

SNO Flurry

Student Nurses' Organization



Riverside Community College Student Nurses' Organization Newsletter

July 04

Message from the Dean/Director

Wow, we made it, the end is here! For about 55 of you, it is REALLY the end. We are so proud of each and every one of our graduates and know you will reflect well on RCC when you take NCLEX and when you get your first jobs.

Some Pointers—PLEASE take a review course to prepare for NCLEX! With the change in test format, it can only be to your advantage. I know it costs money, but you will make it up your first day on the job! Recently, I saw two of our graduates who had failed boards twice each—they took the Kaplan Review course and passed. Plus, Please Study, regardless of whether you take a course or not! I cannot believe how many students say they did not study—and are then surprised when they fail. Finally, if you're sick, couldn't sleep, had a blowout with your significant other the night before the test—call Pearson and re-schedule your date. You'll do much better if you're in top form. Our goal is the same as yours—we want you to pass NCLEX easily the first time around.

So, graduates, on behalf of the faculty, we congratulate you on a job well done. Let us know how you're doing and when you see the trembling students on the floor be nice to them. Remember to start working on your BSN as soon as you are settled in your new job. You will be glad you did.

God bless each of you and may your dreams come true.

Sandy Baker, RN, MSN
Interim Dean/Director

Message from the ADN Chair

The semester is almost over and there is definitely light at the end of the tunnel. I would like to take a moment to acknowledge and congratulate the two ADN students who were nominated as Students of Distinction: Tona Belt and Aaron Wilson. Both of these students were selected by the ADN nursing faculty because they have been actively involved during the program and have maintained high academic standing. They will both be graduating this June.

To each of you who are continuing in the program I offer you these words of wisdom. As you move closer to your goal take time to reflect on what you have achieved this last semester and develop a plan for success. If there are areas that you were weak in you may want to take the summer and review these areas. Remember that each semester builds on what you learned in the previous semester. If the foundation of knowledge your building upon is weak it may crumble as you progress in the program. There are many CAIs and video resources available to assist you. Enroll in N 6 and work on some of them before the next semester. One day a week for a few hours may be all you need. The Fall semester will start quickly so you will need to get up to speed rapidly upon your return. Studying ahead will help you when you begin.

For those N 4 students getting ready to graduate, we wish you the best of luck and success as you begin your nursing careers. You have one big exam left that you need to pass and this is your NCLEX-RN. We encourage you to take a review course prior to taking the NCLEX-RN for two reasons: #1 it gives you a good overview of content that will be tested; and #2 it helps you learn strategies for taking the NCLEX-RN. Remember the sooner you take the exam the better chance you have of passing. Research

done by the BRN has demonstrated that the success rate drops after 3 months so you want to take it as soon as possible, but be prepared, take a review course!

Above all else enjoy your summer. You've all worked hard and you deserve some time for relaxation and recreation. We look forward to seeing you in the Fall and to hear how those of you who are graduating fare on your NCLEX-RN and your employment.

Have a great summer break!

Angie Fawson, RN, MSN
Assistant Department Chair

Message from the VN Program

Congratulations to Oscar Fernandez and Kelly Campbell, who were selected by the VN Faculty Team as students of distinction for 2004. We believe each of our students is outstanding and possesses unique qualities to contribute to the nursing profession! On the way to work last week, a new book by former NBA star Kareem Abdul-Jabbar was described on NPR. *Brothers in Arms* tells the story of a black tank battalion in World War II. Although African Americans were trained for battle, racial discrimination precluded them from fighting in combat units. The 761st Tank Battalion was deployed as a public relations effort to maintain support from the black community for the war effort. But faced with heavy casualties in the summer of 1944, Gen. George Patton was desperate for more tankers and the unit was pressed into battle. The 761st fought in the Battle of the Bulge, saw combat in five countries and helped liberate dozens of villages and towns and several concentration camps. But racist attitudes in the military culture prevented the 761st from receiving medals and other honors until finally, in 1978, President Jimmy Carter presented the 761st with a presidential citation for extraordinary heroism.

This story reminds me that we nurses practice principles of equality every time we care for a client. The Nightingale Pledge charges us to provide care unrestricted by considerations of the client's health history and demographic data. Let us each renew our commitment to treating our clients and each other with respect and consideration.

Thank you to our WONDERFUL VN adjunct and full-time faculty. We know that the quality of our program is dependent upon the support of these dedicated individuals.

Many **GOOD** wishes to the Nursing 4 graduates. As RCC grads, you possess the skills and values to positively influence health care and to have a personally rewarding career.

Soon our part-time VN students will enjoy a well-deserved summer break. VN full-time students have an intense eight-week summer session, with culmination in the Pinning Ceremony on August 5 at 3:45pm. Everyone is invited.

Study hard for your final exams, then take plenty of time to reward yourselves for a successful semester. Have a wonderful and blessed summer!!

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

VN Class President

Looks like we made it! Just a couple more weeks of this intensive summer session and we are done! I want to say CONGRATULATIONS and good job to all of us; all our hard work is finally going to pay off. Thank you too to all our teachers who have invested in us. We are so appreciative. Soon we will leave this place to either enter the job market or further our education. Whichever path you take, continue to strive for the best, remember you are an RCC grad!

Kelli Campbell
VN Vice President

Nursing 1

Hiya again from the Nursing 1 GRADS...hehe!!

WOW...can you believe it!! WE DID IT!! YEAH US!! 16 weeks come and gone...

WEE! As Nanda would say...Relief, Actual...☺

I would again like to thank all of our Nursing 1 instructors for pushing us into our roles as future Nurses and managers of care, not only with compassion, but also with the skills to make a difference in someone's life.

I also need to express my deepest gratitude to all my classmates...if I had enough room to name you all personally here I would...EACH and EVERY one of you has touched me deeply in so many different ways...I feel that I could come to anyone of you for help, a shoulder, a laugh, or a hug...you all mean so much to me...mere words could **never** express what my heart feels inside for you my sisters and brothers.

Have the most marvelous summer!! Remember...HANG LOOSE!!

Congrats again Nursing 4...spread your wings and fly...YOU did it!!

See you all in Nursing 2...WOO HOO!!

Love and Mosby,

Jacquie Bass

Nursing 1 President

Nursing 2

Well Nursing 2 has come to a close and we are moving on to bigger and better things. We just finished our 4th test and are preparing for the final. Rotations are finally over and most of us are glad. Some of us will miss the little kids and the way they melted our hearts. Then there are the orthopedic patients that just didn't follow the rules for recovery very well. To all my fellow classmates good luck on the final and thanks for a great year. Remember to look inside for your strength and keep your chin up.

Until next year, have fun over summer.

Kelly Young

Nursing 2 President

Nursing 3

We are at the end of Nursing 3 with our fourth test behind us, clinicals complete, and approaching the final exam quickly. We are almost there! Congratulations to Nursing 4 and we are looking forward to seeing your pinning ceremony. Thank you to all of our instructors who have been there for us every step of the way. We should all enjoy our summer and take some time with our families that have missed us for the past few months. In between having fun over the summer, be sure to pick up an NCLEX book and do some questions throughout the summer, because Nursing 4 will be here before we know it and then its off to the Boards. Also, mark your calendars for our NCLEX review course after Nursing 4. It will be January 6, 7, and 8th 2005. Have a wonderful and safe summer vacation. I look forward to seeing all of you in Nursing 4 at which time we will begin to prepare for our pinning as well as studying hard for Nursing 4 and Nursing 16.

Lisa Blasko

Nursing 3 President

Nursing 4

Hello from all of us soon to be RCC A.D.N. Program alumni ☺ !!!!!

It seems like not so long ago we were all sitting in orientation to Nursing 1 shaking with both excitement and nervousness (“deep breath and a neck roll to the right”) and now we are about to graduate (shaking with both excitement and nervousness). It has been an unbelievable journey. We have learned many lessons along the way, not only about all of that stuff we were tested on but also about ourselves and about life. We have met people who, although we may have very little in common outside of school, we are proud to say they are not only our friends but, in many cases, can be considered family. Class of June 2004, I, for one, will miss you all.

In the time that we have been at RCC we have had the privilege of being instructed by some of the finest, most knowledgeable and caring nursing faculty on earth and, to quote Ms. Vant Hul, “It has been a beautiful thing.” (Do I need APA reference!!!). I want to thank all of our instructors for both challenging and inspiring us. I can only hope to some day reach the mark that you have set for us.

To those currently in nursing 1, 2, & 3, as well as the VN program, have a great summer break and remember to continue to take your studies seriously but not yourself. Relax and have some fun, school will start back up soon enough. I want to leave you all with a poem that at one time was scribbled on the wall in LS 202:

Nursing 1: You’re almost done,
Nursing 2: You’re almost through,
Nursing 3: Just wait, you’ll see,
Nursing 4: We’re out the door!!!
Good luck to you all,

Heather Fryman
Nursing 4 SNO Rep.
SNO Flurry Editor

SNO President

I want to thank everyone for their participation throughout this semester in SNO functions such as attending the meetings and participating in school and community events. I was very proud that SNO won the “Humanitarian Award” at the ASRCC awards banquet. I also want to give special congratulations to those that recognized and received awards for their service hours at the ASRCC awards banquet. I also want to give an extremely huge thank-you to Ms. LaCava for all of her hard work and time in ensuring that SNO continues to be as great as it is. It has been a wonderful pleasure having served as the SNO President this semester. I will always cherish the memories that I will walk away with. I am looking forward to next semester seeing the continuing students and look forward to meeting the new students. Congratulations to the graduating class and congratulations to our new elected officers. We will be having a blood drive in the summer intersession, so keep an open eye for that. I wish everyone a wonderful summer.

Lisa Blasko
SNO President

Message from the 7th Annual Nursing Alumni Reception

My Travels in Nursing

It’s hard to believe I graduated ten years ago
Nursing school seemed that it would take forever, you know
Starting 1st rotation with Dr. Colucci at my side
Thinking to myself, I am ready for this crazy ride

Learning to make beds, give shots, and administer a med
 Feeling that confusion all throughout my head
 Worrying how well did I score on that test
 When grades were posted, removing that elephant off of my chest
 There wasn't a day that I didn't consult my professor
 Like many of you, I was no guesser
 Spending so much of my time here at RCC
 Wanting to be the best nursing student, you see
 Before I knew it, I was in semester three
 For those of you sitting there, you say how can that be?
 When day after day you struggle to make it through
 From all of us before you, we know you can do it too
 Some days my head felt like it would explode
 Wondering how far away my classmates were from calling a code!
 My efforts were rewarded in semester four
 As I was preparing to walk out the door
 Receiving the Student of Distinction Award in Nursing from staff
 Knowing that my hard work paid off, I sat and had a good laugh
 Those endorphins helped me make it through to the end
 Lean on whomever you can both family and friends
 Not only did it all come together and fit just as they said
 So many of their words still ring within my head
 I have traveled far in nursing since my days at RCC
 Opening more doors than I ever imagined I'd see
 Working in Pediatric Hematology/Oncology for 7 years
 Furthering my education has brought my daughters to tears
 Being a positive role model for them by working and going to school full time
 Has allowed me the pleasure to work with a close mentor of mine
 After receiving my BSN I became a nursing instructor here
 Beside my mentor, Dr. Colucci, now colleague, I cheer
 Of course I couldn't stop at my BSN you see
 So I continued on for my next degree
 During that time another nursing opportunity came my way
 And now I work full time as a school nurse each day
 My time is spent with teenagers and elementary kids
 With all my RCC knowledge helping me even when I think it hid
 I graduated with my MSN as a Clinical Nurse Specialist last year
 But know the best education I ever received came from here.

Annemarie Valadez, RN, MSN, CNS, PHN
 RCC graduate June 16, 1994

Messages from Our Advisors

As the Spring 04 semester ends Congratulations go out to our June and August graduates. You have accomplished so much! Soon you will be on your way toward the accomplishment of the goals you set for yourselves so long ago. Remember the next step on your path is the NCLEX. Please remember to prepare for it as you have prepared all along. Plan a study calendar for success with regular blocks of study/review time for the NCLEX. Plan some review sessions with your study groups and, of course, plan to take an NCLEX review course. We expect to hear of your success on NCLEX! To those of you graduating, please circle May 12, 2005 on your calendar and come back to visit us as an RCC Nursing Alumni.

Congratulations to our new SNO Officers for Fall: Kelly Young (President), Lisa Blasko (ADN Vice President), Janine Tarculas (Secretary), Cheryl McDonald (Treasurer), Kathy Rex (ICC

Representative), Stacy Campbell (SNO Flurry Editor), Alisa Clawson (Allied Health Commissioner), Melanie Hollingworth (Scholarship Chair), Monica Valencia (Breakthrough to Nursing), and Ron Atienza (Historian). Our Summer Blood Drive is Tuesday, August 3rd. We will be signing up donors on July 28, 29, and August 2nd. Please join us at our first meeting in the Fall on September 13th.

At the ASRCC Awards Banquet on May 21st Lisa Blasko and Cheryl McDonald were honored with Bronze awards and Kelly Young with a Silver award for service hours. SNO received the Humanitarian Award and Lisa Blasko was recognized as SNO's Member of Distinction.

I hope you'll take some time for yourself and the special people around you during the break. Thank you again for all your hard work. Have a great summer!

Wilma La Cava, RNC, MSN
ADN SNO Advisor

**SNO Officers
Fall 2004**

<i>President:</i>	Kelly Young
<i>ADN Vice President:</i>	Lisa Blasko
<i>VN Vice President:</i>	Open
<i>Secretary:</i>	Janine Tarculas
<i>Treasurer:</i>	Cheryl McDonald
<i>ICC Representative:</i>	Kathy Rex
<i>SNO Flurry Editor:</i>	Stacey Campbell
<i>Allied Health Commissioner:</i>	Alisa Clawson
<i>Scholarship Chair:</i>	Melanie Hollingworth
<i>Alumni Association Liaison:</i>	Open
<i>Historian:</i>	Ronald Atienza
<i>Breakthrough to Nursing:</i>	Monica Valencia

**SNO Officers
Spring 2004**

<i>President:</i>	Lisa Blasko
<i>ADN Vice President:</i>	Tammy Reilly
<i>VN Vice President:</i>	Nicole Bruneau
<i>Secretary:</i>	Cheryl McDonald
<i>Treasurer:</i>	Misty Kruger
<i>ICC Representative:</i>	Guillermo Vallejo
<i>SNO Flurry Editor:</i>	Heather Fryman

<i>Allied Health Commissioner:</i>	Fabby Martinez
<i>Scholarship Chair:</i>	Steven Guzy
<i>Alumni Association Liaison:</i>	Robyn Noby
<i>Historian:</i>	Kelly Young
<i>Breakthrough to Nursing:</i>	Bonnie Long

SNO Meeting Calendar Fall 2004

8:00 AM, in Heritage Rooms, located in the cafeteria (Unless noted otherwise)

- August 3, Blood Drive
- September 13, First Meeting
- September 20, 8:45-9:45 SNO Tea to welcome Nursing 1, VN, and Advanced Placement students
(Hall of Fame)
- October 2, Back to School Event (Hall of Fame)
- October 4, Meeting (Director's Council)
- October 6, Blood Drive
- October 11, 8:15 – 10:00 Joint Student/Faculty/Clinical Agency Nursing Advisory
(Hall of Fame)
- October 18, Meeting
- November 1, Meeting
- November 11-14 NSNA 22nd Mid-Year Conference, Daytona Beach, FL
- November 15, Meeting (Nominations)
- December 6, Meeting (Elections)

HAPPY SUMMER

ENJOY YOUR BREAK!