

# SNO Flurry

Student Nurses' Organization



*Riverside Community College Student Nurses' Organization Newsletter*

April '05

## Message from the Dean/Director

Welcome back from Spring Break! It wasn't long enough, was it? You may be interested to know that while you were off, your Dean and eight other faculty members were attending their doctoral classes. Believe me going back to school again is giving me an increased empathy for each and every one of you.

Now that Mid-Term is past and the drop date is approaching, it is more important than ever that you not become distracted and remain focused on reaching your goal. Use all the help available from your instructors, skills/computer labs, and fellow students. Remember you got this far, you **CAN** do it!

The faculty are working hard to prepare a lengthy (200+ page) Self Study Report for when the National League for Nursing (NLN) comes to re-accredit our ADN Program in November. Unless you're in Nursing 4 now, you will be a part of the experience, too. We look at it as a time to "show off" our wonderful program, faculty and students.

Our new flexible LVN to ADN Program is going well and many are interested in being a part of it in the Fall. We are also working at collaborating with the Middle School Health Academies in Moreno Valley and having a small satellite program there. With the nursing shortage upon us, it is incumbent upon us to do all we can to produce as many nurses as we can for Southern California.

Just six more weeks!  
Sandy Baker, RN, MSN  
Dean/Director

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## Message from the ADN Chair

We are on the home stretch! At this point some of you may have received notices of academic probation. Those of you who have received these notices should have done some self-reflection and determined a plan that will help you be successful. It's not enough just to write something on a piece of paper, you need to implement your plan. It is important that you follow up with your faculty if you are having difficulty understanding content. We are here to help you.

Those students who are progressing without difficulty, keep up the good work. Nursing is an intensive course of study and it can be exhausting. You are almost to the finish line. Keep on pushing yourselves toward success. Each of you is desperately needed in our profession. We want to see you be successful.

As we come to the end of the semester I wish you all well and hope that each and every one of you will be successful. Your faculty have been very busy working on an accreditation self-study report for our upcoming NLN accreditation in Fall 2005. This is

an important accreditation for the program. The accreditation committee will interview many of you who will be here in the Fall. The remaining semester will go quickly. Give it your best.

Sincerely, Angie Fawson, RN, MSN  
ADN, Department Chair

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### **VN PROGRAM NEWS: APRIL 2005**

Here it is after Spring Break already and that means it's mid-semester. Wow! Time sure moves relentlessly forward and usually that's a GOOD thing. For students, it means you are moving closer and closer to your goals. For teachers, we grow and learn each day in our efforts to provide the best possible learning opportunities.

The full-time VN students carry a very heavy load of theory and clinical in the spring semester, 12 units of intermediate medical-surgical nursing and three units of mental health nursing. Along with development of Nursing Care Plans, preparing for the home health visit, and writing the objectives for numerous ancillary health department observations, learning the academic portion is a challenge. Through all the hard work, the students have become stronger as their theory base broadens and they can apply the knowledge to client care. Happily, the VN license becomes more tangible by the day and they are counting the 16 weeks left until Pinning Ceremony on August 9 at 3:45pm in Landis Auditorium.

Here's some nurse humor that tickled my funny bone. I hope you like it too!

#### Top Signs that you are getting Older

Your back goes out more than you do.  
You are proud of your new golf cart.  
Your arms are almost too short to read the newspaper.  
People call at 9:00 p.m. and ask, "Did I wake you?"  
You take a metal detector to the beach.  
You have a party and the neighbors don't even realize it.  
The little old lady you are helping cross the street is your wife.  
Your pacemaker makes the garage door go up and down.  
The names in your little black book all start with Dr.

Have a GOOD belly laugh. Remember, laughing raises endorphins and humor enhances the immune system. ☺

A respite from the demanding pace is just what the "primary healthcare provider prescribed" (That's NCLEX language for "what the doctor ordered.") and Spring Break fits that perfectly. We on the VN Program faculty team trust that you seized the opportunity for a vacation, even if it was just a short one, from your daily responsibilities. We hope you take good care of yourself by balancing work, study, rest, exercise, and play, including doing something special for yourself.

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

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## VN Class President

Hello to all of the refreshed VN students! WOW, what a week off can do for the mind and spirit. Not to mention my never-ending laundry baskets, and chore list. I hope everyone had a wonderful and restful week off. Now, back to the books!

As we continue our journey towards August 9, let us continue to be inspired by the deep-rooted traditions of the nursing field. So, what ARE those nursing tradition? THIS is. What is THIS you ask?

**T-Trust**  
**H-Honesty**  
**I-Integrity**  
**S-Skills**

Nursing is a profession that started way before we were around, and THIS has always been what nursing was about. As long as we have THIS, we shall reach our goal and be great nurses. Keep up the great work!!

Linda White  
VN President

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## Nursing 1

Time flies when you're having fun?!? Wow, it is unbelievable that we are already past the halfway point of semester one. Spring break was a great time for us nursing students to refuel and prepare for the home stretch of this semester. It sometimes feels like we are in this haze of medications, mental health, care plans and nutrition but the break provided us with the opportunity to come out of that haze and realize that yes, there are really friends, family, gyms, movies, television shows, and other various forms of entertainment out there somewhere. Now we dip back into the nursing haze and buckle down for another few weeks of intensity. We have been settling into the routine of tests, weekly care plans, clinical, and labs and have found those we can rely on to guide us through. Thank you again to all the instructors for your knowledge and kind guidance.

To my cohorts in nursing one: Do not let a single bad test drag you down. I have personally found my self in a dip from earlier better grades, but I realize (after a bit of scientific research) that the best way to handle this is not to start drinking vodka shooters every night. Please remember that we are all in the same boat. Rely on your classmates, meet with your instructors, and look for things you can do to better your situation (Hey, these big heavy book things actually have information in them!). Remember, in less than 2 months we will be free to sit in front of the TV in our underwear, staring blankly at the TV, taking in all that quality programming (not that I have any personal experience in this area or anything). Good luck, and keep up the good fight!!

Rich Mears  
Nursing 1 President

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## Nursing 2

Wassup! The crew from Nursing 2,

Whew.....Half way through, can you believe it...time is flying when you're having so much fun....

First of all I would like to thank the greatest group of people that have been a big factor in my life. It has to be no other than the entire class Nursing 2. You guys are the bestest in the world. Alone I am only one person, but as a whole class we are as strong as an entire team. Together we can accomplish anything and everything. I would like to say thank you so much for all your support.

We are almost there. Keep focused and stay on track and we will be up on that stage together in June 2006. Keep those babies coming, keep them lil kids happy, and those post op peeps pain free....because we are doin it!!!

God bless  
Ryan Tabares  
Nursing 2 President

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## Nursing 3

WEEEEEEEEEEEEEEEEEE From 3!!!!

Well Spring Break has come and gone, most of us a tad bit rested and we are on the downhill slide to the end of this semester...WOO HOO!! The end of the week was capped off by a Karaoke & P<sup>l</sup>aker party at Germaine's casa...and was a blast as usual!! I am sure we can talk her into a semester end blowout...hehe ☺

Test 3 is coming along with Major Care Plans for our 2<sup>nd</sup> rotations...WOW...where does the time go...

I would like to take this opportunity to thank my "family"...my brothers and sisters in arms...waiting as always for a hug...a kind word...support...and a tissue if warranted...I know I tell you all this over and over BUT I appreciate each and everyone of you and consider myself blessed to have you next to me deep in the trenches of Keltner, Lewis & Townsend!!

Most of us are really enjoying our psych rotations and seeing the theory "come alive" in more ways than one MOST of the time...it is just so fascinating to see the delicate balance between sanity & normalcy...I am sure most of us keep kinda wondering if that is where we might end up as a patient after nursing school is over...haha...at this point lockdown doesn't seem all too bad really...☺

To our instructors...thank you so very much for the guidance, support, and patience with OH MY GOODNESS two or three patients with full care...EEEKSS.... we are actually becoming the nurses we have dreamed of being!!

Well I am deep in T<sub>3</sub> & T<sub>4</sub> and a whole lot of GI...well ummmmm stuff...hehe....  
HANG LOOSE my peeps...  
Love N Lithium...

Jacquie Bass...Nursing 3 Prez ♥

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## **Nursing 4**

Well here we are in the final days of nursing school. We have begun the count down to the end. There are 28 days until we are done not including the weekends. Spring break was a nice change of pace for most of us. Some of us still stayed just as busy that week as any other week. I just wanted to say thank you to the staff for all the hard work and time you have put into our class. We thank you from the bottom of our hearts. We are prepping for our 2<sup>nd</sup> Nursing 16 test and our 3<sup>rd</sup> Nursing 4 test. Wow, so much to do not enough time. Has anyone asked the Governor for a 25 hr day yet? I sure could use that extra hour. Well until next month, which will be even closer to Pinning, take care and study hard.

See ya,  
Kelly Young  
Nursing 4 President

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## **SNO President**

Welcome back all nursing students! Hopefully, you prioritized your Spring Break and made rest and relaxation your number one priority. Only six weeks of school left for ADN NSG 1-3 until summer break, six weeks left for NSG-4's pinning, and a few more weeks for the LVN graduation!

SNO has been busy!!!! We attended the Director's Council with Sandy Baker who is approachable, caring and fun! It is a great venue to ask question, make suggestions and give feedback. She informed us of the changes that will be taking place with the new computer lab in the old Martin Luther Library and new Nursing 7 additions. It will be fun to try the new "gadgets" this fall.

I had the opportunity to attend the Student/Faculty/Clinical Agency Advisory along with the class presidents and representatives of each semester. It was really great to be able to hear the changes, such as RCH's modernization with e-Mar now in L&D, taking place in the clinical agencies that we "work" with. It was also wonderful to be able to express our appreciation to the representatives of those agencies, on behalf of all the nursing students at RCC for their continued support for our "hands on" educational experiences with their patients. It is definitely a privilege to be in clinic, having learning experience that can only happen in that venue.

Four students at the National Student Nurses' Association in Salt Lake represented SNO at RCC this month. Evidently they had a wonderful time and came back re-charged and feeling wanted by potential employers. SNO won a Silver Award for membership in the 50-99 category. If you haven't had a chance to attend a conference, think about going to CSNA in October. You won't be sorry!

SNO voted a donation to Ms. Leifer's Poison Garden. If you didn't see the article in the April 11, 2005 Press-Enterprise, stop by Ms. Leifer's office and take a look. It is posted on the board outside her office. The Poison Garden is located behind the Martin Luther King building. It is designed to educate the community on common plants in our homes, gardens and communities that are poisonous. It is fabulous and is worth your time to stop by and enjoy.

The blood drive is under way with many volunteers getting people signed up to donate. The actual blood drive is Wednesday, April 27, 2005. There will be another blood drive in the summer if you find you are unable to help this time around.

Over Spring Break several SNO members were involved in some “Breakthrough to Nursing” events. Ryan Tabares arranged for speaking “gigs” at two high schools and one middle school where they were very well received. The SNO members devoted much of their spring break to promoting the nursing profession. Awesome! Thank You!

The 8<sup>th</sup> Annual Alumni Reception will be held on May 12, 2005. If you would like to participate, please contact Ms. LaCava. It will be fun to see all the RCC graduates and “where they are now”!

SNO nominations and elections for next semester are right around the corner. Nominations are May 2<sup>nd</sup> with elections on May 16<sup>th</sup>, at 0800 each date. I highly encourage you to give holding an office in SNO serious consideration. None of the offices take very much time, but the reward is great. As future professionals it behooves us to learn as many skills as we can bring to the workplace. SNO offers those skills and experiences that employers look for in hiring “well rounded” employees.

Last but certainly not least, just a note to encourage everyone to extend a hand of friendship to all nursing students, whether you are LVN or ADN. LVN’s and RN’s work hand in hand together with CNA’s as part of a vital healthcare team. We need each other! Now is the time to establish bonds of mutual appreciation. You are all incredible!

The future is right around the corner, but it will take all we’ve got to get us there. Good luck and give your fellow classmates and nursing students a hug!

Kathy Rex, Nursing 3  
SNO President, Spring 2005

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### **Messages from Our Advisors**

I was impressed with the Year-End Conference in Salt Lake City –“Breaking the Mold: Breakthrough to Nursing.” It was a time to see old faculty friends and meet students from many other areas of the country. I would like to highlight two presentations that I thought were outstanding.

The Keynote Speaker, Dr. Richard Carmona, U. S. Surgeon General got all of our attention when he introduced himself as “I’m Rick Carmona. I’m the U. S. Surgeon General, and I’m a Registered Nurse.” After telling us about his selection to be the Surgeon General he described being introduced by President Bush and being described as a “former nurse”. He recalled quietly reminding the President that there is no such thing as a “former nurse.” “I am a nurse. The past, present, and future of nursing are my passion.” He told us about the personal hardships and achievements he had experienced as a male, a Hispanic, and a high school dropout. He was a first generation Hispanic-American who grew up in a tough neighborhood in the Bronx, at times homeless, waiting in long lines for care at a city hospital. He eventually dropped out of high school, but turned his life around after he joined the Army in 1967 during the Vietnam Conflict. He earned a GED while in the Army and after discharge graduated from the Bronx Community College Nursing School and practiced nursing before entering medical school. While in medical school he and two other RN medical students developed a nursing rotation that became a mandatory introduction for medical students to learn about

nursing practice. He noted that he graduated first in his medical school class, “not because I was the smartest, but because I was the most focused and most disciplined.” As Surgeon General he has three priorities: health problem prevention, improved health literacy, and elimination of health disparities. He said when we prevent health problems, we will have more money for the underserved. “Two out of three people on gurneys in the ER do not need to be there.” Health issues are complex. People don’t understand what to do, where to go, and how to manage their health. “The U. S. has great science, but lacks the translational element to be accessible.” He said that in a period of change there are three ways to react: “fight and die; accept and survive; or lead and prosper.” He concluded with “Now is the best time to be a nurse.” He received a standing ovation!!!

We had a Plenary Session on “Mentoring – The Experience of a Lifetime” by Sondra Olendorf, RN, Senior Vice President, Nursing and Hospital Operations, Maimonides Medical Center, Brooklyn, New York. She explained the importance as a Mentor Protégé to take an inventory of your strengths prior to looking for the appropriate mentor. She said we should create the magic of mentoring in ourself. We should actively seek someone with a mentoring mentality to be the mentor whether a peer or an expert. As a protégé we should put ourself under the mentoring lens and look at the enormous potential we have and find activities that seek to protect and promote our gifts to nursing. She said to look for mentoring moments both short and long term.

Thank you for the opportunity to attend the 53<sup>rd</sup> NSNA Year-End Conference in Salt Lake City. If you get the opportunity to attend the CNSA Annual Conference in September-October in Sacramento, the NSNA Mid-Year Conference in November in Louisville, or the 54<sup>th</sup> NSNA Year-End Conference in April ’06, please don’t hesitate. I think you will come away with a wonderful experience and a feeling of how important the selection of your educational goal—NURSING—is.

Wilma La Cava, RNC, MSN  
SNO Advisor

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## **NSNA Midyear Conference Salt Lake City, Utah**

**U** – Unbelievably clean

**T** – THE STUFF!!!!

**A** – Another Highlighter, Awesome!!

**H** – “Hey, we passed our hotel!!”

Conference was an experience that can only be described in bullet statements. Maybe because by the end of the day that was as complete a thought as we could articulate.

Salt Lake City is probably the cleanest, most organized large city I have ever seen and the punch was great!!! (Inside joke) The people of Salt Lake are very proud of their ancestry and beliefs. We were so inspired by them and even met a local Federal

Prosecutor (also an elder in the church), Kevin, who in turn gave us a complete history lesson, a theology lecture and a great table for dinner. If anyone would like to share in our experience we'll give you his name so you can look him up. Good luck!

The Surgeon General was the opening keynote speaker. A former high school drop out, he completed his GED in the U.S. Army. He continued on to begin his medical career as a **NURSE** and later became a doctor. He complimented our choice of professions stating, "Doctor's need to give up their seats to nurses and should do a nursing residency in their education in order to appreciate the nursing staff more."

The focus groups included Surviving Nursing School, The Lighter Side of Pharmacology, Critical Care Nursing, Oncology Nursing, Humor in Nursing, NCLEX review, and many more that were all informative and enlightening. A couple got us belly laughing.

The exhibits were overwhelming. Recognizing the demand that is out there for all of us is exciting. The opportunities are endless. I don't know how to even express the experience. Some of the hospitals are giving new grads unbelievable opportunities such as preceptorship in the OR, PICU, nine months in cardiac surgical units, and a neuro-unit. Even as a Nursing One student, nurse recruiters have offered me the opportunity to be flown out to tour the hospital and a chance to meet the staff of the hospital. Rebecca, the LVN student who went with us, was impressed with the oncology opportunities for employment at the VA, UCLA, Loma Linda, and all of the other hospitals. Human Resource managers were waiting in line for a chance to talk to us.

During our down time, we visited many of the local sights. The Beehive House, (home of Brigham Young), the Jesus Christ of Latter Day Saints Temple Square, and who could forget The Colossal Colon. The Mormon Tabernacle Choir was practicing in the new convention center and we got to attend. The Colossal Colon was an experience in and of itself. It gives a new meaning to monitoring I/O's.

In conclusion, the trip was awesome, the city was awesome, the train was awesome, the room was awesome, the 5000 free pens, 2500 highlighters, 53 bags, 600 pieces of candy and don't forget the pamphlets were awesome. Ms. Lopez was awesome, Ms. Skinner was awesome and Kevin was awesome. The delegate from San Francisco was questionable. . .but, so is San Francisco. Walking into a restaurant at 1900 with a party of five and getting immediately seated was awesome, knowing how much time you have left to cross the street safely was awesome, knowing Mrs. La Cava . . . PRICELESS.

We all wish that more people would be able to attend the next conference. For us to be able to see 4000 other nursing students from across the United States who are experiencing exactly the same anxiety, stress, and overwhelming sensation is incredibly uplifting. There is one sentiment that was throughout the entire hall and that was **Encouragement**; encouragement from the speakers, exhibitors and other instructors from different schools. As we are all going through this program, it is refreshing to know that as nurses we will be a commodity. You will never be without a job unless you choose not to work.

Brandy,  
Mindy,  
Rebecca,  
Debbie

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## **Class Officers**

### Nursing 1

President: Rich Mears  
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PM: Brian Bischoff  
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Vanessa Fortine  
Candace McMillan  
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**SNO Officers  
Spring 2005**

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<i>Alumni Association Liaison:</i>	Megan Ferrette
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Ryan Tabares

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**SNO Meeting Calendar  
Spring 2005**

May 2, Meeting (Nominations)  
May 12<sup>th</sup>, 8<sup>th</sup> Annual Nursing Alumni Reception  
May 16, Meeting (Election)

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