

# SNO Flurry

Student Nurses' Organization



*Riverside Community College Student Nurses' Organization Newsletter*

October 04

## Message from the Dean/Director

Wow how time flies! Here it is mid-term already—we're over the "hump"! Be sure you are using all resources (NERS, Nursing 7, your fabulous faculty) to help you be successful in reaching your goals.

Some exciting things are on the horizon for nursing at RCC! One is the implementation of the new HRSA grant that involves maintaining current enrollment numbers as well as developing a flexible LVN to ADN program using lectures that are video streamed to the students' homes. Down the road this technology should benefit all students. Also, the planning for our new School of Nursing is beginning. Although this won't directly affect you, your sons and daughters could be! Also in 2005 our computer lab will be moving over to the old Martin Luther King (MLK) Library, where we will have 100 computers available for your use. No more waiting for computers. At the same time we will be turning LS206 into a Human Patient Simulator Lab with state of the art mannequins to work with.

In the nearer future, we will be instituting a new policy that will require all students to have background checks before entering into the program. We are also looking at requiring standardized computer testing and remediation in all semester levels to insure student success in our program and on NCLEX.

Finally, thanks to all who turned out for Director's Council, but remember my door is always open to you. Congratulations to the new class officers and thanks for stepping up to a leadership position!

Enjoy the Rains!  
Sandy Baker, RN, MSN  
Interim Dean/Director

\*\*\*\*\*

## Message from the ADN Chair

It is now mid-semester and the days are flying by. Nursing 4 students are preparing to graduate and the rest of you are looking forward to moving on to your next semester level. This is also the time that many of you are receiving notices that you are being placed on Academic Probation. There are unfortunately a large number of students in every semester who are finding themselves on Academic Probation. I know this is discouraging for you but it is also discouraging for your faculty. In my first message to you, I mentioned that this program is committed to produce a graduate who is competent, safe, and knowledgeable. We can facilitate your learning but we can't learn for you. If you are on Academic Probation it is really time to evaluate your commitment to your

studies. It is not enough just to memorize the lecture content. You need to read your books and articles and learn to process information so that you can make appropriate decisions in your patient care. This does require a high level of critical thinking. Your faculty is here to help you. Please make appointments with them if you need extra help. We have the Nursing Education Resource Specialist (NERS) to assist you with test taking strategies. Each of you needs to take your Notice of Academic Probation seriously and give some thought to what you can do to ensure your success. We are in this together, but your faculty cannot do it alone. You need to put in the effort.

For those of you who are doing well, and there are many of you, keep up the good work. You can help your fellow classmates by inviting them to study in a group with you. Many students can benefit by studying with students who have a stronger grasp of the content. Some of you may have study techniques or strategies that could help another student. Share these with them. If you know of a classmate who is struggling reach out a helping hand and invite them to study with you or your group. Nursing is teamwork. Nursing school can help each of you to learn to build supportive relationships that will help you when you get out and practice. We need nurses who are prepared to deliver high quality and safe patient care but this requires diligence and a commitment to lifelong learning. Your learning will not stop with nursing school. The greatest gift we can give you is the desire to pursue knowledge. We hope we can help you be successful in this pursuit.

Sincerely,  
Angie Fawson, RN, MSN

\*\*\*\*\*

**GREETINGS FROM THE VN PROGRAM, October 2004**

With the semester more than half completed, thoughts turn to the accomplishments, knowledge acquisition, and skill development that have taken place since week #1. VN students who started the program this semester are learning an entirely new language, words of which are creeping into everyday conversations. Have you been regaling your family with talk about immunocompromised individuals, nutritional deficiencies, body defense mechanisms, and parenteral meds? Speaking of meds, VN students enrolled in the Fundamentals of Nursing course have started the unit on administration of medication. This is an exciting time when our students start to feel like “real” nurses.

An overheard comment deserves our attention. This individual stated that a person who smokes “deserves” to get lung cancer. Does that mean that a person who leads a sedentary lifestyle deserves to die young of a heart attack or a woman who stays with a man who beats her deserves this violence or an IV drug user deserves to contract HIV? What horrifying thoughts!!!! We nurses **MUST** separate our personal biases and beliefs from our practice of nursing. Judgment of another human being is not included in the nurse’s job description. Furthermore, is there a one of us who is so perfect that we have earned the right to condemn another? We must be ever vigilant to avoid evaluating others according to our standards. It is essential that we practice our ethical obligation to regard every client as a valued human being who deserves our **BEST** nursing care.

This is the time to calculate your course average and take immediate corrective measures if the grade needs improvement. Use the resources available to you within Nursing Education (instructors, NERS, Learning Lab) and the college (tutorial, library). Remember, your education is one of your most precious assets.

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

\*\*\*\*\*

### **VN Class President**

My mother drew a distinction between achievement and success. She said that achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others. That is nice but not as important or satisfying. Always aim for achievement and forget about success. -Helen Hayes.

That seemed like a good place to start.

Things have really gotten busy in the VN class. We are actually putting our hands on patients and providing care. For some students this has been their first exposure to patient care. We ARE here to learn this stuff, but it can be a little intimidating to say the least. Although we have been learning many new things, we are all doing a great job. I know our patients have enjoyed the time we spend with them. We have also been knee deep in care plans. Yes, the infamous care plans. This is the project where you lay 10 books at various angles, and still be legible, ALL AT ONCE! Laboratory values, pathophysiology, therapeutic treatment, health history, primary diagnosis, prescribed treatments, and so on. After much time put into the writing of our care plans, we have again done well overall. Keep up the good work!

As we strive to complete this semester, I don't have great words of wisdom, just a little motivation to offer. We started this program with soaring hopes of becoming nurses, "Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use." -- Earl Nightingale, speaker, author

Motivation is like a fire; unless you add fuel, it goes out. -Jeff Keller  
Never give up if you are having difficulties, plenty of very dedicated and helpful staff members are available to answer just about any question you might have. Stay focused-- we WILL make it!

Keep up the studies!  
See you next month!  
Linda White, VN President

\*\*\*\*\*

### **Nursing 1**

Whaaazzzup ya'll! The crew from nursing 1 back again,  
Wow.....we are halfway there. We have just finished our midterm and started administrating PO meds. We've added another notch on our belt of basic skills. As the days go by we are getting closer in making our dream a reality. Of course we're nothing

without our beloved instructors. With all the encouragement that they have provided us there is nothing stopping us now, for this we thank you. To my family in nursing 1, I would like to thank each and every one of you for your support. I am truly blessed. It feels good knowing that I am part of a wonderful group of beautiful people. Keep up the good work because you all ROCK!

I am proud to say that I have a family that is great.  
Although other classes out there on this may want a debate.  
So let's leave that to those who are running for presidency.  
I'm talking about something greater my NURSING 1 Family.  
Mixed with different cultures we rise to the top.  
Our dream on being a nurse no one can stop.  
Supported by a wonderful faculty that's truly the best.  
We love them with all our hearts, even when we get no rest. ☺  
At times we are confused, at times we are even delirious.  
But when it comes to passing meds we've got to be serious.  
Bright smiles, cheerful attitudes, and heads full of information,  
TACTIS this TACTIS that; wait what was that intervention?  
We are doing it; we are becoming who we want to be.  
And we are doing it all together as the Nursing 1 family!☺  
Take care and God Bless,  
Ryan Tabares, Nursing 1 President

\*\*\*\*\*

## Nursing 2

WOO HOO from Nursing 2!!

Oh my goodness...we have made it half way through...time flies when you are care plan deep in labor pains, children's tears, and broken bones...  
I would like to take this opportunity to thank ALL of my classmates...YOU guys are the BEST...without ALL of you this class would not have the strength it does to overcome all the hurdles we face everyday to be the BEST providers of care we KNOW we are becoming!! This semester has brought with it a few extra obstacles...but TOGETHER we will rise and overcome!!  
Halloween Party the 30th at Germaine's will bring some needed relief and fun for all of us!! We can shed the Mosby & Wong for a night and laugh and well...ummmm...a FEW other things too I am sure...hehe!! We are on the downhill slide my brothers and sisters...so KEEP your chin up...head high...and brains focused for the ride down...WEEEEEEEEEEEEEEEEEE!!

Hang Loose...you guys ROCK!!  
Love & ADPIE...  
Jacquie Bass....Nursing 2 Prez

\*\*\*\*\*

### **Nursing 3**

Well another 4 weeks have gone by and we are still all intact in Nursing 3. We just finished our 2<sup>nd</sup> test and it was a hard one to say the least. To look on a brighter side we have less than 7 weeks to go YEAH, YEAH!! Our change drive has produced great results. Keep up the great work! We are finishing up our 2<sup>nd</sup> rotation and we have one more to go. I just want to say to everyone out there, "Hang in there, YOU CAN DO IT". Well back to the grind I go. See ya in November.

Kelly Young, Nursing 3 President

\*\*\*\*\*

### **Nursing 4**

Seven weeks to go!!!! We are well underway for planning our pinning ceremony, which helps keep our minds focused on our short-term goal of completing N4 with a longer goal of sitting for the boards and obtaining our first employment as an RN. Many of us are feeling some apprehension about choosing our first employer, but we must choose wisely and carefully. Anxiety levels for many are slightly elevated, but we work through it and continue on. Although we are close to the finish, we all must continue to study hard and learn all that we can because shortly we will be out there in the world as the Registered Nurse and we all want to be the best. I do feel though that we need to continue to support each other as peers and friends. We need to continue to believe in one another, but more importantly continue to believe in you. Many semesters have graduated before us and many will graduate after us. This has been a challenging semester, but not one that is impossible. Strive for sleep after December 15, 2004 at 3:45, preferably after the ceremony is complete.

Lisa Blasko  
Nursing 4 Class President

\*\*\*\*\*

### **SNO President**

Well SNO is keeping busy this month. Our theme for Halloween Town is "Charlie Brown and the Great Pumpkin". The candy drive for Halloween town is going strong. It might be a close race this year. Who do you think is going to win? Many of our students will be dressing up for Halloween town so come out and see them. Ron Atienza is going to be Charlie Brown and I will be Snoopy.

On October 4 we had Director's Council and we were able to voice some concerns along with positive feedback. It was a good session with the Dean director Sandy Baker. Also on October 11, the Joint Student/Faculty/Clinical Agency Nursing Advisory meeting was held in the Hall of Fame. This meeting is where each class gets to tell the clinical facility representatives what is going on with the class. It is also where we learn of new projects and changes that are going on at our clinical sites. It was a very informative meeting. On October 18 Susan Avery with Financial Aid was our guest speaker at the SNO meeting. She talked about how to write a scholarship letter, how to apply, and most of all encouraged everyone to apply. We send our thanks to Susan for taking time out of her day to speak at our meeting.

Festival of Trees is approaching fast and once again we will be decorating a tree for this great gala. For those who don't know what Festival of the Trees is, it is a fundraiser for Riverside County Regional Medical Center. The money raised goes to the pediatric floor along with the NICU. This is an annual event. Our tree has been purchased and now it is time to start decorating it. So every Friday from 8-12pm in LS202 we will be working on this project so come on out and have a good time.

The NSNA conference is approaching and we have 12 students going to Florida to represent RCC. For all of those going let's put our best foot forward and show them what RCC is all about. SNO will be busy in November so look for exciting things to come in the next SNO Flurry.

Thank you everyone for all your hard work. Keep up the good work.

Kelly Young, SNO President

\*\*\*\*\*

### **Messages from Our Advisors**

Thank you for the great turnout for the Joint Student/Faculty/Clinical Agency Nursing Advisory Meeting. I know the Clinical Agency representatives appreciate your interest and your thank you's for the opportunities they provide for you.

I hope many of you are planning to come and bring your children to Halloween Town October 29<sup>th</sup>. It's a wonderful place to safely bring your children to Trick or Treat. SNO will have Quad 101 as our room and the Great Pumpkin and friends will be there.

For the third year SNO is collecting shoe boxes with small toys, etc. for Operation Christmas Child. Our shoeboxes will be shipped all over the world to children who otherwise would not receive anything at Christmas time. If you wish to participate you may drop your filled boxes off in Nursing 7. Please attach a note saying what age group and whether for a boy or girl. They will be picked up around November 16<sup>th</sup> and taken to Orange County by one of our graduates, Aaron Wilson, for shipping.

We will have 12 students attending the NSNA Mid-Year Conference in Daytona Beach, Florida representing you. They will bring news of their experiences in the next SNO Flurry.

We have begun work on our tree for Festival of Trees. The tree will be moved to the Convention Center on November 22<sup>nd</sup> where it will be on display with 50 other trees through Sunday, November, 28<sup>th</sup>. Remember, Riverside starts the holiday season on Thanksgiving weekend with Christmas lights being turned at the Mission Inn. This is a great time to bring your family to enjoy the festivities and enjoy all the trees on display.

Had you thought about becoming more involved? Nominations for SNO officers will take place on November 18<sup>th</sup> at the SNO meeting. If you have any questions, see any SNO officer or Advisor and they can tell you a little more about what is involved. The Bylaws are posted on the SNO Bulletin Board in Nursing 7 which also describe the duties.

Thanks again for all you do!

Wilma La Cava, RNC, MSN  
SNO Advisor

\*\*\*\*\*

**SNO Officers  
Fall 2004**

<i>President:</i>	Kelly Young
<i>ADN Vice President:</i>	Lisa Blasko
<i>VN Vice President:</i>	Cesar Mburu
<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>	Jonas Morales
<i>Scholarship Chair:</i>	Melanie Hollingworth
<i>Alumni Association Liaison:</i>	Nicole Bruneau
<i>Historian:</i>	Ronald Atienza
<i>Breakthrough to Nursing:</i>	Monica Valencia

\*\*\*\*\*

**SNO Meeting Calendar  
Fall 2004**

*8:00 AM, in Heritage Rooms, located in the cafeteria (Unless noted otherwise)*  
 October 2, Back to School Event (Hall of Fame)  
 October 4, Meeting (Director's Council follows)  
 October 6, Blood Drive  
 October 11, 8:15 – 10:00 Joint Student/Faculty/Clinical Agency Nursing Advisory  
 (Hall of Fame)  
 October 18, Meeting (Susan Avery guest speaker)  
 November 1, Meeting  
 November 11-14 NSNA 22<sup>nd</sup> Mid-Year Conference, Daytona Beach, FL  
 November 15, Meeting (Nominations)  
 December 6, Meeting (Elections)

\*\*\*\*\*

**Class Officers**

Nursing 1

President: Ryan Tabares	Secretary: Charity Griffin
Vice President AM: Gen Luib	Treasurer: Micki Vickroy
PM: Charisse Gonzales	
Historian AM: Renatta Contreras	SNO Representatives:
Misi Komolafe:	Justin Roldan
PM: Satsuki Ikemiyagi	Victoria Teets

Shiela Padre  
Jill Tubbs

Sheryl Jernigan, Alternate  
Dominica Niala, Alternate

Nursing 2

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

Secretary: Kerry Sargenti  
Treasurer: Debbie Escobar  
SNO Representatives: Crystal Azar  
Curriculum Representative:  
Deborah Escobar

Nursing 3

President: Kelly Young  
Secretary: Kirsten Cochran  
Historians: Amber Woodberry  
Mavis Achumba  
Cindy Rivera  
Julie Scheppelman  
SNO Reps: Keshia Culbertson  
Nicole Bruneau  
Advanced Placement Reps:  
Jeannette Baker-Shaw  
Allana Bedashi  
Amber Kapturkiewicz

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

Nursing 4

President: Lisa Blasko  
Vice-President: Tammie Reilly  
Historian: Sarah Burroughs  
Learning Resource Representative:  
Tom Neufeld  
Oscar Estrada, Alternate  
Curriculum Committee Representative:  
Christy Williams

Secretary: Janine Tarculas  
Treasurer: Erin Butler  
SNO Representatives:  
Ron Atienza  
Lori Ferrell

Advance Placement Rep:  
Melissa Perez

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

\*\*\*\*