

SNO Flurry

Student Nurses' Organization

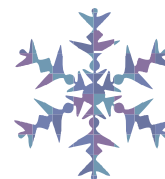


Riverside Community College Student Nurses' Organization Newsletter

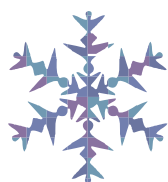
May/June '05

Message from the Dean/Director

Well, it's hard to believe the end of the semester is almost here! The Nursing 4 students (almost graduates!) are particularly raring to go! We will have the largest number of graduates this Spring as we have had for many years—over 60. Next year, we hope to have even more to do our part to meet the nursing shortage.

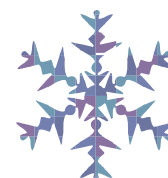


The faculty was very excited last Friday to hear of the NCLEX pass rate for our last graduating class—95.5%! It certainly validates all of our (and your) hard work. It is gratifying to see our graduates achieve such success. I have heard of members of our latest class obtaining jobs locally as well as throughout the state. Many have already been accepted into baccalaureate programs. Today, a grad from last year called to tell me she was accepted into Georgetown University in Washington, D.D. It's great to know I can travel anywhere and still be cared for by RCC nurses.



Coming up we have the ADN Pinning June 6th and the VN Pinning August 9th and a visit from the National League for Nursing (NLN) in the Fall for the ADN program. We will also have the opening of our new computer lab in the old MLK Library (MLK Education Center) and the opening of our new Human Patient Simulator lab in our old computer lab (LS206). We are applying for money from Arnold (as in Governor) to increase our enrollment even more, perhaps off site on the Moreno Valley campus. As usual there's a lot going on!

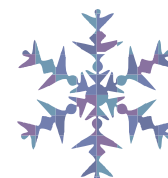
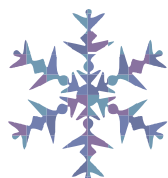
A final note - I was honored to attend the latest RCC Nursing Alumni Reception. Mrs. La Cava did a wonderful job as always coordinating the event. The speakers - past RCC graduates - were so inspiring! I wish you could have all been there.



Sandy Baker, RN, MSN
Dean

Message from the ADN Chair

We are coming to the end of a very busy semester and are hoping to see the majority of you move forward to your next semester in the Fall. Those of you who are on the border should be studying as much as you can. Don't rely on your Final to bring up your grade as this rarely happens. As I have said before, the foundation you lay in your previous semesters is what you build on for the remainder of the program. If you have to repeat a semester it may be the best thing for you. I know many of you may not want to hear this, but it is the truth. The job that you are pursuing requires you to have a strong theoretical knowledge base, strong clinical competencies, and critical thinking skills. We cannot in good conscience just pass you along. If you do need to repeat, you should meet with your semester level faculty and determine what you can do during the summer to



help you be more successful in the Fall. I highly encourage you to do some self-reflection about how you can help yourselves be successful. If you are not reading your textbook this may be a place to start. For those of you who are doing well, congratulations and good luck to you as you move on to your next semester. Enjoy your summer and rest up. When you return in the Fall we will be having a visit from the NLN who accredits our program and we will be busy. Remember that each semester gets a little more challenging. You may want to get a head start on your class reading before the next semester starts.

We'd like to wish the Spring 2005 graduates of Nursing 4 the very best. Many of them have already accepted jobs. We know that you will do well. Your big challenge is to pass the NCLEX-RN. Please take a review course to insure that you are well prepared. You only want to take this exam once. Best wishes to all of you.

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

GREETINGS FROM THE VN PROGRAM, May/June 2005

Congratulations to Ceaser Mburu and Linda White, who were selected by the VN Faculty Team as students of distinction for 2005. We believe each of our students is outstanding and possesses unique qualities to contribute to the nursing profession!

Mr. Ossie Davis passed away in February. Do you recognize the name? A Google search reveals that he was an award-winning actor and civil rights activist. In one interview, Mr. Davis referred to the title of one of his movies, relating that he always tried to "***Do the right thing.***" These are not fancy words, but they pack a potent message. Do we nurses "***Do the right thing***" and maintain the confidentiality and dignity of every client? When someone acts in an uncaring, unprofessional manner, do we speak up or passively stand by, thus implying that we agree with the wrong. It takes great courage to oppose the majority and "***Do the right thing.***" No one wants to be ostracized, but the rewards of "***Doing the right thing***" are self-respect and the esteem of peers. As leaders in our community, we have an obligation to model socially responsible behaviors. Yes, with an extensive education and visible public presence, we nurses are leaders.

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 9 at 3:45pm. Everyone is invited.

Study hard for your final exams and 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

Hey there all of you VN students – the semester is - - -ALMOST OVER! ! !

YEAH! ! We are getting closer with each passing day to our ultimate goal of becoming a nurse. All of the long hours of study and clinical are paying off. I hear from the other students about all of the great things that are happening in their clinicals. We are also having great hands on experience at my clinical rotation as well. Our clinical staff has the knowledge and patience to make it all happen. Putting classroom theory and lab time to use with actual patients is a wonderful experience. Thank you, thank you, thank you, to all of our clinical staff! ! We should also thank our patients for allowing us the opportunity to have our hands on experience.

Hang in there guys and gals, the light at the end of the tunnel is getting brighter.
August 9, August 9, August 9 . . .

Linda White
VN President

Nursing 1

All right, hold on just a minute. I am pretty sure that just a few days ago, I was wondering around the Life Science building in my bright white uniform, staring blankly at my schedule and trying to figure out if I was supposed to be in LS 201, 202, or 208. Invariably I would burst into the wrong room and have a class full of non-December 2006 nursing students staring at me with blank stares. I, of course would try to play it off like I meant to do this, wave to some non-person across the class and then slowly back out of the room as I said to myself...(insert Napoleon Dynamite voice here) “God, what an idiot.”

Before we started nursing, all of our big brothers and sisters were telling us, “it will go by so fast, you won’t believe it.” And while we were nodding our heads and smiling, inside we were all going, “Yeah, right, I am sure that reading 600 pages a week, and not having a life outside of care plans, medications, and bedpans will just breeze right on by!” Well, lo and behold, it did.

Now, being the responsible human being that I am, I feel it to be important to inform my fellow nursing students of the things that have been going on since the fog of nursing began in February. I wouldn’t want any of you to be alarmed so here are just a few tools to send you on your way...

1. It is hot outside now. I know that many of you don’t remember what the outside looks like, since the only thing you have looked at lately is the Lewis book and maybe a stool sample or two, but be aware that it is not cold like it was the last time you checked. You can therefore put away your winter coat.

2. Do not be alarmed if you see strange people dressed up like Yoda or a Jedi knight. See there is this whole Star Wars thing going on right now. While we were studying about diabetes and CHF, there were all these freaky people with apparently no jobs or lives for that matter camping out in front of movie theaters. Hopefully, by the time we get out of class, they will be gone. But if not, may the force be with you.

3. If you don't know who Bo Bice or Carrie Underwood is, you may want to find out. It may affect your coolness level with 14-year-old girls everywhere.

4. We have survived part 1 of what I consider to be the most difficult thing I personally have ever undertaken. I have gone to other schools, graduated from UC Irvine, but never have I been involved in anything both as difficult and rewarding as this. Unending thanks to those who brought us here, Dr. Colucci, Ms. LaCava, Ms. Dyogi, Ms. Christiansen, Ms. Lange, Ms. Flournoy, Ms. Thurman, and Ms. Vermillion, as well as all of the Nursing 7 and office staff who have guided us along the path. We would have never made it without you all.

5. And lastly, to my classmates in Nursing 1, we laughed, we cried, we wondered why, and now here we are. Take some time to enjoy life this summer, hang out with your friends (as long as they still remember who you are), forget about school, and spend some time hiking or swimming or whatever. Because before we know it, it'll be fall semester and we'll have to actually start thinking again!

But for now, peace out, home fries...
Rich Mears, Nursing 1 President

Nursing 2

Wasssup ya'll it's the crew from Nursing 2,

Wow....can you believe it!!! We are down to the wire. We are all preparing for our 4th test and our final a week later. Rotations are just about done, which makes a few of us sad for we will miss those cute lil kids and adorable lil babies. Then there's med surg.....well anyway lets all dig deep and grab that inner strength that we all have and finish with a bang. Keep your head up and keep on keeping on.

I would like to thank a wonderful nursing 2 staff that has been there for us. Thank you for your support and guidance, and not to mention your confidence in us. Thank you so much, for you all are truly appreciated.

I would also like to thank the entire class of Nursing 2. We have had some tough times but we still managed to make our way through. I am proud to say that I am part of such an awesome class. We are in this together and we will get out of this together. So from the bottom of my heart I would like to say that I LOVE YOU GUYS!!!

And now for Nursing 4..... Congratulations you've done it... Woo-Woo!!!

GOOD LUCK TO EVERY ONE ON THEIR FINAL
AND HAVE A WONDERFUL SUMMER!!!!

Break out the suntan lotion and surf boards and be safe.....

Take Care and God Bless,
Ryan Tabares
Nursing 2 President

Nursing 3

WEEEEEEEEEEEE from 3333333333333333...

OH MY...just a few more weeks and Nursing 4 here we COME!!

First of all CONGRATS to our brothers and sisters counting down the days till pinning!! Cannot wait to see you all spread your wings and show the medical world why RCC nurses are the ones that the recruiters are scrambling for!! Spread your wings of mercy and fly high and proud!! There is a reason why angels and nurses wear white ☺

We are on our final rotations of the semester and deep into anxiety and disassociative disorders...can anyone say Post Traumatic Stress Disorder, RISK FOR...hehe

The med-surg content is coming to life for many of us as well...with colostomies, urostomies, TURBTs, peristomal care, stoma care, appliance removal and teaching... and IV's are being started all over the Inland Empire with piggybacks hung from sea to shining sea...☺ MSD...does that come on tap by chance?? hehe...

KEEP your heads up and neck rolls to the LEFT...neck rolls to the RIGHT...we are almost there my family in white...WOO HOO!!

I LOVE U all and cherish every moment I spend with each and every one of you...

HANG LOOSE!!

Prozac & Prayers...

Jacque Bass....Nursing 3 Prez ♥

Nursing 4

Well the time has come and it is time to move on. Nursing 4 has been busy prepping for test 4 and the final. We are having flashbacks of Nursing 2 with the OB content. Some of us are having more like nightmares and myself I say "Bring it ON".

The pinning committee is working hard preparing a fabulous pinning ceremony. Now for the mushy stuff, everyone have a Kleenex. I would like to thank my fellow classmates for believing in me and having faith that I would represent the class with my whole heart. As the president for the last 18 months it has been a pleasure to serve you. Thank you to the class officers for all the hard work that they have done. I will leave you with a saying that I wrote in Nursing 1, "To Touch is to Care, To Care is to Heal". This has been my motto for the last 2 years and I will live by that as I go out into the working world. Remember to always care about those who are your patients for they are human and they need that sense of touch just like us. Thank you to each and every one of you. Thank you Nursing Faculty for all you do for us students. Take care and see you next year as alumni.

Thank you,
Kelly R. Young,
Nursing 4, Class President.

SNO President

The semester is winding down and I hope you are all taking a few minutes to appreciate what a great opportunity we have to be in the nursing program at RCC. Sometimes the stress, lack of sleep and endless torrent of care plans keep us from appreciating our fortune. RCC has had a nursing instructor from Malaysia visiting and observing the way RCC runs its program. Sally Chen was a delight to meet and speak with. Our program and hers have much in common. Her program has 100 students per class, broken into smaller groups of 30 students to a ward (not 10 like we have!). During the clinical portion, the students work 6 days a week...yes, I said 6 days a week, on one of three 8 hour shifts per day. Sounds exhausting to me! It was incredible to meet a nurse from another country, let alone an instructing nurse! I am convinced there isn't a better nursing program than the one found at RCC!

A couple of weeks ago I attended the Nursing Scholarship Awards ceremony. It was great! The RCC Foundation gifted about \$35, 000 in scholarships to nursing students! What a validation of your efforts! Congratulations to all recipients!

The 8th Annual Alumni Reception was held last week. It was wonderful to see all the RCC Nursing Grads and where they are now. What a great opportunity for us, in the future, to be honored in such a fashion. Keep the Alumni Reception in mind for fun, an easy way to have a class reunion and touch base with the faculty. We had two wonderful speakers, Kathy Griffin and Windy Olajide, who inspired us to be "RCC Nurses"... the kind of nurses who *do not* "eat their young".

SNO has completed its elections for the slate of officers for the fall. The new board is excited and ready to run! On a personal note I wish to express my appreciation to all the SNO Board members and Mrs. LaCava and Mr. Nelson. The board members have each fulfilled their duties and "had my back" many times over. You are all going to be awesome nurses! For Mr. Nelson and Mrs. LaCava...what can be said of such kind and giving people. They are both incredible student advocates. Thank you!

Congratulations in advance to Nursing 4 as you complete the semester and look forward to your future—NCLEX-RN and your first job as a graduate nurse. We look forward to sharing your special recognition at pinning on June 6th.

The VN's are almost finished, with their pinning on August 9th! Make sure to give our VN's a heartfelt handshake or hug (whichever you are comfortable with) and a warm round of applause! You guys deserve it! Congratulations!

Work hard to finish this semester with everything you've got...and what you've all got is amazing! Hug your classmates and enjoy the summer break!

Kathy Rex
SNO President
Spring 2005

Messages From our Advisors

Well, here we are at the end of another school year. You all have accomplished so much moving toward your goal. SNO has completed final projects for the semester. We participated in a successful Spring Blood Drive where 116 units were collected. We had two great speakers at our 8th Annual Nursing Alumni Reception—Kathy Griffin (Class of 1990) and Windy Olajide (Class of 1999). We have students receiving service awards at the ASRCC Awards Banquet on May 27th.

As you go to summer break please look at your schedules for fall in case you would like to attend the CNSA Annual Conference in Monterey, CA. September 30-October 2 "Raising the Bar. . . Setting the Gold Standard. . ." Registrations must be submitted before school begins August 31st. Please sign up on the list outside my office so I contact you over summer. Remember you must have attended a total of 4 meetings prior to the conference (3 meetings in Spring and 1 in Fall or 2 meetings in Spring and 2 in Fall).

There will be a summer Blood Drive June 29th from 9:00 a.m. to 2:00 p.m. in Landis Auditorium. We will be signing up donors on June 22, 23, 27, and 28 from 10:00 a.m. to 2:00 p.m. should you want to help or donate.

Congratulations to Nursing 4 and the VN class as you complete the program, receive your nursing pin, take NCLEX and go out to begin work as a graduate nurse. I wish you all great success! Drop us a note or an e-mail and let us know where you are and how you are doing. We are very proud of you!

Take some time for yourselves, family and friends. See you in the Fall.

Wilma La Cava, RNC, MSN
SNO Advisor

Note from the Editor:

Just a note to let you know that SNO elections took place May 16th and new officers were elected. I encourage everyone to get involved with SNO if you have not already; it is quite rewarding to be among your peers and future colleagues. Fellow students know what you are going through and they can assist you. Maybe just a giggle, or an all out laugh. A kind shoulder to cry on. A big fat hug (a personal favorite). Who could do without Jacquie or Kathy? Our greatest resource and confidante: Mrs. LaCava!

Class Officers Spring 2005

Nursing 1

President:	Rich Mears	Secretary:	Jacyn Trzepacz
Vice President AM:	Sahar Namvar	Treasurer:	Molly Bennett-Neuhoff
	PM: Brian Bischoff	SNO Representatives:	
Historian AM:	Molly Bennett-Neuhoff		Peggy Gillespie
	Vanessa Fortine		Aaron Quintyn
	Candace McMillan		Charlotte Turner, Alternate
	Katrina Pinedo		Candice Walker, Alternate
PM:	Susie Carter		
	Steve Casarez		
	Miranda Fugate		
	Peggy Gillespie		
	Rachel Gutierrez		
	Katie Jackson		
	Natasha Rosales		

Nursing 2

President:	Ryan Tabares	Secretary:	Charity Griffin
Vice President:	Jeanette Tolentino	Treasurer:	Micki Vickroy

Historian : Renatta Contreras
 Misi Komolafe:
 Crystal McCarthy
 Jennifer Goodner
 Shiela Padre

SNO Representatives:
 Justin Roldan
 Cheryl Hilt

Nursing 3

President: Jacquie Bass
 Vice President: Teddi Horner
 Historian: Hillary Smith
 Rebeccah Kezer-Rowe
 Summer Vega
 Jennifer Tillinghast
 Ophelia Thomas

Secretary: Kerry Sargenti
 Treasurer: Debbie Escobar
 SNO Representatives: Monica Valencia
 Curriculum Representative:
 Deborah Escobar

Nursing 4

President: Kelly Young
 Secretary: Kirsten Cochran
 Historians: Amber Woodberry
 Cindy Rivera
 Julie Scheppelman

Vice President: Denise Saenz
 Treasurer: Bonnie Long
 Learning Resources Representatives:
 Jessica Field
 Araceli Hurtado
 Curriculum Representatives:
 Dena Wigginton
 Patricia Cockfield

SNO Reps: Kesha Culbertson
 Nicole Bruneau
 Advanced Placement Reps:
 Jeannette Baker-Shaw
 Allana Bedashi
 Amber Kapturkiewicz

VN

President: Linda White
 Vice President: Gina Messer
 Historians: Rena Gillard
 Carina Kroll
 Mona Beck
 Jamie Clark
 Irene Belarde
 Curriculum Reps: Michelle Lanorias
 Nena Artienda

Secretary: Carrie Driscoll
 Treasurer: Meredith Travis
 Learning Resources Rep:
 Sue Schuerman
 Kathryn George
 SNO Reps: Rebecca White
 Ella Garrett
 Part-Time VN President:
 Sylvia Tolang
 Part-Time VN Vice President:
 Nenezin Santos

**SNO Officers
 Spring 2005**

<i>President:</i>	Kathy Rex
<i>ADN Vice President:</i>	Kelly Young
<i>VN Vice President:</i>	Cesar Mburu

<i>Secretary:</i>	Monica Valencia
<i>Treasurer:</i>	Cheryl McDonald
<i>ICC Representative:</i>	Cindy Crawford
<i>SNO Flurry Editor:</i>	Donnelle Scherer
<i>Allied Health Commissioner:</i>	Jennifer Nelson
<i>Scholarship Chair:</i>	Gen Luib
<i>Alumni Association Liaison:</i>	Megan Ferrette
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Ryan Tabares

**SNO Officers
Fall 2005**

<i>President:</i>	Kathy Rex
<i>ADN Vice President:</i>	Victoria Teets
<i>VN Vice President:</i>	Elected in Fall
<i>Secretary:</i>	Monica Valencia
<i>Treasurer:</i>	Open
<i>ICC Representative:</i>	Jacyn Trzepacz and Sarah Kasinger
<i>SNO Flurry Editor:</i>	Donnelle Scherer
<i>Allied Health Commissioner:</i>	Patricia Farnham
<i>Scholarship Chair:</i>	Vanessa Fortine
<i>Alumni Association Liaison:</i>	Mindy Layton
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Rich Mears

**SNO Meeting Calendar
Spring 2005**

**There are no more meetings scheduled for Spring 2005
Have a restful summer. See you in the Fall.**

