

SNO Flurry

Student Nurses' Organization



Riverside Community College Student Nurses' Organization Newsletter

September 04

Message from the Dean/Director

Greetings to all new and returning students in the nursing programs here at Riverside Community College! The faculty and I hope you all had a restful summer and look forward to working hard this year with you to meet your academic goals.

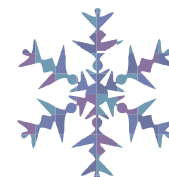
To all new students – you are privileged indeed to be here! We had 372 applicants to our ADN Program this fall and 288 applications to our VN program. It is gratifying indeed that so many students are interested in becoming nurses! We are looking at innovative as well as traditional ways that we can meet the community needs for nurses, while retaining the quality programs RCC is so well known for. In fact, we received an \$827,000 Federal Grant to work on this issue as well as others. Stay tuned for more details as the year unfolds.

Mrs. Fawson and I went to Orlando this week – hopefully, not in time to encounter the latest hurricane! We are attending the annual National League for Nursing Convention. The NLN is one of our accrediting bodies. We hope to obtain lots of information about the NCLEX test plans, among others, to share with you on our return.

This year proves to be an exciting one as we begin to plan our School of Nursing funded through Measure C Bond funds. Although it won't be built for a few years it's not too early to begin to plan! Our School of Nursing will usher in a new era for RCC, where we will be able to offer nursing classes from LVN level up to Masters!

Again, welcome to our programs. Please let me know if I may be of service to you. Directors Council meets on October 4th at 9:00 a.m. in LS 208 and provides a direct forum for you to anonymously discuss program concerns with me. Have a great year!

Sandy Baker, RN, MSN
Interim Dean/Director



Message from the ADN Chair

Welcome. The semester is already progressing so quickly. You will have all most likely taken your first exam by the time this SNO Flurry arrives in your box. I have always felt that the first exam is a good time to evaluate your academic performance and if necessary develop a plan to improve it if it is below your anticipated goal. If you achieved your desired goal congratulations and keep up the good work. If you did not achieve your desired goal with the first exam it is time to reevaluate your plan for success. Ask yourselves these questions: Are you putting in the time you need to study and learn the content? Are you working too many hours? Are there other distractions in your life that are demanding your time? Do you have the study skills to help you be successful? Nursing School is very demanding. It has to be because we (your faculty)

have an obligation to the community to graduate the most prepared and qualified nurses that we can. We are committed to providing you with the best education and preparation to be the best nurse you can be. However, we cannot do this alone. You need to do your part. If you need assistance, now is the time to get it. You have resources available to you. Your faculty, your peers, and the Nursing Educational Resource Specialist (NERS) are all here to help you. I ask each of you to develop a plan for success, work your plan, and evaluate your plan on a regular basis. We need you in nursing but we are committed to maintaining high standards in our program. We will not let you just get by. You need to reach the bar and we're here to help you. I hope that you enjoy your semester and that you will all be successful.

I am available to each of you if you should need to speak to me for any reason. I do teach full time in N 4 so if I am not in my office please leave me a message so that I can get back to you. My phone number is 222-8239.

Sincerely,
Angie Fawson, RN, MSN

Message from the VN Program Fall 2004

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.

Are you using your work as an excuse not to study? We hear such comments as: "No one came in to replace me, so I had to stay." "They need me at work." "My manager won't adjust my work hours to allow time for school and study." Please consider that your work is for today, but your education is for the rest of your life. Do you really need those new clothes or the new stereo or the new set of dishes right now? We would ask that when you consider whether or not you can afford to reduce your work hours in favor of more study that you answer, "I can't afford to work any more than needed, because my education is my most precious wealth."

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 President

Congratulations and welcome to all of the VN students!! To all of the familiar faces, it is great to see that we are still together, and I hope you had a great summer. To the new full time students joining the program, I hope I get to know all of you before our pinning ceremony. I am available to lend a hand if you should need it. To the part-time

students, should you need assistance, please look me up, and I will help in any way that I can.

WOW! NURSING! Clinicals, care plans, theory, study lab, computer aided instruction, and not to mention, lots of READING! Oh yeah, and STUDYING! Good study habits are a MUST, staying dedicated to learning throughout this program will ensure that we all are standing together on August 9. I have a great poster in my study room – “The key to life is balance”. Remember to take a break from studying to enjoy your family and loved ones. A little fun and relaxation is also essential. I wish all of the VN students much success and remember, should you need assistance, don't delay. The nursing lab (Room LS207 skills, and Room LS206 computer) has great resources for help. USE IT!

Hey, I am excited about this semester, I feel privileged that I have been given the opportunity to act as our class president. I look forward to getting to know and work with all of you.

Linda White
VN Class President

Nursing 1

Whaaaazzzzup ya'll! This is the crew from Nursing 1. First of all on behalf of all my fellow classmates, I would like to give much love to our big brothers and sisters. Thank you so much for helping us in getting started. We would be lost without you. I would also like to thank the wonderful faculty that Nursing 1 has to offer. They are a wonderful source of support, and have done a great job in making us feel welcomed. Well enough of that, it's time to get this party started. Let's jump right in with both feet and strive for success. We all have the ability to do it one way or another. There is nothing stopping us now, we can do this. Whenever we get that slightest feeling of frustration remember what it took to get this far. We have just completed our first two exams so now we have a taste of what it is like and what we need to do to prepare ourselves. Keep in mind the dream that we have of becoming nurses, so let's hang in there and make that dream come true. Because IT'S ALL GOOD!!!!!!

Take care and God Bless,
Ryan Tabares, Nursing 1 President

Nursing 2

WOO HOO from Nursing 2!!

Wow....summer came and went so fast for most of us...and now I cannot believe we are already in week 5 of the new semester!! Time flies when you are having fun right!?! HeHe...Mosby out of mothballs and away we go!!

WEEEEEEEEEEEEEEEEEEEEEE...

We are off to a great start and just had our first exam...EEK! Little more drama surrounded that then we all care to mention or remember, BUT we got through it...and we WILL continue to march **together** in our white uniforms (complete with pocket protector) and grow and develop into the providers of care that we have dreamed of becoming!!

What an inspiring Nursing 2 staff we have...and the rotations so far have been an incredible experience from all those that I have spoken too...from little ones, to babies & into the operating room...the adventures and range of our scope of practice have so far been just awesome...and of course the care planning that we have all grown to love...Confusion, actual?!?...HeHe ☺

Thank you to all of my classmates...my FAMILY...for the continued support, hugs & shoulders to lean on...you all are the best!!

Just remember to BREATHE..and HANG LOOSE!!

Love & ADPIE...

Jacquie Bass, Nursing 2 President

Nursing 3

Well hello everyone. Our class grew to an astonishing 70 students this semester. You know how I know? I am number 70 on the roll sheet (little odd humor). Our class has received quite a few LVN advanced placement and new students. I send out my greeting to everyone in our class. Fundraising this semester consists of a change drive done in class. So far excellent results for the first week!!!! Keep the change coming in.

Our rotations are about to change for the first time. Some of us are quite excited about moving on. Our first test has come and gone. Study hard for test numbers 2, 3, 4 everyone. Take care and see you next month.

Kelly Young, Nursing 3 President

Nursing 4

Welcome back for another semester. The summer flew by and we are back to the books, clinicals, and hours of studying. We have already completed one test and I hope that everyone did well. If you did not do well on the first test, use the resources available for us. If you did do well, keep it up. We have made it through three challenging semesters previously and we shall make it through this one. Be positive, study hard, and remember to take an occasional break for yourself. We have taken our Nursing 4 Pinning Pictures and we've begun to plan for our pinning ceremony scheduled for December 15, 2004 at 3:45.

I would like to thank the Nursing 4 instructors for being understanding of our apprehension of what this semester holds and being there to listen to us and provide much needed encouragement and guidance in times of need. This semester, more than any other, we have become "the nurse". I would also like to welcome the incoming Nursing 1, advance placement and VN students, as well as welcome back the continuing students. I hope all goes well for everyone. Take care.

Lisa Blasko, Nursing 4 President

SNO President

Welcome back to nursing school everybody. Congratulations to all the Nursing 1, LVN, and Advance Placement students. SNO had a busy start this year. During the summer Mrs. LaCava, Lisa Blasko and I attend the COCR meeting in Huntington Beach

on August 14. It was held at Golden West College. This meeting was a place where representatives from all the local chapters of California Nursing Student Association (CNSA) attend. We talk about how our school is doing in fundraising, community service, members and other issues of importance to nursing students. I learned a lot about how other schools function. I sat in on a committee meeting on the upcoming convention for February 2005 that is being held in Long Beach. This will be a great convention for all to attend as it is local for us. We also had an opportunity to see a demonstration of the Medi-Sims mannequins. These mannequins simulate real medical problems. They had features like eyes that dilate and cardiac friction rubs. It also can be programmed to have different heart rhythms. It was a great experience for us to see.

The start of September was busy here at RCC. The Welcome Tea on September 13 was a great success with an excellent turnout. Once again I congratulate everyone on his or her new endeavor. Our first meeting was held on September 20 and that went well as well. Our Back to School Event on September 25 was a huge success. Our family and friends got a good look at where we spend most of our time. Thanks to all that attended. Our blood drive is on October 6, so come on out and donate blood for a good cause. Halloween Town is October 29 in the Quad. SNO will have a door for handing out candy. Our candy drive has started so bring in candy for your class. The class that brings the most wins and gets \$50.00 towards their pinning ceremony. Sweatshirt orders are going in soon so get your order to Mrs. LaCava ASAP.

Until next time keep your heart focused and your mind strong. Here's a little motto for you, To Touch is to Care, To Care is to Heal - Kelly Young. See you all next month.

Kelly Young, SNO President

Messages from Our Advisors

I want to welcome all of the new students to our program. The students I have met are very excited about beginning their nursing studies and looking forward to taking care of patients. What a great group of students.

I wish to congratulate our new officers for the 2004 VN Students' Group. The new officers are:

President: Linda White

Vice President: Gina Messer

Secretary: Carrie Driscoll

Treasurer: Meredith Travis

Historians: Rena Gillard, Carina Kroll, Mona Beck, Jamie Clark, and Irene Belarde

SNO Representatives: Rebecca White and Ella Garrett

SNO VP: Ceaser Mburu

Nursing Curriculum Committee Representatives: Michelle Lanorias and Nena Artienda

Learning Resource Committee Representatives: Sue Schueman, Kathryn George

Congratulations,

Lee Nelson, RN, MSN

Nursing Instructor and SNO Advisor

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Welcome to all Nursing 1, Advanced Placement, and VN students. Welcome back to all our returning students. As you know, SNO has been busy coordinating with your state and national organizations and working on local events for you. I want to thank all who helped or participated in our Nursing I Orientation (August), Welcome Tea and Back to School Event (September), and presentations at “Gear-Up” at Badger Springs Middle School in Moreno Valley.

Blood Drive sign ups are in full swing for the Blood Drive Wednesday, October 6th so please consider helping with the sign up table or donating yourself. I know you all are acutely aware of the need our local San Bernardino-Riverside Blood Bank has to keep blood on their shelves for use by our community.

We are already receiving candy donations for Halloween Town with the deadline of October 27th. Incidentally Nursing 2 is currently ahead. The theme is Myths and Legends so bring your suggestions for our door to the Monday, October 4th SNO meeting. We won last year and perhaps we can do it again with your help. Our Christmas tree is here and work will begin in mid-October so that we will have our tree at Festival of Trees in November. Last Year the Festival of Trees raised \$370,000 for purchases of equipment for the RCRMC Pediatric and NICU units.

The National Student Nurses’ Association (NSNA) conference takes place in November. Remember in order to attend you must be satisfactory in theory and clinical and have attended four SNO meetings prior to the conference. The deadline to turn in your forms is October 10th as hotel and conference reservations must be prepaid. If you can’t attend this meeting there will be a California Nursing Students’ Association (CNSA) Annual conference in Long Beach in February and the NSNA Year-end conference in Salt Lake City in April.

Thank you again for your participation and have a great semester!!

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>	Ceaser 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 22nd 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:
Missy Komolafe:	Justin Roldan
PM: Satsuki Ikemiyagi	Victoria Teets
Shiela Padre	Sheryl Jernigan, Alternate
Jill Tubbs	Dominica Niala, Alternate

Nursing 2 (Incomplete)

President: Jacquie Bass	Secretary: Kerry Sargenti
Vice President: Teddi Horner	Treasurer: Debbie Escobar
Historian: Hillary Smith	SNO Representatives:
Rebeccah Kezer	
Summer Vega	

Nursing 3 (Missing in Action)

Nursing 4 Class Officers

President:	Lisa Blasko	Secretary:	Janine Tarculas
Vice-President:	Tammie Reilly	Treasurer:	Erin Butler
Historian:	Sarah Burroughs	SNO Representatives:	
Learning Resource Representative:			Ron Atienza
	Tom Neufeld		Lori Ferrell
	Oscar Estrada, Alternate		
Curriculum Committee Representative:			
	Christy Williams		
Advance Placement Representative:	Melissa Perez		

“Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles.”

--Helen Keller

HAPPY

FALL