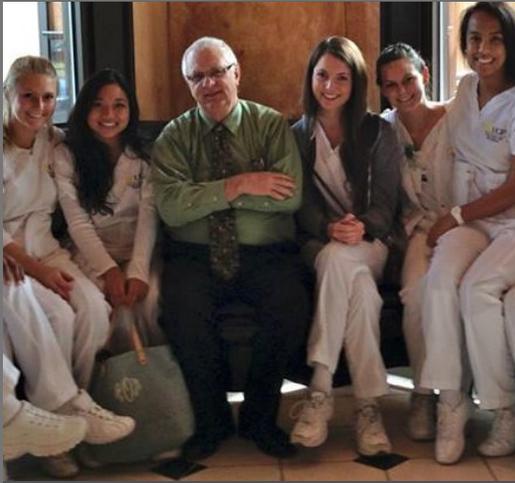


---

# LIFELINE NEWSLETTER

---

STUDENT NURSES ASSOCIATION—UCF ORLANDO FEBRUARY 2014



---

**WE LOVE OUR UCF  
INSTRUCTORS!**

---

**BY INGRID COLE**

**The month of February is often dedicated to celebrating love. This month, we celebrate our wonderful instructors who inspire us to be our best.**

Recently I met a nursing student from a different school at the unit I was assigned for my practicum placement. This student boasted about having fantastic professors. He told me that all of the professors at his private nursing program were nurse practitioners, so he believed that his cohort had an advantage. Being the humble and modest student that I am, I congratulated him. Our school is well known for being one of the most difficult programs to be accepted in to within our state. We often face negative attitudes from people who perhaps fell a little short in the admissions process. Being gracious and humble is one more way to set us apart, so when the other nursing student from an unnamed college talked up his school, I smiled and said something pleasant.

What I really wanted to say would have been the most long-winded, one-upping bragging session known to man. Why? Because the truth is—OUR PROFESSORS ARE CLEARLY THE BEST! I'm not putting the other school down by any means. What I am saying is that our college employs major players in the field of Nursing. Read your professors bios if you don't believe me.

We truly love our professors. I asked our student body to share a few words about the instructors who have made an impact. The outpouring of love for our faculty was overwhelming! If I included everything that was submitted this newsletter would be a novel!

### **Dr. Allred**

"Dr. Allred has been one of the most supporting instructors I've had in nursing school. I am happy to call her my mentor. Dr. Allred and I have been working on my HIM project for almost a year and words cannot express how privileged I am to collaborate with her. She is intelligent, knowledgeable, caring, and most important, she is so much fun to work with! I was afraid of research at the beginning, but thanks to her, I love it now. Her love for research and students has helped me see a whole new facet of nursing!" Said Geraldine Martinez.. Chelsea Bakr added "Dr. Allred makes every semester less stressful and is always approachable for advice. She is very down to earth and one of the smartest people I know. I respect her and look up to her and can't thank her enough for her kindness and wisdom." Her entire Bithlo CNC yelled a collective "ditto".

### **Ms. Panko**

Many of us had the pleasure of learning fundamental nursing skills from Ms. Panko. She makes every task look effortless. When I encounter anything new in a clinical environment, I hear still hear Panko's voice reminding us of who is in charge. Norman Binda reflected on his relationship with Ms. Panko, who serves as the Englewood CNC instructor. He said "When I started in the nursing program as a 'last-minute, squeezed-in' student from the waiting list, I was not part of any CNC. I am so glad that I ended up in the Engelwood CNC of Ms. Christine Panko. From day one and up to this point, I knew I found an amazing mentor. She has the perfect balance of an encourager and a teacher. She is always clear of her expectations and consistently wants the best for her students and, of course, her clients. She never sugarcoats weaknesses and never fails to recognize/reinforce strengths. I have been

watching her style, approach, and skills in nursing; without a doubt, she is a "nurse" of quality, respect, and service. I want to take this opportunity, and on behalf of the whole Engelwood CNC, to thank you, Ms. Panko on guiding us from our first semester and for polishing us throughout this journey. #Future skilled nurses r/t Ms. Christine Panko AEB: clinical instructor states, "You are in control of the paper." Once again, we appreciate you Ms. Panko and the whole UCF-CON faculty. "

### **Dr. Gonzalez**

I know without a doubt that everyone gets excited for a "Dr. Gonzalez lecture". We love her personality and her nursing stories. Geraldine Martinez spoke highly of Dr. Gonzales. She said "I was honored to join Dr. Gonzalez in a medical mission trip in Dominican Republic last summer, and I got to know her a little better. Dr. Gonzalez is AMAZING! Her genuine love for all patients regardless of age, ethnicity, or language is truly inspirational. She has the unique gift of assessing patients while teaching students at the same time in difficult environments. It is no wonder she won the Instructor of the Year Award 2013!"

### **Ms. Dever**

Ms. Dever serves as one of our SNA advisors. It has been a pleasure to work with her and learn from her. Seeta Rani Nath said "I still remember my first encounter with Ms. Dever. I was assigned to her roles class, as many of us were, during my first semester with the nursing program. Since then, I've had Ms. Dever for two didactic classes and two clinical rotations, and I can say that she truly has a passion for her students. Ms. Dever sets bars for her students and does whatever she can to help them achieve. For instance, in my psych clinical, she made sure that we were able to observe everything we

wanted to observe with pediatric psych. She held an open-room during our post-clinical conference to discuss issues that occur not only clinical, but within our communities as well. Ms. Dever wants her students to think critically about how our roles within the hospitals can be expanded to our roles within the community as active citizens. The questions she poses to her students make them wonder about the bigger picture and aspire for new heights. I'm truly thankful to have had such a kind and calm teacher to show me the nursing ropes."

#### **Ms. Brzezinski**

Although I have never had a clinical rotation with Ms. Brzezinski, I have had the absolute pleasure of meeting her. I first met Ms. Brzezinski over the summer at an FNSA Leadership retreat. She spoke to the students at our table, and I felt moved and inspired. Her clinical students have sung her praises as well! Veronica Lowry said "Ms. Brzezinski worked through a knee injury just to teach us in Adult 2 Clinical! She was patient, kind and taught me so much. Our whole adult 2 group loved her. " Melissa Laudano added "Adult 2 was the best (despite her injury), she supported us and gave us independence and made us feel like we were nurses! She really had a desire to prepare us for the future and she was as sweet and patient as can be! "

#### **Dr. Ladores**

I personally admire Dr. Ladores because I appreciate her straight-forward nature. Katie Wach spoke of Dr. Ladores and said "I loved Dr. Ladores's lectures. I always felt I learned so much from just listening to her before I even sat to study the material. I gained so much respect for her listening to her journey she and her husband have gone through with his cystic fibrosis. I honestly want to aspire to be like her even if I don't

specialize in pediatrics. " Geraldine Martines added "What can I say about Dr. Ladores? She is beauty, fashion, knowledge, and skills all in one!!! Dr. Ladores truly cares for her students. She goes above and beyond to make sure all of us understand the material, but more importantly her mission is our success. Her love for pediatrics is contagious!"

#### **Ms. Bennett**

I don't know what Ms. Bennett did, but practically each one of her former students reached out to say something wonderful about her. Iris Appenrodt said "Melody Bennett has been the coolest and most inspiring clinical instructor!" Sierra Cisneros said " Ms. Bennett was amazing and made us feel confident and competent in our actions! Having clinical with her makes you feel like you can take on the world! At least the nursing world!" Megan Donegan added " Nursing is not an easy major. From the very beginning, we are expected to perform at a professional level and there is little room for error. This type of environment can be stressful and overwhelming. Melody Bennett is the type of nurse that I aspire to be one day. She is incredibly intelligent, kind, and most importantly, patient. No matter how ridiculous the question (and my clinical group asked some pretty off-the-wall questions), she never made you feel stupid for asking it. She has an excellent sense of humor and used laughter to challenge us each week. It is obvious that she truly enjoys having students and that made a world of a difference in my clinical experience. Not only did I learn a lot of valuable information from her, but she taught me to trust in my abilities. I am so thankful that I have had the opportunity to have her as an instructor because I know that she has made me a better nurse."

### **Dr. Desmarais**

Dr. D was my clinical instructor for Adult II rotation. I learned so much from him. I learned a tremendous amount of terrible jokes, and I also learned that practically every nurse and physician at Winter Park Hospital wants Dr. D...dead. Even his wife wants him...dead. Poor guy. All joking aside, I actually gained a large amount of knowledge from Dr. D. He taught us how to be efficient and organized with our time and not fall behind on medication administration. He taught us to look at everything in the room—the patient, obviously, but also every piece of equipment from the IV pump to the light switches. He stressed the importance of shaving our male patients. Would you believe me if I told you how much I learned about patient care from Dr. D? This is a man who not only knows practically everything about the human body, but who also truly cares about his patients and his students. Dr. D is my nursing hero, and I hope to be the same kind of nurse he is.

I also spoke to Mo Charles, who was in our clinical group with Dr. D. She had an innate ability to shoot down his jokes before he was able to verbalize them. Mo said “ Every now and then we come across someone who has the ability to make us smile even when we don’t feel like it. Sometimes the day cannot come to an end soon enough, and all you can think about is the ill patient you are caring for that you know is not going to make it. In these times, it helps to have someone that can put things into perspective and at the same time, remind you how important it is to smile. It is imperative to remember to tell these people how much you appreciate what they do day-in and day-out. So... Dr. Desmarais, I thank you for sharing your talent, helping me to grow, always being honest, and your never-ending humor.”

### **Dr. Linda Howe**

Last but not least, we must honor our very own Dr. Howe. Dr. Howe is an incredible source of knowledge. I have been lucky to work with Dr. Howe for the past year through SNA, and her leadership has allowed us to be successful. I struggled during pharmacology, and her door was (and is) always open to students. Sometimes all we need are encouraging words, and Dr. Howe is never short of those kind words. I truly admire Dr. Howe because she embodies what it means to be a patient advocate. She, of course, advocates for her students as well. I dare you to listen to one of her stories and not cry. These are not tears of sorrow, but of joy and hope. Dr. Howe, you inspire me to be the best patient advocate I can be.

Diana Antolinez wrote something so touching about Dr. Howe that she was kind to share.

A poem for Dr. Linda Howe by Diana Maria Antolinez

*Thank you for opening your door to me  
When you saw me in tears*

*Thank you for your compassion  
When I was struggling with fear*

*Thank you for lifting me up  
And telling me that I can be my best  
Even when I think I am less*

*Thank you for being forthcoming and true  
And letting me know that nursing is not "all  
about you"*

*Because it is only in selflessness  
That we get to bear fruit*

*Thank you for pouring your heart out  
Into everything you do  
I am better today  
Because of you*

# In Search of The Future of UCF SNA

With graduation in sight, several SNA Board Positions are soon to be available. Last month we highlighted many board positions. This month we focus on the Breakthrough to Nursing, Secretary, and Fundraising chairperson positions.

## **Melanie Harris, Breakthrough to Nursing Director**

The purpose of the Breakthrough to Nursing program through NSNA is to encourage recruitment and retention of students in nursing schools. Some of the projects completed by a Breakthrough to Nursing committee is to target non-traditional as well as traditional students into the nursing profession using a broad range of strategies which consider ethnic diversity, gender, and age. The use of these strategies promote transcultural awareness in nursing schools and within the community. Breakthrough to Nursing also serves to encourage and promote mentorship programs.

As the Breakthrough to Nursing Director, you will lead a committee of your peers to complete these goals through diverse activities which could include high school presentations or participation with on campus activities such as the freshman ice cream social. You will foster relationships with high school counselors and work closely with UCF's APNS president to schedule times for members of the Breakthrough to Nursing committee to speak to APNS.

The Breakthrough to Nursing Director also establishes mentoring program between SNA and APNS, schedules committee meetings, sets the agenda of those meetings, and serves as a liaison with the faculty recruitment committee and school of nursing recruitment staff.

## **Alexis Bosque, Secretary**

It has been a great honor to serve as secretary of your Student Nurses Association for the past

year. Part of my job as secretary is to take the minutes at all the meetings, write the thank you notes to our guest speakers, and serve on the undergraduate curriculum committee as a senior nursing student liaison. Being a part of the curriculum committee has been eye opening as to how the faculty members work behind the scenes to make our experiences in nursing school as all encompassing as they can be. Outside of my assigned duties, I am also in the process of developing a scholarship for future incoming classes. I also help to coordinate with our college's marketing and communications manager to keep in touch with the UCF nursing alumni association. It has been a wonderful year for me as a part of SNA. Taking on this position has been great in expanding my horizons and knowledge of what it's like to be a part of an organization of this magnitude. I had the opportunity to go to the Florida Nursing Students Association State Convention twice and am looking forward to attending the National Student Nurses Association Convention in April of this year. If you're looking for a way to get involved, I highly advise that you look into what each board position has to offer and find a fit that's perfect for you. If you are interested or would to know more about my position, please feel free to email me and I'd be happy to answer any questions. Good luck in your semester and GO KNIGHTS!

## **Jessica DiPietro, Fundraising Chairperson**

Fundraising is extremely important for organizations like our Student Nurses Association. It is because of the funds we raise throughout the year that we can go to state convention and nationals. We also fund a monthly lunch at Ronald McDonald House. This role was created recently and voted as an important voting member of our Student Nurses Association board due to the outstanding contributions that fundraising brings to our organization.

## THE VALOR PROGRAM

By Kacey Burton, Breakthrough to Nursing Committee

**W**ant to get paid for extra experience while still in school!?

A program through the Veterans Administration called VALOR, which stands for Veterans Affairs Learning Opportunity Residency, is an opportunity that is hard to pass up. In this program you spend 400 hours in the new community living center at Lake Nona and another 400 hours going through the clinics at the Lake Baldwin campus. The clinical areas you may rotate through are the ambulatory surgery center (including preop, operating room, and the PACU), wound care, mental health, genitourinary, and the green team, which is the VA's version of an urgent care. You will advance your skills in IV insertion, catheter insertion, injections, medication administration, and assessment skills by getting to work in all these areas.

Being in the VALOR program has given me confidence in working as a team with other nurses and ARNPs. It has helped me develop my time management skills and learn how to function independently as a nurse. Mastering skills that we seldom have the opportunity to perform in

our clinical rotations is a great advantage to this program. The veterans we work with are a special population of patients who are important to learn how to work with. They can be both frustrating and rewarding, but overall, learning from our veterans has been a wonderful learning experience for me.

Juniors can apply at the end of their spring semester. You must have a minimum 3.0 GPA to apply and have approval from the dean of the College of Nursing. After approval you will have a single interview with multiple VA nurses. This program is very time consuming and takes a lot of commitment and dedication to complete. It is a recruitment and retention program where at the end of the program the VA hopes to extend a job offer to the new graduates. This will be an even greater opportunity as the new VA hospital opens and job offers may include the hospital positions as well as the clinic and Community Living Center positions that are available now.

# Knight Nurses Sharing Love, Hope, and Healing

By Diana Antolinez

Ronald McDonald House Charities (RMHC) started in 1974 by Philadelphia Eagles player Fred Hill who saw a need in the community and a local McDonald's franchise owner who wanted contribute to his cause. Fred Hill's daughter was battling Leukemia at this time, and because of this he was able to witness how other families in the hospital did not have a place to stay overnight. He would see them resting in their cars, in waiting rooms at the hospital, or simply anywhere where they could have some respite without having to leave their children's side. Mr. Hill knew that something needed to be done to help these families, who just like him, were going through the motions of having an chronically ill child in the hospital. Thanks to his public exposure, and that local McDonald's franchisee support, the "Shamrock Shake" was the item created to gather funds to buy a house close to the hospital that would offer free lodging to these families. Since then RMHC mission of "keeping families together to help kids heal faster and cope better" has expanded throughout the world, with more than 300 houses in the United States, and 58 other countries and regions.

Knowing the story inspired me to visit the Ronald McDonald House close to Arnold Palmer Hospital on Kuhl Avenue. Our Community Health Officer, Sarah Thomas, came to our class and asked us if we were interested. I enthusiastically said yes and offered to be the leader of the group. As a leader, I was in charge of buying groceries, coordi-

nating recipes our volunteer group would want to cook, and taking pictures the day of



the event. These wonderful ladies: Emily Cobb, Heather Collins, Beth Irwin, Alisha Peddle and Ana-Christina Torres were part of my team that day.

We cooked Baked Ziti, Shepherd's Pasta, fixed some salad, and baked garlic bread. The smell of our scrumptious dishes permeated the house, and as we were close to being done, we had a dining room full of parents ready to have some lunch. We had such an amazing experience there. One parent in particular approached us and wanted to take a picture with us. He was so grateful that we would want to cook for them that day. His gorgeous wife also came to us and thanked us.

*Mr. V has allowed me to share this picture and the following message as well:*



Thank you Diana for the picture and for offering your time for such a good cause. Our son is doing better today and this positive energy you are spreading is helping parents to pass it on to their little ones.

Please send my thanks to the rest of the UCF team.

Sincerely, Mr. V



## SNA CLUBHOUSE NEWS

### New Hours for Spring 2014

Mondays 11:45 a.m. - 12:30 p.m.

Wednesdays 12:30 p.m. - 1:15 p.m. SNA

The SNA Clubhouse is located on the 3rd floor at CON. We stock chips, water, and soda at a lower cost than vending machines. You can pick up clinical supplies, badge clips, shirts, sweat shirts and more.

Volunteers receive a discount of 10% off merchandise.

## QUOTE OF THE MONTH

We often think of nursing as giving meds on time, checking an X-ray to see if the doctor needs to be called, or taking an admission at 2:00 a.m. with a smile on our faces. Too often, we forget all the other things that make our job what it truly is: caring and having a desire to make a difference.

Erin

Pettengill

## Upcoming Events

### Relay For Life March 22-23

“Relay Around The World” We are South Africa!

Join our official team or donate at:

<http://main.acsevents.org/goto/SNAUCF>



## How to Earn SNA Points

Event	Points
General Meeting	1 point each meeting
Community Service	1 point per hour (4 max)
Breakthrough to Nursing	1 point per hour (4 max)
Fundraiser	2 points
Clubhouse Shift	1 point
State Convention	5 points
National Convention	10 points

Earn 2 SNA Points for submitting content to our website or newsletter!

SIGN UP FOR SNA

*Visit SNA's Clubhouse and request an application. Provide complete application to any SNA Board member along with SNA dues.*



JOIN US ON FACEBOOK

Search

Student Nurses Association  
Orlando

## January's Top Earners

Upon Graduating, the Top Earner of each class will receive SNA cords free!

**Juniors:** Jeanna Berman, Michael Manning

**Seniors:** Hector Ortiz, Patricia Mullins, Bijal Patel

**Accels:** Brittani Geller, Angela Gelinas, Alisha Peddle, Seeta Nath



## Contact Info for 2013-2014 SNA Board



<b>President</b> Libby Gersbach	407.221.0738	libby.gersbach@knights.ucf.edu
<b>Vice President</b> Geraldine Martinez	407.314.2718	xitlali229@knights.ucf.edu
<b>Secretary</b> Alexis Bosque	954.871.6423	abosque@knights.ucf.edu
<b>Treasurer</b> Iris Appenrodt	407.701.2188	iris.appenrodt@knights.ucf.edu
<b>SNA Clubhouse</b> Diana Antolinez	407.435.6444	dantolinez@knights.ucf.edu
<b>Breakthrough to Nursing</b> Melanie Harris	407.879.8161	melanie.harris@knights.ucf.edu
<b>Community Health Chairperson</b> Sarah Thomas	407.415.6768	sarah_thomas@knights.ucf.edu
<b>Legislative Director</b> John O'Leary	407.931.6355	johnthenondenom@knights.ucf.edu
<b>Historian</b> Brienne Macko	407.520.7244	brienne_macko@knights.ucf.edu
<b>Newsletter/Website</b> Ingrid Cole	321.368.8353	ingridcole@knights.ucf.edu
<b>Clubhouse Manager/PR</b> Diana Antolinez	407.435.6444	dantolinez@knights.ucf.edu
<b>Accel Liaison</b> Laura Baran	321.230.4374	baronl@knights.ucf.edu
<b>Advisor</b> Dr. Howe	407.823.5315	linda.howe@ucf.edu
<b>Advisor</b> Ms. Dever	407.823.2632	kimberly.dever@ucf.edu

