

SNO Flurry

Student Nurses' Organization

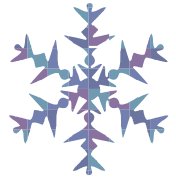


Riverside Community College Student Nurses' Organization Newsletter

September/October 2007

Message from the Dean/Director

Welcome to all new and returning RN and VN students! It was wonderful to see all the smiling faces of our newest future nurses at both the Back to School event, as well as at the SNO Welcome Tea. To see your family members were especially nice. It is gratifying for myself and the faculty to know how much your education will greatly impact not just your life but all of your loved ones' lives as well.



Between all programs and campuses, the School of Nursing enrollment is at an all time high. Over 500 full and part time students! To meet this increased enrollment we hired 2 new faculty this summer – Sharon Alexander (RN) on the March Education Center campus and Gloria Huerta (VN) on the Riverside Campus. Grant funds have allowed us to continue the Student Outcome Specialist (SOS) role held by Dr. Patricia Tutor, who is available to help all of you with studying, test taking, and time management skills. Our Simulator Lab has become The Skills Place and is being staffed to remain open 40 hours a weeks for you to practice skill development. The California Community College Chancellors' Office Technology Focus Award for its innovativeness in addressing the nursing shortage recently acknowledged our Flexible LVN to ADN program with video streamed lectures. Plans continue for our new School of Nursing building to be occupied by 2011.

Having just returned from the National League for Nursing conference in Phoenix, your faculty continues to be energized and focused in providing creative teaching strategies to help each of you reach your educational goals. We are also busily finishing our Self Study Report for the Board of Registered Nursing who will be conducting a site visit on December 10th and 11th.

Have a wonderful semester – it will be Christmas/ Hanukah/ Kwanza before you know it!

My door is always open, come on in!
Sandy Baker, DNP, RN
Dean

Message from the Associate Dean/MEC

Welcome from MEC!

It is hard to believe that the fall semester is almost a third of the way over and it seems we just got started! Time flies when we all have so much to get accomplished in such a short time. It will be Christmas break before we know it.

We have many concepts to explore, clinical skills to master, clients to help, and many goals to reach during the next few months. The faculty are all here to assist you in

any way we can. But, you must let us know how we can help. Get organized, stay positive (as you will be successful!), and remain focused on the goal. YOU are the nurse. You will be given many opportunities to make a significant difference in someone's life. This difference could be in the life of a client, fellow student, family, or friend. Opportunities knock softly, so listen carefully.

Have a great semester.
Lisa Howard, EdD, RN
Faculty and staff,
March Education Center

Message from the ADN Chair

Greetings for Fall 2007! As ADN Department Chair, I would like to welcome all the students on the City Campus and on the March Education Center (MEC) campus. It is great to have back all the returning students, and a special welcome and “Good Luck” to the new students joining us for the first time! I know you have all just experienced five intense weeks as the semester started. The intensity won’t change, but you will settle in and feel more comfortable with what you are doing as you progress along. By the time you read this article you will already be a third of the way (or more) through the first semester. The time goes fast, so it is important to stay focused, organized, and on top of your assignments.

I want to remind you that the RCCD Nursing Programs have many great resources for our students to help you be successful. Dr. Patricia Tutor is our Student Outcomes Specialist (SOS) and is on campus Monday – Friday to assist students with study skills, test taking strategies and much more. She also provides a number of workshops for students. Plan to attend one if you haven’t done so. I can almost guaranty you will hear at least one new idea that you haven’t tried that can help. Dr. Tutor also accepts appointments for individual assistance as needed.

We divided the learning labs into a Study Place (LS207) and a Skills Place (LS206). This will decrease crowding, and provide students with quality equipment to practice on in the Simlab (LS206). There is a monthly calendar posted outside LS206 identifying when the lab is reserved for class sessions. LS207 can be used for skills practice when LS206 is reserved for a class, or when “over-flow” is needed.

The Nursing Computer Labs in MLK are another resource for students to use Computer-Assisted Instruction (CAI) programs, work on care plans, do online research, etc. We attempt to staff an Adjunct Nursing Faculty person in MLK Mon-Fri, 8:00 AM – 4:30 PM. Unfortunately, we have had some staffing issues these first few weeks of school. Please be aware that the CIS staff at the main desk on the second floor are only able to help with technical questions. They cannot answer questions about your assignments, nursing content, etc. If you need nursing school related assistance when no Nursing faculty is in MLK, please return to LS207 or your semester level faculty for clarification.

I hope you all have a great semester. You are off to a strong start! Part of my role as ADN Department chair is to be a liaison between students and faculty when needed. Remember to always follow the chain of command for your semester level first if you have issues. I am there to help if you feel they have not been resolved going through

normal channels. More importantly, my door is open if there is anything I can do to assist you, even if it is just to listen. Have a great semester!

Anita Kinser, EdD, RN-BC
Assistant Chair, ADN Program

GREETINGS FROM THE VN PROGRAM, Fall 2007

The VN Program faculty hopes that the semester is progressing well, both personally and professionally, for each of our VN and ADN students. We are very proud of our students, as we know nursing students are among the strongest on campus. It is our belief that our students are works of art in progress and it is our reward to see the labors of both faculty and students bear fruit (i.e., a license to practice nursing, enhanced self-confidence, increased pride). Every day brings new opportunities for growth.

We welcome Mrs. Gloria Huerta as a member of the VN Program faculty team. Mrs. Huerta has a long history of teaching nursing, as well as teaching in the both the PA and EMT programs, so she brings diverse experience in teaching and clinical. She is a family nurse practitioner who has most recently worked in the Emergency Department at Riverside Community Hospital. She would be a good person with whom to consult about the advanced practice role for nurses. Sylvia Stone remains our guiding light in a number of areas, especially nursing care planning.

We are fortunate to have a number of adjunct faculty working in both the clinical and skills labs of the VN Program. Paul Woodward and Susan Farrington are teaching Nursing 50. We are grateful for the rich diversity these teachers bring in terms of their varied clinical and academic expertise.

Thank you to all the VN students who are volunteering for SNO activities and who are considering running for class office. We held elections on October 5, so we will be able to report the names of our class officers in the SNO Flurry. We recognize that our class leaders contribute to the learning environment and enhance opportunities for the success of all students.

Aren't you happy that the **HOT** days of summer are gradually receding into a distant memory? Enjoy the refreshing, crisp fall air by getting out for a nice walk to commune with nature. You deserve the reward.

Many GOOD wishes from the VN Faculty Team!

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

VN Class

The VN class is moving along nicely at the beginning of the 6th week. How fast time flies. Class officer elections were held on Friday, Oct.5th with the following results:

President- is a run off situation so the results will come at a later date.

Vice President- Melva Cooksey

Secretary- Priscilla Rosal

Treasurer- Tamara Lewis

Historians- Jimson Romero, Jacquelyn Woods, Lisa Mattox, Megan Miller.

SNO Vice-President- Melva Cooksey
SNO Reps- Daniel Fromson, Jill Harmon, Tamera Lewis, Miguel Villegas, Kristie Wolf
Environmental Engineers- Catherine Burke, Tressa Newell
Learning Resource Committee Rep.- Amy Hayes
Curriculum Committee Rep.- Alexandre Monteiro
ICC Reps.- Kristie Wolf, plus one other as an alternate.

The VN class has started collecting candy for Halloween Town and several students, both part-time and full-time, have expressed an interest in participating, This has the beginnings of a very exciting and eventful year.

Sylvia Stone, RN, MSN
VN Class Advisor

Nursing 1 (Main Campus)

Congratulations Nursing Students on making it to our sixth week of Nursing 1! Just think a whole month has passed. Thanks to the support and encouragement we show to each other we are still here. The nights of 2 hours of sleep has turned into 3. Hang in there. Before you know it we might actually get 8 hours (ha, ha).

A special thanks to our big brothers and sisters for the welcome pot luck and goodie bags. SNO we love you, and what can I say about the Nursing faculty except, YOU ARE THE BEST or as the youngsters say, YOU ROCK! I know we have lots of questions, but hang in there we will cut you some slack soon (maybe).

Even though we seem to be overwhelmed, continue the hard work that got you here. With lots of support and divine intervention we will master the care plans, schedules, sleepless nights and scenario testing madness without turning gray (too late for me). So keep reaching, the sky is not that far away. June 2009 is right around the corner.

Monica Medice
Nursing 1 President

Nursing 1 (March Education Center)

The time has come. . . A time that for many of us could not come quickly enough. We have all been excited to start our new role as nursing students with RCC. After years of planning and preparing we are finally here. Our excitement turns to nervousness and fear, fear of the unknown. What have we gotten ourselves into? But we will make it through, one and all if not for the support and encouragement of our loved ones, then by that of our instructors, nursing staff, and fellow students. It will be a long road that will end much too quickly, ending with not only the joy of starting our new career, but taking with us the friendships that we form over the next four semesters. I know I speak for the entire MEC Nursing 1 class when I say THANK YOU to SNO and the big sisters and brothers that met us at orientation and immediately welcomed and congratulated us on our new adventure. So as we hit the ground running, good luck to everyone. We will see you on the other side!

Larry Lee
Nursing 1 MEC President

Nursing 2 (Main Campus)

Hello Nursing Class of December 2008! First of all, a big welcome to all the students who joined us this semester. We know it can be a challenge to be thrown in to an existing class, but we hope to get to know everyone. So far things have been interesting this semester. It has definitely been a little different than the chaos we felt during our first months as nursing students. We have been learning about everything from catheters and crying babies to NG tubes and the proper technique for massaging a fundus.

One of my goals for our class this semester is for us to be more involved. We have so many excellent activities taking place on a class and campus level as well as a state and national level. Take note of SNO activities and participate in them. Show up at the state and national conferences. Volunteer some of your time at health fairs and career conventions. We have so many amazing opportunities to be involved with one another and our community. It's important to take advantage of these opportunities. As nursing students, we can develop our skills. As new graduates, we can draw upon our past experiences.

So let's get fully immersed in this semester, study our hearts out and learn some new skills. Along the way, we can have a good time, get to know each other, and make some lasting memories.

I have a genuine love for this class and a true caring for everyone in it. As we go throughout this semester, I hope that everyone feels comfortable enough to approach me (or any one of the class officers) with a concern, a compliment, or a suggestion. Thank you all for giving me the opportunity to act as your class president.

We can do this!

Sarah Lassek

Nursing 2 Class President

Nursing 2 (March Education Center)

Boy was that a short summer! For those of us that continued in our studies, our jobs, and those of us with family, young and old, three months is just not long enough! (And we were supposed to have time to read the 20+ chapters???)

It was exciting to meet all the new N1 students at their orientation. They are so excited and anxious....little did they know what they were really in for! Hahaha I've seen a few since that look like deer in the headlights. Congratulations to all of you that made it in the program. You've all worked hard to get here. It was no easy task and now you're more than half way on your way to becoming an ADN RCC graduate! It carries a great reputation with it, be proud of yourselves! I'm here to tell you it does get better... not easier, but better.

As for Nursing 2, we've gotten past our first Exam (Phew) and our first clinical rotation and now have a pretty good idea what to expect for the rest of the semester. I think a few in OB have decided not to have kids (at least not for a while) and maybe our Peds rotation will further confirm that decision. We have more complicated dosage calculations this semester ...and we can handle it... even if we have to take the test twice!!! ☺ If we can make it through N1, surely we'll have no problem with N2.

Many thanks to all the upper class students that have been so helpful to us. Your support and encouragement is much appreciated.

Happy studying to all,
Future RN
Sandra Brock
N2 MEC Pres/SNO Secretary

Nursing 3 (Main Campus)

I can't believe that we have already completed 6 weeks of Nursing 3! Our first exam came up fast, but we studied hard and really learned a lot of new information. We've learned I.V. insertion (we all had the hematomas to prove it). We couldn't imagine starting an I.V. on a patient so soon, but once we got into the hospital, everything went better than expected! We've also learned communication skills and care for psychiatric patients, TPN, I.V. fluid therapy, colostomy care, nasopharyngeal suctioning, and various other skills. This is the semester where we are considered the nurse, and even though that can be a little nerve-wracking at times, it is good preparation for what lies ahead...Nursing 4!

This is a busy semester, but I know that we can all make it. Have fun and don't get too stressed! Provide care for your psychiatric patients, but don't become one yourself!

Cynthia Ortiz
Nursing 3 Class President

Nursing 3 (March Education Center)

Hello Nursing 3!! Doesn't that sound wonderful? We've completed our first year and are already done with our first clinical rotation! Time is flying by and before we know it we're going to be ready for our last semester of nursing school. If anyone out there feels a little overwhelmed right now, you are definitely not alone! Now that our first rotation and exam are behind us, hopefully we are getting back into the swing of things. The first couple weeks are always the most stressful because we are trying to get organized and learn new skills. Just hang in there! Also... to the new additions... welcome to the MEC family!! If any of you need anything, we are always here to help!

Now...here's a Mental Health Hotline that I think is perfect!

If you have obsessive-compulsive disorder, press 1 repeatedly.

If you are co-dependent, please ask someone to press 2 for you.

If you have multiple personality syndrome, press 3, 4, 5, and 6.

If you suffer from paranoid schizophrenia, we know who you are and what you want.

Stay on the line so we can trace your call.

If you are delusional, press 7 and your call will be transferred to the mothership.

If you are hearing voices, listen carefully and a small voice will tell you which number to press.

If you are manic-depressive, it doesn't matter which button you press. No one will answer anyway.

If you are dyslexic, press 969696969696.

If you have a nervous disorder, please fidget with the pound button until a representative comes on the line.

If you have amnesia, press 8 and state your name, address, phone number, date of birth, social security number, and your mother's and grandmother's maiden names.

If you have post traumatic stress disorder, slowly and carefully press 911.

If you have bi-polar disorder, please leave a message after the beep. Or before the beep. Or after the beep. Please wait for the beep.

If you have short-term memory loss, please try your call again in a few minutes.

If you have low self esteem, please hang up. All our representatives are busy.

I hope everyone has a wonderful semester! Don't forget to study hard, but most of all, just have fun out there!!

Melinda Peoples

N3 Vice President MEC

Nursing 4

Hello one and all, Welcome back to all of the Nursing 4 students. It has been a long time coming but we are finally here. It seems like so long ago that we were the new nursing students. Back then it seemed like the Nursing 4 class was so far ahead of us. But we can now testify to all of the underclassmen that with dedication, hard work, and a goal-oriented focus that anyone can make it to the end. We are the living proof. To all of the students who are in VN and Nursing 1-3, stick with it and keep your eye on the finish line. It is a struggle but it is worth it in the end. Well, we have the first exam under our belts. By now, you should have a preliminary idea about where you stand as far as your grades are concerned. If you had trouble on that test and have concerns, you should take steps as early as possible to get in touch with the SOS coordinator. Playing catch up is hard at the beginning but it only gets harder as the semester goes by. Get a jump on it now while you still have a chance. Hit the books and study, study, study. Fund-raising is in full swing. We have a few things planned for the semester so stick with us so we can have a grand pinning ceremony. We don't anticipate any shortfalls in funds but you never know so PLEASE catch up with your dues if you are in arrears. Pinning committees will be set up shortly so if you want to help (and even if you don't WANT to), get on the committees and get the work done so that the pinning is a success. Thanks to the class for your ongoing support of the class officers. We can't do it alone and we are getting a lot of help where we need it. It is our pleasure to serve the class and we appreciate the confidence that the class has in us.

See you in class,

Keith Cunningham and Jeanette Battles

Nursing 4 Presidents

SNO President

Greetings from the SNO President

Well, we are now a third of the way through the Fall semester. Everyone has had a few tests under their belts by now. If you find yourself struggling with studying or care plans please see your faculty ASAP. Dr. Tutor is also available to offer guidance and

support. Reach out to your Big Brother/Sister. I urge you not to wait until the last minute...it might be too late.

There are many activities going on this semester. The CSNA conference is October 12-14 in San Jose, CA. The NSNA conference will be held November 15-18 in Kansas City, Missouri. If you are interested in going to the conference in Kansas City please see Ms. LaCava or sign up on the sign up sheet posted outside of her office door by October 15th. SNO pays the registration fee to the conference and hotel accommodations. To be eligible you must be satisfactory in Theory and Clinical and have attended at least four SNO meetings. Halloween town will be held October 26th in the Lovekin Complex. Our theme is "Lollipop Land". We need volunteers to help decorate our door, pass out candy, and clean up. We are holding a candy contest. The class that donates the most pieces of candy will win \$50. Please mark each bag of candy with your class and total number of pieces. Please turn candy in to Ms. LaCava by noon on Friday November 26th. Check out the Financial Aid Service website for scholarships available to nursing students. Paula Farish from Financial Aid will be present at the SNO meeting November 5th in the Digital Library to discuss the new scholarship packet and give tips on writing scholarship letters.

SNO meetings are held the first and third Mondays of the month in the Heritage Room next to the cafeteria at 0800. Hope to see you there.

Happy Studying,
Katherine Driscoll
SNO President

Our moment of Zen...



Messages from Our Advisors

Welcome to all returning and new students. The semester is off to a fast and furious start. SNO has participated in two Nursing 1 Orientations, one at MEC and one on the City Campus welcoming 92 new students. The Welcome Tea was a great success as was the Back to School. We enjoyed meeting your families. Thank you to Dr. Kinser, Dr. Howard and Dr. Tutor for having the Simulator Lab open and running so everyone could enjoy our "Sim Family." Thank you to Dean Baker for greeting all who attended. and Dr. Colucci for bringing greetings from the Nursing 1 faculty.

The Blood Drive was a success with 97 units collected and 6 potential donors deferred to the next collection date in January. Thank you to all who signed up donors or donated blood. We wouldn't be successful without you.

We are collecting candy for our booth, "Lollipop Land", at Halloween Town down in Lovekin Complex. We will need help decorating our door on the 26th prior to the start of the event so if you wish to help let us know. Remember the class that donates the most candy will receive \$50 for their pinning account. Could it be your class? This is a safe place to bring your children to Trick or Treat 6-8 p.m. on the 26th.

There will be representatives attending the California Student Nurses' Association (CNSA) conference this weekend. The opportunity is still available for students to attend the National Student Nurses' Association (NSNA) Mid-Year Conference in Kansas City, Mo. November 15-18. Please sign up on my door so I can get you an information packet.

Thank you to all the students who are Class or SNO Officers. You are the Leaders of tomorrow.

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

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:

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: MainCampus: Cassandra Nissen;
 MEC: Daniella Gali; Flex: Loreen Gutierrez**

VN

**President: Open
 Vice President: Melva Cooksey
 SNO VN 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**

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**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>	Open

SNO Meeting Calendar Fall 2007

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

September 15, Back to School, Hall of Fame

September 17, New Student Welcome, Hall of Fame

September 26, Blood Drive

October 1, Meeting

October 12-14, CNSA Annual Conference, San Jose, CA

October 15, Meeting

November 5, Meeting (Digital Library)

November 15-18, 25th NSNA Mid-Year Conference, Kansas City, MO

November 19, Meeting (Nominations)

December 3 Meeting (Election)

Happy Fall