



University of Central Florida
Student Nurses' Association

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Lifeline Newsletter

Student Nurse's Association - UCF Orlando



Pinning Ceremony Recognizes Seniors, Inspires Juniors

- Stephanie Medina, BSN Class of 2016

By May 6th, the junior nursing students were celebrating the end of a stressful semester and their new “senior” status. Meanwhile, the graduating class of 2015 had a few more days left in their school year. Of course, those days didn’t involve textbooks and nursing scrubs, but celebratory occasions such as the pinning ceremony and graduation. Myself and four other knight nurses, Amy Bunton, Justin Grace, Savannah Reed, and Chelsea Hughes, volunteered to help with the pinning ceremony and had the opportunity to catch a glimpse of what to expect at the end of this incredible and hectic journey. We assisted in the set-up of the event, including mounting the gonfalon bearing Florence Nightingale’s lamp, and hanging signs for the various areas.

Once guests arrived, we all handed out programs and were present to answer questions guests had.

As people shuffled in and graduates began to arrive, I thought about everything the students had accomplished as Knight Nurses; all of the studying, long hours at clinical, and volunteer events. I thought of the pride, excitement, and relief they must have felt as they finished their time in the program and prepared to enter the workforce. And I thought of how close my own cohort is to experiencing those same emotions. At times, school appears to be impossible.



Sometimes you don't receive the test grades you hope for or have enough time to sit and eat a proper meal. However, watching the graduates at the ceremony is the perfect reminder that hard work and dedication will get you to the end. There is a place for every one of us at that ceremony as long as we persevere and work toward that end goal. The ceremony itself highlighted everyone that makes UCF's College of Nursing a possibility:

Those honored included students receiving a baccalaureate degree, as well as those receiving a master's and doctorate. Additional moments shed light on students who participated in Honors in the Major, those who earned awards, and others involved in certain organizations, such as the Student Nurses' Association.



Besides watching every student step on stage and get “pinned”, one of my favorite moments of the ceremony was watching the faculty members walk on stage in their personal cap and gowns. As they



watched their students become their peers, it pinpointed the fact that nurses will always be students. Learning never stops and there are many avenues that can be taken beyond the traditional four-year degree. I have thought about going to graduate school in the future and I was even more inspired to do so after the ceremony. I was honored to witness the students, including some of my past instructors, practice their walk across the stage before graduation day. Congratulations to the class of 2015 and good luck in all of your future endeavors!

Spring Car Wash is a Success!

- Emily Mekas, Basic BSN Class of 2016

The UCF fundraising committee hosted a car wash last month at the 7-Eleven near campus. The event raised over \$150 for our organization!



Everyone who came and helped out had a blast while raising money for SNA. A big shout-out to our juniors who came out to help, especially since they had a very difficult exam coming up just 2 days later. We are looking forward to doing another car wash later in the fall. These fundraising events are a big part of what keeps this association going! Keep an eye out for more fun activities in the coming semesters!



In Honor of National Nurses Week...

-Benjamin Ebaugh, Basic BSN Class of 2016

We all have a friend we admire. Someone we look to as an example for direction or guidance. Whether in a professional, education, interpersonal, or emotional sense, this person is usually someone we can rely on. Someone we can trust. For me, that would be my best friend, Dominic. We began middle school together, and became fast friends. While we shared similar tastes in all things entertaining, and hung out doing age appropriate time-wasting activities when not in school, even then I could perceive a deep level of maturity and presence of mind with which he applied himself, at least on a scale beyond that which I ever could. He was inquisitive, intellectual, and driven. When we were in middle school and high school, he was in all honors classes, while I was not. He attended UCF on a scholarship right after graduation, completing a 4 year degree in digital media, while I was busy dropping out of community college. One could say I had every reason to be jealous, but I was simply glad to have him as my friend. I have carried this sense of admiration ever since.

Fast forward several years. I hadn't intended to drift out of contact with Dominic to the degree that we had, but I was that way with everyone since I had joined the Marines a year before. I hadn't spoken to him in about six months and when I did get a hold of him, I was surprised to learn that he was going back to UCF, this time for nursing. I remember him describing the boredom and lack of fulfillment he experienced with his degree and subsequent jobs with digital media, and how eager he seemed to delve into this new field. I remember thinking, in my obfuscation and naiveté, how strange it was for a guy to choose nursing when he was clearly smart enough to be a doctor.



I hadn't actually had much experience with nurses on a personal basis at that point, so I wasn't entirely clear on what all that entailed, but I wished him luck all the same.

It would be another year and a half before I would come home on leave. Dominic threw a party for my visit at a local pub, and talked about all the experiences he was having since graduating UCF's College of Nursing. While I regaled our friends with



my experiences in the Marines, Dom discussed the day-to-day life of an OR nurse. Everything from the mundane to the some of the most unbelievable things he's seen during an operation (the "fishhook story" remains a popular party request to this day). At this point in my enlistment, I was seeking a direction to pursue after my service obligation was up. While staying in the Marines was certainly an option, I felt a strong desire to find something more meaningful to myself and others, and the stories I had hear from Dom were poignant. While I had been fixing radios, he had been fixing hearts. While I was practicing combat, he was learning to save lives. I wanted to feel like I was making a difference. He simply was. I finally knew what I wanted to do.



I left active duty in the Marines in 2010 determined to get into the same school, and pursue the same degree as my friend. My GPA was terrible, but "So what?" I thought. I had retakes, prerequisites, and one heck of a competitive application process, but I wasn't worried.

Regardless of what challenges laid ahead, I knew nursing was worth it, because I had the best example possible to follow. My friend, Dom.

Knight Nurses Walk for a Cause!

- Anne Dolmovich, Basic BSN 2016

On one of our precious few days off, 6 Nursing students and friends were up at the crack of dawn. Why, you might ask? Sunday, May 17 was Orlando's first inaugural Get Your Rear in Gear 5K for colon cancer research and awareness. A nationwide event, this first time in Orlando was in order to honor Dominique Donaldson, a former UCF nursing student who passed away at age 28 due to colon cancer. This group of Nursing students and friends attended the event on behalf of the CON. It was a beautiful morning, not too hot, with gorgeous views of the trails at Bill Frederick Park, as well as of Turkey Lake.



In addition to participating on behalf of Dominique, many of us had personal reasons for walking. For me, I walked on behalf of my best friend, Kathyne Krueger's dad and her family, and was blessed to be able to share this experience with her. I also walked on behalf of the several members of my family who have had colon polyps over the years. It was inspiring, yet unfortunate to see the turnout for this event.

The number of lives affected by this disease is terrible, but the dedication to spreading awareness is admirable. The strength the families had was apparent, particularly in the form of one Bob Brigham, Age 80, who completed the run with a time of 38:21. Bob also happens to be a former professor from UCF!



Words of Wisdom... -Justin Grace, Basic BSN 2016

A year ago, I had the opportunity to congratulate the class of 2014 as they took on the world with their new jobs and pending RN statuses. Now, it's time to say goodbye to yet another class of influential leaders, passionate workers, and dreamers. Last year, I referenced William McNeal's *Wizard of Oz* commencement speech. I wanted to make things a bit more personal for a class that has made strides here, at the College of Nursing. Let's reference Disney. Living so close to the magical kingdom that houses the giant mouse, I felt it was necessary to turn to our childhood movie favorites as one door closes, and another opens.

Hakuna Matata- or, no worries for the rest of your days. As you embark on your journey into your newly found jobs, remember to count your blessings- and not your inconveniences. You only live once, as our generation has made it clear. There will be good days, there will be bad days.

However, each and every day is a day you'll be influencing other lives. Take pride in your work, and have fun. If you wake up and dread going to work, then it's time for a change. Stressing and worrying will only make you that much older, that much quicker.

Chase after your dreams... even if it means trading your voice for a pair of legs. Don't stop at anything to pursue your passion. There will be evils in your world to tell you that you're not pretty enough, qualified enough, smart enough. You are. The world is your oyster, and you are the only person preventing you from achieving your goals. Climb the

ladder and pursue greatness. If it takes time, then it takes time. Our motives in life are constantly changing, and that's fine. For some- you were set on your passion the moment you took your first steps into the College of Nursing. Make sure that you continue to pursue that passion, otherwise- what's the point?

When life gets you down, just keep swimming. You will make mistakes. If you don't, then you're either super nurse, or you're lying. You will fail. What defines a person is not their mistakes, but how they handle them. Will you grow upon your errors and improve your care each and every time? Or will you let it get the best of you, and build up? Will you cry? Yes. Will you impact someone for the rest of his or her life? Absolutely- this is nursing. A little determination goes a long way.



Walk a mile in someone else's shoes before judging them. Okay... you may not wake up one day and find yourself with bear claws and a ton of fur, but you will have to practice empathy. Throughout your career, you will encounter many individuals that will challenge your personal ethics and your perceptions on healthcare as a whole. Take a moment to stop in your Danskos, breathe, and care for your patient. In busy days, you will lose hindsight why you began this journey. Be there for someone. Take the time out of your day to practice bedside manner and truly reflect on your patient's struggles.



I can go on forever with Disney life lessons, but the greatest lessons you will learn will not be from an SNA newsletter article, but by your experiences in your field. Each and every one of you, from this point on will shed the black, gold, and white uniforms and have unique moments throughout the rest of your lives. Beyond nursing, carry some of these lessons with you throughout life at the end of the day- always be true to yourself. Remember, there will be bumps in the road, but what fairy tale ending would be worth it if the protagonist had a clear shot to true love, happiness, family? *You* define your path, *you* define your character. Good luck class of 2015, I love you all. Adventure is out there!



A New Start!

- Amy Bunton, Basic BSN 2016
Media Director

Hello Knight Nurses! I am incredibly honored to serve as Media Director for the 2015-2016 school year! Last year, I contributed to the newsletter by writing pieces on varying topics. Once I had the opportunity to attend the FSNA state convention held in Daytona Beach, I realized just how far-reaching the impact of our effort truly is. In fact, that experience is what led me to become so passionate about running the newsletter and website for our chapter.



Firstly, this newsletter really enables us to be proud of the amazing work that we do as Knight Nurses! During the last two semesters, UCF student nurses have completed over 200 hours of clinical experience and community outreach, became the #1 RSO (registered student organization) for fundraising at our first year of Knight Thon, and were a Gold Team at Relay for Life, raising over \$5,000 for the fight against cancer. There were many more events attended and distinctions achieved over the past year, and that is what I am excited to share with the rest of the country!

Furthermore, in this day and age, nurses are the most trusted profession, and have been increasingly present in the most pressing political matters that our country faces. As nurses, we will be able to bridge the gap between understanding the needs of our patients directly from the bedside, and advocating for those overall priorities

on a larger scale. The facets of healthcare are numerous and complex, and as nurses we will have the ability to impact many of them, including patient safety, the use of evidence-based practice, and even policies that will affect us directly.



I look forward to a year of newsletters that will showcase all of the amazing student nurses who make up this association, as well as the work we do to improve and serve our communities. I hope that this outlet will serve not only to empower those who seek to be a voice for many important political, social, and healthcare issues, but also to educate those who would like to know more. Mostly, I am excited to see the diversity of students and variety of perspectives present in this program! Thank you all again for giving me this wonderful opportunity, and here's to a wonderful school year!



Announcements/Coming Up!

All committees are looking for members! Please contact any of the directors/chairs with any questions, or to sign up for any that you may be interested in. Continue to join us for our general meetings, and follow us on any of our social media outlets!



Ask a Knight Nurse!



What was your proudest moment of Spring semester?

“Helping to deliver 4 babies!” – Savannah Reed, Basic BSN 2016

“Having a surgeon tell me that I was going to make a great nurse.”
– Hannah Hole, Basic BSN 2016

“A female patient at Arnold Palmer told me I was great at talking to her and that I should be ‘a nurse for kids’” – Alexandria Nevárez, Basic BSN 2016

“Having the nurse I was working with tell me that within an hour, she knew I was meant to be a nurse.” – Elaine Gerlt, Basic BSN 2016

Contact info for the 2015-2016 SNA Board



President	Leah McDonnell	president@snfaucforlando.com
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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: Anne Dolmovich
 Accel: Megan McConnell
 Derryberry, Rebecca
 Blanchard

Social Media Buzz:

Facebook- Search 'Student Nurses Association- Orlando'
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