

SNO Flurry

Student Nurses' Organization



Riverside Community College Student Nurses' Organization Newsletter

February/March 2009

Message from the Dean



Welcome back!

The holidays are but a memory as we enter into the last semester of this academic year. For some of you this will be your last semester at RCC! (YEAH!). For others, it is your first semester in the nursing program (HELP!). But for all of you, you are on a journey that will change your lives forever.

Many things are different this semester. Not only do we have a new President of the United States but also one for RCC, Dr. Jan Muto. And soon a new Chancellor will be announced as well. You may think this has no effect on you, but were it not for previous supportive RCC Presidents and Chancellors we would not have doubled our RN enrollment numbers or be on the threshold of a new School of Nursing building. So it is an exciting time to be at RCC!

Another exciting event is the potential merging of our two California approval Boards, the BRN and the BVNPT. California is one of only 4 states in the nation with separate Boards and I truly believe California LVNs have suffered as a result. Again, you might say, how does this affect me? The merge should force all VN programs to become more accountable, which many private VN programs really need. It should make it easier for VN's to become RN's. Eventually, I imagine it will decrease the number of required units in VN programs (do you know there are more nursing units in the VN program than the RN program? It's true!) But, change is hard and nothing happens over night. Still, I would guess Martin Luther King would NEVER have imagined a President Obama within less than 50 years of the Civil Rights Movement!

Do you know that many of your faculty are students themselves, pursuing doctoral degrees? And many others are studying to become Certified Nurse Educators, a distinction only 27 nurse faculty in California hold? (There are 3 at RCC right now!) So, your faculty truly do remember what its like to be a student!

Remember – don't give up and when you close your eyes, the semester will be over!

Take care
Sandy Baker, DNP, CNE
Dean, School of Nursing

Message from the Associate Dean/MEC

Greetings from the March Education Center!

Hope you all had a wonderful time with family and friends during your time off!! We are glad to have you back growing, learning, and providing very special care to your patients and families!

A special welcome to our new Nursing 1 students, Advanced Placement Students, Flex, and all of our returning students! We are glad you chose to come to RCC for your nursing education. Be sure to make the most of your lecture, clinical, and lab experiences! Focus on the reasons WHY, not just completing the tasks!!

Your time in school will pass quickly (even though you may not think so). Take advantage of each moment to understand and integrate all the knowledge and skills each day! Seek help as soon as you have an indication of concern, the sooner the better. We are all here to assist you to reach your dreams! You CAN do it!! Have a great semester!

Dr. Lisa Howard, Faculty and Staff
The March Education Center

Message from the ADN Chair

Hello All Nursing Students,

Happy Spring Semester!! If this is your first semester as a nursing student, then I would like to welcome you into the Program. If you are a returning student, then welcome back for another challenging semester. Nursing is such a wonderful career choice. Everyday as a nurse we have the opportunity to make a difference in someone's life. Because we have such an effect in the lives of others, the road to becoming a nurse is a very challenging one. It demands hard work and perseverance, but the rewards of becoming a nurse outweigh the trials. Remember, success does not find you....you must go after it. You are very blessed as a student here at the RCC School of Nursing because you have so many resources available for your success that are yours for the taking. First and foremost, you have your wonderful faculty that are here to assist you in your search for excellence. You have Dr. Tutor, the Student Outcome Specialist, who can assist with study strategies and success techniques. You also have Dr. Kinser, the Nursing Resource Specialist, who can assist you with various technological strategies and resources to help you be successful. Further, you have the N7 lab and faculty to help you practice and polish your skills so you are ready to meet the challenges presented to you in the hospital. And last, but not least, I am always here to assist you in any way I can to help you become a nurse of excellence. Good luck on your journey!

Tammy Vant Hul, MSN, ANCP
Assistant Department Chair, ADN Program

GREETINGS FROM THE VN PROGRAM

Welcome to the Spring 2009 semester, especially to our new Nursing 1 and Advanced Placement students in both the ADN and VN Programs. We know you have entered our programs after rigorous preparations and you feel great anticipation to be embarking on this part of your professional journey. In return, we make every effort to carry out our responsibility to provide you with the highest possible quality of nursing education. Students and faculty working as a team create an optimum environment to reach our common goal. Let's go for it!!

Vocational nursing students in the part time program are enrolled in Nursing 63, the mental health course. Excitement is in the air as they prepare for their first clinical day on March 10. Finally they will be able to develop a Nursing Plan of Care on a "real" client and intervene with the communication skills learned in Nursing 50 and Nursing 60. The full time students have had little "down" time. During the Winter 2009 Intersession, they completed a six unit pediatrics-maternity course and the following week they jumped headfirst into the spring semester, with its demanding medical-surgical nursing course. With each day of clinical

experience, they report satisfaction with their developing competence and confidence. It sounds like a great voyage of discovery! ☺

The VN Program, Class of 2008, has donated \$700 to the Nursing Endowed Scholarship, which was established in 2006 with a “corpus” of \$10,000. The class also donated \$1000 to the Sharon Angrimson Endowed Scholarship, thus pushing the corpus over the \$10,000 required for endowment. Mrs. Angrimson was a respected and beloved dean and faculty emerita in the RCC School of Nursing. We lost her to breast cancer this past summer, so the August 2008 VN grads have honored her memory and contributions to the nursing profession and to nursing education in a very significant way. The neat thing about an endowed scholarship fund is that it earns interest, which is used for the yearly scholarship awards; the minimum interest earned yearly is approximately \$450. Last spring, the four nursing students selected as Distinguished Male and Female students from the VN and ADN Programs received \$150.00 scholarships. As the fund grows, the dollar amount will be increased. We are asking that each ADN and VN class consider contributing money left over from the Pinning Ceremony to the fund. Make your money work for nursing students far into the future! Please see your Pinning Ceremony advisor to discuss this further.

The VN Program team members extend our very best wishes for your most rewarding semester yet. Study hard, then take the time to reflect on what you have learned and to savor your successes.

Sincerely,
Phyllis L. Rowe, DNP, RN, ANP
Associate Professor,
Nursing Assistant Chair VN Program

VN Class

Time is certainly flying for the VN Class of 2009. We have made it half way through the program now and are that much closer to sitting for the NCLEX-PN! We now have just enough knowledge to be extremely dangerous. We just finished our rotation with Maternity/OB and Pediatrics during the Winter Session, and for most of us, six weeks never seemed so intense! As we build upon our knowledge of nursing fundamentals, we now venture deeper into Intermediate Medical-Surgical Nursing and Mental Health. While the VN Staff work diligently to secure clinical sites that will accommodate our learning experience, we prepare ourselves and look forward to our future as nursing team members in the medical community. Although surreal at this point, by Fall of this year each of us could be a Licensed Vocational Nurse, caring for patients, and getting paid for it! Until then, may our minds stay focused, our bodies healthy, and our hands washed...

Nicholas McGowan
VN Class President

Nursing 1 (City Campus)

Hello, my name is Nicole Figueiredo, class president of Nursing 1. On Behalf of the Fall/Winter 2010 class we would like to take the opportunity to thank our big brothers and big sisters for the gifts, lunch, and warm welcome into our new endeavor... Nursing School (yae!!!). Each of you has helped us get started and we appreciate all you have done for us! Thank you for being there when we need you, and simply knowing what we're going through (you really do understand!). We would also like to thank the entire Nursing staff for the

encouragement, support, and motivation to do our best. A special thank you to our instructors for being such good role models! We have great Nurses to look up to!

The first couple of weeks have literally flown by. We have now spent a few days getting accustomed to the hospital and are mastering our bed making, bathing, and other basic skills. We've also taken few tests and are getting used to how this whole Nursing School thing works.

Nursing 2 has been kind enough to pass down the recycling fundraiser to us, and we would like to say a great big thank you for that as well! So please, don't let a single can or bottle go to waste; we will love to take them!

Overall, we are a great team in Nursing 1! I personally enjoy getting to know each of you and truly foresee us as a great support system to each other. I take great pleasure in noticing how the class has already begun a strong bonding process and I hope that continues throughout the remainder of our semesters together. Keep up the good work everyone and just remember **you are here for a reason!** Keep your eye on the prize and persevere!

Sincerely,
Nicole Figueiredo
N1 Class President, City Campus

Nursing 1 (March Education Center)

In a galaxy far, far away, (or more commonly known as the MEC campus) 30 wide-eyed Nursing 1 students start down their path to career success. Flexibility was the key these first few weeks from schedule changing, campus shuffling and most importantly that extra thorough Kaiser training. YIKES!! Now our first exam is conquered, and the first weeks of clinical are behind us. We should all breathe slightly easier having lived through the unknown. So my fellow Nursing 1 peers, take a moment to simply relax. We can do this, and be assured we have wonderful staff and resources available to get us through this first semester. And if you need a good laugh or just want to check out some pictures taken by our lovely historians, check out our self-created website: www.nursingMEC.blogspot.com. Congrats and welcome to us all for getting to this point in our quest to becoming nurses!!! Si se puede!

Balinda Ballinger
N1 Class President, MEC

Nursing 2 (City Campus)

Hello, and welcome to the spring semester of 2009! This semester is already proving to be extremely busy for those of us in Nursing 2! We have literally 'hit the ground running!' from the minute we walked into class the first day of this semester. But, In comparison to Nursing 1, we have noticed that there are wee little pockets of 'me-time' that somehow seem to pop up.... Now, all we have to do is put into practice all of our time-management skills that we learned in Nursing 1 so that we can enjoy our free time.....!

My fellow Nursing 2 classmates did choose me to be the class president for the Riverside campus, and for that, I am tremendously grateful, but one thing I learned from our involvement in Nursing 1, is that the class president is nothing without those on the board to help him/her be able to function as the class president. I am honored to say that, as a result of class nominations that were conducted on the first day of class, I have been blessed by being surrounded and supported by some wonderful fellow classmates, all of whom have our class' best interests at heart. I am pleased to say that the variety of personalities and the strengths that each of us possess, will prove to be an anchor from which Nursing 2 can grow.

Enough of the serious stuff! Now, let's just say that the new Nursing 2 is better than the previous Nursing 1---we all have benefited from having the winter session off, following a, may I say, grueling N1!!! Some of us stayed in school for the winter session, some of us imbibed in the vineyards, some of us traveled out of state, some of us frolicked on the beach, some of us sought counseling for having been traumatized by our singing and dancing regimen that took place in various parks, hospital lobbies.... we even have the videos and pictures to prove just how talented we are! Some of us worked, some of us went on day-trips here and there.....anywhere.....! We certainly deserved our break from the arduous schedule of Nursing 1, but it cannot go without saying that we all are very appreciative of the efforts that the primary instructors, as well as the support staff, selflessly gave to us. Without their guidance, encouragement, support, (I think some of the instructors' pens ran out of ink when our care plans were returned to us with a check mark, a smile, or sometimes both....after having stayed up ALL night just to finish them!!

As we venture into Nursing 2, we are now blessed with a new instructor staff that all have very impressive records and statistics. As a class, one of our fears is that our new instructors won't REALLY get our humor.....but, boy, are we gonna keep at it until they do! Have a great spring semester, and keep those lines of communication open!

Linda Carroll, NSRCC "The Power of '10"!
N2 Class President

Nursing 2 (March Education Center)

As we embark on a new semester I am left to wonder how did we even get to Nursing 2 so quickly! I'm sure most of us thought that the first semester would never end or that we would barely survive-and yet we did. Much of the same feelings I felt at the beginning of N1 are emerging again, for example are we really finishing our first clinical rotation already? I am so exhausted and sleep deprived! I need more coffee! After a seemingly endless (or in some cases too quick) winter break, it is great to see everyone back and busy as ever with care plans, reading, and practicing new skills. This semester MEC and Riverside campus have joined together for the block labs, which has been a pleasure getting to know the other half of our wonderful prospective graduating class of June 2010! We have all learned so much in four short weeks and I'm sure we are all excited to try them out in the hospital. Nurses and instructors in the hospital will be met with puppy-dog beseeching eyes as we ask, "Can we insert that foley for you?", "I would love to change that IV bag!", "Let me get that sterile wound dressing for you." Now as we continue the semester it is with slightly envious eyes that we see the tropical themed countdown to pinning boards of Nursing 4 students. Our Nursing 2 countdown is more simplified as we say one clinical rotation down, 2 more to go, one test done, 3 more tests and the final left. However, before we can blink it will be spring break, and hopefully we shall all catch our breath and have time to smell the proverbial rose, reacquaint ourselves with our loved ones, and secretly be amazed at how much we have learnt in such a short amount of time. I would like to thank our Nursing 2 instructors who have made the transition to Nursing 2 so effortless and enjoyable. Their motto that there is no pass or fail but pass and premeditate brings a smile as we should all remember that mistakes are the portals to discovery. Let's hopefully keep that in mind as we not only concentrate on upcoming tests and care plans, but clinical competencies just a few weeks away.

Liz Martinez,
N2 Class President MEC

Nursing 3 (City Campus)

Well, here we are with almost a quarter of the semester behind us already. The break was nice and much shorter than the summer break and it felt good to get back. We have become a family over the past year and the first day back took on a feeling similar to a family reunion. Welcome to all of our MEC campus Nursing 3 classmates and those who are attached via streaming video. A special welcome also goes to the new Nursing 1 students. Just as it was expressed to us just a short year ago, I can tell you that your nursing school journey will be over before you know it. The first couple of weeks were hectic. Ninety of us were packed in to the Hall of Fame for the first two weeks. Our lectures and block labs were all conducted there and I must say that the Nursing 3 staff was able to accommodate the tight quarters successfully. During the second week we all had the chance to start IVs for the first time in addition to drawing blood via vacutainers and butterflies. Thank you to all of the Nursing instructors for their patience. Most of us were nervous going into the block lab that day. All of the nursing instructors present maintained a serious, but light-hearted atmosphere and it definitely helped calm many of us. Every time someone successfully completed an IV insertion or drew blood the instructors would all cheer. The following Monday many of us were comparing our “battle” scars from the needle pokes. Our historians were busy taking pictures as well. Many of us have had the opportunity to start IVs since then in the clinical setting. The feedback thus far after our first weeks of clinical has been very positive as well. Many of our classmates are doing their Psych rotations right now and the rest of us our doing Med/Surg rotations. The level of expectations in the clinical settings has, again, been raised. It is a good feeling to be able to perform interventions at the level of a Nursing 3 student. There is still much to learn, however, the feeling that we have come a long way and that the end of our nursing school journey will be here before too long is becoming more apparent. Good luck to everyone this semester.

Tony Barraza
N3 Class President, City Campus

Nursing 3 (March Education Center)

Wow! Can you believe it we are in our third semester and I am very proud and excited for all of us. First, I would like to say welcome to all Nursing 3 students at the MEC campus. I am pleased to see some of familiar faces and some new faces from the Nursing 2 class. There are going to be new challenges for us this semester with learning about IV piggybacks, (IVPB’s) calculating MSI & MSD, and don’t forget therapeutic communication. I am looking forward to our Psych rotation at the many different facilities. This should be a great learning experience. With the IV block lab (OUCH!) and the first dosage calculation test behind us our confidence is growing. We have amazing instructors eager to help all of us so take advantage of their office hours.

I am looking forward to an awesome spring semester. Welcome once again to all students new and returning, good luck and study hard.

All our dreams can come true, if we have the courage to pursue them. [Walt Disney](#)

Toni Tapia
N3 Class President, MEC

Nursing 4 (City Campus)

Here we are back at school in what will be the final leg of our journey in nursing school. This semester promises to be exciting as well as hard! We have vent and trach care to look forward to as well as IV pushes and hanging blood. This is where we pull it all together, everything we learned in N1, N2 & N3 are now coming together to complete our training to be the nurse. Our new instructors are ready to help get us through this semester and on to our new roles as nurses instead of students! Yeah! Study hard and get in study groups to help learn all of the content. We are almost there (80 days to go) stay focused on the end goal of June 10th!

Paula Stacey

N4 Class President, City Campus

Nursing 4 (March Education Center)

First I want to say "Welcome" to the new Nursing 1 students. Welcome to our family. I know you will hear this from all the other students you talk to, Instructors, Adjunct Faculty, and nurses from the clinical setting, but it holds true; keep your head up and study hard. You will make it through. If you need help, don't forget to ask your Big Brothers and Sisters and Instructors for help. I promise, it will get easier. To all the other nursing students, "Welcome back!"

Nursing 4...We are almost done!!! Can you believe it?!?!?! It seems just like yesterday we were starting in Nursing 1 and we were stressed about all the work and reading. Now look, we have moved on to stressing about NCLEX!!! This semester will prove to be just as challenging and fulfilling as the other three. We are currently in the Manager of Care rotation. In this rotation we as student nurses now get to take on the role of manager. Now whose idea was this?!?!?!?! Who in their right mind would put me in charge? LOL.

As the end draws near we prepare to take our place in the world and in Healthcare. We finally see the light at the end of the tunnel. Now we no longer see passed relatives standing on the other side waving us over. So let the count down begin.....80 days, 18 hours, 15 mins, 32 seconds. But are we really counting?

Larry Lee

N4 Class President, MEC

SNO President

Welcome back and happy spring semester everyone! I would like to extend a special welcome to the new group of eager Nursing 1, Advanced Placement, and FLEX students! I enjoyed meeting all of the Nursing 1 students during the orientations over the break as well as at the Student Welcome on March 2nd. It is surreal to see where my Nursing 3 class was just a year ago and how fast time flies! With all the new information, skills, and hectic schedule, it can be very overwhelming and at times scary. Don't be afraid to utilize our resources and ask your big brother/sister, teachers, other nursing students, or faculty for help! All the knowledge you gain this semester are the building blocks to nursing school and your career ahead...so hop on, strap in and enjoy the ride we like to call RCC Nursing School!

To all the continuing VN, N2, 3, and 4: I hope everyone had a wonderful winter break and came back ready to dive into a new semester. We are all learning new skills, studying for exams, working in the clinical setting, and being THE NURSE! :) I wish us all the best! SNO is off to a great start! The New Student Welcome went well and by the time this is posted, some of the families of the new students will have joined us at our Back to School event and

hopefully got to experience our wonderful simulation lab! On April 29th, we will be holding another Blood Drive. We hope to make it even more of a success than the last one! We still need volunteers to help sign up potential donors. A signup sheet will be posted in Nursing 7, at SNO meetings, or with our Allied Health Commissioners Kristen Ebert or Susan Eyman from Nursing 2 (City). Any help is greatly appreciated.

The board and I would love to see all of you at SNO this semester; not only is it a great opportunity to help out on campus but in the nursing community abroad. This semester many of us will be attending the 58th NSNA year end conference in Nashville, Tennessee April 15-19 (Spring Break) and are hoping to bring back lots of new knowledge and goodies! If you would like more information or are interested in attending, please see us at our first SNO meeting on March 16th from 8-9 AM in the Heritage Room next to the cafeteria!

Wishing you all a great semester with a dose of fun, PRN!

Shalyn Stanfield, Nursing 3
SNO President

Our Moment of Zen



Messages from Our Advisors

Welcome back to the Spring semester. We're off to a running start with two orientations for Nursing 1 at MEC and Riverside, Welcome Tea, and Back to School. Thank you to everyone who helped or attended. I hope your family members enjoyed the visit and especially the Simulator Lab. Thank you to the faculty and staff who made that possible.

We will be sending our representatives to the 58th NSNA Annual Conference in Nashville April 15-19, 2009 where they will sit with the California delegation making decisions about resolutions to support, Bylaws to change, Budget to approve, and elect the 2009-2010 NSNA officers and board members. They will also participate in educational workshops, visit the exhibit hall and meet students from across the United States, and points beyond. For those who couldn't attend this time, think about attending the CNSA Conference October 16-18 in Sacramento, CA, or the 27th Annual NSNA Mid-Year Conference October 29-November 1 in Phoenix, AZ. Airfare to these conferences should be much less as they are so much closer.

Other future events will be our See's Easter Egg candy sales, School of Nursing sweatshirt sale, Blood Drive April 29 and the Nursing Alumni Reception May 7th (during Nurses' Week). Please join us in signing up potential donors and helping or attending the Alumni Reception.

Thank you for all the work you do for SNO, the School of Nursing, and RCC. We couldn't do all that we do without you. Have a good semester. .

Wilma La Cava, RN-BC, MSN

SNO ADN Advisor

Class Officers Fall 2008

Nursing 1

Main Campus

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Vice Presidents: Kelly Deyoe, Trisha Zepeda

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Alternates:

Historians: Mark Locsin, Meagan Brannen

Alternates:

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March Education Center

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SNO Representatives: Tiffany Ramelb, Nicole Castro, Jeff Gutterud

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Claudia Hernandez
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Hernandez, Fernando Ortega, Jeannie Reed
Learning Resource Reps: Vanessa Arcenas
Curriculum Rep: Zach Saxton

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Learning Resource Reps: Alissa Haywood, Melissa Morren
Curriculum Reps: Melissa Dunigan-Hernandez, Tonna Wright

Nursing 3
Main Campus
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Nursing 3
March Education Center
President: Toni Tapia
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SNO Representatives:
Historians: Jacqui Woods (Flex), Maggie Stevens, Jennifer Vazquez
Learning Resources:
Curriculum Rep:

Nursing 4
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Secretary: Crystal Perez
Treasurer: Chelsey Howe, Christina Dautrich
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Learning Resources: Charlotte Jones
Curriculum Representative: Jodi Torske

Nursing 4

March Education Center

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Historians: Angelina Flahiff
SNO Reps: Mary Ann Van Fossan
Environmental Engineers: Pamela Salmon
Learning Resources Representative: Ryann Kelce

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**SNO Officers
Spring 2009**

<i>President:</i>	Shayln Stanfield, N3
<i>ADN Vice President:</i>	Amber Melonson, N3
<i>VN Vice President:</i>	Michelle Olson, VN
<i>Secretary:</i>	Brandy Casey, N3
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<i>ICC Representative:</i>	Susan Eyman, N2 Coordinating
<i>SNO Flurry Editor:</i>	Tony Barraza, N3
<i>Allied Health Commissioner:</i>	Kristen Ebert, N2 and Susan Eyman, N2

<i>Scholarship Chair:</i>	Dawn Mignuolo, N3
<i>Alumni Association Liaison:</i>	Nick McGowan, VN
<i>Historian:</i>	Melissa Boyd, N3 and Jennifer Helfrich, N3
<i>Breakthrough to Nursing:</i>	Joy Harris, VN

SNO Meeting Calendar Spring 2009

- March 16, Meeting
- April 6, Meeting
- April 15-19 NSNA Year-End Conference, Nashville, TN
- April 20, Meeting
- April 29, Blood Drive
- May 4, Meeting (Nominations)
- May 7, 12th Annual Nursing Alumni Reception, Hall of Fame, 6-8 p.m.
- May 18, Meeting (Election)
- July 1, 2009 Blood Drive

Happy Spring