

# SNO Flurry

Student Nurses' Organization

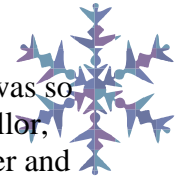


## *Riverside Community College Student Nurses' Organization Newsletter*

November 2009

### **Message from the Dean**

I am still re-living our wonderful Ground Breaking Ceremony of October 29th! It was so thrilling to see most of our students, faculty, and staff there. I can tell you our new Chancellor, President, and Board of Trustees were most impressed. I told them we nurses stick together and support one another, and this building represents an accomplishment for each one of us. I hope we will all be there for the ribbon-cutting ceremony in two short years!



I hope you all had a safe Halloween with your families and are anticipating Thanksgiving and Christmas as much as I am! Cooler weather would definitely help get us all in the spirit, but we have much to be grateful for nevertheless. For example, at the recent Advisory Meeting, most of the clinical agencies in attendance stated they are continuing to hire new RCC graduates! Also, the latest NCLEX-RN pass rate is in, and it is at 92% with our largest class ever! So, for all three of these things (building, jobs, pass rates), I am most grateful!

At mid-term and with holiday events upcoming, it is easy to lose focus on your studies. Don't give in to temptation! Holidays come around with alarming regularity, but you will (hopefully!) only be in this semester ONCE! Make sure of it!

Sandy Baker, DNP, CNE  
Dean, School of Nursing

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### **Message from the Associate Dean/MEC**

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

As we prepare for the last third of our fall semester, it is great time to reflect on how far we have come in our journey! Many POC's, exams, CAI's, and papers have been completed, skills practiced and mastered, and patients have been provided quality care. See how far we have come!!

But we still have some experiences that remain to be experienced, families to comfort, and new babies to hold. Be sure to get into the skills labs and make the most of these remaining times to practice skills!

Stay focused for the remaining 6 weeks! There are some holidays coming that will give you some mini breaks to get us through to December 17 and our pinning ceremony!

The faculty will be coming around to visit the incoming semesters and provide some advanced organizers so you can plan your lives for the Spring semester. As you are aware, we have had to make some budget cuts and may need to make more in the future. Plan your time in the labs when they are open and be sure to check the schedules for closures.

Darkness will be coming sooner in the evening starting next week so be aware of your surroundings and make safe decisions. Wash your hands and stay healthy!

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

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**Message from the ADN Chair**

Hi Everyone,

I am always amazed at how fast the semester seems to progress. I hope you are all keeping up with your studies and are right where you need to be with your grades. I can't emphasize enough that you have so many resources available to you, just be assertive in seeking them out. Don't wait, be proactive!

I hope you all had the opportunity to attend the Groundbreaking Ceremony for the new Nursing and Science building. The entire nursing faculty rejoiced in this monumental event. The nursing program has had growing pains for some time now and the faculty is looking forward to our state-of-the-art building. It will be wonderful to have our MEC family back with us as we expand on this campus. Imagine what we will be able to accomplish with more space! Imagine how we can fulfill the nursing needs of our community.

You are all here at a wonderful moment in the RCC Nursing Program's history. Just know as we open our new building, you will always have a home and a family waiting when you return.

Enjoy the rest of the semester. Let me know if I can be of assistance.

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

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**GREETINGS FROM THE VN PROGRAM**

Message from the Vocational Nursing Assistant Chair

The VN class has just completed their first clinical rotations and are polishing their skills and building a strong foundation while caring for those in the community. As they enter the second half on the semester, these nursing students are performing all skills to date, adding medication administration and changing clinical sites. Therapeutic communication is an essential art for all nurses.

"Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around" (Leo Buscuaglia, American writer, educator). Everyday as you enter the classroom, skills lab, clinical setting, remember you have the potential to change someone's life, and that life may be your own or the life of a patient, family, or community.

Entering into the cooler days of fall, many of you are feeling the push as you pass the halfway point in the semester. In a few short weeks, you will be reconnecting with family and loved ones. The VN team is wishing all students the perseverance and drive to continue to work hard and keep your goals in sight.

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

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**VN CLASS**

Hello my name is Doris Heath and I am the class president for the VN program. The VN class has been so busy with learning and implementing all of our clinical skills in our partner facilities and our college skills labs. Really no time to take a breath as the semester is already closing so quickly upon us. We have been doing head to toe assessments, beginning care plans, vital signs, bed making, patient hygiene, discontinuing Foley catheters, and now we are starting to pass medications. It is so exciting, as the role of nurse is really starting to come together as we are able to do more things for our patients. We look forward to learning more skills and becoming more sufficient and independent in our abilities so that we may care for our patients with confidence. I would also like to introduce the rest of our VN council, our Vice President: Allison Wright, Secretary: Tracey Valdivia, and Treasurer: Susanne McGregor.

Doris Heath  
VN Class President

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### **Nursing 1 (City Campus)**

Ten weeks down, and we're still hanging on. Nursing 1 has had a blast so far this semester learning about the older adult in theory and beginning nursing practice in clinicals. We have just recently begun passing meds and have completed critical element sign-off for parenteral medication administration.

Thank you for all who participating in bringing candy for Halloween Town. I am happy to report that thanks to the efforts from everyone in the Nursing 1 class we won the candy contest with 15,000 pieces of candy, and a total of 30,000 pieces total. Congrats to the LVN class who brought in 11,000. Great job! I can say personally it was a wonderful event and my kids had tons of fun.

We had our Cultural Potluck last week. We had all of the good food and new experiences that it brought with it. We are still so thankful of the opportunity to be in this program, and hope to make the best of our time here at the RCC School of Nursing.

Cristina Boctor  
N1 Class President, City Campus

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### **Nursing 1 (March Education Center)**

Happy Fall to everyone! Despite the funny weather were having, over 90 and then overcast and cold, 50 degree winds, this is the season of Fall. Out at MEC we are happy to have midterms behind us and we are now ready for our second clinical rotation. We are a small, close group and we celebrate birthdays on a monthly basis. Those birthday celebrations and yummy cakes help to keep the spirits up and stress levels down! The semester will come to an end before we know it so, even though it seems like there is no end in sight, just remember to think positive!

Cathy Cortes  
N1 Class President, MEC

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### **Nursing 2 (City Campus)**

Nursing 2 is more than half way done now...it has truly gone by incredibly fast! Thank you to everyone who brought in candy for the trick or treaters at the SNO white's castle, you made a lot of little kids happy. On that note, many of us are looking forward to having a happy holiday season, starting off with Thanksgiving. Let's all take a moment and think about all we have to be thankful for. I know that I'm thankful to be in a class with such outstanding future nurses who will truly make in impact on the communities that they eventually will work in. You

all display more than just the technical skills of nursing. All of you bring a unique and special way of caring for your patients from the bottom of your heart; this is what will make you most successful in your nursing career! Thank you again for all that you do, I know you have touched the life of each and every patient you have had the opportunity to work with. Have a wonderful Thanksgiving!

Nicole Figueiredo  
N2 Class President, City Campus

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### **Nursing 2 (March Education Center)**

Ok folks, we are 1 clinical competency down (Hooray), and have 2 exams under our belts of our Nursing 2 semester!! We are in our second clinical rotations and even that time is almost nearing an end.... Time is going by QUICK!!! We are more than halfway through with our 2<sup>nd</sup> semester!! Before you know it, winter break will be upon us and we can take it easy for a month or so =)

The week of Thursday, October 29, 2009 was very special to our RCC Nursing department. We finally had the ground breaking for our new nursing building!! I know, none of us get to enjoy it so who cares, right??? Well not too long ago, similar funding bought our department some top of the line simulators to help further nursing student studies. Our class was lucky enough to come after those purchases and excelled in our learning from the classes before us. So let's show our support and gratitude for future nursing students of RCC!!

Our last dosage calculation test and clinical competency is November 6<sup>th</sup>, so don't forget to study and make good use of your faculty in the Sims lab!! Keep studying and charging through this semester my fellow Nursing 2 people... We are almost there!! Si se puede!!

Balinda Ballinger  
N2 Class President, MEC

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### **Nursing 3 (City Campus)**

Well Nursing 3, like the previous two semesters, is just flying by. We have just finished our second rotation with just one more to end the semester. Also test 3 is done and everyone did well. When the scores were released there were lots of "YESSES and cheers." Everyone is doing well in their clinical rotations; psych seems to be the favorite rotation this semester. Some of the other fun experiences have been the Emergency room, operating room and GI lab. We are all finally allowed to start IV's and many of us are trying to still figure out the IV simulator in Nursing 7. As the semester winds down we can see the light at the end of the tunnel and just have to make the final push for the remainder of the six weeks. Many of us are finding our groove within the hospital and are having a better idea of the areas we would like to work.

Zac Saxton  
N3 Class President, City Campus

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### **Nursing 3 (March Education Center)**

*Hello Friends!* The second rotation and the third test are now in our past. Congrats to everyone for a job well done on this test. Our hard work is really showing. As a whole--> we did GREAT! ONE more to go guys. . I know it has been tough and some or all of us have thought about quitting at one point, but WE HAVE ALL SURVIVED and will continue to thrive! That is what is important. It is amazing how fast this semester is passing by. Who really believed that when we were told nursing school would fly by --> it actually would! The holidays are

approaching fast and how excited (or sad) are we to be 5 weeks away from saying goodbye to Nursing 3. Hang in there friends; we will ALL make it out of this together. Let the countdown continue! (N4) 🤗

Liz Martinez-Ibarra  
N3 Class President, MEC

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## **Nursing 4 (City Campus)**

HOPE

By: Jeri Darby

“The doctor was explaining my baby’s condition, but he might as well have been speaking French. Johnny was seven months old when I knew something was seriously wrong and I bolted into the emergency department. The ER doctor examined him and the next thing I knew I was signing papers for emergency surgery. Fear numbed me as I inwardly prayed that Johnny would be okay. God was the only glimmer in my dismal life back then. At age twenty-three, I was struggling to support my three children and my marriage was failing.

I’d survived mostly on government assistance since the birth of my first child, who was four years old. I’d quit high school during my twelfth year and later obtained my GED. My work history was sketchy, but I longed to be financially stable and I prayed earnestly for direction.

When my son Johnny was in the hospital I spent, as much time as I could with him, I hated leaving him with strangers. While visiting, I noticed one of his care-providers was dressed in green while the rest wore the traditional white. I wanted to ask her why, but I was still dazed by everything and did not have the emotional energy for idle inquisitions. One day as I watched her busy herself taking Johnny’s temperature my curiosity overwhelmed me “Why are you wearing a green dress?” I asked, “I am a nursing student” she replied. Then she told me all about a one-year federally funded program. “How do you become a part of this program?” I asked. The friendly student smiled eagerly. “Let me tell you about becoming a nurse.” With pride and enthusiasm she gave me a detailed account of what was necessary. I had never considered a nursing career, although since leaving high school, I thirsted for knowledge. As I listened to her, I felt the dying flame of hope rekindling. Could I do this?

During the following months I completed the list of prerequisites she shared with me and was accepted into the program and scheduled to begin in two months. “I’m going to be a nurse!” I proudly proclaimed to my family. Their laughter was biting. “Do you think you can be a nurse? You’ve never been around sick people. I can see you fainting at the sight of blood!” They meant no harm, but their thoughtless cruelty fueled my determination to succeed.

School demanded rigorous discipline. Things went well until the ninth month when I experienced medical problems and my doctor recommended bed rest. There was no way for me to miss classes and maintain passing grades. “Take some time off to get better and return next year,” the director said. I was devastated, having anticipated graduation in only three months. I had invested too much to give up and was ready for my struggling to end. With regained health I returned the following year only to find out that my previous nine months of toil only counted for three months’ credit. I pushed my anger aside and forged ahead. I worked harder than ever for nine months and I graduated, with my family smiling proudly in the audience. After passing the state-mandated test, I became a licensed practical nurse. After working for a few years I later obtained my registered nursing license. That was twenty-three years ago and I thank God every day for calling me to serve others in this way. Recently, as I cared for my patient, a weary-

looking young woman visitor asked, “Is it hard to be a nurse?” I detected a hope of glimmer in her eyes. I smiled eagerly. “Let me tell you about becoming a nurse...”

Remember why you are doing this and how you are an inspiration to others!!-

Amber Melonson

N4 Class President, City Campus

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### **Nursing 4 (March Education Center)**

Hello everyone. OMG (oh my gosh!) we are over half way into fall semester in nursing and counting. I hope everyone is enjoying this time and getting ready for graduation in December. Before you know it Thanksgiving will be here and then the Nursing 4 students will have departed. Another one bites the dust!!!! I hope that this last semester will be filled with knowledge, utilizing skills with using our critical thinking. I hope that some of the Nursing 3 students will volunteer to help with the pinning ceremony. The MEC Nursing 4 class is going to rotating into our intensive care clinicals and we are all a little anxious. I guess its show time. I believe that all of the Nursing 4 class is trying to stay vigilant with completing care plans, studying, and yes, even working. I hope that we can all become united and help each other. We have out count down board in place and I am proud of everyone who worked together on this project. Just a reminder for those of you who haven't paid their dues they are due now. Please get them turned in.

While we are headed into our last leg of the semester and our last clinical rotation, try and make every effort you can to experience different procedures while on the floor. This a great learning experience for us all. Use this time and take advantage of what the RN's and clinical instructors can teach you. Please support your fellow nursing classes with their fundraisers. Let's all stay focused study hard and push on through to the end of the semester. Everyone says that the end of the semester is the hardest. Good Luck to everyone! We all can do this!

Toni Tapia

N4 Class President, MEC

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### **SNO President**

Hello nursing students! WOW! Here we are, already half way done with the semester! If you have seen our Nursing 4 countdown board in room 208, you know we are racing to the finish line; each day with one less “lap to go”! Every semester I am amazed at how fast it goes by, I didn't believe it when I heard it in the beginning and now as I am only 6 weeks away from graduation, I am screaming “WHERE DID THE TIME GO?” Everyone is full speed ahead studying hard, taking tests, writing care plans, and experiencing clinicals; I hope everyone is doing well. If you are struggling, it is not too late. Utilize your faculty and other students; we all want everyone to succeed!

We had a great turn out at our recent blood drive. With over 130 potential donors, we had 94 units of blood actually donated! Thank you to everyone who helped sign people up at the booth and who were able to donate blood. I was able to make it over and donate and it was a great turnout.

Be sure to read the articles in this “Flurry” from the nine participants of the CNSA conference in Sacramento. We all had a great experience and were able to represent RCC well! Stay tuned for the next article for reports from the NSNA Mid-Year conference participants held in Phoenix, AZ.

By the time you read this, we will have participated in RCC's Annual Halloween Town where our theme was "SNO White's Castle" It is a fun event that gives kids the chance to dress up and have a safe environment to get candy! Speaking of candy, can't wait to see who this year's class winner is for collecting the most pieces of candy! Last year Nursing 1 beat the LVN class by only 1 bag!! The winner receives \$50 towards their pinning funds. Stay tuned... Coming up at the end of the month, we will be decorating a tree (snowman themed) for the Festival of Trees held at the Riverside Convention Center, Thanksgiving Weekend. All funds raised on the auction of the trees goes towards RCRMC's Neonatal and Pediatric units. We are still looking for volunteers to help make bows and decorate the tree. Please see us at the SNO meetings if you are interested!

Don't forget to keep track of you service/volunteer hours. Any time above 50 hours spent volunteering, both for school or outside events, can help you earn a service award at the ASRCC semester end banquet. You can obtain forms from the ASRCC office and they are due to Mrs. LaCava by November 9<sup>th</sup> with hours estimated through the end of the semester. The banquet is held on December 4<sup>th</sup> for those receiving awards.

Keep in mind, nominations for next semesters SNO officers are coming and there are lots of positions to be filled as many of us are graduating (YEAH!). Please see any of us if you have any questions about the duties of each office. You must have attended four SNO meetings to be nominated and must be present. Everyone keep your head high, stay focused, and take a little time for yourself now and then. Before you know it the semester will be over, winter break will be here, and your goal of being a nurse one step closer! Hope to see you all at the next meeting on November 16<sup>th</sup> at 8:45 AM in the Heritage Room or Hall of Fame.

Best wishes!

Shalyn Stanfield, Nursing 4  
SNO President

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## **CNSA Conference Sacramento**

I recently had the privilege of attending the CSNA Conference in Sacramento. Before attending the conference, I had no idea what to expect and what an honor it is to represent RCC Nursing. Our school is well known as being one of the leading programs in the state. Other students and advisors recognized the name immediately. They speak highly of RCC and I was extremely proud to represent us. As I sat listening to other nursing students speak, I realized they are just like you and I. We all have a common goal; to graduate, start making a difference and making money. I was truly impressed at how passionate and dedicated each was to the Legislative process. They all have exams to study for, family at home, and/or jobs to go to, but they are still here fighting for a cause. It took only a short amount of time for me to understand that these students were using their best weapon; their voice to make a difference. Did you know that students, like you and I, have the opportunity to make decisions that effects the entire nursing profession? We have a vote, a say, in the practices we will use as Registered Nurses. How fortunate are we to have that opportunity!?!?

In addition to being completely impressed by the entire process, I attending a handful of helpful workshops, such as test taking strategies, how to lessen my guilt at home (Tips and techniques for easy distressing & relaxing, including foods that build brain cells), and how to sell

yourself to employers. I heard many tips and good ideas that I'd like to borrow and bring back to RCC. I look forward to sharing more of those details with you at our next class meeting.

Joining CSNA requires very little from you and opens the door to many opportunities. Such as, scholarships, leadership positions, future employment opportunities, and more. I'd like to encourage Nursing 1 to have the highest number of active members in CSNA and NSNA of all the nursing classes. Please join me and your fellow classmates, in becoming a CSNA and NSNA member today! For more details on how to become a member, you can go to their website, see Mrs. LaCava, or myself.

Thank you for allowing me to serve as your Representative and Vice President.

Annette Snyder,  
N1 Class Vice President, City Campus

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### A First Time for Everything

As babies, we speak our first words, take our first steps, and laugh for the first time. As children, we ride our first bike, experience our first broken bone, and have our first pet. As teenagers, we move on to first loves, first kisses, and first broken hearts. Through all of our "firsts", we gain life experience and determine the things we enjoy versus the things we want never to happen again. Our firsts are our opportunities to learn new things, and learn from our mistakes. I thought that as a 22 year old, most of my firsts had already taken place. And I'm sure as most of you read that last statement, you laughed. As I have recently found out, I was wrong. Although I have experienced many firsts in my life, the bulk of them are still to come. I feel like nursing school is completely new and foreign to me, as I'm sure most of us have felt at some time or another during this process. I have learned so much already as a Nursing 1 student, and not only about how to therapeutically communicate with my patients and how to properly construct a care plan, but I have learned a considerable amount about myself. Part of my journey so far has been an opportunity to attend this year's CNSA conference in Sacramento. It was my first conference attended as a student, and my first time in our state's capital city. On the first day of the conference, I had a bit of a curve ball thrown my way. I was not aware of this at the time, but I was scheduled to attend a very formal business meeting as a delegate representing Riverside City College School of Nursing. Not only was this my first "real" meeting that was to be run like a congress meeting in Sacramento, but I was also very unprepared for it. I scrambled to get dressed and make it to the meeting on time (which thankfully, I did), but as I sat down and started listening to what was going on, I was lost. I felt like a sixth grader trying to sit for the NCLEX... completely unprepared and ready to run. It was then that I realized there is a first time for everything, and although unprepared for this first, I knew that like every other time before this I would make it out alive. The meeting went exceptionally well, and I was caught up and felt ready to do it again as it came to a close. I was able to vote for the new CNSA board members and the resolutions that would be taken to the national conference. It was an amazing experience, and I felt extremely fortunate and grateful to be in the position I was in. After I learned more about the process, I was pleased to know that my opinion mattered and that my voice was heard among hundreds of nursing students throughout the state.

The opportunity for me to go to the CNSA conference this year will be a first that I will never forget. It was an amazing experience, and one that I hope each and every one of you will be able to have at some point in your career as a nursing student. Please, take the time to research current issues for nursing students. Being educated and having a voice as a student will not only help you while in school, but it will help you in your future careers as nurses. If I had not experienced this first, I would have never known the importance of being involved in the NSNA. For that, I thank Ms. LaCava and the rest of the faculty at RCC who make this an opportunity for us every year.

Breanna Navarro  
Nursing 1, City Campus

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I am extremely grateful to have had the opportunity to represent RCC as a delegate at the 2009 California Student Nurses' Association Convention in Sacramento. I must admit that at first I was a bit intimidated by the order and precision of it all. However it wasn't long after the initial proceedings began Friday afternoon that I knew this is exactly where I wanted to be. I absolutely cannot wait for the National Conference in April.

The delegation is run according to Robert's Rules of Order. Fortunately I had been introduced to this process in high school, but because many years have passed, it was almost like learning it all over again. It is very formal, but the board was kind and educated many of us who were learning the ropes.

Although I have never really been interested in politics, I have always been interested in nursing. I found that thru this forum, student nurses have the ability to initiate and affect change within our profession. We as students are responsible for researching and writing resolutions about what we would like to see changed within our profession. These resolutions are then presented to the delegation, discussed and voting for acceptance takes place. If the resolution passes, CNSA supports that resolution at the National Student Nurses' Association Conference. From there, the NSNA may adopt the resolution and apply support to it as it goes on to legislation. What an amazing process. I am truly honored to have been a part of it. I am proud to say that because of this experience, I have been inspired to research and write a resolution of my own to present at the 2010 conference. I have also volunteered to be on the planning committee for the 2010 CSNA conference, which is being held in Ontario. I understand that not all students are interested in the political realm of nursing, however I would encourage ALL RCC Nursing students to attend. It's a wonderful learning experience that you can take with you as you continue thru school and thru nursing.

Cristina Boctor  
N1 Class President, City Campus

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I had the privilege of attending my 3<sup>rd</sup> (and last) student nursing conference through SNO. Myself, Mrs. La Cava and 8 other students attended to represent RCC for the CNSA (California Student Nurses' Association) Conference in our beautiful capital, Sacramento. With it being right before our Nursing 4 second test, we were a little hesitant in being able to juggle

our studies and the schedule of conference (again), but we did it and once again it was an amazing experience!

We were fortunate enough to stay at the beautiful Hyatt Regency across from Capital Park and the Capital building. The 5 of us Nursing 4 students flew in Thursday, after lecture, and were amazed to find that the downtown area shuts down at about 5 PM during the week. Needless to say, it was an adventure trying to find dinner that night! The next morning began bright and early with the 4-hour NCLEX mini review put on by Hurst Review. Eager to gain new study tips for the biggest exam of our nursing careers; I thoroughly enjoyed the enthusiasm in the delivery of the content! It just so happened that the focus of the mini review was content for part of our test; very helpful and I highly recommend Hurst's NCLEX review.

We represented RCC with 3 delegates in the "House of Delegates" where all the association business and debate/voting of resolutions/officers is conducted. With 4 new Nursing 1 students at conference, I attended the first session with them to help them through the process and get their "feet wet". I was blown away by their enthusiasm and eagerness to understand the resolutions further. It is nice to know others show the passion for these conferences as much as I do! The opening ceremonies were wonderful and inspiring, as always. Our keynote speaker, Maria W. O'Rourke spoke on "Professional Nursing: The Mother Lode of Meaningful & Joyful Work". She quoted "No matter what you do in your career, it ought to matter!" So very true as I am about transition from student to working professional. The first night party was entitled "Eureka! Party like it's 1849!" We made a brief appearance, and the goodies were wonderful, but it was off to studying for us!

My Saturday began with a meeting of the Council of Chapter Representatives. It was nice to speak with the representatives from different schools in California. After another wonderful morning speaker, our classes began. I was able to attend an educational session on the wisdom to getting that 1<sup>st</sup> job. We spoke about different alternatives to the common job sites and the best ways to be heard in a sea of applicants. My next session was "Experiencing the guilt-free approach to endless energy." It was nice to hear from someone who has been a nurse for a long time, give us tips on ways to keep the "joy" in nursing.

The vendor hall had many booths of nursing schools and hospitals to speak with and obtain information from. Unfortunately, my flight left Saturday evening and I was unable attend the rest of the delegate sessions. The Nursing 1 students got the opportunity to vote on behalf of RCC and did a fantastic job! Before we left, Amber and I were able to watch a portion of the California Firefighter's Memorial at Capital Park. It was a breathtaking event that honored all of the States' fallen firefighters; hundreds of uniformed firefighter from all over California (including Riverside), state officials, family members, and civilians were in attendance. It gave me goose bumps as dozens of uniformed bagpipers marched and played "Amazing Grace."

Once again, this was an amazing experience! Thank you to Mrs. La Cava, Amber, Brandy, Melissa, Jennifer, Cristina, Annette, Terry, and Breanna for sharing it with me! As this is my last conference representing RCC through SNO, I know I have gained so many opportunities in our school, in the community, and among other students in our nursing discipline. As I embark on the amazing nursing profession, I hope to take the experiences I have gained in the pre-professional organizations, CNSA & NSNA, and continue on with professional organizations. Just remember, even as students we have a voice and can make a difference. I

encourage you to participate and join SNO at the next NSNA conference in Orlando, FL in the Spring! Hope you all enjoy the opportunities as much as I have!

Shalyn Stanfield  
N4, SNO President

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Hello everyone. I am glad I was able to attend conference in Sacramento. Honestly, it was quite confusing at first, because I didn't know what to expect. I do have to say, I was very impressed with the participation of nursing students at the delegate level. Good luck to everyone, six more weeks to go!

Terry Dao  
Nursing 1 Class Treasurer

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Hello everyone,

We were fortunate enough to be able to attend the California Nursing Students' Association convention in Sacramento, CA. During our time there we attended the Hurst mini NCLEX review course presented by Shawn Boyd. This was a four hour session in which we went over the major subjects tested on NCLEX, learned how the test is presented, and various test taking strategies. This session was very helpful in lowering our anxiety level. We strongly recommend attending the NCLEX review if given the chance to attend a conference.

We also visited the exhibit hall where there were various hospitals from California, schools, and the other resources. At the exhibit hall, we were able to get information on Bachelor and Master degree programs, meet with potential employers, and get free goodies ☺. This was a great experience and the way to end our last semester in SNO. Thank you Ms. LaCava and SNO for making this trip possible.

Thank You,  
Brandy Casey, Jennifer Helferich, Melissa Watkins  
N4, City Campus

## **Our Moment of Zen**





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### Messages from Our Advisors

Hello Everyone. I hope you enjoyed the recent long weekend and will enjoy the upcoming Thanksgiving weekend and spend some time with people important in your life. It is the last holiday before the big push to finish the Fall Semester. I know you are all studying hard and trying to practice all your old and new skills in Nursing 7 and in clinical. You all work so hard and represent us so well. Don't forget its time for Scholarship applications to help fund your education.

SNO has been busy with Halloween Town (SNO White's Castle) and Festival of Trees is at hand (A Frosty Christmas). I hope you all enjoyed Halloween Town and that you will take the time to enjoy the start of the holiday season in Riverside with lighting of the lights on Friday, November 27<sup>th</sup> at the Mission Inn. Our tree will be on display in the Convention Center from Friday to Sunday with 49 other trees from which donations will go to RCRMC to fund special equipment in the NICU or Peds units. Last year over \$400,000 was given to these units as proceeds from Festival of Trees. We hope that this year will be equally successful. You and your family are welcome to visit the trees and enjoy the lights and activities around the Mission Inn over the Thanksgiving Weekend. Take some time to enjoy the festivities. Thank you to all who helped at Halloween Town and those who will help set up our tree, A Frosty Christmas. on November 23<sup>rd</sup>.

We will have 14 people receiving Bronze and Silver Service Awards at the ASRCC Awards Banquet December 4<sup>th</sup>. I know many of you are volunteering in the community and helping others but just don't have the 50 hours to receive an award. Thank you for all that you do.

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

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**Class Officers Fall 2009**

**Nursing 1**

**Main Campus**

**President:** Cristina Boctor

**Vice Presidents:** Tabatha Bulen & Annette Snyder

**Secretary:** Brianna Navarro

**Treasurer:** Terry Dao

**SNO Representatives:** Linsey Toscas & Alina Ochoa

**Alternates:** Ron Pangelina, Isabel Serna & Nick Maxfield

**Historians:** Gabby Jones & Leann Baker

**Alternates:** Nichol Wells & Tabatha Bulen

**Nursing 1**

**March Education Center**

**President:** Cathy Cortes

**Vice President:** April Gilbert

**Secretary:** Erika Pruitt

**Treasurer:** Ana Morales & Rachel Mello

**SNO Representatives:** Cassie Callahan, Amanda Thomas &  
Christy Wager

**Historians:** Heather Gish, Lisa Toste,  
Monica Vallejo & Corey Sanchez

**Nursing 2**

**Main Campus**

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**Vice Presidents:** David Brandt

**Secretary:** Naquita Paul

**Treasurer:** Kejal Patel, Teenamarie Herrera

**SNO Representatives:** Kelly Deyoe, Crystal Frazier, Elia Olivares

**Historians:** Melissa Backstrom, Megan Brannen,

Kim Duong, Katie Lennartz, **Elia Olivares**

**Learning Resource Reps:** Melissa Backstrom, Katie Lennartz

**Curriculum Rep:** Heather Hanssen, Theresa Torres

**Nursing 2 (March Education Center)**

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**Secretary:** Danielle Paquin

**Treasurer:** Heidi Craig

**SNO Representatives:** Nicole Castro, Tiffany Rambi,  
Lizette Sarkissian

**Historians:** Mark MacAbuhay, Gedi Medina, Tiffany Rambi,  
Lizette Sarkissian, Mark Locsin

**Learning Resource Reps:** Joanna Cuanico

**Curriculum Reps: Jeff Gutterud**

**Nursing 3**

**Main Campus**

**President:** Zac Saxton

**Vice Presidents:** Kevin Thach

**Secretary:** Shannon Ward

**Treasurer:** Lynn Rodriguez

**SNO Representatives:** Kristen Ebert, Claudia Hernandez

**Historians:** Susan Eyman, Tiffany Setinc,  
Fernando Ortega & Catherine Berner

**Learning Resource Rep:**

**Curriculum Rep:** Linda Carroll

**Nursing 3**

**March Education Center**

**President:** Liz Martinez

**Vice President:** Michelle Phillips

**Secretary:** Carmela Hongthong

**Treasurer:** Arlene Mejia, Katia Ramirez

**SNO Representatives:** Josette Bustamante, Sheila Woods

**Historians:** Alicia Guess, Melissa Morren,  
Rosanna Nunez & Tuan Nguyen

**Learning Resources:** Alissa Haywood & Andrea McKnight

**Curriculum Rep:** Melissa Dunigan-Hernandez & Michelle Brakebill

**Nursing 4**

**Main Campus**

**President:** Amber Melonson

**Vice President:** Samantha Wood & Shalyn Stanfield

**Secretary:** Brandy Casey

**Treasurer:** Megan Alcantar

**SNO Reps:** Melissa Watkins & Adrienne Michael

**Historians:** Mellisa Watkins, Danielle Howe,  
Jennifer Helderich & Audra Bayan

**Learning Resources:** Amanda Poindexter

**Curriculum Representative:** Katie McCafferty

**Nursing 4**

**March Education Center**

**President:** Tonia Tapia

**Vice President:** Chris Schmenk

**Secretary:** Jeremy Loudon

**Treasurer:** Priscilla Rosal

**SNO Representative:**

**Learning Resources Representative:**  
**Curriculum Representative:**  
**Historians:** Maggie Stevens

**VN**

**President:** Doris Heath  
**Vice President:** Allison Wright  
**Secretary:** Tracey Valdivia  
**Treasurer:** Suzanne McGregor  
**MAC:** Tiffany Haywood  
**Historians:** Jessica Schulte, Mikki Maki, Emily Aguilar,  
Tracey Valdivia, Val Torres & Lacey Page  
**SNO Reps:** 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 Representative:** 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**  
**Fall 2009**

<i>President:</i>	Shalyn Stanfield, N4
<i>ADN Vice President:</i>	Amber Melonson, N4
<i>VN Vice President:</i>	Tiffany Haywood
<i>Secretary:</i>	Brandy Casey, N4
<i>Treasurer:</i>	Megan Alcantar, N4
<i>ICC Representative:</i>	Kelly Deyoe, N2
<i>SNO Flurry Editor:</i>	Tony Barraza, N3
<i>Allied Health Commissioner:</i>	Kristen Ebert, N3
<i>Scholarship Chair:</i>	Jennifer Morgan, N3
<i>Alumni Association Liaison:</i>	Hillary Strong and Theresa Vinyard
<i>Historian:</i>	Crystal Frazer, N2 and Jennifer Helfrich, N4
<i>Breakthrough to Nursing:</i>	Joy Harris, VN and Linda Carroll, N3

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\*SNO Meeting Calendar Fall 2009\*

September 14	Welcome Tea
September 19	Back to School, RCC
October	Back to School, MEC
October 5	SNO meeting
October 6	Blood Drive
October 16-18	CNSA Annual Conference, Sacramento, CA
October 19	SNO meeting
October 29-November 1	NSNA Mid-Year Conference, Phoenix, AZ
November 2	SNO meeting
November 16	SNO meeting

**Happy  
Thanksgiving!**

