

SNO Flurry

Student Nurses' Organization

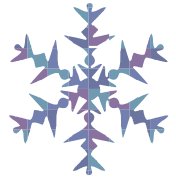


Riverside Community College Student Nurses' Organization Newsletter

December 2006

Message from the Dean/Director

Ho, ho, ho! Dean Santa is feeling very jolly right now because the semester is almost over, and she knows the good little girls and boys in Nursing 4 will soon be seeing their Christmas wishes come true! Don't become discouraged; keep on studying your hearts out because it's not over until it's over. Call your faculty, Dr. Tutor (the SOS), the strong students in your class, and whoever else you can think of to assist during this final "push" to achieve your dreams. A special thank you to the many wonderful faculty who have spent extra time and efforts in holding study and review sessions for their students—our students are the best because the faculty is the best!



This time of year it is easy to focus on how stressed we all are, but I also like to focus on how blessed I am to live here in America, to work at RCC, and to have the opportunity to help students be successful each and every day. We are also blessed because the Bond Measure passed in November, and now we know that someday (2010 probably) a new School of Nursing will become a reality. But especially I am blessed to have you all as students, staff, and faculty. Thank you for the privilege, and have a blessed Holiday and a Wonderful New Year!

Sandra Baker, RN, MSN
Dean, RCC School of Nursing

Message from the Interim Associate Dean/MEC

Happy Holidays to ALL. We are finally in the last weeks of the semester, and it does not seem possible that time has gone by so quickly! (And you did not think you would make it, and here you ARE!!) Everyone has been diligent in their commitment and your success is your reward.

Have a very special time off from school and catch up on all those tasks that have been left undone while you were studying. Spend special time with family and friends and take some time to sit back, realize your accomplishments and see just how far you have come on your journey! Get some much-needed rest, as February 12th will come very soon!

The MEC will be hosting an Open House on Feb 8, 2007 from 3-6. Please save the date! Everyone is invited (family, friends, and we will be inviting community leaders and our Clinical Agencies). If you have someone that you wish to have an invitation sent to, please contact me at 222-8674.

Happy and safe Holidays!
Dr. Lisa Howard-York, RN
Interim Associate Dean/MEC

Message from the ADN Chair

Happy holidays to you all! You are nearing the finish and hopefully you are pleased with your performance to date and looking forward to progressing to your next semester, or in Nursing 4 preparing to graduate. This can be a difficult time of year for people especially if you are finding yourself not doing so well academically. It is our hope that all of our students are successful but sometimes the timeframe to achieve success has to be adjusted. If you are in this situation you need to really do some self-reflection about what you can do to help yourself be successful. Nursing is a demanding profession with tremendous responsibility. Our job is to prepare safe and competent practitioners. We cannot allow students to progress that are not academically prepared. The nursing faculty is here to help you in whatever way we can but we can only do so much. You have to do your part.

There are a few things that I would like to tell you before the semester ends. For those students who are progressing to Nursing 4 you will need to register for Nursing 16 during the Winter intersession. Nursing 16 will be a hybrid course with one face-to-face lecture on campus and the one content module online. You can anticipate approximately 6 hours of class time per week. This change was made based on five+ years of student evaluations that recommended moving this course to the intersessions. It may seem inconvenient now, but you will appreciate having it done when you actually begin Nursing 4.

The nursing faculty will be evaluating medical-surgical textbooks in the Spring. We are considering three: the current Lewis, Medical-Surgical textbook, the Brunner and Suddarth Medical Surgical textbook, and the Medical-Surgical textbook by Iggy (abbreviated). This has been discussed in Nursing Curriculum. The plan is to evaluate three medical-surgical textbooks. The textbook representatives will be asked to come and present their medical-surgical textbook. We would like student participation in helping us to evaluate the textbooks that are being considered. If you are interested please contact me angie.fawson@rcc.edu and let me know. I will let you know the date and time. I encourage you to have some student representation. We really want student feedback.

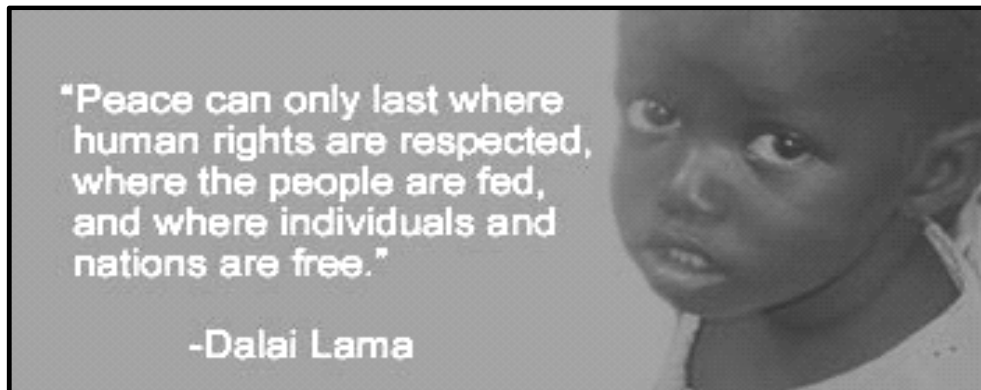
Last but not least, I would like to extend the best wishes of the nursing faculty to all of you as you prepare to celebrate your special holidays. We hope this time that you have off will allow you to recuperate and regroup for your next semester. Enjoy this special time with family and friends. For those students graduating we wish you well as you prepare to take the NCLEX-RN and begin your practice. Make us proud. It is always such a blessing to go out to our clinical agencies and see our former students working as RNs.

Sincerely,
Angie Fawson, RN, MSN
Assistant Dept. Chair ADN Program

GREETINGS FROM THE VN PROGRAM, December 2006

Vocational nursing students in both the full time and part time programs have been “burning the midnight oil” in preparation for the last few weeks of the Fall 2006 semester. Final exams are around the corner and the upcoming weekends should be devoted to concentrated study. As my colleague, Sharon Angrimson says, “Study as you have never studied before.” We commend our students for dedication to their nursing education, for their efforts will produce competent and caring performance that is valued by the nursing profession and society.

A VN Program graduate, Eva Huang, who is now in Nursing 3, encouraged me to sign up for a daily click on the “Hunger” site. Each day there is a picture accompanied by an inspiring statement and this month I want to share the one below with you.



The Dalai Lama has stated that our survival depends on our basic **GOODNESS**. Much more effective and important than legislation is our regard for one another's feelings at a simple human level. He believes that we must arrive at the inability to bear the sight of another's suffering. As nurses, we observe all degrees of the human condition. Our responsibility is to bring comfort to alleviate suffering, not to judge or ridicule.

At this time of the year, when the spirit of giving thanks flourishes, the bounties in our lives become apparent. We in the United States have much for which to be grateful, including freedom and a country of beauty and riches. Paired with a loving family, good health, and interesting work, for what more could we ask?

The VN Program team members wish the December 2006 ADN grads the best in achieving their personal and professional goals and all students a joyous **HOLIDAY SEASON** and **BLESSED NEW YEAR!!!!**

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

VN Class

Yes! The semester is slowly grinding to a halt and we can look back with a sigh of relief and forward with great anticipation of the possibilities. It has been busy for all

of us as students and student leaders. As a team we would like to thank you for supporting your programs and trusting us to lead. We take this opportunity to wish each and everyone HAPPY HOLIDAYS remember to eat to stay alive!

As we make a review of how we performed in this now ending semester, I want to leave you with the poem below; I trust you will be inspired as I am each day.

When things go wrong
Author Unknown

When things go wrong as they sometimes will,
When the road you are trudging seems all uphill;
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh;
When care is pressing you down a bit -
Rest if you must, but don't quit.

Success is failure turned inside out,
The silver tint of the clouds of doubt.
And you never can tell how close you are
If may be near, when it seems so far.
So stick to the fight when you are hardest hit,
It is when things seem worst that you must not quit.

Simi Phakathi,
VN President

Nursing 1 (Main Campus)

Can you believe Nursing 1 is almost over? In hindsight, our first semester went really fast! However, winter break couldn't come faster! Most of us are looking forward to re-entering society and spending some time with our friends and family. I hope everyone has a great holiday and can come back to Nursing 2, Spring 2007, refreshed and ready to start a new year and semester!

Thanks to the Nursing 1 instructors for all their patience and guidance throughout the semester. Nursing 1 could have been a lot more stressful if it weren't for all the extra help and direction we received.

Congratulations to Nursing 4! No more nursing school care plans! You finally made it!

Cynthia Ortiz
Nursing 1 Class President, Riverside Campus

Nursing 1 (March Education Center)

Holiday Greetings from N1 at MEC.

On behalf of the Nursing 1 MEC students, I just wanted to take this opportunity to thank our instructors and faculty for all of their support and encouragement that made it

possible for all of us to make it through Nursing 1. I would also like to thank Dr. Kinser for programming the computers in order to make CAI resources available to us at MEC.

To Nursing 4 students, best wishes and good luck on your boards. To everyone else, enjoy the intersession, sleep in and try to do something fun. See you all in February!

There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something better tomorrow. – O. Swett Marden

On that note, Merry Christmas and Happy New Year!

Kathy Driscoll

Nursing 1 MEC President

Nursing 2

"You know you're a nursing student when your holiday wish list consists of nursing text books, NLCEX books, drug cards, and Starbucks gift cards." Well, Nursing 2, we made it... we are almost done! We have now experienced laboring moms, ortho patients with massive pain, and kids who are crying and some who aren't (we know that means it's time to worry). We have learned so much this semester and, though we seemed to have a rough start, we are doing well now and our improvement is astounding. We are really starting to act like nurses!

Just think... in about 3 months, we are going to be starting IVs and experiencing psych for the first time... did anyone else get a chill when I said that? Nursing 1, you are almost in Nursing 2, congrats, you made it. A big Congratulations to Nursing 4! We can't wait to see your pinning! Well everyone, have a wonderful and safe holiday season! Enjoy your time off and do your reading! One last quote for the year: "Caring is the essence of nursing." (Leninger, 1984)

With love and too much caffeine,

Samantha Sherlock N2 President

Nursing 3

Hello to all nursing students. The semester is coming to a close and I am sure that everyone is looking forward to that much needed break.

Nursing 1, I bet you are really wondering what you got yourself into, but Nursing 2 is a fun semester: babies, kids, and post-ops. Nursing 2, wash out all that meconium and lochia and get ready to stick people with IV's. Nursing 3, get ready for that final push of Manager of Care and ICU. Nursing 4 congrats I am sure real life nursing will be half as easy as being a student, you guys have fun, take a vacation, go hang out with your kid you neglected for two years, feed them something besides mac and cheese or top ramen. Enjoy your new life (after the final). You gals/guys will be awesome nurses.

To my class it's been an intense semester. We have fought tooth and nail for every little point and clinicals were very real this semester. For Nursing 3 the little light at the end is flickering but we still have a ways to go. To Nursing 3 instructors and students thank you for a very stimulating semester. If I can give any advice to other semesters, focus on the feeling.... ahhhh... Enjoy the winter break everyone.

Sincerely,

Shane Latham

Nursing 3 president

Nursing 4

I have been waiting a very long time to write the words, “We are finally done,” and well, that time is here. All that stuff I said about buckling down and working hard? Well, you can ignore all that now.

It is time to break out the eggnog and pump up the Burl Ives! After pretty much sequestering ourselves for most of the last two years, we can finally let loose just a bit and actually enjoy life. And for those of you who have been so ingrained in school, I have included the definition of enjoy:

enjoy (en-**joi**) verb (used with object) - to experience with joy; take pleasure in. He enjoyed waking up at 10am with not a single thing to do. -or- I will enjoy not going to school in February.

To my classmates - congratulations on your great accomplishment. This is truly a milestone to be savored. For many of us, nursing school was probably the hardest mental task that we have ever had to endure. In the fact that you have succeeded and overcome, truly, truly you are a cut above.

Good luck as you take the NCLEX and begin your career. Thank you for allowing me to represent you as your president. And as I leave you, a final thought:

“You have brains in your head.

You have feet in your shoes.

You can steer yourself in any direction you choose.

You're on your own. And you know what you know.

You are the one who'll decide where to go.”

-Dr. Seuss

Rich Mears

Nursing 4 President

SNO President

Can it be true? Is the semester over? I hope you all have had a very productive semester. Nursing 1, it probably feels like your head is going to explode because of all the information that you put into it the last 16 weeks. All that information is the foundation of the nursing program and through the next three semesters you will be building on that foundation. Nursing 2, you're half way through! You need to step up your game for the next semester because just when you think it can't get anymore challenging, it does. Nursing 3, what a transformation we have made! We are The Nurse! I think the light is starting to get a little brighter at the end of the tunnel. Nursing 4, you made it! It's time to go spread your wings and leave the RCC nest. We wish you all the best in the next chapter of your lives. Don't forget to come back and see us May 10th for the 10th Annual Nursing Alumni Reception.

This has also been a very busy semester for SNO as well. We started off welcoming all of the new Nursing 1, continuing students, LVN, Advanced Placement, and Flex students. We have helped out our community by having blood drives, collecting candy to distribute to children at the annual RCC Halloween Town and decorated a Christmas tree for the Festival of Trees which all of the proceeds went to RCRMC to help

purchase necessary equipment for the NICU/Pediatrics departments. We also helped out globally by donating shoeboxes to Operation Christmas Child, which were filled with goodies and necessities for underprivileged children around the world. We also donated nursing books for a new nursing school in Africa. Thank you Mrs. La Cava and to all of the people that have helped make all of this possible. It truly shows what we can do together if we work as a team.

SNO was able to send 30 RCC nursing students to the CNSA conference in Anaheim and 4 nursing students to the NSNA conference in Atlanta. It was a great time for the students to get to network with other nursing students as well as meet with potential job contacts. SNO has been involved in many things this semester and we all still managed to keep up on our studies, do care plans, go to clinical, take care of our families (sometimes), and found time to sleep!! WOW, nursing students are some amazing people!!

As this semester comes to an end, look back at all of the accomplishments that we have made, but don't forget about the mistakes. Learning from our mistakes will help us in becoming safer, more cautious, competent nurses.

This is the season and time of the year to reflect on all that we have to be grateful for. I am so thankful for my family, my friends and for all of the awesome instructors that we have here at RCC. I wish you all a very relaxing and peaceful, holiday season. Spend time with your family and take some time for yourself.

Best Wishes!
Ruby Grove
SNO President

NSNA Conference

Thank you SNO for sponsoring our attendance at our conference in Atlanta, GA. The conference was November 2-5. It was awesome. Our favorite aspect of the conference was the panel of specialty nurses. We were able to get a bird's eye view into many specialties available to nurses. For example there was a critical care nurse, nephrology nurse, a nurse anesthesiologist, flight nurse, public health nurse specializing in the AIDS epidemic in Ethiopia and a gerontology and wound care nurse. We also participated in a Pharmacology Made Easy workshop. There were tons and tons of exhibitors, hospitals and recruiters. We also attended a fundraiser Friday night that helped to raise money for nursing students in the devastation caused by Katrina. The fundraiser had a sport's theme. People wore their favorite team's jersey. They had a batting cage with a pitching machine, hot dogs, crackerjack, popcorn and salted pretzels. A few brave souls also attempted Karaoke.

We are very excited about the upcoming Anaheim convention in April 2007. We encourage everyone to attend the Anaheim convention. They are giving away tons of free stuff. It's going to be a blast!

Katherine Driscoll
Kelly McGuire
Sandy Mistretta

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Attending the NSNA mid-year conference in Atlanta was a lot of fun, as well as educational. The opening keynote speaker, Dr. Wykle, used the novel approach of a Harry Potter theme to discuss the current trends in nursing. She gave an eye opening view of nursing from the changes in demographics to diversity. Many different nursing recruiters from hospitals around the country and universities were available and had information about their various programs. The free stuff is great too and we always load up for the next Nursing 1 students coming into the program.

The NSNA conference in Atlanta is the last conference that I will attend as an RCC student. I was lucky enough to have attended three while moving through the nursing program. If you have never attended one I highly recommend it. The seminars and mini NCLEX reviews are very helpful and the time away from the stress and madness of nursing school can be the much-needed break that allows us to maintain our sanity. It is also a great opportunity to get to know other nursing students from the various semesters as well as other students from around the country. Not all nursing schools are the same and it is enlightening to see how other schools test and how they structure their programs to the BRN requirements, especially across California. When you get there you will find that the majority of non-students who attend are student focused including teachers and the NSNA organizers. Meeting other teachers from around the country who care about their students is refreshing as well. We can drop our defenses for those few days and relax and learn.

Thanks to SNO for the ability to attend these conferences and especially to Mrs. La Cava for the considerable time and effort that she puts into to planning these events as well as all that she does for the students. Mrs. La Cava I would like to personally thank you for being the sanity among the insanity and for your multifaceted care and concern that you give to all of the students. You are truly student centered and that is one of the many gifts that you give this nursing program. I am truly grateful to have had you as my first instructor upon entering the nursing program. Without your kindness RCC would not have been the place for me. I will miss trying to keep up with you at these conferences, but I will be content in knowing that you will continue to wear out twenty year olds for years to come. All I can say is thank you as there are no words that will ever really be enough. To the students: You will get through all of this and yes, there is life after nursing school, just Try and Stay Focused while you are here.

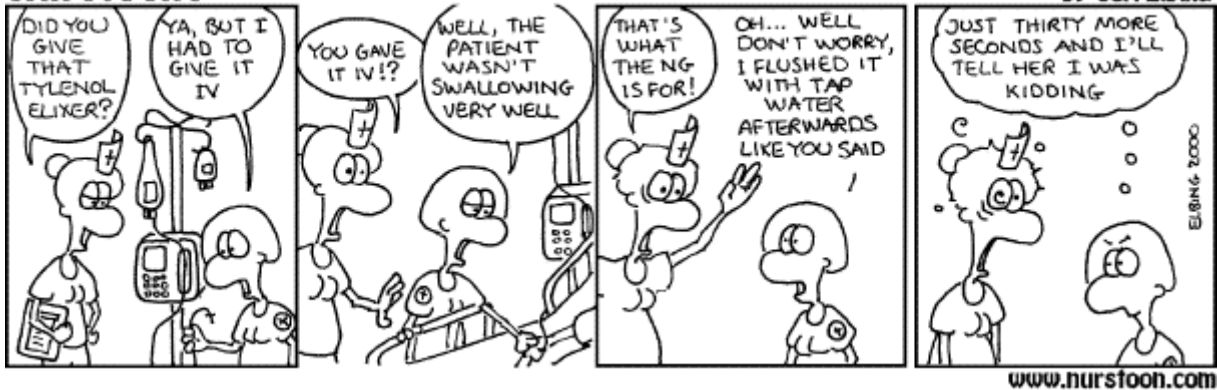
Kris Muller

Nursing 4

Our moment of Zen...

Nurstoons

by Carl Elbing



Messages from Our Advisors

The 24th Mid-Year NSNA Conference in Atlanta in November was a wonderful opportunity to meet with nursing students and faculty from around the country. The Exhibit Hall had over 150 hospitals, companies, associations, and schools to visit and see what they had to offer. The speakers were great from the Keynote Speaker, Dr. May L. Wykle, to the Leadership Address by the Chief of the Army Nurse Corps, General Gayle Pollock. They gave us a bit of humor while challenging us to keep learning, appreciate each other and be the best that we can be. The Workshops and Specialty Showcases introduced specialties and how to become one that one might not have known. The faculty workshops were very informative. I attended a six hour course (no breaks) on teaching Pharmacology and see some things I will include next semester for the incoming Nursing I students to perhaps enhance their learning. We had the opportunity for RCC representatives to network with Goldenwest (Huntington Beach) and Saddleback (Mission Viejo) Community College nursing students and their faculty. We are more alike than different would probably be the consensus of all who attended. Thank you for the opportunity to participate and help make your nursing experience more meaningful.

Thank you to all who participate in SNO from attending meetings, joining in extracurricular activities, attending conferences, fund-raising for the good of all and remembering that we are all part of something bigger than just one individual. Together we make an impact on each other and the society around us. Thank you for the time you always find to help each other and SNO.

As the semester and the year come to a close I would like to wish all of you success in your education and success in the world of nursing. Enjoy your break. For those leaving us to move out into the working world—Good Luck. Remember we are there for the patient. For those who will return in the Spring--enjoy the time off to be with family, friends. Re-energize yourselves and rejoin us in the Spring ready to go again on this fast-spinning Merry-Go-Round that we call Nursing School.

Happy Holidays,
Wilma La Cava, RN-c, MSN
SNO ADN Advisor

Class Officers Fall 2006

Nursing 1

Main Campus

President: Cynthia Ortiz
AM Vice President: Cherrie Velante
PM Vice President: Ronald Pang
Secretary: Judy Valencia
Treasurer: Stacey Villa
SNO Representatives: Kristin Haguewood, Rick Hayatian,
SNO Alternates: Gayle Arce, Esther Baez
Historians: Jane Ngo-Trieu, Faith Gitchuhi

March Education Center

President: Kathy Driscoll
Vice President: Chrissy Leitch
Secretary: Lisa Bieszczad
Treasurer: Dominique Bazanos
SNO Representatives: Kiera Holliday, Irene Perez
Historians: Steve Gonzales, Kelly McGuire, Vernie Buscagan, Dana Panos,

Nursing 2

President: Samantha Sherlock
Vice President: Lieu Vo
Secretary: Heather Van Dalsem
Treasurer: Luisa De Leon
Historian: Jaimie Vandebush, Lindsay Lozano
SNO Rep: Katrina Talley, Tesfamariam Tesfa

Nursing 3

Presidents: Shane Latham & Elisabeth Moore
Vice President: Linda Clayton
Secretary: Karen Navarro
Treasurer: Connie Matty
SNO Reps: Catina Spaeth (FLEX) Patty Hedden (MEC) Paige Ritter Alan Estrada
Historians: Vernita Castro (MEC), Melissa Trejo (MEC), Mario Cepeda,
Amber Sargenti, Paul Prado, Jonathan Ferry, Daisy Alvarado, Jay Walde
Advanced Placement: Mario Cepeda
Learning Resources Representative: Lindsay Bacca
Curriculum Representative: Lee Wah Tan

Nursing 4

President: Rich Mears
Vice President: Brian Bischoff
Secretary: Victoria Teets
Treasurer: Molly Bennett-Neuhoff
Learning Resources Representative: Doug Titus

Curriculum Representative: Debbie Larkin
 Fundraising Coordinator: Candace McMillan
 Historians: Suzie Carter, Renattha Contreras, Miranda Fugate,
 Katie Jackson, Carina Kroll, Candace McMillan, Louanne Norris, Kelly Smith
 SNO Representatives: Aaron Quintyn, Jacyn Trzepacz

VN

President: Simi Phakathi
 Vice President: Sarah Dulton
 SNO VN Vice President: Ash Fromson
 Secretary: Jeanine Barragan
 Treasurer: Bernadette McNurlan
 SNO Representatives: Maria Campos, Ruth Cuevas
 Learning Resource Representative: Stephanie Gibson
 Nursing Curriculum Representative: Bridey Abad
 Historians: Kathy Byloff, Chirlaine Marine, Lorena Valenzuela, Maria Villasenor,
 Teresa Weatherwax, Michelle Deal, Maria Campos

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**SNO Officers
 Fall 2006**

<i>President:</i>	Ruby Grove
<i>ADN Vice President:</i>	Linda Clayton
<i>VN Vice President:</i>	Ash Fromson
<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>	Samantha Sherlock

SNO Meeting Calendar Spring 2007

8:00 AM, in Heritage Rooms, located in the Bradshaw Center (unless noted otherwise)

January 31, Blood Drive
 March 5, 2007 Tea to Welcome Nursing I and Advanced Placement students
 (Hall of Fame)
 March 17, Back to School Event (Hall of Fame)
 March 19, Meeting
 April 2, Meeting
 April 11-15 NSNA Year End Conference, Anaheim, CA.
 April 16, Meeting
 April 25, Blood Drive
 May 7, Meeting (Nominations)
 May 10th, 10th Annual Nursing Alumni Reception (Hall of Fame)
 May 21, Meeting (Election)
 June 26, Blood Drive

SNO Officers
Spring 2007

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<i>VN Vice President:</i>	Ash Fromson
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<i>Scholarship Chair:</i>	Rick Hayatian
<i>Alumni Association Liaison:</i>	Samantha Sherlock
<i>Historian:</i>	Angie Tutoki
<i>Breakthrough to Nursing:</i>	Kathy Driscoll

Happy Holidays!!!