

SNO Flurry

Student Nurses' Organization



Riverside City College Student Nurses' Organization Newsletter

"A Stellar NSNA School Chapter" November-December 2010

Message from the Dean

It is hard to believe the semester is almost over! By the time you read this, Thanksgiving turkey will be nothing by a few more bands on your body! And, the end of the semester is just around the corner! It is easy to become distracted as "visions of sugar plums dance in your head", but try to keep your head on the game and remain focused on success. Don't let your guard down for even one moment, as the prize is so close!



If you are in Nursing 4, in addition to your studies, you should be doing all you can to prepare yourself to: 1) pass NCLEX, and 2) get a job! Remember that preparing for NCLEX is not the time to try and save money! If your NCLEX Predictor Score identifies deficits in your learning, believe it! Consider taking a full-blown review course or the ATI virtual tutor, particularly if you've struggled or had to repeat a semester. One semester of not being able to work due to not passing NCLEX will cost you about \$35,000 in lost wages—is it worth that to not take a course? Minimally go to ncsbn.org and sign up for the practice NCLEX. It is very affordable and quite helpful, according to what our past grads have told me.

For job-seekers, apply EVERYWHERE, not just hospitals. Any experience is better than no experience, and you can build your career from there. Get your resume and recommendation letters in order and be relentless in your search. Our grads who have been assertive have been the successful ones in obtaining positions.

Finally, your degree at RCC is your first, not final educational step. Investigate your options and begin to get your BSN or MSN right away! You are a blessing to me, your faculty, staff and community! We are grateful that you chose RCC and Nursing and take pride in your continued successes.

Have safe and healthy holidays!

Dr. Sandy Baker

Dean, RCC School of Nursing

Message from the ADN Chair

Hello Nursing Students,

I hope you are having a wonderful, productive semester filled with both challenges and triumphs. It's the challenges that build your nursing character and develop your ability to think critically. Nursing is such a wonderful career, one in which you have the ability to affect the lives of others each day you interact with your patients and families. Don't ever forget the impact you have as a nurse on your patients and their families. You must be professional and caring in your interactions with them at all times.

I hope you are right where you want to be with your grades as we enter into the last part of the semester. If you find that you are not exactly where you would like to be, don't lose sight of the resources available to you. You have such a wonderful support system at this college. Look to your faculty as professional role models of the caring spirit of nursing. As both the SOS and the ADN Department Chair, I am always here to lend you support on your path to success.

Let me know if I can assist you in any way. Keep your eye on the prize and enjoy the journey! I hope you all have a joyous end of the semester and a happy, blessed holiday season! For those of you graduating, I wish you much success in your future nursing careers!

Best Wishes,
Tammy Vant Hul, MSN, ACNP, RN, CNE
Student Outcomes Specialist (SOS)

GREETINGS FROM THE VN PROGRAM

Happy Holidays to you all. As the semester begins to wind down, students are very busy pushing through the last few lectures, exams and their final examinations. Keep up the momentum and soon you will be celebrating some well-deserved time off with family and friends.

To those who are graduating from the Associate Degree in Nursing program, congratulations and best wishes to you all. To all of the nursing students returning and continuing to reach for their dreams, enjoy some well-deserved time off and reflect on the accomplishments you have made during the past semester. As nurses and nursing students, we are members within a profession that honors others through our caring and compassionate behaviors. "Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn life around" (Leo Buscaglia, 1924-1998, American writer, educator). Nursing is a profession that invites us all to share a touch, a smile, thoughtful words, an ear to listen, and the greatest potential to support others in their time of need. The VN faculty and team wish you all a joyous holiday season and prosperous New Year.

Kimberly Reimer, MSN, RN, FNP
Associate Professor
VN Assistant Chair

Nursing 1 (City Campus)

It is so hard to believe that we're already approaching the end of Nursing 1. I'm pretty sure it's safe to say how relieved we all are that this trying and exhausting week 10 is finally over! Now that we're passing oral meds, practicing injections, and actually getting the hang of writing our plans of care, the weeks are flying by and leaving us longing for the weekends.

Although making the switch to our second rotation has been a bit of an adjustment, it has been very exciting to get acquainted with our new hospital settings and our new clinical advisors. Each hospital is as unique as the patients within its walls, and it is such a privilege to have experiences in so many great facilities with such wide varieties of educational opportunities.

Many of the Nursing 1 students attended conference in Ontario this October, and I think we were all very inspired by the speakers. Listening to such successful, highly-educated nurses is so motivating, especially for those of us who want to continue our educations far beyond the

ADN level. It is exciting to see that many of the Nursing 1 Students want to achieve Master's and even Doctoral levels of education.

Keep up all the hard work Nursing 1! I'm so proud of our class for being so exceptional. We're such a close group. I love the way everyone works together to help and support each other. I'm also so thankful for our instructors who are working so hard to shape us into the nurses we will become.

Let's make this a great last few weeks, Nursing 1. We're almost there!

Kristin Lane

N1 Class President, City Campus

Nursing 2 (City Campus)

The Nursing 2 class has been very busy this semester!!! We are now finishing up our second rotation and have learned SO SO SO much! I don't think any of us believed that this semester would go by as quickly as it has! We have completed our four exams, learned some more skills, did some more dosage calculations, and quite a few of us have cried over the stress of studying (especially for the exam the day after Halloween) I think that we are being prepared for the fact that we will probably be working on holidays so we might as well get used to it!!! We had a great fundraiser on November 4th and another one scheduled for December 15th at California Pizza Kitchen at the Riverside Plaza so... bring your kids, bring your wife and bring your husband too cuz it's for a good cause (A little Antoine Dobson humor there for you Youtube fans!) We also have a great night of Salsa dancing and dinner planned for sometime in January for another fundraiser. (Details to follow in the next SNO Flurry!) So keep on studying ya'll!!! We are almost done!!! Thank you to our faculty and clinical instructors for all the support, encouragement, and laughs during the lectures and clinicals. We could not do this without you....

State Conference in Ontario was so awesome. For the Nursing 2 students, it was the first time that most of us got to engage in a professional conference and get motivated by the wonderful speakers that were scheduled. It was great to see so many RCC students there and meet other students from around the state and talk about different career paths. My favorite speaker was Bob Patterson, who guided a spirited conversation about Men in Nursing. He delivered an inspiring speech and we will soon be starting a chapter here at RCC of the American Assembly for Men in Nursing. This will be another professional group for us to join that will look great on your resume and help promote men in the nursing field as we only make up 6% of the total nursing population. This club will be open to ALL students, men and women so please join. We should have more information on this in the next SNO Flurry!
Love you guys!

Brandon Sumrall

N2 Class President City Campus

Nursing 2 (March Education Center)

Hello from Nursing 2 MEC!!!! WOW, where has the semester gone? It has flown by and we continue on our path to excellence as RCC nursing students. We have completed our block labs and clinical competency tests. Our dosage exams are finished for the semester! It was nice to work with the Nursing 2 students from City Campus. We are in our third and final clinical rotation, and preparing to dive head first into Nursing 3!!! We have each taken something special away from our clinical time this semester. We have all made a difference in

one way or another. Sometimes that difference was giving a medication to help ease a patient's pain. Sometimes it was just being a friendly face that was interested in talking to a patient and hearing their story. It has been rewarding and has fostered a wonderful learning experience along the way. We continue to see the importance of being organized and being confident in our abilities. Nursing 2 will host a final fundraiser for this semester at California Pizza Kitchen on December 15th. So after you finish celebrating pinning with the Nursing 4 graduates, you can head on over to CPK and celebrate the end of a semester. WHOO HOO! We are excited to see the turnout and the support from our fellow nursing students and our family and friends. Again, always a huge thank you to our amazing faculty! We could not do any of this without your wisdom and support! We look forward to tackling these final couple of weeks. I am so proud of our class, both Riverside and MEC! Almost a full year under our belts! Whooooo hoooooo!

Amy Brant
N2 Class President MEC

Nursing 3 (City Campus)

Can you believe we are nearly done with this semester? Wow! I know I have really enjoyed this semester, and am looking forward to what is ahead. The Nursing 3 students have spent the last several weeks mastering skills in their clinical rotations. Nearly all have become IV certified. We have been studying in theory about a variety of subjects including pancreatitis, cancer, thyroid disorders, the amazing liver, and chemotherapy medications and of course a wide array of psychological disorders. We are very fortunate to have remarkably experienced instructors guiding us through this semester.

Many of the N3 class attended the 2010 CSNA Convention in Ontario. I personally had an amazing time and learned so much. (Be sure to read all about it in the articles from the attendees.)

Halloween Town was a big hit. Thank you to all who participated in the candy collection (great job N3!!!), set up and passing out of candy during the event. My family attends every year, and this year was great!

As always The Festival of Trees did not disappoint. It is extraordinary to see all the ingeniously designed tress and to know that it benefits the Pediatrics department at RCRMC. New this year, many of us donated our time to volunteer for Frosty's FunLand. It is a unique experience for children (and adults alike) to make crafts and play games and really get into the Christmas spirit. I hope volunteering at this event becomes a tradition for the RCC Nursing department, just as decorating the tree has.

We in Nursing 3 are cruising along getting closer and closer to that finish line, (only 103 days until pinning) and enjoying the ride along the way.

Sincerely,
Cristina Boctor
N3 Class President, City Campus

Nursing 3 (March Education Center)

Only a few more weeks and we will all be closer to becoming RNs! It has been a busy and successful semester. N3 has learned IV starts, IVPB, and furthered our critical thinking skills. Many of us attended the NSNA conference in Ontario and had a great time of gathering information and insight into the world of nursing. As our semester comes to a close, lets finish strong and keep our eye on the prize! The end of our journey through nursing school is closer

than ever. Best wishes to everyone in RCC Nursing, good luck to all our soon to be graduated N4!

Christy Wager
N3 Class President, MEC

Nursing 4 (City Campus)

Hello to my fellow nursing students!

We are finally coming to an end this semester! Woohoo! Hopefully you are all doing well in your studies and clinical groups. To my wonderful Nursing 4 class: we are almost there! The light at the end of the tunnel is nearing. You will soon be walking up on stage in front of all the faculty, family and friends to finally get what you have invested so much time into. You will be getting pinned as an official RCC RN graduate! Congratulations! I would like to say a few words in behalf of nursing 4 to the faculty and clinical agencies. Thank you so much for being so patient and helpful to all of the nursing students. So much time and dedication has been put forth and invested into the students that we are forever indebted to them. We are now happy and excited to go out in the nursing world and say that we are proud to be RCC nurses! Thank you!

Grace Hilario
N4 Class President, City Campus

Nursing 4 (March Education Center)

WOW!! Can you believe only 1 week and we are done with nursing school?? It has been quite the adventure!! We are 4 exams down, and of course the final, and 1 AMAZING pinning ceremony left before we say our final good-byes to RCC!! And best of all..... NO MORE CARE PLANS!! We have worked really hard and have earned some time off, so hope you enjoyed it with family and friends over Thanksgiving break. But remember that a lot can change in 2 weeks so study like its semester one and fight to the finish! No man (or woman) left behind MEC, I want to see you all on stage December 15th. Don't forget to utilize our wonderful faculty and Mrs. Vant Hul to assist you in getting through this semester. They are all here to help us succeed. Si se puede!!

Balinda Ballinger
N4 Class President, MEC

SNO President

I want to thank SNO for sponsoring the 100 SNO members who attended the CSNA Conference from October 15th-17th. The theme this year was 'The Many Hats in Nursing: a Wonderland of Opportunity'. This conference saw a record number in attendance with 689 student nurses attending. Our school not only won the "Convention Attendance Award", but we also won the "Penny Wars" fundraiser and will receive a \$500 check to SNO! I learned a great deal from the conference including perspectives I didn't expect to hear about, like the healthcare reform movement and how integral nurses were in passing our healthcare reform bill. Rebecca Patton, MSN, RN, CNOR, and ANA President from 2006-2010, was our keynote speaker on Friday and was integral in being the voice of nurses during the formation of this bill. My favorite quote from the speakers that has stuck with me is a Mark Twain quote that reads, 'Kindness is a language the deaf can hear and the blind can see'. The Global Nursing speech excited me so much that I wish I could fast forward to graduation today. I truly hope everyone gets to experience attending a conference during their time in the program. My favorite part of

the weekend was seeing Mrs. La Cava who has worked tirelessly to make our SNO chapter what it is (and it is a great chapter after seeing many at Conference), receive recognition, as she became only the 2nd member to ever be inducted as an honorary member and receive an award. Thank you Mrs. Heavener for contacting the Board for that, to Mrs. Stone and Mrs. La Cava for all your work, our five other delegates for your dedication, Marika Zoetemelk and Rachel Gunter for your commitment and all of you who attended. We showed very well at this conference and seeing all of your faces reinforced my pride in being an RCC student nurse. With two weeks left in the program, I hope all of us are finding our motivation to finish this term with vigor. Here is one of my favorite quotes I want to share that always helps me: ***“When nothing seems to help, I go look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before.”***- Jacob A. Riis. Congratulations in advance to Nursing 4, we are all proud of you. If you look back at just what you learned this term, it's amazing how much we have we now know. Through commitments like our continued success with our blood drives, our participation at the CSNA Convention, Halloween Town involvement, and many other experiences, we have made some great memories and had some great wins this term with SNO. I have learned a great deal about working with people, organizing activities, and coming together. I'm glad to have had three very involved SNO advisors and had the opportunity to work with and recognize Mrs. La Cava for all of her hard work. We wish you the very best. Thanks to our entire faculty for your continued support, encouragement, listening, motivation, and work you put into making RCC Nursing what it is. Thank you to all of our student nurses for allowing me the opportunity to have this experience. I wish everyone the greatest success, a very much deserved, restful winter break and Happy Holidays. -Carpe Diem-Shervin Esfahani, SNO President Fall 2010

Shervin Esfahani, N2
SNO President, Fall 2010

Messages from Our Advisors

Well, here we are at the end of the Fall semester and the end of 2010. SNO has done so much this semester. We had two successful Blood drives with another one scheduled February 9, 2011. SNO welcomed incoming Nursing 1, VN, and Advanced Placement students at the Welcome in September. Students, families, visitors, friends and guests were able to visit the Nursing Department and especially enjoyed our simulator lab at the September “Back to School.” We had an exceptionally well attended CNSA Annual Conference in Ontario in October with SNO winning the award for the most students in attendance from a chapter and, of course, triumph at the “Penny Wars.” Halloween Town and our “Spooky Germs” was a lot of fun and brought 24,947 pieces of candy to the children who came to the Quad and \$50 to Nursing 3 for having the most candy contributed by a class. NSNA Mid-Year Conference was a great experience in Cincinnati in November as well. We had 24 SNO members receive Bronze and Silver Awards at the ASRCC Awards Banquet on December 3rd for community service. What a busy semester!

Now it's Finals and the culmination of the semester for each student! Good Luck and congratulations to each of you for a job well done. Congratulations to our Nursing 4 students as they finish the semester, enjoy pinning and look forward to NCLEX success and jobs as new Graduate Nurses.

I want to thank each of you for your participation in SNO and making it the success it is. I want to thank all our nursing students for the support and commitment you have given me over the 15 years I have had the pleasure of being your SNO Advisor that allowed us, among other things, to be recognized as “A Stellar NSNA School Chapter.” As I look forward to my plans for the future in retirement, I will carry forward many fond memories of you all, the Nursing Students of RCC. Goodbye and Good luck to you all.

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

Class Officers Fall 2010

Nursing 1

Main Campus

President: Kristin Lane
Vice Presidents: Nick Johnson & Michelle Juarez
Secretary: Brittany Quinonez
Treasurer: Jason Peterman
SNO Representatives: Natalya Virkh & Rosemary Maturino
Alternates: Noemi De La Cruz & Travis Schwartz
Historians: Stephanie Park & Lisa Worrell

Nursing 1

March Education Center

No Class this semester

Nursing 2

Main Campus

President: Brandon Sumrall
Vice Presidents: Heather Hoppe & Carrie Barlow
Secretary: Debbie Eshelman
Treasurers: Therese Coming & Jill Siragusa
SNO Representatives: Heather Hoppe & Shervin Esfahani
Historians: Paul Garcia & Darla Martinez
Learning Resource Representatives:
Curriculum Representatives:

Nursing 2

March Education Center

President: Amy Brant
Vice President: Jessica Somerville
Secretary: Marla Grover
Treasurers: Valencia Varnado & Tony Chua
SNO Representatives: Marqueetta Booker, Ashley Lamb, & Johans Changsek
Historians: Cherlyn Orton
Learning Resource Representatives: Amanda Stanley
Curriculum Representative: Brian Murphy
Multicultural Advisory: Tania Mojica

Nursing 3

Main Campus

President: Cristina Boctor

Vice President: Barbara Coatney

Secretary: Isabelle Serna

Treasurers: Linsey Toscas & Terri Dao

SNO Representatives: Melissa Boyd & Jennifer Helferich

Historians: Alina Ochoa, Cathy Breiner, Gabby Jones, Rachel Gunter & Leanna Baker

Learning Resource Rep:

Curriculum Representative: Lisa Pfadt, Alternate Cristina Boctor

Advanced Placement Representative:

Nursing 3

March Education Center

President: Christy Wager

Vice President: April Gilbert

Secretary: Ayleah Casados

Treasurers: Jessica Simpson & Michele Becker

SNO Representatives: Melissa Boyd & Jennifer Helferich

Historians: Monica Vallejo, Audrey Gurule, Corey Sanchez & Jessica Simpson

Learning Resources Rep: Kristina Smith, Alternate April Gilbert

Curriculum Rep:

Multicultural Representative:

Nursing 4

Main Campus

President: Grace Hilario

Vice President: Kelly Jones

Secretary: Naquita Paul

Treasurer: Kejal Patel & Crystal Frazer

SNO Reps: Crystal Frazer

Historians: Melissa Backstrom & Katie Lennartz

Learning Resources Representative:

Curriculum Representative:

Multicultural Representative:

Nursing 4

March Education Center

President: Balinda Ballinger

Vice President: Gedi Medina

Secretary: Danielle Paquin

Treasurers: Heidi Craig & Erika Trujillo

SNO Representatives: Nicole Benson & Michelle Olson

Historians: Mark Macabuhay, Lisa Gonzalez & Regina Villalpando
Learning Resources Representatives:
Curriculum Representative:

VN

President: Rosa Mendoza

Vice President: Jennifer Foster

Secretary: Terri Sandoval

Treasurer: Christina Prieto & Deanna Williams

MAC: Darren Razal, Eddy Villegas & Corey Cuba

Historians: Jennifer Foster, Nohemy Giron, Diana Santillanes, Elisabeth Bond, Heather Gish, Niki Johnson & Jamelle Gray

SNO Representatives: Kana Trovato, Fred Mendoza, Melissa Tan-Torres, Jennifer DeLacy, Nohemy Giron, Brenda Duran & Stephanie Mondragon

Environmental Engineers: Racquel Galang, Darren Razal & Matthew Rosal

Learning Resources Representatives: Heather Kurowski & Diane Hensinger

Curriculum Com: Brittany Romero & Sasha Willison

Water Coordinator: Deanna Schultz

Slide Show: Dolce Ibarra, Sasha Willison, Eddy Villegas & Deanna Schultz

Fundraising Coordinator: Heather Gish, Michelle Sanfillipo, Terri Sandoval, Christine Badawi, & Christi Lopez

PT Liaison: Sami Ogunjumo & Rosa Mendoza

**SNO Officers
 Fall 2010**

<i>President:</i>	Shervin Esfahani, N2
<i>ADN Vice President:</i>	Annette Snyder, N3
<i>VN Vice President:</i>	Shane Francis, VN
<i>Secretary:</i>	Heather Hoppe, N2
<i>Treasurer:</i>	Linsey Toscas, N3
<i>ICC Representative:</i>	Grisel Pelayo, N2, Chair Raquel Jara, N2 Rosa Mendoza, VN
<i>SNO Flurry Editor:</i>	Gabriel Martinez, N2
<i>Allied Health Commissioner:</i>	Alina Ochoa, N3 and Michelle Olson, N4
<i>Scholarship Chair:</i>	Tiffany Haywood, VN
<i>Alumni Association Liaison:</i>	Joy Harris, VN
<i>Historian:</i>	Paul Garcia, N2 and Chris Thomas, N2

<i>Breakthrough to Nursing:</i>	Michele Bancroft, N2 Brandon Sumrall, N2
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**SNO Officers
Spring 2011**

<i>President:</i>	Sean Robledo, N1
<i>ADN Vice President:</i>	Michelle Juarez, N1
<i>VN Vice President:</i>	Shane Francis, VN
<i>Secretary:</i>	Rachel Gunter, N3
<i>Treasurer:</i>	Stephanie Park, N1
<i>ICC Representative:</i>	Deborah Kupis, N1, Chair Megan Robinson, N1 Penny Lampman, N1
<i>SNO Flurry Editor:</i>	Luis Crespo, N1
<i>Allied Health Commissioner:</i>	Magueta Booker, VN and Heather Gish, VN
<i>Scholarship Chair:</i>	Jennifer Foster, VN and Jennifer Delacy, VN
<i>Alumni Association Liaison:</i>	Joy Harris, VN and Linda Carroll, N4
<i>Historian:</i>	Paul Garcia, N2 and Chris Thomas, N2
<i>Breakthrough to Nursing:</i>	Shervin Esfahani, N2 and Brandon Sumrall, N2

SNO Meeting Calendar Spring 2011

February 9	Blood Drive
February 28	New Student Welcome, Hall of Fame 8:45-9:45 a.m.
March 5	Back to School, Hall of Fame 1-2:30 p.m.
March 7	SNO Meeting
March 21	SNO Meeting
April 4	SNO meeting
April 6-10	59 th NSNA Annual Conference, Salt Lake City, Utah
April 18	SNO Meeting
April 27	Blood Drive
May 2	SNO Meeting (Nominations)
May 16	SNO Meeting (Election)
June 29	Blood Drive

Happy
Holidays