

SNO Flurry

Student Nurses' Organization



Riverside City College Student Nurses' Organization Newsletter

"A Stellar NSNA School Chapter" September-October 2010

Message from the Dean

Welcome back to a new academic year at the RCC School of Nursing.

I hope you all enjoyed the first day's "Opening Ceremony" as much as I did! It has been a long time since we were all together like that—it certainly inspired and reminded me of what we are all here for—you! The faculty and I are dedicated to each of your success in Nursing School, and hope you will remember your time here as being not just the start of a new career, but also as being transformational to the rest of your life. The habits you develop, the friendships that are forged, the knowledge that you gain—these things you'll never lose. Treasure them all!



Many of the faculty and I just returned from the NLN Educational summit in Las Vegas. The Summit is an annual event attended by Nurse Leaders from across the nation. I am proud to say some of your faculty have given presentations and serve on pivotal committees at this prestigious event. This is one example of the quality education that you are receiving here at RCC.

Another is your access to exceptional resources, such as Ms. VantHul as SOS, Dr. Kinser as NERS, Isaac, our Labs, Nurse Squared, and all the rest of the faculty and staff. Please use these resources—they are here for you!

Another resource we have recently obtained is a large federal grant that could provide you with up to \$2500 in financial aid. Please check you RCC mail or see Steven Purdy for additional information.

Best of luck to you this year as we embark on a journey together—the journey to your future.

Please come to Dean's Council on November 1st at 9am in LS208. I'd love to hear how things are going for you!

Dr. Sandy Baker
Dean, RCC School of Nursing

Message from the ADN Chair

Hello All Nursing Students on the City and MEC Campuses,

If you are new to the nursing programs at Riverside City College, then I welcome you to the most wonderful program! If you are a continuing student then welcome back! You will all benefit from the wonderful opportunities that this school and this faculty have to provide. Take advantage of them! Learn for the sake of learning and grow in your knowledge!

I hope you all have a wonderful, productive semester filled with both challenges and triumphs. You have a wonderful support system at this college. First and foremost, your faculty are here to support and guide you on your professional journey. Look to them as professional

role models of the caring spirit of nursing. I am also available as the ADN Department Chair to lend an ear and help support you on your way. We have wonderful staff members in the Department to help keep you on administrative task. And finally, we have our Dean and Associate Dean who are committed to your success.

Let me know if I can assist you in any way. Keep your eye on the prize and enjoy the journey!

Tammy Vant Hul, MSN, ACNP, RN, CNE
ADN Department Chair

SOS.....SOS.....SOS

Hi Again to All Nursing Students,

I hope you are all right where you want to be with your grades after the first exams are done. If you are finding that you are having any difficulty, please don't hesitate to drop by my office to schedule a time to meet so that we can discuss some strategies that may be helpful for your success. Sometimes it just takes some simple techniques to make a big difference. Be proactive and be assertive in your learning. Remember, your patients depend on your knowledge for their safety and well-being. Isn't that why we are all working so hard after all?

Ask yourself this question.....would you want to be your patient? Would you want you, as a nurse, caring for you or your family? If not, see me!!

Tammy Vant Hul, MSN, ACNP, RN, CNE
Student Outcomes Specialist (SOS)

GREETINGS FROM THE VN PROGRAM

Message from the Vocational Nursing Assistant Chair

Welcome to all of our new and returning students. The VN faculty wishes everyone a productive and enriching semester. The VN students are busy performing well in the clinical setting and college lab. Skills to date include hand hygiene, body mechanics, repositioning patients, range of motion, bed making, bathing, feeding, monitoring intake and output, vital signs, physical assessment, and documentation.

The classrooms and skills labs are busy as students pursue their dreams and desires for becoming a nurse. Whether your individual path begins in the VN program or the ADN program, following your dreams places each of you on the path to self-actualization. There are many resources available including your faculty, NERS, and SOS. As you seek to reach your individual goals, many of you will form new friendships as your classmates and study partners become more like family members. Each of you are learning that it is important to take care of the nurse first before caring for others. Remember, "Remember, everyone of us needs to show how much we care for each other and, in the process, care for ourselves" (Princess Diana, 1961-1997).

As we enter into the cooler days of fall, the VN team is wishing all students and faculty a great semester.

Kimberly Reimer, MSN, RN, FNP
Associate Professor
VN Assistant Chair

VN Class

Hello everyone,

First of all congratulations to all of the VN students both full and part-time for making it this far, your determination and perseverance have paid off. We have already covered Basic Principles of Nursing, Care of the Client, Safety Standards, Transmission based Precautions, Professional Appearance and Boundaries, Medical Asepsis, Hygiene, and that was just the first week! It is absolutely amazing how time flies as we move into our 7th week.

I believe I am speaking for the majority of our class when I say we are blessed to have such passionate and caring instructors. Their guidance and insight has been essential as we transition into the program and navigate through these first few months. It is comforting to know that all of our instructors believe in each and every one of us and that each of us has the potential to make a difference. We are now gaining the tools necessary to accomplish our dreams, achieve self-actualization, and ultimately enrich our community.

As a whole, class participation in SNO is really being felt. In addition to all of the academic responsibilities, so many students are making time for extracurricular activities, and that makes for a strong a well-rounded group! VN representation at the SNO Welcome Tea, as well as the Back to School event was incredible. Keep up the good work and let's continue to make our presence and dedication known as upcoming events arise.

The Annual CNSA conference will be held October 16-17th at the Radisson Ontario Airport Hotel. To those students that will be representing SNO and RCC in the House of Delegates... Good luck! The VN Representatives are looking forward to sharing experiences and knowledge acquired during the educational sessions and business meetings. Personally, I am very excited to attend my first conference and look forward to many more. Halloween Town is right around the corner, for those of you who are looking to get more involved in our campus activities, don't hesitate to sign up. The VN class was only one bag short of winning the candy donation contest last year, this year is our chance to shine and show the other classes just what we are made of! I believe someone said, "the challenge is on!"..... So to that I say bring it! (LOL). Let's keep the eye on the prize!

Once again congratulations to all of the LVN students for making it here. Don't forget life is short, enjoy every single day as if it were your last, and smile every step of the way. :) "Let us always meet each other with a smile, for the smile is the beginning of love"... Mother Teresa

Rosa H. Mendoza
VN Class President

Nursing 1 (City Campus)

Hardly a day goes by that I don't hear someone in Nursing 1 say, "I am so thankful to be here." We enter this new chapter of our lives with so much enthusiasm and, week-by-week, we find that we have so much more to be thankful for and excited about.

While we have only been here for a few weeks now, I'm amazed by how much we have learned and grown, both as individuals and as a class. So many new friendships have formed and, to me, it already feels like we are becoming a close-knit family. The personalities, intelligence, and humor of my classmates astounds me and I'm sure I speak for many of us when I say that I look forward to spending the next two years with these people. I am equally

impressed with the dedication and expertise of our instructors. It is no wonder why the RCC School of Nursing has such a great reputation, and why we are all so proud to be here!

We couldn't possibly have been as prepared as we were to enter the program had it not been for our big brothers and sisters in Nursing 2. Thank you to all involved in organizing the amazing open house, giving us gifts, and offering valuable advice this summer at orientation. Between you all and the SNO officers, we were set off on the right path for a successful experience in the nursing program. Thank you all!

We have so many exciting events coming up this month, including conference and Halloween Town, but I know Nursing 1 students are eager just to get in the hospital and get our patients' vitals, and further prepare ourselves to give our patients the best care possible and blossom into the talented Registered Nurses we all aspire to be.

Good luck to all the RCC nursing students this semester!

Kristin Lane

N1 Class President, City Campus

Nursing 1 (March Education Center)

No Nursing 1 Class at MEC this semester. We'll be back in Spring.

Nursing 2 (City Campus)

Greetings from Nursing 2 City Campus! We just finished our first rotation the last week of September and I hope that everyone felt as much satisfaction and joy as I did from their respective clinicals. We keep being told "You are the nurse!" and I know that this last week really validated that for me. Together, MEC and City are growing together as a class, since we are doing so much together in Nursing 2! We are making new friends and learning from each other. The first three weeks was a killer! I don't think anyone had a free day, including the weekends! (And especially if you were in your OB rotation with 62 meds and three pathos to research the first weekend of school!) Since then, we have done newborn assessments, put in foleys, watched babies being born, taken care of med-surg patients, changed dressings, done dosage calculations, changed IV fluid bags and programmed IVs, played with kids, held them as they cried, made them feel better, done dosage calculations, did postpartum assessments, DC'd foleys, administered lots of oral meds and injections, watched major surgeries, met lots of great patients and nurses, and then we did some more dosage calculations. Oh yes and we had our first exam (and another one is just around the corner!)

We are almost one-third of the way through the semester and time is-a -flying! A big thank you to our faculty, our clinical instructors and our block lab faculty for sharing their time, experience and life knowledge with us. You instill in us the confidence and pride of being a member of the ADN class at Riverside City College! As we move into our next rotation, we look forward to learning more skills, gaining more experience, making more new friends, being an example to our little brothers and sisters..... and doing some more dosage calculations! Remember... You are the nurse!!! Love you guys!

Brandon Sumrall

N2 Class President City Campus

Nursing 2 (March Education Center)

WOW! Here we are again, a new semester, and already 6 weeks in. Hard to believe! We at the MEC campus are thrilled to be back in action and have really been enjoying our Peds, Med-Surg, and OB rotations. There is definitely NEVER a dull moment in Nursing 2! We want to thank our faculty, Dr. Howard, Dr. Maradiaga, and Mrs. Kroetz for their time and dedication to our learning. We have gotten to work more closely with the Nursing 2 students at city campus, and it has been a good experience for us. We completed our first exam, and everyone did well!!! Yahoo!! That helps lessen the stress just a bit. We continue to see more and more each day just how rewarding nursing can be, and we are all so grateful! Nursing 2 started fast and hasn't stopped. We have already completed many block labs and a complete clinical rotation. We have been practicing to perfect our skills with Foleys, dressing changes, maintaining IVs, newborn assessments and care, postpartum assessments, sterile fields, and medication administration. We welcome the rest of this semester and look forward to learning much more! We hope everyone else is having a wonderful semester as well!

Amy Brant
N2 Class President MEC

Nursing 3 (City Campus)

Well we're half way there! First year down and the second is well on its way. With our first test of the semester completed and the second a little over a week away, we in Nursing 3 are back to the grind. Study groups are in session and MLK and the Digital Library have once again become our familiar old stomping grounds. It's interesting to see objectives learned in semester 1 and 2 come back and serve as integral parts of our success in semester 3. (Nothing more so than therapeutic communication during the psych rotation.) But that's not all. Those of us starting out in Med-Surg, jumped in with both feet (or maybe arms...) when learning about IV starts. Needless to say we are all looking forward to an amazing semester and it is already evident that we have wonderful instructors leading the way.

Many of us in Nursing 3 will be joining our fellow nursing students in attending the CSNA and NSNA Conferences in October and November. These conferences are incredible opportunities to learn from some extraordinary figures within our profession, and network with other nursing students as well as potential employers.

Everyday we move one day closer to the common goal of receiving the title of ADN. With outstanding instructors and support from our family and friends that goal is steadily coming into focus.

Please remember that October is Breast Cancer Awareness month. As so many of us have been touched by cancer and breast cancer specifically, I truly hope that each one of us will do our part in raising awareness and funds for research. Together we CAN and WILL find a cure.

Sincerely,
Cristina Boctor
N3 Class President, City Campus

Nursing 3 (March Education Center)

Welcome back Nursing 3 students and welcome new Nursing 1! It's hard to believe our first month back is already over. This semester is already promising to be an exciting and challenging one. Test one is over and we are looking to test number two in a few weeks. We have an exciting semester with rotations in Med/Surg and Psych, with clinical experiences in GI lab, oncology, and emergency department. Most of us in nursing 3 have learned to start IVs and

the rest will be learning soon. We are looking forward to a great semester. Good luck to all the classes. Lets start strong and finish even stronger!

Christy Wager
N3 Class President, MEC

Nursing 4 (City Campus)

Greetings to all RCC Nursing classes! We are all back for another round of the hustle and bustle of nursing school and we are all ready for it. Well, if you're not ready, we can always try using reverse psychology to make us think we are :)

To my dearest N4 students: We are finally here! Can you believe it? It is the last "Home Stretch" and I know it's going to be tough, but we have got to give it our all. We have recently taken our first exam and hopefully you did well. However, if you did not do so well, please make sure to get help from all your resources such as SOS, N4 faculty, and your fellow peers to help make you successful in passing. Do not wait until the last minute.

In clinical, we have learned so many fun skills and procedures that we are becoming increasingly independent and confident. We need to remember to use our critical thinking brains, skillful hands and happy hearts because "we are nurse?" Yes, we are the nurse!!! Congratulations for making it this far and you guys can do it! Study hard!

Grace Hilario
N4 Class President, City Campus

Nursing 4 (March Education Center)

Welcome to the elite N4 status!!! This is our final semester together and the last step in a long awaited process to becoming the nurse. Little did we know that this semester would literally be "jam-packed" with new critical content.... And I'm just referring to the first exam!

Hemodynamics, Shock, Endocrine..... did I mention Hemodynamics?? We thought previous semester were tough, boy were we wrong. But we have made it this far, right? There is no turning back now!! So lets keep our chins up and our minds willing to learn, because this semester is the one that will bring it all together full circle. Thankfully we do have pinning to think about and to use as the light at the end of the tunnel. December 15th will be here before we know it guys and gals. Stay focused on the prize and study, study study!!! Si se puede!!!

Balinda Ballinger
N4 Class President, MEC

SNO President

Welcome to all of our new Nursing students! You all have worked hard to get to where you are at and all of us returning students are glad to have you join us in enriching the rich tradition and heritage of RCC Nursing. Welcome back to all returning students as well, as we reach one step closer toward a major self-actualizing milestone of our lives. Hopefully by now, we are getting back into our study grooves and finding our balance. We have already had a lot of activity and a busy start to this term. During the summer SNO donated their time to come to school and sign up volunteers for the June Blood Drive. Thank you to everyone who helped organize the event, sign up donors, and actually donate blood. Nursing 2 students had the opportunity to emerge from little brothers and sisters to become big brothers and sisters over summer as we welcomed in a new and ecstatic Nursing 1 class. It was great to have the opportunity to pay forward what we received last term from Nursing 3 to our Nursing 1 class at

the Nursing 1 orientation. Little brothers and sisters, we are here for you as are the many tools, resources, and faculty here at RCC; do not hesitate to seek help and advice. We also had the Welcome Tea to welcome all of our new LVN, Nursing 1, Advance placement and Flex students. It was a great turn out with many new and familiar faces. We met our SNO officers, class officers, respected instructors from all classes and hard working staff. There was a lot of great energy and excitement in the room and I was happy to be a part of it. The Back to School event was also a success with about 125 people who attended. Families and friends got to meet their instructors, classmates, simulators (including Hans), and labs and get a feel for where we are and what we do as an RCC Nursing student. Our CSNA Convention is right here in Ontario this year (October 15-17). There are 98 members of SNO attending which will be a great representation of RCC. Please make sure that you are eligible to attend by attending 4 or more SNO meetings and being in good clinical standing. This should be a great opportunity to learn more about the field, network with nursing students, meet future employers, share and learn! I hope everyone can make our October 18th SNO meeting especially, in the hall of fame where we will learn from Paula Farish, Student Financial Services Analyst, how to prepare your scholarship letters. Remember that by being an RCC Nursing Student, you are also a SNO member, which gives us many opportunities to grow and mold ourselves into the Nurses in the field tomorrow. I urge you to be active, participate and share. We have a very diverse and bright nursing student class and stand only to gain from each other's active participation. I want to share a quote Mr. Nelson shared with us in class, which left an impression on me, "Life is not about waiting for the storm to pass, it's all about learning to dance in the rain." I wouldn't call nursing school a storm but it is definitely a difficult challenge. But, remember we are here for such a short amount of time, then we will be the nurses people look up to in our community. So make the most of every day, absorb as much as possible, smile, and enjoy the journey. Wish you all a successful, happy, and healthy school term. Carpe diem.

Shervin Esfahani, N2
SNO President, Fall 2010

Messages from Our Advisors

Welcome to all our new students and Welcome Back to our returning students. I hope you had a nice break and got reacquainted with family and friends. The Fall semester is already flying by and before you know it the holidays will be upon us and another class will have received their pins and moved out into the World of Nursing.

We had very successful Blood Drives in June and September. Thank you to all who signed up donors or donated blood themselves. By donating you help make available a resource that others can't live without. Our next Blood Drive is in February.

The Welcome Tea and Back to School events were successful and well attended. Hope your family enjoyed seeing the simulators. This was a special opportunity for your family to see your home away from home.

Halloween Town is October 29th from 6-8 p.m. We will be decorating Quad 103 with our theme of "Spooky Germs." Bring in your candy and support your class. This is a great event for you to bring your children to trick or treat at.

We will be decorating our tree, "A Child's Wish" for the RCRMC Festival of Trees so stop by and help on set up day, November 22. This will be a community event to bring your family to over the Thanksgiving holiday weekend. The lighting of the holiday lights at the Mission Inn on Friday, November 26 heralds the beginning of the Christmas holidays and the 50

trees will be available for you to see at the Convention Center that night and through Sunday afternoon, November 26th.

We have a rare opportunity for students to attend the CNSA Annual Conference as it is being held in Ontario October 15-17, 2010. We have a total of 100 students attending. They will report back in the next SNO Flurry as to what they saw, the classes they attended, their experiences in the Exhibit Hall and the process of Nursing Student Government while being seated in the House of Delegates representing RCC and the RCC Nursing Students. In November we will have representatives at the NSNA Mid-Year Conference in Cincinnati who will also share their experiences.

We will have Paula Farish, Student Financial Services Analyst, at the October 18th SNO meeting at 0830 in the Hall of Fame. She will speak about preparing your Scholarship Letter and answer questions you might have. This is the semester when you can apply for a large number of Scholarships that will be awarded in the Spring. Be sure to apply.

I wish you all a wonderful semester.

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

Class Officers Fall 2010

Nursing 1

Main Campus

President: Kristin Lane

Vice Presidents: Nick Johnson & Michelle Juarez

Secretary: Brittany Quinonez

Treasurer: Jason Peterman

SNO Representatives: Natalya Virkh & Rosemary Maturino

Alternates: Noemi De La Cruz & Travis Schwartz

Historians: Stephanie Park & Lisa Worrell

Nursing 1

March Education Center

No Class this semester

Nursing 2

Main Campus

President: Brandon Sumrall

Vice Presidents: Heather Hoppe & Carrie Barlow

Secretary: Debbie Eshelman

Treasurers: Therese Coming & Jill Siragusa

SNO Representatives: Heather Hoppe & Shervin Esfahani

Historians: Paul Garcia & Darla Martinez

Learning Resource Representatives:

Curriculum Representatives:

Nursing 2

March Education Center

President: Amy Brant

Vice President: Jessica Somerville
Secretary: Marla Grover
Treasurers: Valencia Varnado & Tony Chua
SNO Representatives: Marqueetta Booker, Ashley Lamb, & Johans Changsek
Historians: Cheryl Orton
Learning Resource Representatives: Amanda Stanley
Curriculum Representative: Brian Murphy
Multicultural Advisory: Tania Mojica

Nursing 3

Main Campus

President: Cristina Bactor
Vice President: Barbara Coatney
Secretary: Isabelle Serna
Treasurers: Linsey Toscas & Terri Dao
SNO Representatives: Melissa Boyd & Jennifer Helferich
Historians: Alina Ochoa, Cathy Breiner, Gabby Jones, Rachel Gunter & Leanna Baker
Learning Resource Rep:
Curriculum Representative: Lisa Pfadt, Alternate Cristina Bactor
Advanced Placement Representative:

Nursing 3

March Education Center

President: Christy Wager
Vice President: April Gilbert
Secretary: Ayleah Casados
Treasurers: Jessica Simpson & Michele Becker
SNO Representatives: Melissa Boyd & Jennifer Helferich
Historians: Monica Vallejo, Audrey Gurule, Corey Sanchez & Jessica Simpson
Learning Resources Rep: Kristina Smith, Alternate April Gilbert
Curriculum Rep:
Multicultural Representative:

Nursing 4

Main Campus

President: Grace Hilario
Vice President: Kelly Jones
Secretary: Naquita Paul
Treasurer: Kejal Patel & Crystal Frazer
SNO Reps: Crystal Frazer
Historians: Melissa Backstrom & Katie Lennartz
Learning Resources Representative:
Curriculum Representative:
Multicultural Representative:

Nursing 4

March Education Center
President: Balinda Ballinger
Vice President: Gedi Medina
Secretary: Danielle Paquin
Treasurers: Heidi Craig & Erika Trujillo
SNO Representatives: Nicole Benson & Michelle Olson
Historians: Mark Macabuhay, Lisa Gonzalez & Regina Villalpando
Learning Resources Representatives:
Curriculum Representative:

VN
President: Rosa Mendoza
Vice President: Jennifer Foster
Secretary: Teri Sandoval
Treasurer: Christina Prieto & Deanna Williams
MAC: Darren Razal, Eddy Villegas & Corey Cuba
Historians: Jennifer Foster, Nohemy Giron, Diana Santillanes, Elisabeth Bond, Heather Gish,
Niki Johnson & Jamelle Gray
SNO Representatives: Kana Trovato, Fred Mendoza, Melissa Tan-Torres, Jennifer DeLacy,
Nohemy Giron, Brenda Duran & Stephanie Mondragon
Environmental Engineers: Racquel Galang, Darren Razal & Matthew Rosal
Learning Resources Representatives: Heather Kurowski & Diane Hensinger
Curriculum Com: Brittany Romero & Sasha Willison
Water Coordinator: Deanna Schultz
Slide Show: Dolce Ibarra, Sasha Willison, Eddy Villegas & Deanna Schultz
Fundraising Coordinator: Heather Gish, Michelle Sanfillipo, Terri Sandoval, Christine
Badawi, & Christi Lopez
PT Liaison: Sami Ogunjumo & Rosa Mendoza

SNO Officers
Fall 2010

<i>President:</i>	Shervin Esfahani, N2
<i>ADN Vice President:</i>	Annette Snyder, N3
<i>VN Vice President:</i>	Shane Francis, VN
<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 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 Fall