 3:45 and we hope to see everyone there!

R.I.P Nursing School, you will be missed.....sort of.  
Cynthia Ortiz  
President, Nursing 4 City Campus

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### **Nursing 4 (March Education Center)**

Farewell from MEC N4!

On behalf of my classmates and myself I would like to say "Adios Amigos!" We can see the light at the end of the tunnel and to our surprise it isn't a train. These past two years have been a time for change, molding and refining. I'd like to say that we are all better people because of it. To N3; you are almost at the finish line. Congratulations on your hard work and dedication. N4 flies by extremely fast! Stay on top of your game and finish strong. To N2: I want to encourage you all to reach out to your Big Brother/Sister for guidance and to ease your anxiety on what's to come. You are half way through to becoming an RN! To N1; Congratulations, you are now pros at making beds and giving bed baths. Think about all you have learned in 16 weeks. Isn't it amazing? Keep running the race. Reach out to your mentors for guidance on the semester to come. Love your families and enjoy the summer break.

To RCC's amazing faculty I would like to express my gratitude for all of your patience, guidance, encouragement and instruction. Thank you for being student centered. Your passion for our success is what makes RCC's Nursing program stand above the rest.

Katherine Driscoll  
MEC N4 Class Prez

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## SNO President

Hello from SNO.

This is it, the final article that I have to write for SNO. Graduation is just around the corner for my fellow Nursing 4 students and me. The VN class also has a graduation coming up in August, so congratulations to them as well. I can't believe that it is almost over. For the rest of you, the end of the semester, hopefully, will be the beginning of a well-deserved break. The exception to that will be the Nursing 3 students going into Nursing 4. They have to take Nursing 16 during the summer. VN students also have to continue into the summer. Good luck to all of you, your graduation day will creep up very quickly. Looking back, I can't believe how fast it seemed to go by. Take your breaks when you can, and try to stay focused during the semesters.

I just want to say thank you for allowing me to be your SNO President for spring 2008. I truly enjoyed all aspects of the position. I want to thank our faculty advisors, Mrs. La Cava, Mrs. Stone, and Mrs. Valadez for their direction and support during the semester. They are an essential part of SNO. I would also like to thank all of the SNO officers for their dedication as well as those members who participated and attended regularly, or even, just some of the meetings. I feel that we had a pretty good semester. The Alumni Reception was very successful as well as the Blood Drive that was held this semester.

I am going to miss being a part of SNO. It was truly a pleasure and an honor to be the President of SNO. I wish the rest of you the best of luck in nursing school, and for whichever path in life it takes you. Remember; don't forget about your families. Give them whatever time you can spare.

Take care and good luck,  
Rick Hayatian  
SNO President

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## Our moment of Zen...

**Nurstoons**

by Carl Elbing



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## Messages from Our Advisors

Well, here we are at the end of the spring semester and the school year. You have all worked hard and some have faced a demon or two. As you finish up those last things (not “little” for sure) like exams, competencies, and finals, hang in there. All the studying, care plans, practice in Nursing 7 and the simulator lab will pay off. You will have more knowledge and skill and be better able to become the nurse you want to be.

This summer take some time for yourself and give some time to your family and friends. They don’t always understand why you can’t do. . . . When you are finally standing up on the stage in Landis they will be proud of you and what you have accomplished. Your education will open many doors to you if you just keep your eyes open. Remember, your learning never stops and you wouldn’t want it to anyway.

Thank you to all the SNO and Class officers who stepped forward as leaders and mentors. So much happens at RCC because of you. Thank you for always finding the time to answer a question or listen to someone who just needs a sounding board. You touch lives in so many different ways

Congratulations to the Nursing 4 and VN classes as you receive your nursing pins as a symbol of entrance into the practice of nursing.

Enjoy your break,  
Wilma La Cava, RN-BC, MSN  
SNO ADN Advisor (RCC)

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### Class Officers Spring 2008

#### Nursing 1

##### Main Campus

**President:** Tony Barraza

**Vice Presidents:** Michelle Barilics, AM  
Ejay Cruz, PM

**Secretary:** Brandy Casey

**Treasurer:** Megan Alcantar

**SNO Representatives:** Shalyn Stanfield, AM

**Alternates:** Brandy Casey, AM  
Thao Ta, PM

**Historians:** Shalyn Stanfield, AM

Michelle Douglas, PM

Charmaine, Terry, AM

Michelle Douglas, PM

#### Nursing 2

##### Main Campus

**President:** Paula Stacey

**Vice Presidents:** Karan Kalkat and Sarah Porter

**Secretary:** Crystal Perez

**Treasurer:** Chelsey Howe, and Christina Dautrich

**SNO Representatives:** Rachel Rodriguez, Monica Medice, Rebecca Clarkson

**Historians:** Jodi Torske, Kim Elevazo, Kristin Santiago, Connie Alvarado, Kim Lunetta,  
Chelsey Howe, Christina Peterson

**Learning Resource Reps:** Debbie Ward, Debbie Tustin  
**Curriculum Rep:** Dana Buell

March Education Center

**President:** Larry Lee  
**Vice President:** Dawn Dehdashtian  
**Secretary:** Lindsey Vander Meulen  
**Treasurer:** Dalene Knight and Erin Goetz  
**SNO Representatives:** Michael Buffington, Maria Lorenzo  
**Historians:** Judie Black, Carla Carter, Raelina Diaz, Holly Gannon, Dalene Knight,  
Kimberlee Scotese, Ariana Robles  
**Learning Resource Rep:** Erin Goetz, Rebecca Smith  
**Curriculum Rep:** Kimberlee Scotese

Nursing 3

Main Campus

**President:** Sarah Lassek  
**Vice President:** Jose Batac  
**Secretary:** Julie Sanchez  
**Treasurer:** Jazelynn Yusi  
**Historian:** Jennifer Giro, Anna Hurtado, Eric Cathey, Delana Lloyd  
**SNO Rep:** Monica Ortiz, So Mi Ko  
**Curriculum Rep:** Amy Buckley  
**Learning Resources:** Kim Halbert

March Education Center

**President:** Sandy Brock  
**Vice President:** Amber Harris  
**Secretary:** Ashley Boucher  
**Treasurer:** Kim Eisenman  
**SNO Representatives:** Ann Fish  
**Historians:** Christine Boyer, Elana Hampton, Danielle Foster, Ann Fish, Lisa Patricia  
**Curriculum Rep:** Open  
**Learning Resources:** Open  
**Advanced Placement Representative:** Open

Nursing 4

Main Campus

**President:** Cynthia Ortiz,  
**Vice President:** Cherrie Velante  
**Secretary:** Judy Valencia  
**Treasurer:** Stacey Villa  
**SNO Reps:** Rick Hayatian  
**Historians:** Esther Baez

**Advanced Placement Rep:** Rina Gillard  
**Learning Resources Representative:** Open  
**Curriculum Representative:** Open

March Education Center  
**President:** Kathy Driscoll  
**Vice President:** Melinda Tasker  
**Treasurer:** Dominique Bazanos  
**Secretary:** Lisa Bieszczad  
**SNO Representative:** Elle Stran, Angie Tutoki  
**Advanced Placement Representative:** Hayel Salha  
**Learning Resources Representative:** Open  
**Curriculum Representative:** Open

VN  
**President:** Thomas Ross  
**Vice President:** Melva Cooksey  
**Secretary:** Priscilla Rosal  
**Treasurer:** Tamara Lewis  
**Historians:** Jimson Romero, Jacquelyn Woods, Lisa Mattox  
**SNO Reps-** Jill Harmon, Tamera Lewis,, Kristie Wolf,  
**Environmental Engineers-** Catherine Burke, Tressa Newell  
**Learning Resources Representative:** Amy Hayes  
**Curriculum Representative:** Alexandre Monteiro  
**VN Scholarship:** Angel Vipond

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**SNO Officers  
Spring 2008**

<i>President:</i>	Rick Hayatian
<i>ADN Vice President:</i>	Sarah Lassek
<i>VN Vice President:</i>	Melva Cooksey
<i>Secretary:</i>	Sandy Brock
<i>Treasurer:</i>	So Mi Ko
<i>ICC Representative:</i>	Michelle Larkin Coordinates: La Shawn Larry, Tory Johnson,
<i>SNO Flurry Editor:</i>	Ronald Pang
<i>Allied Health Commissioner:</i>	Michelle Larkin
<i>Scholarship Chair:</i>	Angel Vipond
<i>Alumni Association</i>	Kathy Driscoll

<i>Liaison:</i>	
<i>Historian:</i>	Tryphena Arthur
<i>Breakthrough to Nursing:</i>	Joy Harris

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## SNO Meeting Calendar Fall 2008

June 25, Blood Drive  
 September 15, New Student Welcome, Hall of Fame 8:45-9:45  
 September 20, Back to School, Hall of Fame 1-2:30  
 September 24, Blood Drive  
 October 6, Meeting  
 October 10-12, CNSA Year End Conference, Universal City, Los Angeles  
 October 20, Meeting  
 November 3, Meeting  
 November 13-16, NSNA Mid-Year Conference, Reno, NV  
 November 17, Meeting (Nomination)  
 December 1, Meeting (Election)

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### **SNO Officers Fall 2008**

<i>President:</i>	Sarah Lassek
<i>ADN Vice President:</i>	Sandy Brock
<i>VN Vice President:</i>	Open
<i>Secretary:</i>	Brandy Casey
<i>Treasurer:</i>	So Mi Ko
<i>ICC Representative:</i>	Tony Barraza,; La Shawn Larry
<i>SNO Flurry Editor:</i>	Melva Cooksey
<i>Allied Health Commissioner:</i>	Michelle Larkin
<i>Scholarship Chair:</i>	Amber Melonson Melva Cooksey
<i>Alumni Association Liaison:</i>	Megan Alcanter Pamela Lowe
<i>Historian:</i>	Shalyn Stanfield
<i>Breakthrough to Nursing:</i>	Joy Harris Jacquelyn Woods

**Happy Summer**