

SNO Flurry

Student Nurses' Organization

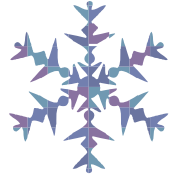


Riverside Community College Student Nurses' Organization Newsletter

December 2007

Message from the Dean/Director

Well, the end is near! Remain focused this next week and you will be rewarded with some well deserved time off or possibly even graduation!! I know all of us have been neglecting ourselves and our families and it will be nice to have some restful time to catch up.



The Board of Registered Nursing finished their every eight year approval process and I am happy to report (no surprise!) that it was a tremendous success. The BRN acknowledged our fabulous learning resources, diverse clinical experiences, current curriculum, committed faculty and staff, and of course our wonderful students. Dr. Bedroni told me (and I have witnesses!) "RCC is the best nursing program in the state". Of course, we know that already but it is always good to hear it again. Dr. Bedroni did offer two recommendations for improvement, which we will be tackling once we see them in writing at the beginning of the year. Thank you for all who took the time to speak with her – she loved hearing your comments!

Take time now to celebrate the season in accordance with your beliefs. I personally am blessed to work with outstanding faculty, staff, and students, and wish you all a relaxing and festive winter break.

God bless you and your families,
Sandra Baker, DNP, RN
Dean, RCCD School of Nursing

Message from the Associate Dean/MEC

Greetings from MEC!

Well, here we are at the end of another semester! Time really goes by fast when we have so many goals (such as care plans, tests, papers, and just getting through the week). Everyone has worked so hard and has accomplished so much! Now is the time to finish those last few challenges and get ready to have a wonderful holiday with friends, families, and loved ones. The New Year is a time to reflect upon the many blessings that we have, to help others less fortunate than we are, and to set some new priorities and goals. Cherish each day and live it to the fullest. Make a difference in the lives of others whenever you can. Making a difference can be such a small thing to you, but can have significant meaning to someone else. We can touch our patients' lives as well as others with just a little effort! Have a wonderful and safe holiday, a restful time off, and be ready to come back and learn a lot when you return in February. To the graduates, go out

into the great profession of nursing, make that significant difference and I know that you will make us here at RCC School of Nursing proud!

Best of Health and Happiness!
Lisa Howard, Ed.D, RN and Everyone at
MEC

Message from the ADN Chair

Happy December to all Nursing Students! I know you are exhausted and excited, all at the same time, because you only have a couple of weeks left of the semester. For some of you, this means only a couple of weeks until graduation. That is TRULY worth celebrating! Don't let up on all those positive study skills and test taking strategies you have gained over the semester. If you don't keep using them, they can't work for you. You have worked very hard; put in many hours, and made a lot of sacrifices. Just a couple more weeks and you can have a wonderful break.


We have a great nursing student body, full of motivated and dedicated students. Many of you have worked through a lot of adversity to get this far, and I'm proud of you for persevering. You are in a tough program, but a quality program that will help you be an excellent practicing nurse when you graduate. Take time to thank those who have helped you, at home, work, and school. None of us make it alone ☺


Merry Christmas and Happy Holidays. For those of you in Nursing 1, 2, & 3, I'll see you in the Spring, refreshed, and ready to go. For those of you in Nursing 4, congratulations and good luck, as you become practicing professionals!

Anita G. Kinser, Ed.D, RN
ADN Assistant Department Chair

GREETINGS FROM THE VN PROGRAM, December 2007

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 2007 semester. Final exams are around the corner and the upcoming weekends should be devoted to concentrated study. Farm out the children (to a safe environment, of course) and tell your employer that you will not be working until after finals. 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.

Have you thought about making the Breast Cancer Site  or the

Hunger Site  the Home Page when you open the Internet? There are six tabs at the top of either of these pages where you can click to give hope. One click gives the following:

- Hunger Site: More than one cup of food to a hungry world citizen.
- Breast Cancer Site: Helps fund free mammograms for women in need.

- Child Health Site: Provides Vitamin A for disease and blindness prevention, emergency oral rehydration for infants, Maternal HIV/AIDS Test Kits, and Eye Surgery and Prosthesis.
- Literacy Site: In 2006, over 300,000 books for children in low-income families.
- Rain Forest Site: In 2006, preservation and protection of 316,304,335 square feet of rainforest and the habitats of tens of thousands of plant and animal species.
- Animal Rescue: In 2006, over 33 million bowls of food for abandoned pets. (I love to read the stories about rescued animals. Our pets certainly provide much joy → better immune system → better health.)

Please do a Google search to find one of the sites, then click on all six. Thank you!! :o)

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 2007 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, DNP, RN, ANP
Associate Professor, Nursing
Assistant Chair, VN Program

VN Class

Nursing Sanity

One of the by-products of living and working in crazy situations is that one's tolerance for insanity increases exponentially. One's ability to discern what makes sense and what doesn't becomes impaired. When those around us continually exhibit bizarre behavior, one begins to question one's sanity. Often we are not insane. The situation is insane and we become progressively crazy as we try to adjust to it.

If "to be truly civilized, is to embrace craziness," maybe we need to take a look at what we have defined as "civilized". (paraphrased from Robyn Davidson) Anxiety occurs in degrees, from a level that stimulates productive problem solving to a level that is severely debilitating. At a moderate, productive level of anxiety, the nursing student should expect to see which of the following as a cognitive characteristic of anxiety? (Select all that apply)

- A. Slight muscle tension
- B. Occasional irritability
- C. Inaccurate perceptions
- D. Loss of contact with reality
- E. Desperation
- F. Disorganized reasoning
- G. Substitution of self-defeating thinking and behaving for rational beliefs.

- H. The student with an altered thought process may be impaired in maintaining adequate nutritional intake, grooming & hygiene activities.
- I. Impaired thinking and disorientation can impair informational retrieval from long-term & short-term memory.

As the countdown begins...the perfect final - final care plan is due, oral reports clinical evaluations next week, final exam December 17, and then 20 glorious days to sleep, eat, have fun and stay positive, in that, all of us will return January 7, 2008 for the winter term for maternity and pediatrics.

Thank you to all of the faculty, lab instructors, and clinical instructors. We appreciate your time, effort, skills, wisdom and desire to teach us, the future nursing alumni of RCC. We are becoming stronger, more competent in theory and skills because of your dedication.

We have had a great class this semester, team players sharing knowledge, helping each other over the hurdles here and there, giving positive encouragement, an ear to vent to, a shoulder to cry on, a smile that says "I understand".

Merry Christmas and Happy Holidays to everyone, and Happy New Year 2008!

Melva Cooksey – Snurse (Student Nurse)
 VN Vice President
 SNO VN VP

Nursing 1 (Main Campus)

Nursing 1 take a bow, we made it through care plans. Hallelujah!!! What a semester it has been. We have learned so much. Thanks to our instructors, we can bathe, feed, give meds, comfort and manage the care of clients. Just think three months have passed and we are still here. What a privilege to be apart of nursing at this time. This has been such an exciting and challenging semester, but it's not over yet. Stay focused, study hard, and remember all the hard work you put in to get here. Soon Nursing 1 will be a memory, but the friendships will always remain. The bonds we have formed along with divine intervention will carry all of us into Nursing 2.

Thanks to the Nursing staff for teaching, mentoring and caring. There are not words to express our gratitude. We realize a large portion of the time you gave to us meant time away from your families. Tell them thanks for sharing you with us. Know that you taught us well and we'll make you proud in Nursing 2.

It has been a pleasure and honor to serve as your Class President this semester. As we prepare for our finals stay focused, knowing the prize is only three semesters away. Enjoy the holidays, have one on the ROCKS for me and I'll have two for you. See you next semester.

LOVE Y'ALL and GOD BLESS,
 Monica Medice
 Nursing 1 Class President

Nursing 1 (March Education Center)

Greetings from Nursing 1 MEC

As the semester comes to a close we look back and can't believe how far we have come. We came in nervous and overwhelmed. We leave nervous and relieved. I know I

take lots of pictures, have some good laughs, and enjoy the rest of our time together as nursing students.

Sarah Lassek
Nursing 2 Class President

Nursing 2 (March Education Center)

Most of us, by this time have survived inserting foley's, postpartum and newborn assessments among other things. We're stressed out, tired, and in dire need of a break, maybe even a day at the spa, but we're almost to the halfway point! Well, if you actually figure it out, with all the time spent on pre-requisites we're more like three fourths there. Woo Hoo!!! We'll be taking our finals soon and be able to take time out to re-acquaint ourselves with our loved ones, enjoy the holidays and maybe just "veg out" for a while. To those die-hards that will be taking additional classes this winter, try to take the time to rest and refresh yourself before next semester starts, lord knows we'll be too overwhelmed with all the new information to relax then.

To the nursing 1 students: congrats for making it this far. First semester was the hardest semester by far for most of us and from what I'm hearing from N3 and N4 students as well. So, making it this far is a huge accomplishment.

Everyone have a safe and relaxing winter break and see ya all next February!

Sandra Brock
Nursing 2 MEC President
SNO Secretary

Nursing 3 Main Campus

Nursing 3 has been a great semester for all of us! It is really going by fast as we have just taken our fourth test. Only one more test to go.... the final! We are really beginning to master the skills that we learned at the beginning of the semester, and look forward to learning new skills in Nursing 4! With the holidays coming up, our last semester in Nursing School will come faster than we know it! Study hard and good luck!

Cynthia Ortiz
Nursing 3 Class President

Nursing 3 (MEC)

Hello Nursing 3! I hope you all had a nice Thanksgiving break. By the time you get this our third semester will be drawing to an end and we'll be studying for finals. It's been a busy semester and we've all worked hard. We are fortunate to be part of MEC Nursing 3. Our class is made up of people who are willing to help each other and have a desire for everyone to succeed. Congratulations! Thank you to all of the students and a special thanks to our instructors. Now it's time to take a break for Christmas and to be with our families. Don't forget to register for Nursing 16. It starts on January 7th and the future Nursing 4 class (that's us) from both campuses will be together for a short time. Also, considering this is the holiday season and there is food everywhere, remember we all have to fit into our uniforms in February. I keep asking myself where have the last 3 semesters gone and where did this extra 20 lbs come from? At least I haven't gained the

expected 30 lbs that comes along with nursing school. YET! Wishing You All A Merry Christmas and A Happy New Year!

Lisa Bieszczad MEC Nursing 3

Nursing 4

Hey everyone, Now that we are right around the corner from graduation, this is a great time to say congratulations to all of Nursing 4 for working so hard these past two years. It has been a struggle for many of us, and now that we can see the light at the end of the tunnel, it was well worth the effort. Now that we are almost done with this adventure, we can now look forward to our new journey as nurses. We hope that

everyone will be successful in their new career, and finally have some money in our pockets!!! We have spent a lot of time together and everyone will be missed.

Congratulations!!!!!! We will never forget all of you,

Jeanette Battles and Keith Cunningham

Nursing 4 President(s)

SNO President

Hello from SNO:

It has been a GREAT semester! I cannot believe how much we have all learned. I commend you all for making it this far. To N4 -- WOW! You guys made it through to the finish line and the final prize is in sight. Congratulations on all your hard work and dedication. Good luck on your boards. Please come back and give us an update on your success during the Alumni Event in May 2008. To N3 -- On to N4! I cannot believe we are already talking about pinning. I will see you all in N16. Enjoy the three weeks of vacation. To N2 -- I want to commend both MEC and City Campuses on their unity. I think it is fabulous that you are doing your fundraising together. Sarah Lassek and Sandy Brock are wonderful leaders. May your spirit of unity be an example to us all. 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 on your families and enjoy the holiday festivities.

Our next NSNA conference will be held in March 2008 in Texas. If you are interested in going please email Ms. LaCava. It has been a pleasure serving as your SNO President. Have a Merry Christmas and Happy New Year!

Warmest Wishes,
Katherine Driscoll
SNO President

* * * * *

Hello everyone, it's that time again, FINALS! I hope everyone is able to do well and move on to the next level, and those of you who are graduating, we wish you the best of luck in your careers as you move on. Thank you everyone who have attended the SNO

meetings and support our organization as well as those of you who are now taking up office and are becoming part of the mix.

Nursing is a career for everyone brave enough to do it... that's right, this includes the men!

Ronald Pang, SNO Flurry Editor

Kansas City MI, Conference Letters

Hello everybody. I am just reporting on my experience at the NSNA Midyear Conference in Kansas City that was held November 15-18, 2007. I had a great time at the conference. I was able to get a lot of information about career choices in nursing as well as advancement of education. One thing that really surprised me is that I am not too old for the U.S. Army. I'm 46 years old. They have actually called me at my home and they were very persuasive. My wife would kill me. If there is anybody interested, the Army will take ADN's in the reserve and they do have programs to help pay for your BSN.

The conference offered many workshops that offered a lot of information on subjects such as nursing specialties, travel nursing, aging nursing school exams, and job search and interviewing tips just to name a few.

The conference also had an Exhibit Hall that was filled with booths of prospective employers (e.g., The U.S. Army), educational institutions, publishers and manufacturers of educational products and materials. There were several companies selling NCLEX review courses and there was a lot of free stuff handed out.

I truly enjoyed meeting nursing students from all over the country to compare what they are going through with what we are going through. Everybody that I met seems to be having a similar experience.

Going to conference also gives you the chance to experience a city that you wouldn't, otherwise, get a chance to go to. I personally enjoy barbeque and Kansas City is known for its barbecue. We had our evenings free to go out and experience some of the city and in this case it was a famous barbeque restaurant called Arthur Bryant's.

The overall experience, for me, was great. I was able to get a lot of useful information about nursing as a career and I would encourage everyone to go to at least one conference.

Rick Hayatian
SNO ADN Vice President

* * * * *

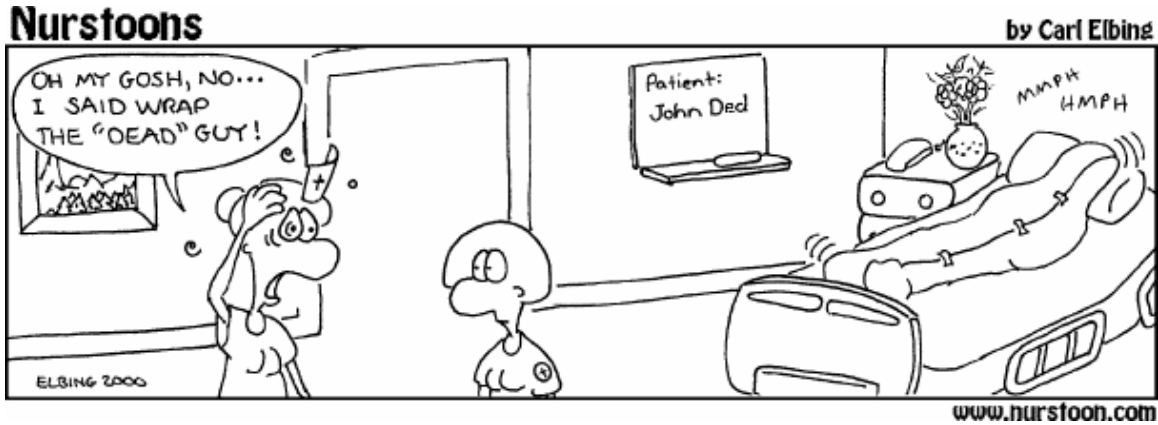
In November, I attended the NSNA Midyear Conference in Kansas City, MO. We had a wonderful opening speaker: Donna Cardillo. Ms. Cardillo describes herself as a 'Speaker, Entrepreneur, Entertainer, Humorist, and Master Motivator.' She proved to be all of the above. She spoke to us about her experiences as a new graduate, working in a rural ED by herself. She also gave advice on portraying confidence through a professional handshake and how to conduct yourself in an interview.

A representative from Grapevine's visitors' bureau was at the conference as well. Magazines were handed out to give information on the city and the upcoming NSNA conference in March. I will be attending and hope to enjoy the seminars and panel discussions with fellow students.

In Kansas City, there was a panel discussion where nurses from various specialties spoke about their profession, including rehabilitation nursing, travel nursing, and wound care. I also attended a seminar about writing resolutions for NSNA to support. I am on the NSNA Resolutions Committee and would love to see a resolution sponsored by Riverside Community College. If you are interested, please contact me or Mrs. La Cava. We can work together and through NSNA bring attention to topics that we truly care about.

Sarah Lassek, Nursing 2
SNO Scholarship Chairman

Our moment of Zen...



Messages from Our Advisors

As you hurry to find time to finish all of your outstanding projects and, of course, study for final exams, please take time to appreciate all that you have accomplished during the semester. SNO has much to be proud of. Our last project was Festival of Trees and our tree "A Ruby Red Christmas" was beautiful. The pictures are posted on the SNO Bulletin Board along with the Halloween Town pictures.

I hope that during the winter break you have time to catch your breath and reconnect with those who are important to you. Take some time to do something special for yourself like SLEEP IN at least one day. Spring will come soon enough and you'll find yourself running again. I hope that you enjoy the wonder of the holidays and are able to spend them with family and friends. Enjoy a wonderful winter break and may you find yourself bored at least one day between studying for a head start on Spring.

We had three students who were honored at the ASRCC Service Awards Banquet last week. Rick Hayatian was honored as Member of Distinction for SNO. Rick and So Mi Ko both received Bronze Awards for 50+ hours of service while Sarah Lassek received a Silver Award for 100+ hours of service. Many others have been very active but just didn't hit the 50 hour mark. Thank you all for all that you do.

Congratulations to our graduates as they complete Nursing 4 and prepare for pinning and NCLEX. We look forward to seeing you as RN's.

See you in February,
Wilma La Cava, RN-BC, MSN
SNO ADN Advisor

Class Officers Fall 2007

Nursing 1

Main Campus

President: Monica Medice

Vice Presidents: Joe Chavez, a.m; Karan Kalkat, p.m.

Secretary: Denise Beard

Treasurer: Chelsey Howe, and Christina Dautrich

SNO Representatives: Debbie Ward a.m. and Carrollyn Wakefield, p.m.

Alternates: Debi Tustin, a.m. and Ashley Ortega p.m.

Historians: Amy Bernacki, a.m. and Joykutty John p.m.; Chrissy Peterson alternate

March Education Center

President: Larry Lee

Vice President: Melissa Marty

Secretary: Lindsey Vander Meulen

Treasurer: Dalene Knight and Erin Goetz

SNO Representatives: Stephanie Bowman, Holly Gannon, Judie Black, Kimberlee Scotese, Michael Saito

Historians: Tina Winston, Kendra Green

Nursing 2

Main Campus

President: Sarah Lassek

Vice President: So Mi Ko

Secretary: Julie Sanchez

Treasurer: Jazelynn Yusi

Historian: Jose Batac, Delana Lloyd

SNO Rep: Open

Curriculum Rep: Kim Halbert

Learning Resources: Open

March Education Center

President: Sandy Brock

Vice President: Ann Fish

Secretary: Ashley Boucher

Treasurer: Crystal Ceballos

SNO Representatives: Stephanie Normand

Historians: Elana Hampton, Kristina Castle

Curriculum Rep: Amber Harris

Learning Resources: Open

Nursing 3

Main Campus

President: Cynthia Ortiz

Vice President: Cherrie Velante

Secretary: Judy Valencia
Treasurer: Stacey Villa
SNO Reps: Rick Hayatian
Historians: Esther Baez
Learning Resources Representative: Open
Curriculum Representative: Open

March Education Center
President: Kathy Driscoll
Vice President: Melinda Peoples
Treasurer: Dominique Bazanos
Secretary: Lisa Bieszczad
SNO Representative: Elle Stran
SNO Representative: Angie Tutoki
Advanced Placement Representative: Hayel Salha
Historians:
Clinical Group 18274: John Cagandahan
Clinical Group 18275: Russell Blankenship
Clinical Group 18276: Stephanie Gibson
Clinical Group 18913: Crystal Veum
Clinical Group 18914: Daphne Holmes
Clinical Group 18915: Joyce Oyetibo
Learning Resources Representative: Stephanie Gibson
Curriculum Representative: Bridey Abad

Nursing 4
President: Keith Cunningham and Jeanette Battles
Vice Presidents: Main Campus - Samantha Sherlock; MEC: Sylvia Tolang
Flex: Kym Mikaelian
Secretary: Kim Tucker
Treasurer: Tammy Hall and Rosalyn Costello
SNO Representatives: Open
Historians: Main Campus - Stacie Paulsness and Lindsey Bollschweiler MEC - Nenetzin Santos
Curriculum Representative: Tammy Hall
Learning Resource Representative: Main Campus: Cassandra Nissen; MEC: Daniella Gali;
Flex: Loreen Gutierrez

VN
President: Thomas Ross
Vice President: Melva Cooksey
Secretary: Priscilla Rosal
Treasurer: Tamara Lewis
Historians: Jimson Romero, Jacquelyn Woods, Lisa Mattox, Megan Miller
SNO Reps- Daniel Fromson, Jill Harmon, Tamera Lewis, Miguel Villegas, Kristie Wolf,

Environmental Engineers- Catherine Burke, Tressa Newell
Learning Resources Representative: Amy Hayes
Curriculum Representative: Alexandre Monteiro

* * * *

**SNO Officers
 Fall 2007**

<i>President:</i>	Kathy Driscoll
<i>ADN Vice President:</i>	Rick Hayatian
<i>VN Vice President:</i>	Melva Cooksey
<i>Secretary:</i>	Sandy Brock
<i>Treasurer:</i>	So Mi Ko
<i>ICC Representative:</i>	Melva Cooksey, Alternates: Kristie Wolf, Margaret Kennedy-Ross
<i>SNO Flurry Editor:</i>	Ronald Pang
<i>Allied Health Commissioner:</i>	Katrina Talley
<i>Scholarship Chair:</i>	Sarah Lassek
<i>Alumni Association Liaison:</i>	Crystal Ceballos
<i>Historian:</i>	Kelly McGuire
<i>Breakthrough to Nursing:</i>	Joy Harris

**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, Coordinator La Shawn Larry, Tory Johnson, Daphne Carter

<i>SNO Flurry Editor:</i>	Ronald Pang
<i>Allied Health Commissioner:</i>	Michelle Larkin
<i>Scholarship Chair:</i>	Angel Vipond
<i>Alumni Association Liaison:</i>	Kathy Driscoll
<i>Historian:</i>	Tryphena Arthur
<i>Breakthrough to Nursing:</i>	Joy Harris

SNO Meeting Calendar Spring 2008

8:00 AM, in Heritage Rooms, located in the Bradshaw Center (Unless noted otherwise)
 January 30, 2008, Blood Drive
 March 3, New Student Welcome, Hall of Fame 8:45-9:45
 March 8, Back to School, Hall of Fame 1-2:30
 March 17, Meeting
 March 26-30 56th NSNA Annual Conference, Grapevine, TX
 April 7, Meeting
 April 21, Meeting
 April 30, Blood Drive
 May 5, Meeting (Nominations)
 May 8, 11th Annual Nursing Alumni Reception, Hall of Fame, 6-8:00 p.m.
 May 19, Meeting (Election)
 June 25, Blood Drive

Happy Holidays