

# SNO Flurry

Student Nurses' Organization

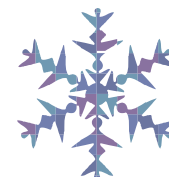


**Riverside Community College Student Nurses' Organization Newsletter**

**Sept/Oct 2006**

## **Message from the Dean/Director**

It is my pleasure to welcome all our new and returning students, which now include 50 strong at the March Education Center! This means we have a total of 325 students in all RN programs and about 100 students in the VN programs, the most ever. Considering the crisis of the California nursing shortage, this is great news. The challenge as we grow is to continue to provide the high quality instruction we are known for in the community. So far, despite a few bumps here and there, I believe our faculty has done an outstanding job of maintaining our high standards.



I know many of you have met our five new faculty—Kim Anderson, Denise Indermuehle, Priscilla Greco, Mel Moncrieff, and Amy Vermillion. It was very heartening for us, in a time when many schools are unable to fill positions, to be able to staff our positions with such outstanding faculty. Please let them know how glad you are that they chose RCC as their place of employment.

Plans for our new 26,000 square foot School of Nursing are being finalized. We are expecting to break ground in 2007 or 2008 and occupy the building in 2009 or 2010. Although that seems like a long way off, it will go quickly. In the new building, we hope to continue to offer on site a BSN program and hopefully an MSN one as well. With four times our current square footage, the possibilities are endless.

Having just returned from the annual National League for Nursing conference in New York City, I am always uplifted to see how close we are to the “cutting edge”. Most “new” ideas, such the incorporation of simulation into classes, we are already doing. Please be sure you are taking advantage of all that is available to help you succeed in the RCC School of Nursing.

Have a wonderful semester!  
Sandra Baker, RN, MSN  
Dean, RCC School of Nursing

\*\*\*\*\*

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

Welcome to All Students! It is hard to believe that the summer is over and we are back for the fall semester. We are thrilled to announce the opening of the Riverside Community College March Education Center Extension Nursing Program. We have been busy getting MEC ready for our 30 Nursing 1 and 20 Nursing 3 students. We have two large classrooms and a Simulation Lab. We have encountered some challenges (as with any new program), but we are all happy to be at MEC (parking is great!) One aspect of the MEC program is the partnership with Riverside County Regional Medical Center. Some of our advanced placement students are employees of RCRMC and are participants

of the 20/20 program. This program allows the students (LVN'S) to attend school 20 hours a week and work 20 hours a week and to be paid for 40 hours. What a great opportunity! Kathy Havener, Lee Nelson, and Amy Vermillion are the faculty at MEC, and have worked hard to get our program up and running. We will be admitting twenty Nursing 3 students, ten Nursing 2 students, and 30 Nursing 1 students in the Spring semester.

Thanks to all the staff and faculty who helped with MEC and contributed to our students' success. We have very motivated students and we know they will be a great addition to our program. Welcome to all our students, and have a fun and learning-filled semester!

Dr. Lisa Howard-York, RN  
Interim Associate Dean/MEC

\*\*\*\*\*

### **Message from the ADN Chair**

Hello! On behalf of the Nursing faculty, I would like to extend good wishes to you all. Many of you have now taken your first exam. It is important that you do some self-assessment at this time and seek assistance from your semester level faculty if you did not pass the first test. Dr Patricia Tutor is our Semester Outcomes Specialist (SOS). She has been making herself available offering study skills and test taking strategy sessions. If you have not taken advantage of these offerings, you should consider attending one now. It is our desire to see each and every one of you being successful. Now is the time to seek assistance if you need it.

Dr Lisa Howard, District Associate Dean, Lee Nelson, Kathy Havener and Amy Vermillion have gotten the March Education Center (MEC) extension program up and running. They are to be congratulated for their hard work. This is the realization of a goal established so many years ago by the Nursing faculty. We are so very happy to have the MEC students as part of our program.

We are completing the last year of our Flexible ADN to LVN program. The NCLEX-RN pass rate for those students who have completed the program to date has been 100%. This program has been an effective alternative for educating nursing students and we hopefully will be able to continue and expand it to more students after the grant is completed.

The simulator lab hours have been extended to allow more students an opportunity to work with the simulators. We hope that you are finding this to be helpful to your learning. There are a number of resources available to you through the skills labs and the MLK computer lab. Please make use of the resources to help yourself be successful. Dr Anita Kinser is the faculty that oversees these resources, so if you have any comments or suggestions, I'm sure that she would appreciate your feedback.

Please feel free to stop by and let me know how you are doing. If I am in my office just knock. Otherwise, leave me a message and I will get back to you. Keep studying!

Angie Fawson, RN, MSN  
Assistant Dept. Chair ADN Program

\*\*\*\*\*

GREETINGS FROM THE VN PROGRAM, FALL 2006!!

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

Assistant Professor of Nursing, Lee Nelson, who taught on the VN Program Team for five years, accepted a position in Nursing 1 at the March Education Center. Replacing him, we welcome back Mel Moncrieff, who taught in the VN Program several years ago. With his dual specialties in mental health and medical-surgical nursing, he adds strength to the VN Program faculty team. Sylvia Stone remains our guiding light in a number of areas, especially nursing care planning.

We are fortunate to have a number of adjunct faculty working in both the clinical and skills labs of the VN Program. This includes, in alphabetical order: Mary Albert, Judith Allen, Wayne Boyer, Mary Brown, Deborah Cohen, Shirley Glass, Teresa Hamilton, Marcia James, Paula Jones, and Mary McBean. Kimberly Reimer and Paul Woodward are teaching Nursing 50. We are grateful for the rich diversity these teachers bring in terms of their varied clinical and academic expertise.

Thank you to all the VN students who ran for office and congratulations to those who were elected. We recognize that our class leaders contribute to the learning environment and enhance opportunities for the success of all students.

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

Many GOOD wishes from the VN Faculty Team!

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

\*\*\*\*\*

**VN Class**

**Together, Each, Achieves, More – we are a TEAM.**

An English saying goes, “he/she who fails to plan, plans to fail.” One cannot over emphasize the potency of this statement in our situation. I urge each of us to spend time rehashing our priorities and structure our time allocations accordingly. As a class, we need to envision all of us touching the ‘finish’ line together.

Yes, the semester is in full swing, so are our plans for activities and programs during our term. The executive committee has been working to streamline our operations. Allow me to share just a few of decisions that we have made. In order not to disrupt our class – learning time – we have agreed that all announcements will be made through Jeanine Barragan our secretary. This way we will be able to speak in one voice and in a structured manner. Secondly, we are working on a number of fund raising initiatives for our pinning ceremony. It is our estimate and commitment that if each of us as a class raised \$60 we would make a significant contribution to this important function. To that end we will be enlisting your support on such programs as a night out at a local

restaurant, cake sales, car washes, raffles, tote bags, t-shirts, re-cycling collections and many other opportunities.

We also would like to extend an invitation to all students to participate – we will listen to you and also facilitate that your dreams or wishes are acted upon. Let us encourage each other, help each other, work together and respect each other. Indeed, **Together, Each, Achieves, More** – we are a **TEAM**.

Let us get to work.

Simi Phakathi, VN President

\*\*\*\*\*

### **Nursing 1 (Main Campus)**

I can't believe that it has already been six weeks since we started the program! Time flies when you think, eat, and drink nursing! When we first started, some of us may have questioned whether or not it would be possible to handle the rigorous schedule and required study time of the nursing program. However, I believe we're all learning that with good time management and prioritization skills it's possible, although challenging, to juggle family, friends, personal interests, and sleep!

We've learned a lot of new skills this past month. We started off with bed making which seemed easy enough before we learned that there were about a hundred ways to make a bed! Now we're deciphering arterial blood gases and vital signs! Everything is going better than we expected and we're all gaining more confidence in our skills and our ability to succeed.

It's reassuring to know that there are close to 500 students currently enrolled in the RN/VN program at the Riverside Campus and March Education Center all working towards the same goal and having similar experiences. I want to say 'thank you' to all the nursing instructors and to the Nursing 2, 3, and 4 students for all the support and advice on ways to "work smarter, not harder".

I would like to wish everyone good luck, but success in the nursing program doesn't have anything to do with luck; it has to do with believing in yourself and working hard to achieve your goals.

Stay motivated and keep this very important date in mind, June 2008!

Cynthia Ortiz,

Nursing 1 RCC President

\*\*\*\*\*

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

Greetings from Nursing 1 at MEC! Hello all fellow nursing students. I am so proud of all of my RCC brothers and sisters in Nursing 1, especially my newly adopted family at MEC. All of us at MEC are extremely thankful for the resources that made the March Education Center a possibility for thirty additional openings in Nursing 1! I would also like to extend a note of gratitude to our Instructors, Amy Vermillion and Lee Nelson and to our Dean, Dr Lisa Howard-York. We thank you for all the hard work you put into making MEC what it is today. We are planning on having an open house soon. We will keep everyone posted on date and time.

We are almost half way through the semester! Let's give ourselves a much-deserved pat on the back. I don't know about you but my head feels kind of like its about

to explode. But I am here to remind you that we are on a mission. Keep focused on your goal, ask for help before it's too late, and remember, "Nursing is a kind, compassionate, caring profession. Nursing school is cruel and unusual punishment." (Anonymous)

Until next time, God Bless!

Kathy Driscoll

Nursing 1 MEC President

PS – Don't forget to wash your hands!!!

\*\*\*\*\*

## **Nursing 2**

You know you're a nursing student when the thought, "What the HECK are you talking about?" runs through your head at least once a day.

Well, here we are... Nursing 2. We actually survived Nursing 1 (yes it is possible)! I know most of us are still trying to figure out where those three months of summer went, but we are quickly adjusting to living at school again. We have just finished our 1st clinical rotations. About a third of us doing OB have sworn that we will never, never, NEVER have children!

We had our first test of the semester and it was a real eye opener. By the end of the exam most of us were staring blankly at the screen thinking, "I know in my heart that the correct answer wasn't one of those options." I guess we now know what to expect in the next three tests.

Congrats to all the Nursing 1 students for getting into the program! We are so happy to be your big brothers and sisters. I know that right now you are probably wondering what you gotten yourself into, but it gets better; not easier, better. Just remember... we all made it, so can you!

Here's a quote to think about from Florence Nightingale: "The most important practical lesson than can be given to nurses is to teach them what to observe."

With love and so little sleep,

Sam Sherlock

Nursing 2 President

\*\*\*\*\*

## **Nursing 3**

Nursing 3 wants to welcome back all students for another fun filled semester. For students in Nursing 1 and 2, the Nursing 3 semester will be here before you know it. For the N3 students, check everybody's veins; I mean everybody's. Check people in the supermarket and in the bookstore. The gas station is another good place when people are straining to get that last drop in their car. Good luck to Nursing 4, you only have a handful of weeks left until nursing school is completed.

The N3 class is expanding, with over 100 students this semester. There are 70 students at the Riverside campus, 30 at the March Education Center, and 10 flex students. This is an exciting semester with all the changes, which we continue to roll with. Nurses are supposed to be versatile when changes occur, so we can take it.

So, to everyone in every semester: Work hard and good luck, from the Nursing 3 class!

Sincerely,  
Shane Latham  
Nursing 3 President

\*\*\*\*\*

### **Nursing 4**

It's been a long haul. For many of us, including the pre-req's, we have been grinding away at this goal of becoming RN's for years. And now, with only 3 tests, a couple of months, and 17 cases of Red Bull left, we shall soon be in that place we have been waiting for. You know where I'm talking about. Yes, soon, we will be sitting in the cafe downtown, thanking Jesus, Jehovah, Buddha, the drunk guy in the corner and whoever else will listen that we finally, actually, really, completely finished.

But hold on to your reins there buckaroo, cause the ride isn't over yet. While the notion of being done with school and ready to tackle the nursing world is exciting, we still have to keep grinding away in order to actually get out of here. I know that it is really tempting to focus on which beach in Jamaica you are going to hit first, but remember to stay focused. In order to get this far, you must have been doing something right, so focus on that.

There will be a lot happening in the next couple of months. While I urge you all to get involved in the planning of our pinning ceremony, remember to set realistic boundaries for yourself. Participate where you can, but above all, let **nothing** stand in the way of you getting out of here. As much as we love this place, the teachers, and the great learning environment that has been given to us, it is juuuuust about time for us to go.

And then, after December 13th, feel free to strip down and hit the beach

Rich Mears  
Nursing 4 President

\*\*\*\*\*

### **SNO President**

Happy Fall!! A special welcome to the new VN, Nursing 1 (RCC & MEC), Advanced Placement (RCC & MEC), FLEX, and of course a warm welcome to all continuing students! By now every class has had at least one test. I hope everyone is doing well. If you didn't do as well as you had hoped you would, seek out help. Dr. Tutor is our Student Outcome Specialist (SOS). She has studying and test taking tips that she would love to share with you, so schedule an appointment with her ASAP! Now is the time to get refocused and adjust the way you study. Talk to your instructors, classmates, and other nursing students, NOW!! Remember, we are all in this together.

We started the semester out with the Welcome Tea, Back to School event, and the blood drive. Thanks to all of you that attended. Some upcoming events are: the CNSA Conference in Anaheim (10/6-8), our annual candy drive which helps support the Halloween Town event (10/27) sponsored by RCC is now under way. Remember to donate candy (biggest bags you can find with lots of little individually wrapped pieces is the best) and label the bag with your class/semester level. The class that donates the most pieces of candy wins \$50 toward their pinning ceremony! The NSNA Mid-Year

Conference is in Atlanta, GA November 2-5. As always, SNO meetings are the 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month. Everyone is invited to come! Hope to see you there.

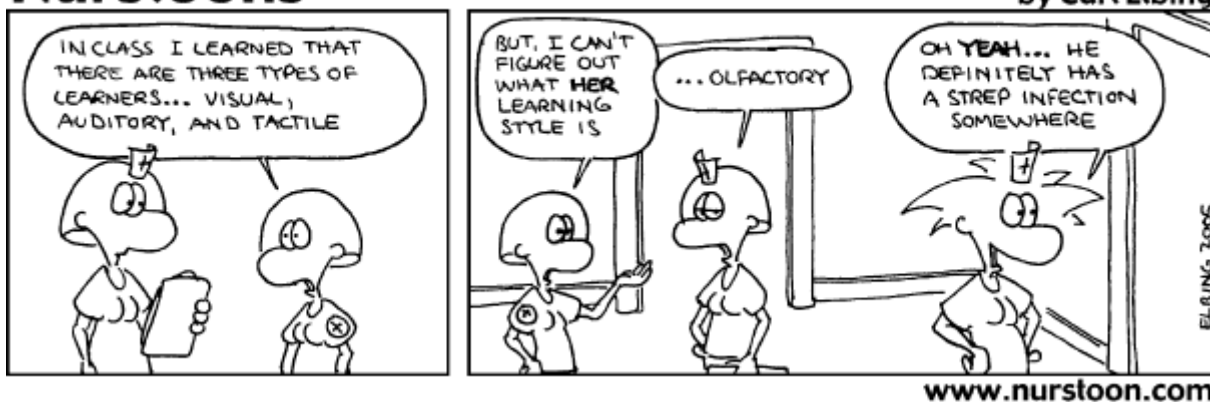
I wish everyone a successful semester. Study hard, eat right, and get some sleep! Okay, study hard, one out of three isn't bad.

Ruby Grove  
SNO President

\*\*\*\*\*

### Our moment of Zen...

## Nurstoons



\*\*\*\*\*

### Messages from Our Advisors

Welcome to our new and returning VN and ADN students on both campuses (RCC and MEC). SNO started the semester actually before the semester with participation in orientations in July and August for Nursing 1 students for both campuses. Our Welcome Tea for all students and faculty, focusing on welcoming new Nursing 1, VN, Advanced Placement and Flex students, was well attended September 11<sup>th</sup>. I hope you all feel welcomed and appreciated. We had a wonderful Back to School Event on September 16<sup>th</sup> with 88 students and their guests attending who were able to visit our classrooms and Nursing 7 labs. The simulators were a big hit with everyone. Thanks to Dr. Kinser, Dr. Lisa Howard-York and Mrs. Vermillion for introducing HANS and family to our students and visitors. Our Blood Drive September 27<sup>th</sup> was a success with 93 donors who donated 75 units of blood. Eighteen donors were deferred. Our next Blood Drive is January 31, 2007 so please mark your calendars.

SNO will be participating in the California Nursing Students' Association (CNSA) Annual Conference in Anaheim October 6-8 with 30 students representing you. Eleven students will participate in the House of Delegates representing and voting for you and also participating with the other nineteen students in the educational and leadership portion of the conference along with visits to the Exhibit Hall to meet vendors, potential employers and other schools offering higher education. SNO will also be participating in the National Student Nurses' Association (NSNA) Mid-Year Conference in Atlanta November 2-5<sup>th</sup>. If you weren't able to attend either of these conferences at this time, please mark your calendars for April 5-9, 2007 when the NSNA 54<sup>th</sup> Annual

Year-End Conference will be held in Anaheim. What a wonderful opportunity for you to attend a national conference so close to home. California will be hosting this conference.

SNO will also be representing you at the Riverside College and Career Fair at the Convention Center October 16<sup>th</sup> from 5-8 p.m. If you would like to participate please let us know.

SNO will be participating in Halloween Town October 27<sup>th</sup> in Lovekin Complex. Our door is F-7 and our theme is "Never land." The overall theme is "Magic Kingdom." This is a great place to safely bring your children to have fun and trick or treat from 6-8 p.m. The costume contest is at 5 p.m. Remember to get your candy turned in to see if your class is the winner.

Keep your eyes open for the RCC Scholarship Brochures this month. Please ask for your letters of recommendation early and turn in your applications for scholarship assistance to help defray costs as you continue school.

We have our 7-1/2 foot tree that we will begin decorating for "Festival of Trees" which will be held November 22-26<sup>th</sup>. Our tree will be taken to the Riverside Convention Center on November 20<sup>th</sup>. This event provides major donations for equipment for the Riverside County Regional Medical Center Pediatric and NICU units. Our tree will be sold for \$2,000. One of the event goals this year is to fund the purchase of a minimum of four \$14,000 blood sensor machines for NICU so the premies and very ill babies won't have to have their heels pricked as often. Check with SNO to sign up to help prepare and decorate the tree. By the way this is a wonderful way to kick off the holiday season, as the trees will be displayed over the Thanksgiving weekend and open to the public for viewing. The lighting of the Christmas lights at the Mission Inn and the Festival of Trees begin the Christmas festivities in Riverside so mark you calendar for November 24-26th.

I hope that the semester is progressing well for you and that you are working toward meeting your personal and professional goals. Take care of yourselves and squeeze out a little time for yourselves and your significant others. See you at SNO!

Many good wishes for your success!

Wilma La Cava, RN-c, MSN

SNO ADN Advisor (RCC)

\* \* \* \* \*

Our New Place! During the last semester, Mrs. Baker called me into her office and asked if I could join the faculty that will open and teach at the March Educational Center (MEC). After a brief discussion, I agreed to move to MEC and teach in the 1st Semester. I also agreed to take part of my summer to help setup MEC.

I had to first move my office to MEC. Do you know how many books I have? Well let me tell you I have a lot and they all weigh 5 pounds each! Next I spent many days helping at the center cleaning, hauling supplies, putting together the Skills Lab, and putting up pictures, rearranging desks, and killing black widow spiders! I never realized how much work we had to do!

I also had to prepare to teach in the 1st Semester. I had to orientate to all of the material taught in 1st Semester and prepare my lectures. What a task and I want to personally thank Dr. Colucci and Mrs. LaCava for all of their help during this transition. Their help, advice and direction have helped us at MEC greatly! Thank you, thank you!

We did open MEC on schedule and opened for 'business' this Semester. There are 30-1st Semester and 20-3rd Semester students attending at MEC. In the spring, MEC will have students in all 4 Semesters! I can tell you that all of the students are excited to be in the program. Many of our students are active in SNO and have planned attending future conventions. In the near future, we are planning to have an open house for all of our RCC Family to attend. We will send out the information when it becomes available.

Thanks,  
Lee Nelson, RN, MSN  
SNO ADN Advisor (MEC)

\*\*\*\*\*

## **Class Officers Fall 2006**

### **Nursing 1**

#### **Main Campus**

President: Cynthia Ortiz  
AM Vice President: Cherrie Velante  
PM Vice President: Ronald Pang  
Secretary: Judy Valencia  
Treasurer: Stacey Villa  
SNO Representatives: Kristin Haguewood, Rick Hayatian,  
SNO Alternates: Gayle Arce, Esther Baez  
Historians: Jane Ngo-Trieu, Faith Gitchuhi

#### **March Education Center**

President: Kathy Driscoll  
Vice President: Chrissy Leitch  
Secretary: Lisa Bieszczad  
Treasurer: Dominique Bazanos  
SNO Representatives: Kiera Holliday, Irene Perez  
Historians: Steve Gonzales, Kelly McGuire, Vernie Buscagan, Dana Panos,

### **Nursing 2**

President: Samantha Sherlock  
Vice President: Lieu Vo  
Secretary: Heather Van Dalsem  
Treasurer: Luisa De Leon  
Historian: Jaimie Vandebush, Lindsay Lozano  
SNO Rep: Katrina Talley, Tesfamariam Tesfa

### **Nursing 3**

Presidents: Shane Latham & Elisabeth Moore  
Vice President: Linda Clayton  
Secretary: Karen Navarro  
Treasurer: Connie Matty  
SNO Reps: Catina Spaeth (FLEX) Patty Hedden (MEC) Paige Ritter Alan Estrada  
Historians: Vernita Castro (MEC), Melissa Trejo (MEC), Mario Cepeda,  
Amber Sargenti, Paul Prado, Jonathan Ferry, Daisy Alvarado, Jay Walde

Advanced Placement: Mario Cepeda  
 Learning Resources Representative: Lindsay Bacca  
 Curriculum Representative: Lee Wah Tan

**Nursing 4**

President: Rich Mears  
 Vice President: Brian Bischoff  
 Secretary: Victoria Teets  
 Treasurer: Molly Bennett-Neuhoff  
 Learning Resources Representative: Doug Titus  
 Curriculum Representative: Debbie Larkin  
 Fundraising Coordinator: Candace McMillan  
 Historians: Suzie Carter, Renattha Contreras, Miranda Fugate,  
 Katie Jackson, Carina Kroll, Candace McMillan, Louanne Norris, Kelly Smith  
 SNO Representatives: Aaron Quintyn, Jacyn Trzepacz

**VN**

President: Simi Phakathi  
 Vice President: Sarah Dulton  
 SNO VN Vice President: Ash Fromson  
 Secretary: Jeanine Barragan  
 Treasurer: Bernadette McNurlan  
 SNO Representatives: Maria Campos, Ruth Cuevas  
 Learning Resource Representative: Stephanie Gibson  
 Nursing Curriculum Representative: Bridey Abad  
 Historians: Kathy Byloff, Chirlaine Marine, Lorena Valenzuela, Maria Villasenor,  
 Teresa Weatherwax, Michelle Deal, Maria Campos

\* \* \* \*

**SNO Officers  
 Fall 2006**

<i>President:</i>	Ruby Grove
<i>ADN Vice President:</i>	Linda Clayton
<i>VN Vice President:</i>	Ash Fromson
<i>Secretary:</i>	Candace Hopkins
<i>Treasurer:</i>	Elisabeth Moore
<i>ICC Representative:</i>	John Cagandahan
<i>SNO Flurry Editor:</i>	Rich Mears
<i>Allied Health Commissioner:</i>	Katrina Talley
<i>Scholarship Chair:</i>	Felicia Thompson

<i>Alumni Association Liaison:</i>	Lieu Vo
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Samantha Sherlock

\*\*\*\*\*

### **SNO Meeting Calendar Fall 2006**

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

September 11, Tea to welcome Nursing 1 and Advanced Placement students (Hall of Fame)

September 16, Back to School Event (Hall of Fame)

September 18, Meeting (Hall of Fame)

September 27, Blood Drive

October 2, Meeting

October 6-8 CNSA Annual Conference, Anaheim, CA

October 16, Meeting (Hall of Fame)

October 27 Halloween Town

November 2-5 NSNA Mid-Year Conference, Atlanta, GA

November 6, Meeting

November 20, Meeting (Nominations)

December 4, Meeting (Election) (Hall of Fame)

January 31, Blood Drive

\*\*\*\*\*

Happy Fall  
Happy Halloween