



University of Central Florida
Student Nurses' Association

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Lifeline Newsletter

Student Nurse's Association - UCF Orlando

Knight Nurses Clean Up!

- Anne Dolmovich, Basic BSN Class
of 2016

On a beautiful sunny day, 35 nursing students from UCF Orlando, Cocoa, and Daytona met to relax and enjoy a day at the beach, while giving back to the community. In a wonderful show of camaraderie, these students woke up early on one of their precious few days off to clean a beach, help a community, and reach out to nursing students from other schools in an effort to offer support and friendship among the various campuses in central Florida.



Not only were we able to give back to the community, but we ate good food, enjoyed one another's company, and were able to relax for an afternoon and soak up some much needed Vitamin D. While this continued the tradition at UCF Orlando of cleaning up a beach over the summer, this was the first year we had the pleasure of including other campuses in our fun!

The hope is to continue building a foundation of fellowship and cooperation among our fellow student nurses, in particular our UCF campuses. This event was the kick-off in what looks to be a promising year for great events that include reaching out to others and receiving wonderful friendships and partnerships in return! It's always great to be a Knight (Nurse)!



Starting off the Year With the Back-To-School Picnic!

- Savannah Reed, Basic BSN Class of 2016

After months of planning and anticipation, it was time for the Student Nurses Association's Annual Back to School Picnic! We had planned to grill hamburgers and hotdogs outside and get to know everyone in the various programs. Plans had to change when thunderstorms rolled in just before we started to set up, and we were forced to hold the picnic in 602. We rushed to set everything up and students began lining up. Donations were collected for Knights Pantry and everyone flooded in eager to meet their buddies and classmates. We were very lucky to have Mr. Howe, Mrs. Winchoba, and Jae Lim to grill the burgers and hot dogs on the 3rd floor balcony.

Despite being sprayed with rain every time the wind blew they stuck it out and grilled enough to feed everyone. While the food was grilling everyone mingled and participated in an icebreaker bingo. Students from all classes were having a fantastic time getting to know one another and attempting to win the people bingo by getting a blackout. Laughs were shared, friendships were made, and worries were temporarily forgotten while we were all stuck inside avoiding the rain together.



It is critical to have a support system in nursing, whether a student or an RN, nurses need one another to turn to in difficult times as well as times of success. The Student Nurses Association is just that, one giant support system dedicated to making this journey both memorable and bearable. Eventually food was served and the students gathered to eat hot dogs, hamburgers, chips, and cake. This was by far the largest turn out for a Back to School Picnic in SNA history and we were not stopped by the rain.

As nurses it is important to think quickly when plans may need to be changed. It is important to always have a plan B, and the ability to execute it should we be faced with adversity. As student nurses this is just as important, and I was very proud to see how smooth the picnic went despite the monsoon like rainstorm occurring outside. A big thank you to everyone who helped make this picnic possible and a thank you to those who attended as well!



GET READY FOR STATE CONVENTION!

- Makenzie Cox, Basic BSN Class of 2016

It's that time of year again! Florida Nursing Students Association (FNSA) State Convention is just around the corner, and UCF's Student Nurses Association (SNA) is working hard in preparation. Last year at State Convention, our UCF SNA chapter won the Diamond Chapter Award (think: all-around best)! State Convention will be held in the beautiful Daytona Beach October 22-24. This is a great opportunity for student nurses to meet fellow peers, explore the endless opportunities nursing offers, and simply have some fun. If you have a particular passion you'd like to bring awareness to, this is the perfect opportunity to let your voice be heard by presenting a resolution. Is leadership your forte? Well, during state convention delegates will elect the next year's state board. Not only is state convention a great opportunity to distinguish yourself from others, but on Thursday the 22nd, students will have the pleasure of hearing from Marcus Engel. He has a story you won't want to miss. We hope to see you there!

What is Normal?

- Haley Boyle, Basic BSN Class of 2017

What does it mean to be normal, to live a normal life? Many of us follow the same kind of track; we go through grade school, college, maybe graduate school, we work, get married, start families, plan for retirement, and enjoy the little day-to-day moments. Normal.

In middle school and high school, I worked with children with both mental and physical disabilities, I helped them read and write, I danced with them and sang them songs, but I never thought about where those children would go after grade school had ended. I never considered what happened to those who were simply unable to live a “normal” life like so many of us do. Then, I went to Quest as one of my Community Nursing Coalition locations for nursing school.

Quest is a facility that accepts those with mental and physical disabilities of all stages. It involves activities that help the residents learn how to construct sentences, count money, and write, they get to do arts and crafts and activities that help them develop dexterity, but they also get the opportunity to work at the facility - mopping the floors, cooking for the other residents, folding towels - so that they may earn some money for themselves.



I got the opportunity to interact and assist these people for a day, and in the eight hours I spent there, my world was changed. I spoke with many of the residents, who each had stories to tell about family members, boyfriends and girlfriends, pets, and life events. I assisted a woman who was making and selling bracelets so that she could go to camp and also help raise awareness for breast cancer. She had great difficulty in making the bracelets as she was wheelchair-bound and her arms could not move very much..

I had made five bracelets in the time it took to make her one, but when she finished that one bracelet, she handed it to me and told me she wanted me to have it as thanks for helping her. I told her it was the best bracelet I had ever gotten and she responded by saying I had made her day and touched her heart, because no one else had complemented her bracelets before, but I was just as touched, if not more so, by her act of love.



I was also able to interact with a woman who could not speak and communicated through drawings and sign language. I know very little sign language, but I did my best to keep up with her and understand what she said. An employee later told me that that woman rarely interacted with strangers because she was so mad that no one tried to talk to her in sign language, and that it meant a

lot for me to go in and speak with her, even if my signing was poor at best.

My friends and I played guitar and sang for the residents who could not speak or interact very well, and we danced with them when we ran out of things to sing. They understood perfectly well what music was, and even those in wheel chairs danced with us. One man could not move more than his mouth, but when we sat down and sang to him and talked to him one-on-one, the smile he gave said what a thousand words could not. They all have stories and people they care about, they all have hobbies and things that make them happy, they all know what a friend is, and they all live normal lives, because their disabilities are what is normal to them.

Normal is relative to the individual, and what society sees as normal is overrated. I was humbled by their love, by their friendship, and by their honesty. They go to movies, they go on lunch dates, they create long-lasting relationships, just like everyone else does, but they do it while coping with problems most of us cannot even begin to understand. The residents of Quest inspired me by showing me how disability cannot stop happiness, love, or life. Only we can do that.

Back to School with Breakthrough to Nursing!

- Shannon Hassett, Basic BSN Class of 2016

Breakthrough to Nursing is off to an awesome start this year! We were thrilled to welcome almost 30 new pre-nursing students to the campus the week before classes started, and rallied together to assist the new Nursing @ Nike Residents to move into their new dorms. Association of



Pre-Nursing Advisor and CON instructor Donna Breit, the BTN committee, and the APNS president Emily Santos worked together to throw an incredible welcome party! We were stoked to meet the students, help them move, and provide drinks and refreshments for the students and parents. After the move in was complete, we hosted the parents and students to a Welcome Q and A put on by BTN, APNS, and our awesome College of Nursing Staff, including our newly named dean Dr. Mary Lou Sole. The parents were thoroughly impressed at our efforts to welcome our new pre-nursing students to UCF, so a huge thank-you to Mrs. Breit and all those in attendance for such a successful event!

The following day, the BTN Committee hosted the N@N students for a team building retreat at the College of Nursing, complete with a tour showing off our awesome facility, sim labs, and modeling a day in the life of a CON student. It is so amazing to see these new students get so excited and become so goal driven to become nurses! As always, we are attending and supporting all APNS meetings, and are beginning to do our Nursing presentations at local schools- be on the lookout for events coming up! The October School Talk is at Timber Creek on October 7th from 9 to noon. Another date to keep in mind is the semesterly Student-Run Open House, which will be open to all nursing and pre-nursing students in the area to showcase what the nursing career is all about; and will be held on November 14th from 0900 to 1300. Feel free to email Shannon Hassett, BTN Director, with any questions! Hope everyone is off to an excellent semester! (btn@snaucforlando.com)

In Honor of National Suicide Prevention Month...

- Carla Villones, Basic BSN Class of 2017



Coupled with National Ovarian Cancer Awareness Month, September 2015 is also known as National Suicide Prevention Month; it is dedicated to spreading important health resources particularly for those who are at risk and encouraging individuals to express their thoughts safely and openly about the concerned subject without creating negative feelings of discomfort.

Suicide is the third major leading cause of death, especially among adolescents as well as young adults. Suicidal thoughts sprout when an individual is undergoing emotional turmoil ranging from distress, alienation, to vulnerability and can signal a lack of a healthy mental balance. Various factors such as culture, age, gender, or personal background all overlap; anyone can contemplate suicide at anytime.

As future nurses, it is important to toss away our biases, clear our minds of any preconceived notions, and to be mindful of the person as a whole. I am sure we can all agree that we are treating far more than just their illness or disease, which might extend beyond what we can physically see on the surface. It is especially vital that we be patient, empathetic, and culturally competent with every new individual that we come into contact with. Every action we take or word we speak, no matter how miniscule it might seem, has the infinite potential to impact a human being, for good or for worse.

The stigma surrounding mental illness is an issue that is all too raw and real. It is unfortunate that we are essentially discouraged from speaking about this subject in such an open manner and that there is not enough attention given to the various resources that are available for those who are especially at risk. Suicide and suicidal thoughts should not be issues that are easily glossed over by indifference.



To conclude, I would like to end with a quote that has come up time and time again to remind me that every individual is a collection of their own personal experiences, various hardships, and unique stories. Do not be afraid to lend a hand to a friend in need or to reach out for help. We are all in this together.

“Be kind, for everyone you meet is fighting a hard battle.”

National Suicide Prevention Lifeline (United States)
1 (800) 273-TALK (8255)

Works Cited

National Alliance on Mental Illness. (2015). *Suicide Prevention Awareness Month*. Retrieved from <https://www.nami.org/suicideawarenessmonth/hp>.

Stepping Out for the Heart Walk!

- Caroline Chu, Basic BSN Class of 2017

The American Heart Association is well known for advocating heart health and preventative measures from heart disease. This organization hosts wonderful opportunities and supports healthcare and research on the cardiovascular system. On September 12th, I had the incredible chance to participate in the Greater Orlando Heart Walk, representing the UCF College of Nursing. This event raised funding for heart disease and stroke, which occupy the top causes of death in this country. The nursing staff, seniors and my fellow classmates joined together and had a wonderful time supporting the cause and survivors.



As a junior in the program, I knew it would be difficult to get to know all 120+ students in my class. I was excited that SNA had opportunities for us participate in (especially as a break from books and studying)! The Heart Walk offered a 5k running path and a survivors' one mile walk path.

Naturally, being of motivating nature, I tried to persuade all the students to run the 5k with me! A few of the juniors and I did a mini-warmup while waiting at the start line. Once the announcer gave the countdown, we embarked on our 3.1 mile journey!



As I was running, I was excited to see so many people by my side powering through the hot Florida sunshine. After crossing the finish line, I felt a rush of euphoria and gratefulness. I am extremely lucky to have a beating heart and healthy body that allowed me to sustain this run and many others.

Not only was I able to show support to the survivors that attended, this event definitely rejuvenated my passion to help others and reminded me to always be positive and grateful for the opportunities given in life. As it turns out, UCF was able to collaboratively raise \$40,000 for heart health research, advocacy, and education! Charge on!



Parting is Such Sweet Sorrow...

The Student Nurses' Association would like to thank Ms. Kimberly Dever for her time and contributions as advisor, and wish her well in future endeavors.

Ms Kim Dever served as SNA faculty consultant with me for two years. She was a super support for our students. Ms Dever was at General meetings, board meetings and activities. We were a tag team for special events, going at different times to support car washes, Knight Thon, Bake Sales, and Relay for life. She openly shared about her daughter's facial nerve pain which spurred the students to raise money for Megan to have her surgery. What I will miss most is her quiet peace she brings to situations that would get on my last nerve. We counterbalanced each other. Ms Dever was my sidekick, my buddy, and my dear friend. I miss her there beside me at SNA board meetings. I know it was a difficult decision for her to give up SNA, but I know it wouldn't have occurred without good reason. She will be greatly missed at Convention this fall.

We were a great team. I'll miss working closely with you, Kim. – Dr. Linda Howe, SNA Advisor

Thank you for everything you've done for SNA. While we will miss you as an advisor, we're thrilled you'll still be around this coming year to come to events and meetings! You are wonderfully supportive, and always find a way to make things feel more manageable and under control. For that, I appreciate you so much. – Anne Dolmovich, Class of 2016

Being a student nurse is not an easy job, and finding the perfect balance between classes, clinicals, and activities of daily living takes time. At the end of the first year, after surviving the dreaded “second semester” – it seems like you can conquer anything. Many of us return to our neglected social lives, some of us get jobs at nurse techs, others start undergraduate research, and a handful of us become SNA officers. SNA can be incredibly rewarding and lots of fun, but behind all our success are challenges and mountains of stress. I always thought of Ms. Dever as our lifeguard. When it seemed like we were drowning, she was always there to keep us afloat. Her office was always open for us to brainstorm or vent, and she served as a great motivator. She was principal in helping us achieve our goals, and always supported us along the way.

Ms. Dever, Thank you for the time you have dedicated to SNA, and for being an incredible leader and role model. I wouldn't be the nurse I am today without you. – Annabeth Huff, Class of 2015

Ms. Dever, one of the most genuine and kind people I have ever met. This person has been more than a positive impact in my life as a mentor. Coming into the nursing program, I was extremely stressed and worried sick all the time. But it was always Ms. Dever who was there to say, “Everything will be okay.” She was right about that all the time. Whenever life got me down, she knew exactly what I needed to hear and what I needed to do. It was as if she was the silver lining in the midst of gray sky. During my time I spent with Ms. Dever, whether it was for SNA or for school, I learned a lot about myself. She pushed me as a student and a leader as well as taught me valuable life lessons. Ms. Dever, SNA will not be the same without you. I am going to miss you sincerely as our adviser. I cannot thank you enough for all you have done for me and to this organization. Thank you. – Jae Kook Lim, Class of 2016

Ms. Dever- it has been an absolute pleasure having you as a professor, clinical educator, SNA advisor, and person to turn to. I truly have a greater respect for psychiatric nursing thanks to you, and have gained skills that I will use throughout the rest of my nursing career. I appreciate all of your support to our organization, you guided our chapter to state and national recognition. I'm sure many students and faculty can agree that your place in SNA will be missed. Thank you from the bottom of my heart for everything. – Justin Grace, Class of 2016

During our trip to Phoenix for the NSNA convention, so many amazing memories were created. Most of trip was lighthearted and fun, but there were also a few moments of anxiety and stress. During these times, a few of us had a saying to “channel your inner Ms. Dever”. Although it may sound silly, it really did have a lot of meaning and helped. We said it because no matter what the situation at hand, you always have a smile on your face, are full of positivity, and want to help others in any way you can. Not many people possess those attributes. You also taught me there is no sense stressing over a situation I cannot control and to make the most of every opportunity given. These are just a few examples of many. From your time spent with SNA, you have touched my life and I am sure many others in more ways than you know. You may be stepping down from SNA, but you will still be there to guide Knight Nurses in the same way. Thank you for everything and I wish you the best of luck and hope for the future!! – Andrea Barnhard, Accelerated Class of 2015

Thank you so much for all of your support to this SNA board and the several before us. You have had a hand in all of our successes and we would not be the SNA we are today without your help. I appreciate all of the time and hard work you have dedicated to this organization and helping us become student nurse leaders. We will miss you! – Savannah Reed, Class of 2016

When I think of Ms. Dever, the word clarity comes to mind. Ms. Dever has a way to make you think of what's most important and how to achieve that goal. She always has a listening ear and heartfelt advice to give. Through her kind words, thoughtfulness, and wisdom, Ms. Dever helps to grow in each student a passion for empathy and communication. Ms. Dever, you will be truly missed in the Student Nurses Association. There will always be special place in my heart for you. – Leah McDonnell, Class of 2016

Ms. Dever, We can never thank you enough for your wisdom and guidance throughout your time with SNA, and for helping to touch each of our lives individually and further us as people and future nurses. We love you!! Many thanks!! – Shannon Hassett, Class of 2016

I know I'm not alone in saying that the first year of nursing school was the most stressful thing I've been through. I cannot begin to explain how much I appreciate your presence during the roughest times. You have such an amazing ability to see when a student has reached their breaking point, and you always seem to know the exact right thing to say. Whether it's advice coming from years of experience, or the simple reminder to just "stop and breathe," your leadership as part of the Student Nurses' Association has been beyond valuable. We will miss having you as our advisor, but I am incredibly grateful we still get to have you around. Thank you for all that you do. – Amy Bunton, Class of 2016

Ms. Dever! Thank you for being such a great faculty advisor this last year! You were one of the reasons I enjoyed SNA so much! We love you and will miss you! – Rylan Douthett, Class of 2016

Ms. Dever, you make lasting impressions on everyone you encounter. While we will not have the privilege to work together this year in SNA, you will always be part of the SNA family. Your passion for the nursing profession and dedication to others is admirable and I look forward to your engaging and enjoyable lectures! – Alexandra Carson, Accelerated Class of 2016

You have been such a big part of the amazing success of SNA at UCF. We will miss you dearly, but know that you have some amazing things ahead that deserve your full attention. Thank you so much for being an amazing advisor and role model for us! – Emily Mekas, Class of 2016



Announcements/Coming Up!



Applications for all committees will be available at the SNA General Meeting on Wednesday, September 23rd at 5pm!

Legislative: Stay tuned for more information regarding the FNSA Convention in Daytona Beach this October!

Events and Traditions: Join events and traditions and send your pictures to savannah.reed94@knights.ucf.edu to be featured in slideshows and on the pin boards!

Community Health: Join our Knight-Thon committee to get involved with planning for this amazing event! The sign-up for Knights Give Back on Saturday, October 3rd is available on Knights Connect!

Breakthrough to Nursing: Join BTN for the opportunity to represent SNA at local high school talks! We will also have an amazing student-led Open House on November 14th!

Clubhouse: We will be announcing pre-orders soon!

Fundraising: We'll be having a fun car wash from 11am-4pm on Sunday, September 27th! Our first bake sale will be on October 26th!

Nurses' Christian Fellowship: We will be meeting every Monday at 10:30 am at the computers outside of room 602! Hope to see you there!



Ask a Knight Nurse!



Congratulations to the basic class of 2017! On behalf of the accelerated class, we would like to welcome you into the nursing family. While we know the seniors have reached out to you to offer help and guidance, we want you to know your “accels” are here as well for whatever you may need. We are in our second semester, so we literally just went through your journey. At the end of the first semester we wrote down some words of encouragement and tips for the first semester. They are included here to help ease your mind. You will do more than survive nursing school; you have the opportunity to thrive and become amazing nurses. Enjoy the ride, and do not be afraid to reach out to the accels for advice!

Anonymous Tips and Words of Encouragement from the Accelerated Class of 2016...

“When you start to feel overwhelmed and stressed out, just remember everyone else is in the same boat and others have been in the same spot as you. They did it, and you can do it too!”

“It can be helpful to record patho lectures. Listen back to them and take additional notes and then study the notes.”

“Breathe, relax, I promise you will survive. Do not get too overwhelmed by everything right now, I promise you will find a rhythm that works best for you.”

“Get comfortable nursing shoes. They can make all the difference!”

“Your calendar is your lifeline, use it! “

“Learn your lab values for patho exams and for clinicals.”

“Even if you feel like you don’t know the first thing about being a nurse, you are going to learn so much this semester. Everyone will be learning together. Don’t panic when taking someone’s blood pressure seems like the biggest hurdle; it just takes time. Remember, faculty and your cohort are all there to support you.”

“For essentials, watch the videos and complete practice the questions at the end. Make sure to prepare for lab to get the most out of it. You will be learning a lot in a very short amount of time, so you want to be prepared.”

“For clinical, you get out of it what you put in. Don’t be afraid to touch your patients and get out of your comfort zone!”

“Procrastination is A LOT more stressful in nursing school, try not to do so!”

“Don’t compete with your classmates. We all made it here. The competition is over now, so help each other becomes the best nurses possible!”

“Don’t let current students intimidate you. Everyone has their strengths and weaknesses. You will learn what works best for you.”

“Straight A’s are not everything. You can still be a great nurse.”

“Time management is key. Be aware of future assignments and prioritize goals each week. Do not look too far ahead, that can get very overwhelming.”

“Using the patho objectives as a study guide was really helpful. Also reading the med/surg book can be more straightforward then the patho book.”

“Pay attentions to the yellow pages in the essential book, especially the rationale!”

“Take great notes in assessment, Dr. Gonzalez explains exactly what you need to know.”

“Work together. Divide up the study guides. Help each other. Don’t be afraid to ask for help. You’ll get by so much easier when you know you have someone to turn to.”

“Your CNC is your nursing family. You start with them first semester and you come back together at the end. Form bonds and help each other. It is the people you meet in nursing school who help make it easier to succeed!”

“Take advantage of open lab. Knowing your skills is an important part of being a nurse.”

“Complete your bright futures assignment early so that you are not stressed at the end. Practice your head to toe assessment little by little. Yes, you actually used this in real life!”

“Don’t freak out if you have to reshoot you Foley catheter video like 20 times. You can do it until it’s perfect, so just leave plenty of time at the end of the semester.”

“Your calendar is your lifeline, use it! “

“Learn your lab values for patho exams and for clinicals.”

From all of the accels, remember to breathe, enjoy the journey. Don’t be afraid to ask for help. We have all been through first semester, and we are happy to offer more tips along the way. Just come find us!

Contact info for the 2015-2016 SNA Board



President	Leah McDonnell	president@snfaucforlando.com
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Legislative Director	Rylan Douthett	legislative@snaucforlando.com
Breakthrough to Nursing Director	Shannon Hassett	btn@snaucforlando.com
Media Director	Amy Bunton	webmaster@snaucforlando.com
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Fundraising Chair	Emily Mekas	fundraisingchair@snaucforlando.com
Accelerated Liaison	Alexandra Carson	accelerated@snaucforlando.com
Advisor	Linda Howe	Linda.howe@ucf.edu

How to Earn SNA Points:

- Attend a General Meeting.....1 point
- Clubhouse Shift.....1 point
- Fundraiser.....2 points
- Submit to Lifeline Newsletter.....2 points
- State Convention.....5 points
- National Convention.....10 points
- Community Service.....1 point/hour (4 max)
- Breakthrough to Nursing.....1 point/hour (4 max)

Top Point Earners:
 Senior: Kevin Chen,
 Rachel Van Dusen,
 Elaine Gerlt
 Accel: Bernadette
 Corridor, Julie
 Noonan, Ashely
 Kelly, Peter Schmidt
 Junior: Alyssa Tapia

Social Media Buzz:

Facebook- Search 'Student Nurses Association- Orlando'
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