

SNO Flurry

Student Nurses' Organization

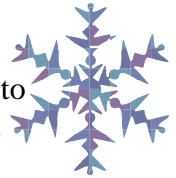


Riverside Community College Student Nurses' Organization Newsletter

December 2009

Message from the Dean

I hope you all had a wonderful Thanksgiving with your loved ones! Wasn't it great to have some time to take a "little" break? Soon enough the semester will be over and we will be readying for the holidays once again!



As some of you prepare for your Pinning Ceremony, I want to encourage you to please sign up for a "Prepare for NCLEX" class. Although it is one more expense, it could be the best \$300-\$400 you will ever spend! If you consider the cost of 1) taking the NCLEX again, and 2) lost wages while you wait to take the NCLEX again, it could be a very costly mistake to NOT invest in a Review course. We do offer a course that is affordable here at RCC, Nursing 20, in the winter intercession. This class provides six hours of NCLEX review with test info as well. However, there is not the content covered in that class that there is in an ATI or Kaplan full four-day review. If you are currently passing by the skin of your teeth and/or have struggled in previous semesters, I would greatly encourage you to take a full review as "insurance" that you will pass NCLEX without difficulty the first time you take it. Another consideration is that the NCLEX Test Plan is changing in April 2010, so you want to be sure and pass it before that happens!

Thanks to all who participated in the beautiful Festival of Trees fund-raising project for RCRMC. It is heart-warming to see our students taking time from their busy schedules to help others in need. Be sure you list these service activities on your resume as well!

Put your nose to the grindstone and "get it done" these next couple weeks and then you're home free!

Sandy Baker, DNP, CNE
Dean, School of Nursing

Message from the Associate Dean/MEC

Greeting from the Faculty and Staff at the March Education Center!

Is just doesn't seem possible that we are in the final weeks of the Fall 2009 semester! The days and weeks fly by as we all have so many things to do!

Take some time this holiday season to be thankful for all we have and to spend time with your loved ones and friends! There are so many of our patients that have tragic health concerns and we are blessed to be the ones that can make a difference for these families! Thank you for all the care that you give to our patients and families.

Stay focused for the next few weeks and keep your goals close in your thoughts. It has been a long semester, but the end is in sight!

Make sure that all of your health and CPR information is all up to date and complete your health update.

Have a safe and restful Holidays!
Dr. Lisa Howard, Faculty and Staff
The March Education Center

Message from the ADN Chair

Happy Holiday Season to Everyone!!

Congratulations on the completion of yet another semester (or your very first semester) of our Nursing Program. I would like to take this opportunity to wish you all a very wonderful, restful, stress-less Holiday Season. Reintroduce yourselves to your families and thoroughly enjoy just spending time with them again. I hope you take this time off to clear your mind and soul. Meditate and focus on what’s really important in life, and be ready to come back to school (or start your new job) with a refreshed sense of self and well-being. Happy Holidays!!

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

GREETINGS FROM THE VN PROGRAM

Message from the Vocational Nursing Assistant Chair

Happy Holidays to you all. As the semester begins to wind down, students are very busy pushing through the last few lectures, exams and their final examinations. Keep up the momentum and soon you will be celebrating some well-deserved time off with family and friends. At this time of year in addition to celebrating your success at Riverside City College, School of Nursing, remembering those who have supported your tireless efforts as a nursing student will be greatly appreciated.

To those who are graduating from the Associate Degree in Nursing program, congratulations and best wishes to you all. To all of the nursing students returning and continuing to reach for their dreams, enjoy some well-deserved time off and reflect on the accomplishments you have made during the past semester. There is no time more fitting to say “Thank you” and to wish you a Happy Holiday Season and a New Year of health, happiness and prosperity. The entire VN team joins in sending these wishes with every good wish for the New Year. Wishing students, faculty and staff a most blessed holiday season and joyous New Year. See you all in 2010.

Sincerely,
Kimberly Reimer, MSN, FNP
Nursing Assistant Chair VN Program

VN Class

Hello All,

The semester is almost complete and we are still paving the road to success! A slight sigh of relief was given as one final was completed with two more finals to go. Our second clinical rotations are almost done as we are embraced with the feel and sound of the holidays. With one semester almost under our belts, many VN students are picking out our clinical rotations for the Winter trimester and are preparing to eat a huge piece of self-actualization pie. We made it through the first semester and are just that much closer to pinning!

This week and the next we will be rounding off our learning with concepts such as nutrition during pregnancy and lactation, irrigation of body cavities, abnormal cell growth, and much, much more. With the increased knowledge base learned and practiced in theory and lab, the more skills we implement in the hospital setting, the more we get to experience nursing in action.

From the VN class to you, we wish everyone Happy Holidays and a healthy and safe New Year!

Tiffany Haywood
SNO VN Vice President

Nursing 1 (City Campus)

It's been a long and wonderful semester. We in Nursing 1 at the Riverside campus have learned so much. We would like to give a special thank you to all of our instructors. Both the theory and clinical instructors have been faced with difficulties such as unexpected absences, and have been examples of flexibility from the start. We appreciate greatly the lessons you have shown and taught us and will carry them with us to Nursing 2. Best wishes to all students. Have a safe and happy holiday season.

Cristina Boctor
N1 Class President, City Campus

Nursing 1 (March Education Center)

Oh my goodness where have the weeks gone? It seems like it was only yesterday that we were all hoping we would receive our acceptance letters for nursing school. Now we are excited to be finishing up Nursing 1 and eager to move on to Nursing 2. We have had such an exciting semester and learned so much already. We have given and received several injections, spent hours in the SIM labs practicing for clinical competencies, and many more hours doing our care plans and studying for exams. We have made great friendships, many that we will take with us long after the days of nursing school.

Several of us are looking forward to helping in the pinning ceremony for Nursing 4 and watching them complete their nursing school journey. As the final weeks approach we are all trying to stay focused and finish out our 1st semester strong, while in the back of our minds we are all looking forward to spending some much needed time with our family and friends. Thank you to our instructors and clinical staff for teaching us so much this semester and helping give us a strong foundation for us to build on in the coming semesters.

I hope everyone has a wonderful holiday season with their families. Enjoy the winter break and see you in 2010!!!

April Gilbert
N1 Class Vice President, MEC

Nursing 2 (City Campus)

Congratulations to the class of Winter 2010 for making it through another semester! To everyone, please join our class at CPK on Tuesday Dec. 15 from 10am-11pm, the class of Winter 2010 is having a fun-fundraiser and would love for everyone to join! Flyers can be found with any Nursing 2 student, or in Nursing 7.

With the holidays quickly approaching, we have a lot of great things to look forward to, as well as a little break before we hit the ground running in Nursing 3 in the spring (yes, Nursing 3 can you believe it!).

Have a wonderful and happy holiday season to all of the Nursing students, faculty and staff, and we'll meet again in 2010!

Nicole Figueiredo
N2 Class President, City Campus

Nursing 2 (March Education Center)

Well this is the last article as Nursing 2 students!! Can you believe we are halfway done with our program??!! This semester has provided us with more knowledge and skills that will mold us into the future nurses of the world. Packing wounds, inserting foley's, starting NG tubes, mg/kg/day dosage calculations..... All these new skills that were so scary for us at the beginning are now becoming second nature. We are truly becoming real Nurses and that is very exciting!!

Thanksgiving is only a few days past, and the semester ends officially after our final on December 15th... Then it's VACATION TIME!!!! Reconnect with your friends and family and enjoy the holidays. These breaks need to be used to recharge our student batteries. As we have seen this semester, compared to Nursing 1, the program gets tougher and tougher and we have to be ready!! Enjoy the break; keep up on your skills, and sleep, sleep, sleep. Hours of studying and care plans will be back all too soon!! Si se puede!

P.S. Don't forget the N2 fundraiser at CPK December 15th from 11 to 10!! Dine in or take out orders, MUST present your flyer. We will leave some with the servers there for those who forget!! Come out and support!!

Balinda Ballinger
N2 Class President, MEC

Nursing 3 (City Campus)


The semester has been long and tiring. Three clinical rotations, four exams, a clinical competency test, numerous hours of lectures and block labs and now just a final exam to go and it's on to Nursing 4. Through all of this, the friendships and support for one another has continued to strengthen. This is a great class and it has been a great semester. Congratulations to all of you who will be graduating in less than two weeks. We wish you luck and good fortune with the NCLEX and future roles as RNs in society. Good luck to all of my classmates, both here and at MEC on the upcoming final. Enjoy the break and we'll see each other in Nursing 16 after the holidays.

Tony Barraza
N3, City Campus, SNO Flurry newsletter editor

Nursing 3 (March Education Center)

I just wanted to take a minute to reflect on N3... OK MINUTE IS OVER... N3... is 2 weeks away from being in our past, Yay!!!!

Congrats to the *new* N4 class... we are so much closer to the end than we ever thought was possible. Test 4 is over, ATI is done, and now on to our final. (Good luck to everyone on their

final) Let's hit the books and end this semester strong.  I am so happy to be part of such an amazing class. You guys are the greatest. I can't wait until we are all on that stage next semester sharing tears and laughs as we reminisce on all the good times and bad times we have shared together. I'm so excited! I wanted to thank our N3 instructors for encouraging and pushing us to be the best nurses we can be. Without them we are lost! Thank you!

By now we should all be IV certified and doing as many IV's and blood draws as we can possibly do in clinicals. This semester has passed in a blink, let's hope N4 goes just as fast. I wish you all have a very Merry Christmas and a Happy New year. Enjoy the 2 weeks off because we will be seeing each other again in N16 :-)

Liz Martinez-Ibarra
N3 Class President, MEC

Nursing 4 (City Campus)

It is with great pride and sadness that I write my final SNO Flurry article. I would like to thank the faculty and the staff for all of their support and encouragement to my fellow classmates and me. You have helped guide and shape the nurses that we will become, as we honor the tradition of excellence that the RCC School of Nursing produces. To my classmates (my family) it has been such an honor to have stepped up and served as your president this semester. I wish all of you nothing but the best in the years to come! WE DID IT!!!!!! Now is the time to celebrate, well for a little while, then we have NCLEX to study for!!

Amber Melonson
N4 Class President, City Campus

Nursing 4 (March Education Center)

I am looking forward to GRADUATION!!! YES, go ahead and pinch yourself, we are really going to be finished. Can you believe it we are finally going to be Registered Nurses. It is Nursing 4's last semester I know I can speak for all of us when I say that we are very excited!!! I am very proud and excited for all of us. This last semester is very hard and time consuming. I want to congratulate all of my fellow classmates for sticking with it and pushing on thru to the end. All of their effort and hard work has finally paid off. I would like to say good luck and study hard to all nursing students at the MEC and Riverside campus. I am thankful to all of the nursing staff for educating my classmates and myself. I am looking forward to all of the new challenges that await me. I will miss the great learning environment and all of my classmates. I am starting to get emotional thinking about leaving RCC. I hope that the next graduating class will reach their goals.

This last year has flown by. I just want to encourage the new and returning nursing students to keep pursuing your dreams. It is possible. Be positive, think positive, and don't give up. Just remember that you can become a nurse and you can accomplish your dreams. The RN nursing program at RCC is hard and amazing, just remember: I want to thank my friends and classmates for being so supportive. Thank you, Angel Vipond for this quote. "That today you have a cause for celebration. Today, you should celebrate what an unbelievable life you have had so far: the accomplishments, the many blessings, and, yes, even the hardships because they have served to make you stronger. Just as a gem cannot be polished without friction, nor can a life be perfected without trials. Take a time to acknowledge your life and to praise yourself."

"All our dreams can come true, if we have the courage to pursue them." **Walt Disney**

Toni Tapia
N4 Class President, MEC

SNO President

I can't believe this is my last SNO Flurry article! By the time this is published, there will only be about a week left before the end of the semester. WOW!! Two years and it all is coming

to an end for our nursing class. It has been a hard but amazing journey that I could not imagine spending with any other people! To the rest of the students, it will be a nice winter break to enjoy with your friends and family again. For those of you who are taking winter session, especially our LVN students, I hope you take a little time out for some R&R! It has been a hard semester for everyone, but we have all learned so much!

Since the last article, SNO participated in the Festival of Trees and decorated a tree that was purchased with the funds donated to the RCRMC Foundation for the pediatric and neonate units at RCRMC. I was able to attend the event the day after Thanksgiving, and it was as beautiful and festive as always! On December 5th, 14 students will be receiving awards at the ASRCC banquet for having at least 50 service hours during the semester; congrats on all the hard work!

Thank you to all the students who participated in SNO this semester; I hope you enjoyed the experience as much as I did and hope many of you participate next semester. It was amazing to see the amount of enthusiasm we had at the last SNO meeting. I know the new board will do a fantastic job. Congrats to you all, your time spent in SNO can be as great as you want it to be! I would like to give a special thank you to the SNO Board for all their hard work this semester: Amber Melonson, Tiffany Haywood, Brandy Casey, Megan Alcantar, Kelly Deyoe, Jennifer Rudd, Jennifer Morgan, Jennifer Helferich, Tony Barazza, Crystal Frazer, Theresa Vinyard, Hillary Strong, Kristen Ebert, Linda Carroll, and Joy Harris. I had a great time with them all! To the advisors Mrs. Farrington and Mrs. Stone: thank you for all your hard work. And finally, to Mrs. La Cava, you go above and beyond to make this organization as strong as it is. I cannot thank you enough for all the amazing opportunities you have given me as a student, nurse, and leader over the last 2 years!

My endless thanks go to all the faculty and staff that make this such a prestigious program. As I walk across that stage on December 17th and go out into my career as a nurse, I can hold my head high knowing that I am an RCC nurse!! I wish you all a very relaxing and peaceful holiday season.

Shalyn Stanfield, Nursing 4
SNO President

**NSNA MID-Year Conference
Phoenix, AZ**

Hello Everyone,

The NSNA Mid-year Conference was another wonderful opportunity provided by SNO for us students to partake of. There's always a lot going on and so many things to do. This is the second conference I've been lucky enough to attend and so far both conferences have had different experiences to grow from. With my first conference I felt a little lost with all that was going on, but the students who were there and Ms. LaCava took the time to explain everything that was going on. It's exciting to take on new challenges in life, especially since there seems to always be an exam the Monday following a conference. With that said, its definitely worth going to and with a little extra planning its not impossible even with the nursing program roller coaster we are all on. This conference was a bit more relaxed and I knew exactly which sessions I wanted to attend and what kind of schedule to expect.

Some of the things I really enjoy this conference were the discussion panels. Any student can get the chance to present a question to people who are experts in their field of practice. There are so many opinions expressed by students and it all happens in a very professional

environment. Many of my own questions were answered, but what I really liked is that it was able to spark more questions about what was currently going on in the nursing field. Sessions focusing on job seeking and how to market yourself were probably the most beneficial. They really take the time to explain what they look for in a potential employee. They really emphasize making yourself stand out. We all know that a good GPA is important, but they are looking for what sets you apart from the other applicants by how you've applied yourself beyond the requirements of your academic program. Getting involved with outside opportunities such as flu clinics, community service, participation and membership with the NSNA and CNSA, and many other things. Any extra thing you do will demonstrate your dedication to nursing, and help you stand out to employers. Another session I was looking forward to attending was the one on becoming a delegate. This is where we really can have a say and effect change. Last semester at conference we were able to sit in at the House of Delegates and listen to the candidates make their speeches before the voting. If we can get more students actively involved in membership to the NSNA we can get the chance to increase the number of delegates for our school.

Setting the business aside, it's a lot of fun. You get to meet so many new people who truly understand what you are going through because they are going through it too. Linsey and I were even lucky enough to have a flight with a student from another school. The Masquerade party was a blast. With Linsey, Ms. LaCava, and myself all dressed up in our costumes keeping our fingers were crossed to win the big prize of round trip airline tickets or the tickets to Disneyworld with the raffle drawing. I'm thrilled next conference is at Disneyworld and I can't wait to go since I've never been to Florida. Next conference is going to be amazing and I hope we can get a lot of people there. If it weren't for SNO, I would have never gotten to participate in all the wonderful things I have these last two semesters. This is one of the many things I can be thankful for this year with our up coming holiday. I truly feel blessed to be surrounded by so many wonderful people. I wish you all the best with the upcoming exams as well as the final. We will all make it through the remainder of the semester to our much-needed break this winter. I also wanted to say one last thing to our graduating SNO Board members. You have made SNO a great pleasure in my life and I will miss you all so much, are you sure you can't stay just one more semester? Congratulations and best of luck with your new official title of RN!

Crystal Frazer, N2 City Campus
SNO Representative/ Historian

* * * *

Hello my name is Linsey Toscas and I am currently in Nursing 1. I had the wonderful opportunity to attend the NSNA Career Planning Mid-Year conference in Phoenix, Arizona. The conference opened Thursday evening with an extremely motivational speaker named Kathleen Bartholomew, MN, RN, RC who spoke about nurse-to-nurse hostility and the ramifications of it. She motivated me to work even harder on my communication skills and to become even more aware of how I communicate with my follow students. I had the opportunity to attend many different classes that talked about the different avenues a nurse can take in their career, from specializing in oncology to being a fulltime nurse in the prison system. I learned that the career opportunities as a nurse are endless. The Army sponsored a wonderful breakfast for us Saturday morning and they talked about the many opportunities if you would like to join the armed forces.

The exhibit hall was absolutely amazing! I learned so much about many different hospitals around the country, including their residency programs and continuing education

programs. I have already received many brochures from different hospitals around the country. Also a lot of hospitals across the country are expanding and therefore are going to need more nurses. Good news for all of us!

On Saturday night Ms. La Cava, Crystal, and I got a little crazy at the NSNA Masquerade Ball. Everyone dressed up; I was a kitty cat, Crystal dressed up as the wolf that ate Little Red Riding Hood, and Ms. La Cava was stunning in a purple masquerade mask and cape. We had a lot of fun eating and watching everyone dance. There was a raffle that we all entered and Ms. La Cava won 75 Mickey Mouse shaped rice crispy treats and two books. She was the only one that won twice. It was very exciting! I had a wonderful time and cannot wait until April for the conference at Disney World in Florida.

I would like to send a HUGE thank you to Ms. La Cava and SNO for the opportunity to attend conference. Also another HUGE thank you to Crystal Frazer for taking me under her wing and showing me how everything works!

Thanks Again,
Linsey Toscas
N1, SNO Representative, City Campus

*** * * *Our Moment of Zen**



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"Introducing the government's new, cost-effective nursing model..."

Messages from Our Advisors

Here we are at the closure of the Fall semester and fast approaching the end of 2009. Have you noticed how quickly the time has flown? It is a nice time to reflect on your accomplishments. You all have studied hard, spent countless nights preparing for clinicals, taken many tests while practicing and demonstrating skills in clinical settings, block labs and simulations. You all have learned and grown as students and as individuals. Be proud of what you have accomplished. All the “work” has prepared you to move on to the next level in nursing school or in the case of Nursing 4 to venture forth to take and pass your NCLEX exam and enter practice as a new graduate nurse. Congratulations in advance!!

For SNO your efforts and accomplishments don't go unnoticed. You have demonstrated leadership skills and mentored others. You have had opportunities to attend your state and national conference and show the caliber of RCC nursing students in your interactions with others. Be proud to be a RCC nursing student—we have a long and proud history, which you have become a part of.

I want to thank you for your efforts that contributed to two very successful blood drives with 200 units of blood collected for use in the Inland Empire. Thank you also for “SNO White's Castle” at Halloween Town. Special thanks go to all who worked to decorate, donate (over 30,000 pieces of candy), give out candy and clean up in the Quad. Thanks also go out to all who helped with our tree for Festival of Trees, “A Frosty Christmas.” It was provided by the Pechanga Indian Reservation and purchased by the “Vaughn Kids.” It represented \$2500 for RCRMC for use in the Pediatric and Neonatal Intensive Care Units. Last year the Festival raised \$450,000 for those units so I hope we did as well or even better this year. Thanks also go to

those who have donated personal grooming supplies to students in need. These are trying times for so many.

As the semester and the year come to a close, I want to thank you for your continued enthusiasm, as you are our future. Good luck to you on your exams. Enjoy your winter break and re-connect with your family and friends. See you in the Spring.

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

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Greetings from the LVN SNO advisor: Sylvia Stone

Unfortunately, I did not submit a report to the SNO Flurry editor last edition but would like to thank some of the students who participated in Halloween Town. Special thanks to Theresa Vinyard, LVN graduate who did the art work for "SNO White's castle." Theresa was on campus at 1330 working alone when I arrived. Melanie Mason, another LVN graduate, was recruited to help until students were finished with their clinicals. The students who helped from 1500 were Jennifer Jamero, Lisa Von Zabern, Sean Brandon, Kristine Ferrer, Emily Hammond, and Elizabeth Sandoval. A special thank you is extended to the Nursing 3 student, Linda Carroll, who served as SNO White. As was already reported N1 won the candy contest with the LVN program coming in second. We served a lot of children and great time was had by all.

Sylvia Stone, RN, MSN
SNO VN Advisor

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Lizette Sarkissian

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Lizette Sarkissian, Mark Locsin

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Curriculum Reps: Jeff Gutterud

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Nursing 3

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Nursing 4

March Education Center

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Dawn Livesay, Tamra Parker, Erika Hanna & Laura Moreno
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Curriculum Com: Stacey Cheatwood & Gretchen Gander
Water Coordinator: Suzanne McGregor
Fundraising Coordinator: Tiffany Haywood
PT Liaison: Lacey Page
Slide Show: Tracey Valdivia, Nikki Maki & Doris Heath

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**SNO Officers
Fall 2009**

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Spring 2010**

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<i>Treasurer:</i>	Linsey Toscas
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<i>SNO Flurry Editor:</i>	Tony Barraza,
<i>Allied Health Commissioner:</i>	Alina Ochoa and Stan Fisher
<i>Scholarship Chair:</i>	Kristine Smith
<i>Alumni Association Liaison:</i>	Joy Harris and Amber Melonson
<i>Historian:</i>	Gabby Jones and Monica Vallejo
<i>Breakthrough to Nursing:</i>	Armando Lim and Linda Carroll

SNO Meeting Calendar Spring 2010

- February 10 Blood Drive
- March 1 New Student Welcome, Hall of Fame 8:45-9:45 a.m.
- March 6 Back to School, Hall of Fame 1-2:30 p.m.
- March 15 Meeting
- April 5 Meeting
- April 7-11 58th NSNA Annual Conference, Orlando, FL
- April 19 Meeting
- May 3 Meeting (Nominations)
- May 5 Blood Drive
- May 6 Nursing Alumni Reception, Hall of Fame 6-8:00 p.m.
- May 17 Meeting (Election)
- June 30 Blood Drive

**Happy
Holidays!**