
LIFELINE NEWSLETTER

STUDENT NURSES ASSOCIATION—UCF ORLANDO MARCH 2014



THIS IS WHY WE RELAY

BY INGRID COLE, MEDIA DIRECTOR

Relay for Life is an event very close to our hearts. This month, we focus on why we Relay, why we walk, and why we won't give up until a cure is found.

Cancer. This insidious disease is everywhere. No family is untouched by its treacherous grasp. A genetic mutation causes a change in cells, which then invade and convert the surrounding cells. There are often little to no warning signs. Treatments exist, but there is no definite cure for cancer in all its forms. Yet.

Cancer steals away our loved ones. Cancer took someone so precious from me. My grandfather fell victim to Multiple Myeloma in July of 2010. I still feel the loss of my beloved Opa almost four years later. I am not alone in this loss. I Relay so that no one has to know that feeling of emptiness where a loved one once lived.

This year I brought my son, Henry, to UCF's Relay For Life event. He went, in his own words, "doughnut crazy" (Dunkin Donuts donated 12 dozen doughnuts), and he managed to find every single dirt pile in Memory Mall.

I wanted him to experience the Luminary ceremony. The day faded into night, and the luminary bags were lit. It is a somber ceremony, and I was overwhelmed with grief. My son wiped my tears (which was more like being poked in the eyes) and started crying too. I explained that we were there to celebrate my Opa's life and to raise money for a cure. I Relay so my son never has to be overwhelmed with grief due to the loss of a friend or family member from cancer.

EVERY MAN DIES, BUT NOT EVERY MAN LIVES

By John O'Leary, Legislative Director

When it's happening, it really doesn't hit you. One day your brother is diagnosed with testicular cancer and suddenly a decade of surgery, radiation, chemo and remission fly by. I remember my first experience with the American Cancer Society's (ACS) Relay for Life, because my brother chaired the Survivor dinner and asked me to help serve. The dinner was held in the old UCF gym and Holiday Inn provided the food. For those of you who don't know, the ACS defines a survivor as someone who has been diagnosed with cancer. The UCF survivor dinner is the 'mac daddy' of survivor dinners. Hundreds of survivors and caregivers show up for food, entertainment, raffles, and excitement. That year the dinner closed with a friend of my brothers singing her rendition of 'When You Believe' from Disney's Prince of Egypt. The song talks about Hope and Miracles, which supports the mission of ACS and Relay for Life.



For the next ten years I witnessed those miracles the song talked about. My broth-

er had surgeries that included: removal of his testicle, the lower lobes of his lungs, two tumors in his brain, one tumor on his aorta, a bone marrow transplant and two hip replacements. Between chemo, radiation, and surgeries, my brother often wondered how much more he could take. I remember him bowing on his knees before his luminary and lighting it each year. Relay for Life's luminary ceremony celebrates cancer survivors and those who have fallen to the dreadful disease. This ceremony became very important for my brother. I asked him what he thought about during the ceremony and he replied, "I pray to be here next year to light my luminary."

On August 30th, 2009, my brother was transported to Florida Hospital South and intubated due to his pericardial sac filling with fluid, which was riddled with cancer cells. The nurse told me his body had become tolerant to traditional chemo, so they would be starting a trial chemo the following day. I told my brother about my day and asked him how he was doing and if he was ready to fight? He gave me two thumbs up; I kissed him on the forehead, and told him I loved him using his nickname Big-Bro. The next morning I was casing mail at the post office when my Dad called me. He told me that my brother wanted to say good bye, so I should get to the hospital as soon as possible. On September 1st, 2009, I was by my brother's side, holding his hand, as he took his last breath.



I've heard many reasons over the years that explained why Relay for Life is an overnight event. The catchy slogan 'cancer never sleeps' is the one I hear most; however I hold one near and dear to my heart. We stay awake overnight to somewhat simulate the night of a cancer survivor. Survivors have a nightly battle of side effects, body aches, and thoughts of whether or not tomorrow will come. As the caregiver, I associate the struggle to stay awake with the survivors struggle to stay alive.

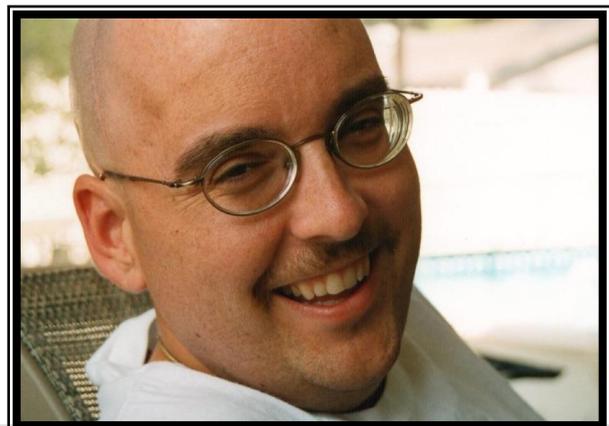


My brother was very much alive throughout his battle with cancer. He married his high school sweetheart who stuck by him through his battle. They traveled numerous places, held family events at their house, and built dreams that would last a lifetime. The

last Relay for Life my brother attended, he brought his wife by his side as he lit his luminary. As if he had some inclination, he made her promise that if he was not here next year to light his luminary, then she would come to do so in his absence. That year, my sister-in-law was surrounded by a glowing garden of luminaries. ACS recognized my brother by creating the Daniel O'Leary Star Supporter award for Oviedo's Relay for Life, which recognizes the highest individual fundraiser. Star supporters are individuals who raise \$1500 or more, which my brother did for ten years straight.

I've noticed through the years that stories, like my brother's, have become more common. Now you might ask yourself, isn't that a bad thing? My history teacher used to say, "History is written by the winners of war." In previous decades, even centuries, there was no such thing as a cancer survivor. There was no story, no cancer battle, no war, just a diagnosis if you were lucky, and then death. Therefore, I view more stories as a good thing. I think more people like my brother are surviving with cancer, leading a legacy of hope. Ultimately, we have to credit organizations, like ACS, who use the funds we raise on crucial research to develop technologies and services that give our survivors quality of life and more birthdays.

In loving memory of Daniel (Big-Bro) O'Leary
11/01/1973-09/01/2009



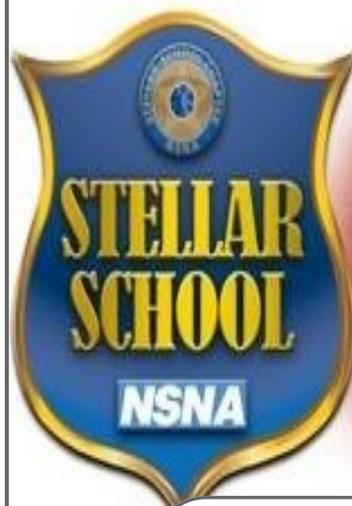
OVARYOU PROJECT

UPDATES

President Elect, Lillian Canamo
is making waves with OvarYou

Lillian Canamo, our next SNA president, is on a mission to spread awareness about Ovarian Cancer. Canamo recently gave a speech at Seminole State College about ovarian cancer. She is slated to present her resolution about ovarian cancer in Nashville, Tennessee at the National Student Nurses Association's National Convention.

You can support Lillian's amazing mission by purchasing an OvarYou Project shirt for \$15. Order forms are located in room 602.



STELLAR!

SNA UCF-Orlando is one of only two schools in Florida who have achieved Stellar School Status from NSNA!

The National Student Nurses' Association is pleased to announce that University of Central Florida College of Nursing, Orlando, is a recipient of NSNA Stellar School Chapter Recognition. This program recognizes NSNA school chapters for their ongoing involvement in NSNA and their commitment to shared governance and professional development.

The NSNA Stellar School Chapter certificate and pins will be presented to the Dean, Faculty Advisor and School Chapter President at the NSNA 62nd Annual Convention, April 9-13, 2014 in Nashville, TN. The presentation will take place during the Closing Ceremony & Awards Presentations on Saturday, April 12, 4:30 pm – 6:00 pm. Please be seated in the front reserved section and be prepared to move on to the stage when your school is announced. (It is one of the last awards before the Endnote Address.) A photo will be taken on stage with the presenter.

In addition, the Stellar School Chapters will be announced during the Opening Ceremony on Wednesday, April 9, 5:30 pm – 7:30 pm. The Stellar School representatives will be asked to stand to be recognized. The Stellar School Chapter Recipients are also listed in the Annual Convention Program Book.

Susan Wong, CAE, Membership Development Director

Dancing with Dr. Ladores

By Geraldine Martinez, SNA Vice President

The financial burden of our nursing education is a serious one, but thanks to our wonderful College of Nursing many students from all 3 campuses are able to obtain scholarships. This year's nursing scholarships summed more than \$100,000.00 and were given to more than 60 qualifying students. A big chunk of scholarship money comes from the efforts of our own faculty members!!! For years, one of those efforts has been the summer event "Let Us Entertain You."

"Let Us Entertain You" is a fundraising dance challenge between local nursing schools hosted by Femmes de Coeur, a group of women in Central Florida who raise funds for various local causes. The proceeds of this event will benefit nursing scholarships.



Stretching in scrubs

Dr. Ladores stretches between clinical and scholarly duties.

One representative from the 4 local nursing schools competes in a dance challenge. Our representative will be the lovely Dr. Sigrid Ladores who will be competing against Valencia State College, Seminole State College, and Adventist University. Dr. Ladores' dance partner is Tony Sterling, a professional dancer. Together they will debut with the Waltz, a classic and elegant dance that includes a never-done-before surprise!

The winner of this competition will take all the funds raised to his/her college for nursing scholarships. The winner is chosen based on 2 criteria: 1) The judges' scores just like "Dancing with the Stars" 2) The number of votes for each dancer. The "votes" come in the form of donated dollars for each contestant. One dollar equals one vote.

When asked about her experience representing UCF CON this year, Dr. Ladores said: "It is an honor to represent UCF CON in this wonderful fundraising event. When I was asked by the Dean a few months ago to be this year's dancer, I didn't have to think about it. I gave her an immediate "YES!" Learning to dance from a professional dancer while getting exercise in a fun way, and being glommed up in a beautiful sparkly cos-

tume - all to raise much needed scholarship monies for the students who I teach --- it was a no-brainer. It's a "win-win" in my opinion."

The event will take place on Sunday May 18th from 4pm to 9pm, in the Ballroom on Church Street (225 S. Garland Ave., Orlando). It will be a wonderful evening of dinner, dancing, and entertainment - all for a great cause. Early Bird tickets are \$75 until April 18th. Tickets are \$85 from April 19th until the day of the event.

In six years of participation, UCF has not won once. This year has to be the one!!! How can you help?

- * By buying tickets to the event: Tickets can be purchased ahead of time by contacting Darcie Englert at 407-970-2150, or Darcie@DarcieEnglert.com.
- * If you are unable to attend the event but would still like to support the UCF CON, go on the Femmes de Couer website to donate money to UCF. Not donation is too small! The URL is: www.femmesdecouer.org.

Dr. Ladores shares with us her journey to becoming a "Dance Queen"- "After my first lesson, I came home and needed a massage to relieve very achy back and neck muscles (I apparently can't arch them enough according to Tony). I am working on my flexibility and learning a whole new dance vocabulary (i.e., twinkles, shanay, whisks, hesitations). I have a deeper appreciation for what

dancers go through. Tony has been very encouraging because he said that considering that I've never had formal dance lessons before, I move pretty well. In fact, he's confident enough in my abilities that he has incorporated several lifts in the choreography. Wish me luck! I would love to see a great showing for the UCF CON at the LUEY event this year. Current, former, and graduating students are encouraged to come. It will be a fabulous night with elegant dinner and dancing. Come with your significant other or even your parents (it could be your Mother's Day or Father's Day present to them especially if they enjoy dancing!) Those who come are in for a special surprise because Tony and I are doing something that has NEVER been done before in the history of LUEY. If you want to see this surprise for yourself, then come join the fun on May 18th!"



DANCING QUEEN

Come support our amazing and talented instructor as she raises funds for US!



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

“The capacity to care is the thing which gives life its deepest significance “.

Pablo Casals

Upcoming Events

NSNA National Convention

Ye-hah! We're hitting the road! Nashville, here we come!

April 9th-April 12th 2014

Nashville, TN



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

February's Top Earners

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

Juniors: Michael Manning, Annabeth Huff

Seniors: Adam Procnier

Accels: Seeta Nath



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