

SNO Flurry

Student Nurses' Organization

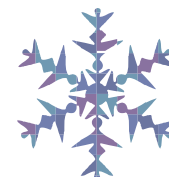


Riverside Community College Student Nurses' Organization Newsletter

February/March 2007

Message from the Dean/Director

Welcome to all new and returning students at both the Riverside City and the March Education Center campuses. The freezing spell we had in December seems so long ago as already our thoughts turn to summer. But before summer is spring and that is what we need to get through the semester.



We are around 470 students strong this semester, the most ever. It is so exciting for the faculty to help each of you, in various ways and places, accomplish your goal of becoming nurses. We are blessed with multiple resources here at RCC and want to make sure you are aware of everything available for your assistance. When in doubt, don't be afraid; ask your faculty who will do whatever it takes to get you where you need to go!

Some brief updates—we were recently awarded a Song Brown grant, which will enable us to continue enrollment into Nursing 1 at the MEC in the Fall. Our new School of Nursing building is in its final planning stages—check out the floor plans posted near the front entrance to the offices. Groundbreaking is set for June 2008, with completion in 2010. For \$1 million you could even name the building, so be thinking about that! We are participating in a small grant that could provide the School of Nursing with its own Educational Advisor, so no more counseling misunderstandings. And, for the Fall, we will be requiring a pre-nursing entrance exam, so be thankful you got in now!

That's about all that is new, other than we are starting to work on our NEXT Board of Registered Nursing accreditation, set for Spring 2008. More on that as the time draws nearer.

Please come to Dean's Council and the upcoming Joint Student/Faculty/Clinical Agency Advisory and have a fast and wonderful semester.

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

Message from the Interim Associate Dean/MEC

Welcome to the Spring Semester!

This is such an exciting time to be in Nursing and at RCC! The March Education Center is in full swing with all four semesters attending. We have 105 students and plenty of parking! MEC had an Open House on Feb. 8 that was a huge success! Thank you to all who came by to see our new Computer/Study room and SIM Lab. We have added some new faculty this semester: Mary Lange, Kimberly Reimer, and Annemarie Valadez. We are happy to have Stefanie Stackhouse as our new IDS. We have made many changes and hope to see you all out at MEC soon.

It may not seem like the time in nursing school will go by fast, but it will. Embrace your learning experiences! Opportunity knocks softly, so listen carefully. You will be given many opportunities to make a quality difference in each of your patients' lives and the lives of their families, and that is what nursing is all about.

All of the faculty, staff, and administration at RCC are here to help you meet your challenges and dreams. Let us know what we can do to assist you be successful. Have a fun and learning-filled semester!

Best wishes from MEC!
Dr. Lisa Howard-York, RN
Interim Associate Dean/MEC

Message from the ADN Chair

Welcome back from Winter break. You have all now gotten back into the swing of things again and have either taken your first semester exam or are preparing to take it. This semester is a new start and an opportunity to learn all that you can so that you can be successful in your current and future semesters. Remember that each semester builds on what you learned in the previous semester. You want to build a strong foundation for yourself. Your faculty is here to support you. Please contact them if you need extra assistance.

In addition to your semester level faculty we have two faculty that serve in supportive roles: Dr. Patricia Tutor is the Student Outcome Specialist (SOS) and is available to assist you with test taking strategies and study skills and Dr. Anita Kinser is the Nursing Education Specialist and is in charge of the computer lab, the N 7 skills lab, and the simulation lab. She may be able to refer you to resources that can help you. As Assistant Dept. Chair for the ADN program I am also here to assist you in any way that I can. If you would like to see me for any reason please leave me a note or stop in if you see me in my office. My office number is 222-8239.

As most of you know, the satellite program at the March Education Center is well under way and has been headed up by Dr. Lisa Howard-York and the nursing faculty assigned to this campus. We hope to have our first graduating class from this program June 2007. We would like to see every one of you be successful. We need each of you to be well prepared to meet the growing health care needs of our community. We will do our part and you need to do yours. We are truly in a partnership together. On behalf of the faculty welcome back and do your best.

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

GREETINGS FROM THE VN PROGRAM, March 2007

Welcome to the Spring 2007 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 was in the air as they prepared for their first clinical day on March 6. Finally they will be able to develop a NCP 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 2007 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 2006, has donated \$2,500.00 to the Nursing Endowed Scholarship, which was established last year with a "corpus" of \$10,000. 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 \$100.00 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, RN, MSN, ANP
Associate Professor, Nursing
VN Program Assistant Chair

Message from the Student Outcome Specialist

Hello to all nursing students,

Please remember to visit me before grades and or clinical issues become a problem. You may stop by my office or call and make an appointment. When Study Skills Workshops and Test Strategy Workshops are offered, please feel free to attend, it is in your best interest. You will see fliers posted in Nursing 7 and around in the department. Take responsibility for your learning! Get started, persist, and invest sufficient mental effort.

Patricia Tutor RN, Ed.D.
Assistant Professor, Nursing
Student Outcomes Specialist
(951) 222-8311

VN Class

Welcome back to all Full-Time and Part-Time VN students after the "short" winter break. We are in the fifth week of school with our first tests behind us. We're

enjoying our clinical experiences. We are all working to help one another achieve our goal. Clinicals are going well as we practice what we are learning in our theory classes. Congratulations to our newly elected officers. We wish everyone success in their semester.

VN Class

Nursing 1 (Main Campus)

Wow what a challenging however amazing past five weeks! I hope all us have found our “Groove” by now and have realized what a wise decision it was to choose the RCC School of Nursing program. On behalf of the Nursing 1 class I think it is safe to say how proud we feel and will continue to feel wearing the RCC School of Nursing uniform for the next two years (even though you can spot one of us a mile away). I want to also mention how proud I am of all of us. I see amazing potential in all you! Keep up the hard work.

When we went to the Community Care and Rehab Center a few of us got to hear the inspiring words from a 90-year-old retired Physician’s Assistant and her sister who was an RN. Their “mottos” are words I want to relay to all of you. “Goals, Strive and Caring” they confidently stated are the most important things to embrace as a nurse. So keep motivated everyone to strive to achieve your education goals while remembering the care aspect of nursing is just as important as the cure aspect.

On behalf of all Nursing 1 I would like to thank all our patient instructors: Especially Mrs. Dyogi for her stress easing humor, Dr. Colucci for teaching us the most important skill in nursing- therapeutic communication and of course Mrs. La Cava for coordinating SNO, the upcoming convention arrangements and for “re-hiring” us! Also I would like to thank our clinical instructors for guiding us through our first hospital weeks. In addition I would like to thank all our big sisters and brothers for the unexpected gifts and helpful advice. We truly appreciate you!

Keep believing in yourselves and working together!

Kimberly Halbert,
Nursing 1 RCC President

Nursing 1 (March Education Center)

Greetings from Nursing 1 at MEC.

I, like everyone else in my class, am very excited to have finally made it into the RN program here at MEC, RCC. It’s been a long road to getting to this point. Although many of us may have rather started at the Riverside campus, all have seemed to have eased into the intimate setting here and are becoming quite close. I’m encouraged by the cohesiveness of the group as all are eager to help each other with organizational or study habit ideas.

The teaching staff has an awesome reputation and have been equally helpful, making sure that all are aware of their eagerness to assist the students in anyway necessary to achieve our goals. Of course none of us knew what to expect, but the teaching staff has been there to reassure and encourage us that we can meet this challenge. We are all truly thankful for their support.

Having been called into the program mid-week before classes started, I (and a few others) missed the orientation and hearing all the horror stories about what to expect. I've heard many heartwarming stories of encouragement and helpful hints from the big brothers and sisters. Nonetheless, the first week of classes was, I'm sure, equally overwhelming for all. But, now that we've gotten the first five weeks under our belt, we are somewhat more at ease.

Meeting all our fellow students in one place at the SNO Welcome Tea was wonderful. I know most of us made new friends, and I met several students that I had taken classes with previously as did others and it was great to reconnect.

Congratulations to all the newly elected class officers! Unfortunately, we lost Ken, the originally elected President due to personal reasons, he'll be sorely missed, but I am confident we'll see him back in the program before long. I'd like to let everyone know that even though I had jokingly stated that I was only there in case of assassination, I had nothing to do with his leaving....Really! I have a good feeling about our elected officers though and am eager to start working with them for the good of our class here at MEC.

With my warmest regards,
Sandra Brock
Nursing 1 MEC President

Nursing 2 (Main Campus)

Welcome to Nursing 2! I think that most of us agree that Nursing 2 is a little less hectic than Nursing 1. The 12-hour clinical days are the best! There's enough time to make reassessments of our care, and track patient progress throughout the day. We're experiencing so much during this semester. We've seen live births, c-sections, total hip replacements, and even provided care for children and newborns.

Now, we're five weeks into the Spring semester. We've had our first test, and graduation doesn't seem so far away anymore. We have a great class that takes their education seriously and always tries to do the best job they can. Everyone works as a team, and are always willing to offer a helping hand. The time spent in nursing school is time well spent when it's with people you care about.

As for the Spring 2007 Nursing 1 classes at Riverside and MEC; I know it seems as if this semester will never end, but it does... eventually... so just try to accept nursing school for what it is... very tiresome. Forget about counting down the days, because in reality, it doesn't matter if you're week 5 into the program or in week 10... you still have to pass all those tests! It's a lot of work but it's worth it! As long as you work hard, you'll be successful.

Cynthia Ortiz
Nursing 2 Riverside Class President

Nursing 2 (March Education Center)

We are a third of the way done! Yeah! And we are off to a "fabulous" start, as Dr. Howard-York would say. We have all had our first test. If your score was not what you wanted please ask for help. Make an appointment with Dr. Tutor, find a good, structured

study group, buy a good N-CLEX review book, and talk to your faculty. Don't wait until the last minute to seek help.

I hope to see you all at the NSNA convention in Anaheim this April 11th-15th. If you are interested in attending, please check with Ms. LaCava.

We have a couple of students that still have not had a chance to insert a foley or NG tube on a real person. If you would like to volunteer please contact N2 at MEC. All volunteers are greatly appreciated (Just kidding!).

"Success occurs when no one is looking, failure occurs when your instructor is watching." - Anonymous.

Adios,
Katherine Driscoll
Nursing 2 MEC President

Nursing 3

Welcome back from the long winter break. We hope that you enjoyed yourselves, had a great time, got caught up on any overdue home projects, and did at least a little studying. We are looking forward to a busy and fruitful semester. We have learned some new skills and are anxious to try them out on our clients.

It is now time for us the "be the nurse." It is your time to take charge of your patient and do all those things necessary to ensure their safety and comfort. Make sure that you keep your eyes and ears open for any learning experiences. Look for the RN's taking the IV tray to start a new IV and ask if you may do it. Listen at the nurse's station for someone talking about starting a Foley or making a dressing change. Find every opportunity to experience something new or to try a procedure again and "git-r-done." You are in control of how many experiences you get this semester and throughout your stay in nursing school.

We are still waiting for the school president to grant us permission to use the school logo on our fundraising mugs. As soon as we get that we will have pictures and descriptions of them and we will be taking orders from everyone who wants one. However, let us take advantage of this opportunity to remind you to pay your dues. The dues are \$20 and are due each semester if you don't want to end up paying the whole amount at the end of your school. Make sure you find Treasurer Tesfa and take care of that early in the semester.

Congratulations to Nursing 1!!! Just remember to take your time and don't be so stressed out. You have wonderful teachers that are there to help you get into the swing of things. To Nursing 4, your almost there! How exciting, we can't wait to be in your shoes.

Sincerely,
Keith Cunningham and
Jeanette Battles
Nursing 3 Presidents

Nursing 4

Here we are in Nursing 4 at long last! Our winter break was so short we didn't even have time to miss each other. Taking N16 during the intersession was a blessing and

we even managed to get our class pictures done. What a fabulous group we are. Our tattooed love- boy photographer will never forget us. I'm looking forward to going to see the composite preview and then picking up our photos.

Now the semester starts. ABG, PO2, POCO2, PVR, CVP, SVR, PCWP, SIMV, ABC, CIA, DOG, do any of these mean anything to you? Here in hemodynamic hell they pave the pathway to graduation from nursing school so we'd better make friends with them. Our study groups seem to be off to a good start. I would encourage anyone who hasn't already signed up for a group to do so. Talking out these concepts among ourselves and the extra bonus of having our N4 staff to help should help to ease the burden. We don't want anyone to fall behind so anyone who needs help, PLEASE reach out to someone. We're all in this together. We have been through too much to fade away at the end.

Speaking of the end, the other class officers and I would love to get input on our pinning! Call or email us and soon we will be getting committees together to plan our big day. But remember: **you need to pass to be pinned.** Let's stay focused on what's important.

Linda Clayton-Dhennin
Nursing 4 President

SNO President

Happy Spring Semester to everyone!!! A special welcome to Nursing 1 (RCC & MEC), Advanced Placement (RCC & MEC), FLEX, and to all continuing students! I hope everyone is adjusting well into the new semester and back into the swing of things. Just think summer is around the corner, but don't lose track of what the goal is this semester. It is important to stay focused and to concentrate on your studies. By now all the classes have had their first test with the second test looming in the shadows. If you feel as though you didn't do as well as you would have liked, it is important to take action now! Seek out your instructors, classmates, other nursing students, and the many other resources that are available here on campus.

SNO started off this semester by welcoming the new incoming students at the Welcome Tea. It was great to meet all of the Nursing 1 students who attended. I wish you all the best this semester and yes, things do get better. Just remember that this semester is the foundation that you will build on as you move through the nursing program. So my advice to you is to be a sponge and soak up all of the knowledge that is seeping out of your Nursing 1 instructors!

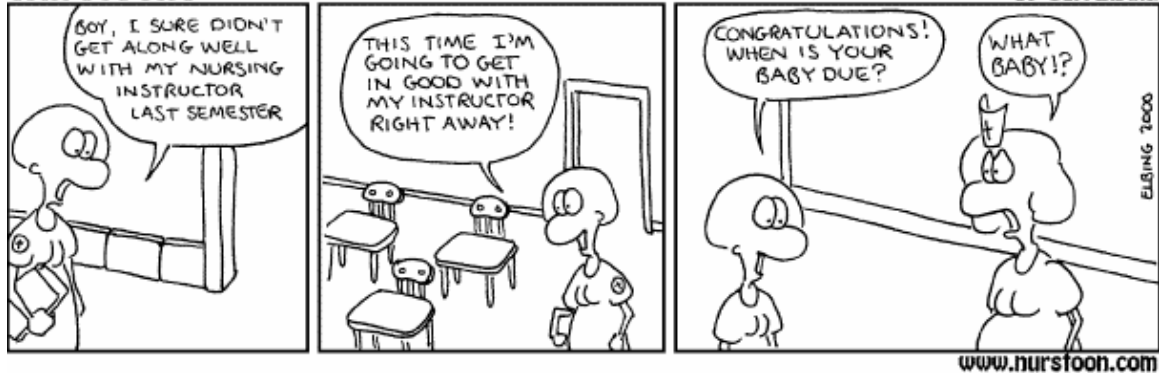
Some upcoming SNO events are: the NSNA Conference in Anaheim, CA (4/11-4/15), the Blood Drive (4/25), and the 10th Annual Nursing Alumni Reception (5/10). SNO meetings are held on the 1st and 3rd Monday of each month at 0800 in the Heritage Room (unless noted otherwise). The class SNO representatives should attend the meetings so that they can report back to their classes about upcoming events or important issues. Everyone is invited to the SNO meetings so I hope to see you there! I recommend that everyone attend at least one SNO meeting in the semester. It is important to see how the RCC nursing students are represented here on campus as well as in the community.

For me nursing school has been one of my toughest challenges in life, but through my patients it has been the most rewarding. Though things can sometime seem hectic it is important to keep positive and to not give up. Treasure the friendships that we have built and extend a hand of friendship to all nursing students whether VN, Nursing 1, 2, 3, or 4. We all need the support and encouragement!!!

Ruby Grove, Nursing 4
SNO President

Our moment of Zen...

Nurstoons



Messages from Our Advisors

Welcome to all the new and returning students at Riverside and MEC. I hope you were able to take some time for yourself and enjoy your break. I hope, also, that you are returning refreshed and ready to have a good semester as you move a step closer to your goal—becoming a nurse.

SNO has been busy with Orientation, Welcome Tea, Back to School and then there is the Blood Drive and the NSNA Year-End Conference coming up in Anaheim in April. Your peers will be attending and representing you in the House of Delegates of the NSNA seated with the California delegation (like a House of Representatives) listening and voting on issues, finances and ultimately voting for the NSNA Board of Directors for 2007-2008. I hope as you progress through the program you have an opportunity to experience your professional organization's conferences. It lets you see that you are part of a much larger group of student nurses across the nation who are experiencing what you are experiencing, feeling what you are feeling and all looking forward to changing the face of nursing in the years to come. Remember you are all the future of nursing.

On a personal note I would like to thank all of you for all that do. You work very hard to learn and grow. Remember your patients' appreciate all that you do even if they don't always think to tell you so. I want to wish you all a great semester and a wonderful future.

Wilma La Cava, RN-c, MSN
SNO ADN Advisor (RCC)

Class Officers Spring 2007

Nursing 1

Main Campus

President: Kimberly Halbert

Vice Presidents: Stephanie Howard and Trish Mc Intyre

Secretary: Julie Sanchez

Treasurer: Jazelynne Yusi

SNO Representatives: Lila Nawabi and Marcia Ferreira

Historians: Anna Hurtado and Senedu Gemedu

March Education Center

President: Ken Hamrick

Vice President: Sandy Brock

Secretary: Ashley Boucher

Treasurer: Holly Lafond and Crystal Ceballos

SNO Representatives: Stephanie Normand and Sara Zehntner

Historians: Elana Hampton, Simuoko Nau, Jantra Burd, Harry Agustin, Terence Calima,
Kristina Castle

Nursing 2

Main Campus

President: Cynthia Ortiz

Vice President: Cherrie Velante

Secretary: Judy Valencia

Treasurer: Stacey Villa

Historian:

SNO Rep: Rick Hayatian

March Education Center

President: Kathy Driscoll

Vice President: Melinda Parkin

Treasurer: Dominique Bazanos

Secretary: Lisa Bieszczad

Historians: Joyce Oyetibo, Irene Perez, Daphne Holmes, Vernie Buscagan

SNO Representatives: Kelly McGuire, Crystal Veum

Nursing 3

Presidents: Keith Cunningham and Jeannette Battles

Vice President: Samantha Sherlock

Secretary: Kimberly Tucker

Treasurer: Tesfamariam Tesfa

SNO Reps: Leonie Taniform (MEC), Leslie Bennett

Historians: Doug Pederson (MEC), Lieu Vo, Cassandra Nissen, Melissa Tolentino

Learning Resources Representative: Tamara Hall, Loreen Gutierrez

Curriculum Representative: Loreen Guitierrez, Tamara Hall

Nursing 4

President: Linda Clayton-Dhennin
Vice President: Ruby Grove
Secretary: Karen Navarro
Treasurer: Connie Matty, Karen Navarro
SNO Representatives: Elizabeth Moore, Felicia Thompson
MEC Rep: Renattha Contreras
MEC Historians: Vernita Castro, Mindy Klatt, Sarah Cahoon
FLEX Rep: Mary Ann Cox
FLEX Historians: Ed Cagandahan, Jessica Dinga, Michelle Lanorias

VN

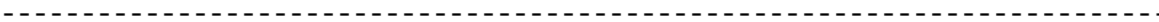
President: Michelle Deal
Vice President: Teresa Weatherwax
SNO VN Vice President: Ash Fromson
Secretary: Jeanine Barragan
Treasurer: Bernadette McNurlan
Historians: Ryan Tabares, Karan A. Richardson, Charisse Gonzales-Maquilan

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SNO Officers

Spring 2007

<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>	Felicia Thompson
<i>ICC Representative:</i>	Kelly McGuire
<i>SNO Flurry Editor:</i>	Ronald Pang
<i>Allied Health Commissioner:</i>	Katrina Talley
<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



SNO Meeting Calendar Spring 2007

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

March 19, Meeting (Hall of Fame)

April 2, Meeting

April 11-15 55th Annual NSNA Year-End Conference, Anaheim, CA

April 16, Meeting (Hall of Fame)

April 25, Blood Drive

May 7, Meeting (Nominations)

May 10th, 10th Annual Nursing Alumni Reception

May 21, Meeting (Election)

June 27, Blood Drive

Happy Spring