

SNO Flurry

Student Nurses' Organization



Riverside City College Student Nurses' Organization Newsletter

May-June 2010

Message from the Dean

Congratulation on making it past the "hump" of the semester! You are all well on your way towards your ultimate goal: becoming a Registered or Vocational Nurse!

For Nursing 4 students, this will be the last SNO Flurry you will read! Congratulations on achieving your dream! Please remember the standards and values you learned first at RCC. You will soon be caring for many of us, and we need you to be the best! Also, please do not stop in your education. The latest nation-wide study indicated RNs with BSNs earned approximately \$2,000.00 per year more than those with ADNs, but RNs with MSNs earned almost \$40,000.00 more than those with BSNs! So, education really does pay both in terms of job satisfaction and an increased paycheck!

As you look at the steel "skeleton" of our new building, remember to keep in touch! Please advise us of when (not, if) you pass Boards, when you are employed, etc. Please complete the Program Evaluation Surveys we will send you, as they help us to make needed changes. And, don't forget to buy your "Alumni" tee shirt and tote bag!

God bless each of you as you embark on your new careers! For those of you who are still students, have a restful summer and we will see you in the Fall!

Sandy Baker, DNP, CNE
Dean, School of Nursing

Message from the ADN Chair

Happy End of the Semester Everyone!!

As we near the close of Spring and begin to prepare for Summer, I would like to take this opportunity to say congratulations on the near completion of yet another semester (or your very first semester) of our Nursing Program. I wish you all a very wonderful, restful, stress-less Summer break. My advice to you is re-introduce 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 Summer!!

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

GREETINGS FROM THE VN PROGRAM

Message from the VN Assistant Chair

Just a few words of encouragement for all nursing students as you complete the last few weeks of the spring semester. Keep up the hard work and do not loose your momentum as you begin seeing the light of summer. Nurses around the world recently celebrated Nurses week,

May 6-May 12, 2010. This year we celebrate and remember nurse Florence Nightingale who was born May 12, 1820. Below are a few facts regarding the history of National Nurses Week.

Beginning in 1953, a proposal was sent forth by Dorothy Sutherland to President Eisenhower for a Nurses Day that was not granted. In 1974, President Richard Nixon issues a proclamation for National Nurses Week. In 1982, the American Nurses Association Board of Directors formally acknowledge May 6 as National Nurses' Day. In the same year Ronald Regan signed a proclamation on March 25 proclaiming May 6 to be the National Recognition Day for Nurses. For all of you who are nurses and those who are working very hard to be a nurse, congratulations.

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, take one day at a time and reflect on the accomplishments you have made during the past semester.

The Vocational Nursing students will be continuing their journey of becoming the licensed nurse during the months of June, July, and August. Please join us as we celebrate their success and as they graduate from the Vocational Nursing program. Pinning is in the Landis auditorium, August 5, 2010 at 3:45 pm.

Sincerely,
Kimberly Reimer, MSN, RN, FNP
VN Assistant Chair

VN Class

Hello everyone!

We are just an arm's length away from the finish line! Yeah summer is almost here and so is graduation. The VN students are anxiously awaiting our final semester and very much looking forward to our pinning ceremony. We hope everyone has a safe summer and we would like to congratulate our fellow RN class that is nearing graduation!

Good Luck to all, and stay cool this summer!

Doris Heath
VN Class President

Nursing 1 (City Campus)

Fellow Nursing 1 Students,

Well, We did it! We made it through our first semester! We have learned so much from our fabulous Nursing 1 faculty that has helped lay the foundation for the next three semesters and our professional careers. We have learned vital signs, assessment, injections, patient care, how to talk to our patients, how to administer oral and topical meds, pain, infection, nutrition. I could go on for days!!! We have had exciting clinical experiences and met some very interesting patients and hospital staff along the way. We have created friendships that will last the next 18 months and beyond. We have built our study skills, our clinical skills, our life experience skills and our people skills.

Let's remember to keep our focus this summer and REVIEW! Enroll in Nursing 6 and get a jump on the CAIs, readings and clinical skills in the SIM lab. We get to come back in the Fall and start our pediatric rotation, our OB rotation, and our Med-Surg rotation. New faculty, new clinical sites, and new challenges for all of us! It's going to be very exciting and we are going to learn so much more that we didn't know before. It just keeps adding up, doesn't it???

Thank you so much to Ms. Wettergreen, Ms. Flournoy, Ms. Canfield, Ms. Dyogi, Ms. LaCava, Dr. Colucci and our guest faculty for teaching us, for imparting your wisdom, your advice and experience with us and for sharing in such a special and important part of our lives. As someone who wants to come back and teach at RCC, I know that I am honored to have such great role models to look up to and I can't wait to share in the journey of leading future nurses through the RCC program. We look forward to learning from our Nursing 2 faculty next semester and all they have to teach us.

Thank you for allowing me to be your President this semester. I am in awe of the talent and generous spirit in our class. I hope that all of you are as proud of the Class of December 2011 as I am! Have a wonderful summer and take care of yourselves!

Brandon Sumrall
N1 Class President, City Campus

Nursing 1 (March Education Center)

It is hard to believe that we are almost finished with Nursing 1!!!! We have learned so much and have grown both personally and professionally. I can speak for all of us at MEC when I say that we are so grateful and proud to be a part of this nursing program at RCC and to be able to work with the faculty that we have. Our time in lectures, labs, and clinical has opened so many doors of opportunity to learn and perfect our skills. I am so proud of the MEC group for their constant focus and motivation to do better. We all have very high expectations for ourselves and we push one another to be on top of our game at all times.

After these past weeks, we now fully understand that the choice we made to become a nurse impacts our entire life. Our personal choices and lifestyles are reflected in our work, and that motivates us to be the best, well-rounded nurse we can be. As summer is upon us and we can see the light at the end of the tunnel, we welcome the break, but are ready to keep moving forward as we begin another chapter in Nursing 2! It has been a great semester and again, THANK YOU to our instructors, Mrs. Amy Vermillion, Mrs. Sabrina Kroetz, and Mrs. Gina Harold for your time and devotion to our success! Thank you for giving us a very strong foundation of the basics that we can take with us no matter what path we choose to take in our careers.

I hope everyone has a wonderful, safe, and RELAXING summer. Get LOTS of sleep! ☺
See you all in the fall!

Amy Brant
N1 Class President, MEC

Nursing 2 (City Campus)

Here we are at the end of the Semester. We've had great experiences this semester and have learned an incredible amount. Thank you to our great Nursing 2 faculty for all their work helping us learn new skills. I hope you all do well on the final. Good luck. Have a great summer and come back rested to Nursing 3 in the Fall.

Nick Maxfield
N2 Class President, City Campus

Nursing 2 (March Education Center)

Nursing 2 is on our third and final rotation! We have one more test and then the final; time has flown by! We have had great experiences this semester and look forward to summer

break and Nursing 3. Special thanks to all the nursing 2 faculty and staff for giving us all great learning experiences and passing on your knowledge. Let's finish strong, our goal is within reach.

Christy Wager
N2 Class President, MEC

Nursing 3 (City Campus)

Hello to all classes!!! Can you believe we are almost done??? Congratulations to the ADN and LVN graduating classes of 2010!!! City campus Nursing 3 is very happy for you and most of all very proud. With finals approaching this next week remember to study hard and focus on your learning experiences during the semester. After finals be good to yourself and treat yourself to something special, YOU deserve it!!! Thank you to all the staff for another wonderful semester. Have a great summer and everyone be safe.

Kelly Deyoe
N3 Class President, City Campus

Nursing 3 (March Education Center)

“Summertime, and the livin’s easy...” Just a few more weeks and this will be our new motto. But for now, we still have the 4th exam and the dreaded final to get through. We are in our last clinical rotation for N3, one more Care Plan to go, and we are done!! Keep your eye on the summer prize and push yourself to conquer the last 5 weeks of N3!!! We are almost to our last semester!!!!

Don't forget we have N16 during the break, but let's make it fun and plan some potlucks to bond and get through it together. Also we have a couple great opportunities to extern at Kaiser or RCRMC. Don't let these advantages pass you up!! They are the perfect way to keep up on our skills, learn more about working in the hospital atmosphere and the all important networking for jobs after graduation!! We have come a long way everyone, and I am so proud of all we have accomplished. Our hardest semester is on the horizon, but I know we can do it!!! So stay disciplined guys and gals..... Si Se Puede!!!

Balinda Ballinger
N3 Class, MEC

Nursing 4 (City Campus)

It's pretty amazing to think that this is already my last article for SNO. I want to thank my class for letting me represent them this final semester of nursing school. I would also like to thank the instructors on behalf of the class for sharing their vast knowledge, offering support, and guiding us through this torture they call nursing 4!!!

Most of us have dreamed of those two little initials, R and N, for years and some us for a lifetime. Our hard work, dedication, sacrifices, and persistence are finally paying off. In just a matter of days it will be our turn to walk across that stage, smile for pictures, and get back to living. Congratulations! Don't let this be the end of your education, just a step.

Shannon Ward
N4 Class President, City Campus

Nursing 4 (March Education Center)

Hello Future Nurses!!! We have all come such a long way since Nursing 1. I cannot believe that we are finally coming to the end of this long journey together. In 1 short week we will be on that stage getting pinned and finally finishing nursing school. (YAY!!!) I wanted to take a minute to thank all of our wonderful instructors and staff for guiding us through this excellent program. Without all of your knowledge and encouraging words, we would not be where are today. I know I speak for everyone when I say "THANK YOU!"

To my wonderful classmates: it makes me incredibly sad to think that we will soon be on our way, alone in the world, without each other. I have been so blessed to have met you all. Without each other's support, this program would have been much harder or even impossible. When we needed help, we called each other; when no one else would understand a word we were saying, you all understood; and when we needed a little encouragement or a kick in the butt to get back on track; you all knew the right words that needed to be said in order to motivate one another... We have truly become a family! So, good luck on the final, passing NCLEX, and good luck in life! I know you will all be wonderful Registered Nurses!!!!



Liz Martinez- Ibarra
N4 Class President, MEC

SNO President

Wow!! The end of the semester is upon us. You all probably feel like you don't know where the time has gone with all that you have learned. You can breathe a sign of relief because summer is at hand and you can catch your breath for a bit. You have shared so much and for many of you it feels like "family." For Nursing 4 and VN classes, I wish you all the best in your careers and through your journey of life. For the remaining classes congratulations on a job well done. Rest up and be ready to continue the wild ride in the Fall.

This semester it has been an honor to serve as your SNO president. I have enjoyed working with you all, the SNO board, and our advisors Mrs. La Cava and Mrs. Stone.

In closing I want to remind all of you that SNO meetings are held on the 1st and 3rd Mondays of the month in the Heritage Room at 0830. Next semester I encourage you all to attend at least one meeting. This is your club and you can make a difference!!

Enjoy your summer!
Nick Maxfield, Nursing 2
SNO President

Our Moment of Zen



Messages from Our Advisors

As the semester draws to a close I want to thank each of you for the work you have done helping your patients and each other. The work of the semester brings each of you closer to the goal you set for yourself whether graduation from the ADN or LVN program. As you walk across the stage at pinning either June 9th or August 5th remember you are part of a “special club,” graduates of the RCC School of Nursing. Put continuing your education on your “To Do” list. This is your beginning degree with the future stretching out before you. If any of you are looking for a “School of Nursing Alumni” computer style bag we still have a few left at \$20 each.

For those of you with a bit of time free this summer we have the Blood Drive on June 30th with sign up of donors on June 23, 24, 28 and 29. Come give some time to making the summer Blood Drive a success.

SNO has had a successful year through your efforts with the many things you have accomplished. You have been acknowledged as a “Stellar School Chapter” by NSNA. So be proud. Become re-acquainted with your family and friends and enjoy some R&R during the break and come back to us in the Fall refreshed and ready to tackle the next semester of your journey. Have a great summer.

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

Class Officers Spring 2010

Nursing 1

Main Campus

President: Brandon Sumrall

Vice Presidents: Heather Hoppe & Carrie Barlow

Secretary: Debbie Eschelman

Treasurer: Therese Coming

SNO Representatives: Julia Chondropoulos & Jessica Brown

Alternates: Melissa Schlaman & Grisel Pelayo

Historians: Darla Martinez & Paul Garcia

Nursing 1

March Education Center

President: Amy Brant

Vice President: Jessica Somerville

Secretary: Marla Grover

Treasurer: Tony Chua & Valencia Varnado
SNO Representatives: Abraham Gonzalez & Jo Changek
Historians: CC Butts, Cherlyn Orton, Melissa Brokaw & Ann Abueg

Nursing 2

Main Campus

President: Nick Maxfield
Vice Presidents: Tabatha Bulen & Ember Toth
Secretary: Stanley Fischer
Treasurers: Linsey Toscas & Terry Dao
SNO Representatives: Christy Gonzalez, Breanna Navarro, Alina Ochoa & Amy Thue
Historians: Sabrina Currier, Clara Lerma, Tabatha Bulen, Leanna Baker,
& Cathy Breiner
Learning Resource Representatives: Armando Lim & Terry Dao
Curriculum Representatives: Lisa Pfadt & Isabel Serna

Nursing 2

March Education Center

President: Christy Wager
Vice President: Wendi Beaver
Secretary: Corey Sanchez
Treasurers: Ayleah Casados & Heather Gish
SNO Representatives: Guadalupe Smith & Amanda Thomas
Historians: Corey Sanchez, Jessica Simpson, Wendi Beaver, Heather Gish & Rachel Mello
Learning Resource Representatives: Cathy Cortes & Elizabeth Morgan
Curriculum Representative: Monica Vallejo

Nursing 3

Main Campus

President: Kelly Deyoe
Vice President: Kelly Jones
Secretary: Naquita Paul
Treasurers: DonMario Diaz & Crystal Frazer
SNO Representatives: Elia Olivarios & Crystal Frazer
Historians: Carrie Williams, Karissa Rohr, Melissa Backstrom, Katie Lennartz,
Meagan Branner & Kelly Kohlmeyer
Learning Resource Rep: Heather Hanssen
Curriculum Representative: Theresa Torres
Advanced Placement Representative: Nicholas McGowan

Nursing 3

March Education Center

President: Balinda Ballinger
Vice President: Erika Trujillo
Secretary: Danielle Pacquin
Treasurers: Tennamarie Herrera & Heidi Craig

SNO Representatives: Michelle Olson & Nicole Castro
Historians: Regina Villalpando, Lisa Gonzalea, Ashley Johnston & Mark MacAbuhay
Learning Resources Rep:
Curriculum Rep:
Multicultural Representative: Aaron Navas

Nursing 4

Main Campus

President: Shannon Ward
Vice President: Jennifer Morgan
Secretary: Claudia Hernandez
Treasurer: Lynn Rodriguez
SNO Reps: Linda Carroll & Claudia Hernandez
Historians: Fernando Ortega, Catherine Berner & Susan Eyman
Learning Resources Representative: Shannon Ward
Curriculum Representative: Vina Eslava
Multicultural Representative: Jennifer Morgan

Nursing 4

March Education Center

President: Elisabeth Martinez- Ibarra
Vice President: Michelle Phillips
Secretary: Carmela Hongthong
Treasurers: Arlene Mejia & Katerina Ramirez
SNO Representatives: Josette Burtamente & Sheila Woods
Historians: Kimberly Adtoon, Tuan Nguyen, Alicia Guess & Lucianna Cianciulli
Learning Resources Representatives: Alissa Haywood & Andrea McKnight
Curriculum Representative: Mellisa Morren

VN

President: Doris Heath
Vice President: Allison Wright
Secretary: Tracey Valdivia
Treasurer: Suzanne McGregor
MAC: Tiffany Haywood
Historians: Jessica Schulte, Nikki Maki, Emily Aguilar, Tracey Valdivia,
Val Torres & Lacey Page
SNO Representatives: Nelly Mejia, Lisa Von Zabern, Jennifer Chownyk, Jennifer Rudd,
Dawn Livesay, Tamra Parker, Erika Hanna & Laura Moreno
Environmental Engineers: Patricia Boucher & Suzanne McGregor
Learning Resources Representatives: Tracey Valdivia & Doris Heath
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
Spring 2010**

<i>President:</i>	Nick Maxfield, N2
<i>ADN Vice President:</i>	Crystal Frazer, N3
<i>VN Vice President:</i>	Tiffany Haywood, VN
<i>Secretary:</i>	Jennifer Morgan, N4
<i>Treasurer:</i>	Linsey Toscas, N2
<i>ICC Representative:</i>	Jennifer Rudd, VN, Chair Lisa Van Zabern, VN Rosa Mendoza, VN
<i>SNO Flurry Editor:</i>	Tony Barraza, N4
<i>Allied Health Commissioner:</i>	Alina Ochoa, N2 and Stan Fisher, N2
<i>Scholarship Chair:</i>	Kristina Smith, N2 MEC
<i>Alumni Association Liaison:</i>	Joy Harris, VN Michelle Olson, N3 MEC
<i>Historian:</i>	Gabby Jones, N2 and Monica Vallejo, N2 MEC
<i>Breakthrough to Nursing:</i>	Armando Lim, N2 and Linda Carroll, N4

**SNO Officers
Fall 2010**

<i>President:</i>	Shervin Esfahani, N2
<i>ADN Vice President:</i>	Annette Snyder, N3
<i>VN Vice President:</i>	Open, to be filled in the Fall
<i>Secretary:</i>	Heather Hoppe, N2
<i>Treasurer:</i>	Linsey Toscas, N3
<i>ICC Representative:</i>	Grisel Pelayo, N2, Chair Raquel Jara, N2 Rosa Mendoza, VN
<i>SNO Flurry Editor:</i>	Gabriel Martinez, N2
<i>Allied Health Commissioner:</i>	Alina Ochoa, N3 and Michelle Olson, N4

<i>Scholarship Chair:</i>	Tiffany Haywood, VN
<i>Alumni Association Liaison:</i>	Joy Harris, VN
<i>Historian:</i>	Paul Garcia, N2 and Chris Thomas, N2
<i>Breakthrough to Nursing:</i>	Michele Bancroft, N2 Stan Fischer, N3 Brandon Sumrall, N2

SNO Meeting Calendar Fall 2010

- June 30 Blood Drive
- September 13 New Student Welcome, Hall of Fame 8:45-9:45 a.m.
- September 18 Back to School, Hall of Fame 1-2:30 p.m.
- September 20 SNO Meeting
- September 29 Blood Drive
- October 4 SNO meeting
- October 15-17 CNSA Annual Conference, Ontario, CA.
- October 18 SNO Meeting
- November 1 SNO Meeting (Nominations)
- November 4-7 NSNA 28th Mid-Year Conference, Cincinnati, Ohio
- November 15 SNO Meeting (Election)
- February 9, 2011 Blood Drive

Happy Summer