



INSIGHT

Volume 44

Issue 4

Convention 2017

65 Years of Success

As we come together to celebrate the 65th anniversary of the Student Nurses' Association of Pennsylvania, it is time to reflect on the impact that SNAP has made on nursing and education. For 65 years, SNAP has and will continue to be the leading voice for nursing students across the commonwealth. SNAP has been at the forefront advocating for nursing students' rights, a voice at the table with nursing and healthcare leaders, and developing partnerships to benefit the educational and professional pursuits of its members.

In her 2002 address at the 50th Anniversary Celebration, Betty Hilton-Martin, SNAP and NSNA's first president, described SNAP's formation which she pioneered in these words: *"What began as little groups in student rooms, then in lounges, then in student government meetings, then in districts, then in states, and ultimately on a national level – has amazing progressed to what we see here today!"* Her words clearly depict how far we have come over the last 65 years with a membership of over 5,000 student nurses and nearly 70 local chapters. We no longer meet in student rooms or lounges, but we must appreciate our humble beginnings that created one of the most successful state association in NSNA. Betty also reminds us about our roots and why we exist. SNAP was established to represent nursing students, preserve and protect the rights of student nurses, promote professional

Continued on Page 8



Marcus Henderson
SNAP President

FOR YOUR INFORMATION

IN NOVEMBER 2017

SNAP 65th Annual Convention

November 15-18, 2017

Kalahari Resort, The Poconos

IN DECEMBER 2017

Deadline for Winter *Insight*1

IN JANUARY 2018

SNAP Board Meeting 20-21

IN MARCH 2018

SNAP Board Meeting 23

LEAD Workshop 24-25

Capitol Hill Step by Step 27

IN APRIL 2018

Deadline for Spring *Insight* Articles 1

NSNA 66th Annual Convention 4-8

Gaylord Opryland Hotel

Nashville, Tennessee

IN AUGUST 2018

Deadline for Fall *Insight* 1

IN SEPTEMBER 2018

SNAP Board Meeting TBD

IN OCTOBER 2018

Deadline for Convention *Insight* 1

Deadline for Constituency Status 15

Deadline for Proposed Resolutions 15

Deadline for Scholarships and Awards . . 15

Deadline for Consent to Serve 24

IN NOVEMBER 2018

SNAP 66th Annual Convention

November 14-17, 2018

Harrisburg Hilton & Towers

The Newsletter of the
Student Nurses'
Association
of Pennsylvania

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SNAP Board of Directors

SNAP BOARD OF DIRECTORS

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East : **VACANT**

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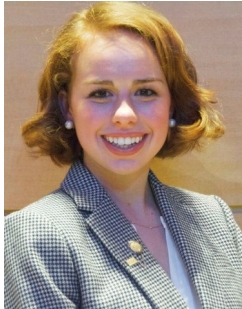
Geisinger Health

SNAP is very pleased to announce that—once again—Geisinger Health is supporting SNAP throughout the year by agreeing to be a **CHAMPION Sponsor!** We sincerely appreciate their being a partner with us to provide our membership outstanding leadership and networking opportunities. Please be sure to stop by their booth at convention to thank them for their support. They are also sponsoring refreshments on Thursday during the exhibit hall. Their booth is, of course— #1!

SNAP thanks them for their outstanding contributions to our convention & organizational experiences, and we look forward to working with them throughout 2018!

Geisinger

Secretary Treasurer Year-End Report



Madeline Stadler
SNAP Secretary/Treasurer

I cannot believe how quickly this year passed! Throughout the year, I have had the opportunity to carefully take minutes at all Board meetings and conference calls, reported the financial reports and worked with the Executive Director to create and present the budget for the next fiscal year. I have also worked to gather articles to publish in both our SNAP-To-It and INSIGHT publications.

In addition, I served as chair of the Finance Committee, previously known as the Budget/Scholarship Committee. As a committee, our main goal was to develop a fundraising opportunity for the organization. SNAP laptop stickers were created and the funds raised will benefit scholarships.

Finally, I had the opportunity to represent SNAP on the Nightingale Awards of Pennsylvania Board as an advisory board member.

It has been a great honor to serve on the SNAP Board this year as your Secretary/Treasurer and I look forward to connecting with all of you at the 65th annual convention!

Legislative Coordinator Year-End Report

Meghan Scanlon
SNAP Legislative Coordinator



Hello, SNAP members! This year went by so quickly, and I am happy to say that SNAP accomplished many feats within the year in terms of legislation. All thirteen resolutions presented at the 2016 State Convention were adopted. Many of these resolutions were presented to and adopted by the NSNA at the Annual Convention in Dallas, TX this past April, including the resolution I presented on behalf of Pennsylvania.

I am also pleased to report that all resolve statements from all resolutions passed at the state level were implemented as specified by the authors. This is an accomplishment that has not been done to this extent before. The implementation of the resolutions opened the door for change, and communication between SNAP and multiple professional organizations has flourished.

Interest in writing resolutions and the legislative process has grown significantly. Many SNAP members attended the David R. Ranck LEAD Workshop in March and were inspired to take action on things you are passionate about in nursing. Cindy Schmus's presentation on the purpose of writing a resolution was excellent and extremely educational. Other members attended Capitol Hill Step-By-Step Day in March, where we heard from David R. Ranck, SNAP professional consultant and parliamentarian; Elizabeth Long, former SNAP and NSNA Board Member; Dr. Karen Murphy, Pennsylvania Secretary of

Health; and Sarah Galbally, Pennsylvania Secretary of Policy and Planning. These speakers instilled in listeners a feeling of hopefulness. Nurses have the ability and responsibility to act to preserve and protect the good many in our society, and we can do so even as students.

This year, a lot of Policy and Bylaw changes occurred as well. I reviewed and edited SNAP's Policy Manual in January. In June, I presented to the Board three new Policies and two proposed Bylaw amendments that I authored. In September, another Policy and Bylaw proposed amendment were made. Therefore, at the State Annual Convention, the SNAP Board of Directors will present four Policy changes that we adopted as well as three proposed Bylaw amendments that the House of Delegates will vote on. This is an exciting process, and it will serve to make the necessary changes to our organization to improve its functioning.

It is difficult to express just how honored I am to have served as your Legislative Coordinator this past year. I feel as if I have grown as a leader and discovered what lies in store for me in my future career. All of you are the reason for this. Although I served as a leader, you are all the backbone of this organization, and you are the true reason this organization is so strong and wonderful.

I look forward to seeing you all at Convention, if you can attend. I especially look forward to reviewing all resolutions submitted, as they are the testament of the hard work and passionate for change that you emulate. If there is anything that I can ever do for you, please never hesitate to contact me. I hope that we all continue to seek out our passions and work to progress our profession forward together.

Legislative Committee Year End Report

The Legislative Committee, consisting of Meghan Scanlon, Chair, Jenna Kessler and Holly Storm, worked extremely hard this past year to accomplish an ambitious goal that we set in November of 2016. As a committee, we made the promise to enact every resolved statement in all thirteen resolutions passed at the 2016 Annual State Convention. This feat has not been accomplished in many years due to the magnitude of the task itself. However, we saw the importance of enacting the resolves to facilitate the changes authors saw fit for SNAP and the nursing profession.

To enact the resolve statements, we divided the work among ourselves as a committee. We sent the resolutions to all organizations specified in the resolutions. We also personally authored articles in Insight and SNAP-To-It to increase awareness and education of the resolution topics, as specified in most resolutions' resolve statements. Many of the organizations we contacted replied with words of support, and they expressed their admiration that students are proactive in acting for change they see necessary.

Overall, it was a successful year for the Legislative Committee, and we hope that future legislative committees strive to accomplish the same tasks. By doing so, the legislation SNAP adopts can be put into real practice, just as it should be. It has been our pleasure to serve you.



The Pennsylvania Action Coalition (PA-AC) was established in 2011 to guide the implementation of the Institute of Medicine's Future of Nursing report recommendations in PA.

The PA-AC is part of the Campaign for Action, a national initiative of the Robert Wood Johnson Foundation and AARP, coordinated by the Center to Champion Nursing in America. Visit their website at www.paactioncoalition.org for more information and to **SIGN UP** today!

SNAP CHAPTERS!

We need to hear from you! This is your newsletter and we would love to share your accomplishments and upcoming events with your fellow SNAP members!

So do it now! Just send any articles, pictures, calendar of events and contact information to:

snap@snap-online.org

We hope to hear from you very soon!



CAPITOL HILL: STEP BY STEP

Tuesday, March 27, 2018

**State Museum of Pennsylvania
9:00 a.m. to 2:30 p.m.**

**Register by March 16 at
www.snap-online.org**

COME TO THE CAPITOL!

NorthEast Regional Coordinator Year-End Report

Holly Storm

SNAP Northwest Regional Coordinator



It has been such a great honor to serve on the state board as the Northwest Regional Coordinator for this past year. This year has been filled with so many highlights for me, but I am glad to say that I have been in contact with so many of the schools in my region. I have been working to continue the ongoing conversation between schools outside convention time. I love seeing the engagement in our region. I look forward to meeting even more of you during the convention!

Communications Committee Year End Report

This past year has been a very successful year for the Communications Committee with a couple highlights I am very proud of. The Communications Committee consisted of Hannah Rice, Meghan Scanlon, Madeline Williams, and myself. One highlight was that we created a Snapchat filter that was used at LEAD Workshop and was such a success it will be used during our convention. Another highlight is that we were able to put together a video for SNAP about what SNAP is all about. Thank you for this amazing year!

Central Phila Regional Coordinator Year-End Report

Jenna Kessler

SNAP Central Philadelphia Regional Coordinator

I cannot believe that this year is coming to an end! It has been such a great experience meeting people throughout my region and throughout the state. It has been my pleasure serving as your Central Philadelphia Regional Coordinator. I have been able to work with the board and serve on committees so that this could all be possible.

I have communicated with the schools around my region to build connections and connect organizations. I have had the pleasure to serve on the finance committee and the legislative committee. Through the finance committee we have discussed the annual budget and fundraising activities. Working on the legislative committee we have been able to send all of the resolutions out to the requested locations.

I have really enjoyed serving on the board and serving all of you. I would like to thank all of you for giving me this opportunity. I am looking forward to seeing you all at our 65th annual convention!



SouthEast Regional Coordinator Year-End Report

Hannah Rice

SNAP Southwest Regional Coordinator

It has been an honor to be able to serve on the SNAP Board of Directors this past year. During my term, I have enjoyed representing the Southwest region; this experience has been invaluable to me as a person, and a nurse.

This year I have worked at keeping my contacts up to date, and further improving communication between the SNAP Board of Directors and the local chapters.

I hope everyone enjoys this convention this year, and I look forward to meeting a lot of you! Thank you for coming, and have a successful remainder of your school year.



Community Health Committee Year End Report

The Community Health Committee, including Hunter Murdoch, Heather Deimler, Madeline Williams, Layla Leys, and myself as chair, have been working and brainstorming ideas to inform more people on some of the aspects of community health. We have had an amazing year, and hope that there is a continued rise in awareness of community health and its importance.

NorthEast Regional Coordinator Year-End Report

Heather Deimler

SNAP North East Regional Coordinator



As my time as the SNAP Northeast Regional Coordinator concludes, I have realized how impactful this position has been for myself and the organization. The networking possibilities are infinite, as well as the chance to build lifelong friendships. I have done my best to reach out to the local chapters in my area and to formulate relationships with members of some of these schools. I believe the northeast will continue to grow and represent the state at a larger capacity.

I look forward to seeing everyone's smiling faces at convention! I wish you a great end to the semester and best of luck as you continue your growth towards being a professional nurse.

President's report continued from Page 1

and personal development, contribute to the advancement of nursing education, and ensure all people receive high quality care through highly educated nursing professionals. It is important to remember our history as it defines who we were and who we are today as an organization. It reminds us of the issues that student nurses have valiantly fought for and what we continue to advocate for today. Our predecessors have built a strong foundation based upon commitment, integrity, and innovation. We must continue to build upon the foundation and shape the future.

As my time as a SNAP member comes to an end, I have begun to reflect on my four years as an active member of this great organization. First and foremost, it has been an honor and privilege to serve you, the SNAP members and faculty advisors, for the last four years on the state

board. From Central Philadelphia Regional Coordinator, to Vice President, and now President, I have been able to work with hundreds of students and faculty advisors, to ensure each and every member of the past, present, and future will have a place in SNAP. I have seen great change over the last four years both internally and externally for the organization. We have taken SNAP far, but we can go farther! The sky is the limit and SNAP's future is bright with all of you taking an active role in ensuring its future. My involvement in SNAP has been the cornerstone of my undergraduate career and I am truly honored to have had the opportunity to serve. My last piece of advice to all of you is take advantage of every opportunity that you are presented with, embrace your strengths and areas of opportunity, challenge the status quo, and make a difference. You have entered a noble profession. Be proud, be engaged, and be the best you can be!

NCLEX Advice!

Madeline Williams

South East Regional Coordinator



After years of nursing school, the one thing everyone dreads is the NCLEX. It can be a daunting task so I have a few pieces of advice for any nursing student preparing for the NCLEX.

First, I would suggest purchasing a book or an online program to study. There are tremendous amount of topics discussed in nursing school. A book or an online program makes the task a bit more manageable because it has a structure. This is different than picking up your old nursing books and trying to reread chapters. This brings me to my next point; do not try to relearn everything you were taught. It is too much information and you will become overwhelmed. This is an excellent opportunity to reflect upon yourself and acknowledge what specialties or topics you needed some extra help on. These topics are what you should be focusing most of your efforts on. Next, I would take advantage of the NCLEX reviews that SNAP holds at the annual convention. These workshops have useful tips and tools to help you pass your NCLEX on the first try. Finally, trust yourself. It is so important to go with your gut and believe in yourself. Overthinking is something that nursing students are caught doing. Trust in what you believe to be true because it probably is. I wish everyone the best of luck when you sit for your NCLEX!

Student Nurses' Association of Pennsylvania

2017 OFFICIAL BALLOT

The SNAP Nominations and Elections Committee (NEC) Logan Jarrett, Chair, and Michelle Mak, is pleased to present the Slate of Candidates of those individuals who have submitted their Consent To Serve forms to run for the following positions on the SNAP Board and NEC:

PRESIDENT

Madeline Stadler

VICE PRESIDENT

Meghan Scanlon

SECRETARY/TREASURER

Jenna Kessler

Cassidy Gallagher

LEGISLATIVE COORDINATOR

Katherine Hurley

NORTHWEST REGION

Holly Storm

SOUTHWEST REGION

VACANT

SOUTHCENTRAL REGION

Kristin Kelly

GREATER PHILADELPHIA REGION

Isaiah Washington

CENTRAL PHILADELPHIA REGION

David Bartolome

NORTHEAST REGION

VACANT

SOUTHEAST REGION

VACANT

NOMINATIONS & ELECTIONS

NEC West

VACANT

NEC Central

Rachel Runatz

NEC East

VACANT

Running for SNAP Office

The Right State of Mind

Heather Deimler

SNAP North East Regional Coordinator



It's near the end of the semester and almost every nursing student across Pennsylvania is thinking to themselves; can I make it? Is it possible? As nursing majors, sometimes we may feel trapped in our clinical paperwork, exam material, and life outside of school just doesn't seem to exist. In these moments, it is crucial to slow the mind. With the clutter of stress and the outside world clogging the paths of our neurons, thinking becomes challenging, especially the type we need to do to be successful; critical thinking.

The mind is a busy place. It's the mind we use to gather material and data, process it, analyze it, and make conclusions. We use the mind to communicate; with others and to ourselves. It's the mind we use when we scroll through our phones, watch television, and listen to music. We use the mind to complete our daily tasks, to survive through the day. We use the mind each second for a new thought.

We all are individuals that have individual needs and all of these needs vary. However, I challenge you as a reader and a nursing student to slow the mind by means of removing the tangles of information that are taking up space. Remove the thoughts of Netflix or the next playlist on Spotify and take the time to take care of your mind. When this can be achieved, anything can be achieved. Like an unknown author once said:

"Your mind is a garden. Your thoughts are the seeds. You can grow flowers.. or weeds."

You can conquer the stress and the anxiety of school. It takes patience and perseverance, but in the right state of mind- anything is possible- nursing school is possible!



Empowering Resolutions

The 2017 SNAP House of Delegates will consider the following resolutions to be accepted as substantive policies of the organization. Congratulations to all resolution authors for a job well done!

Proposed Resolution #1: *In Support of Increased Awareness of the Dangers of Hazing Practices in Collegiate Settings*—Submitted by the SNAP Board of Directors

Proposed Resolution #2: *In Support of Increased Awareness of the Ongoing Concern of Nurse to Patient Ratios*—Submitted by Widener University

Proposed Resolution #3: *In Support of Increased Nursing Education to Improve Nurses' Sensitivity and Ability to Address Childhood Poverty*—Submitted by University of Pennsylvania

Proposed Resolution #4: *In Support of Nurse-Driven Education on Folic Acid Intake and Autism Spectrum Disorder (ASD) Development*—Submitted by Alvernia University

Proposed Resolution #5: *In Support of Awareness of the Psychosocial Needs of Breast Cancer Survivors*—Submitted by Duquesne University

Proposed Resolution #6: *In Support of Increased Education and Awareness Concerning the Need for Culturally Competent Nursing Care*—Submitted by DeSales University

Proposed Resolution #7: *Increased Support for the Awareness of Code Lavender in Healthcare Facilities to Support the Emotional Well Being of Healthcare Providers*—Submitted by Drexel University

Proposed Resolution #8: *In Support of Addressing Attitudes Toward the Older Adult Population*—Submitted by Villanova University

Proposed Resolution #9: *In Support of Incorporating Comprehensive Interventions in Undergraduate Nursing Education*—Submitted by University of Pittsburgh

Congratulations Dr. Donnelly

2017 SNAP Lifetime Achievement
Award Recipient



"I would thank nurses for entering the profession, for making that commitment and then I would also encourage them to keep advancing their knowledge."
– Dr. Gloria Donnelly

Drexel University would like to congratulate Dr. Gloria Donnelly for her outstanding contributions to education, the field of nursing, and her selection as the 2017 recipient of the SNAP Lifetime Achievement Award. Thank you for being an inspiration.



Drexel.Edu/Online

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SNAP Welcomes **Sandra Gomberg, MSN, RN** *as our* **65th Annual Convention Keynote Speaker**



SNAP is extremely pleased to announce that one of our very own former SNAP presidents, **Ms. Sandra Meyers Gomberg, MSN, RN**, has agreed to deliver this historic keynote for our 65th Anniversary Convention! Sandy is a graduate of Villanova University, and served as SNAP President from 1983-1985. You will be engaged and challenged to find your own leadership pathway after hearing Sandy's amazing address!

KEYNOTE ADDRESS



SNAP 65th Annual Convention
November 15—18, 2017
Kalahari Resort & Convention Center
Pocono Mountains



SNAP 66th Annual Convention
November 14—17, 2018
Harrisburg Hilton & Towers
Harrisburg, PA

David R. Ranck



The 12th Annual LEAD WORKSHOP

This workshop is designed for emerging leaders from Pennsylvania's local chapters to gain leadership and development skills. Ideally, participants will be freshmen or sophomores. Each school may send a total of six (6) students, and registration is on a first come - first served basis, for a maximum of 60 participants.

The SNAP Board of Directors is pleased to invite freshmen and sophomore SNAP members (attendees must belong to NSNA/SNAP) to this event, and we want to thank **PINNACLE HEALTH** for hosting and sponsoring this event once again, providing our meeting rooms and meals on Saturday and Sunday!

March 24 & 25, 2018

Emerging Leaders!



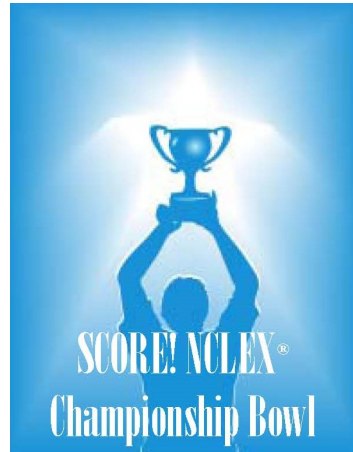


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VISIT THE SNAP WEBSITE OFTEN
FOR UPDATED INFORMATION



Who will be Champion in 2017?

Who will it be this year? Put a team together and request a registration form by emailing snap@snap-online.org. Teams will be selected on a first-come, first served basis. It's a great way to kick off your convention experience!

Be sure to submit your team to compete in next year's Tenth Annual Championship Bowl at the 65th Annual Convention at Kalahari Resort in the Poconos! Following are the previous SCORE! NCLEX[®] Championship Bowl winners:

- 2008—Alvernia University**
- 2009—Shadyside Hospital SON**
- 2010—Indiana University of PA**
- 2011—Lehigh Carbon Community College**
- 2012—Temple University**
- 2013—Temple University**
- 2014—ARIA School of Nursing**
- 2015—Temple University**
- 2016—Roxborough Hospital SON**

Wednesday, November 15th
Preliminary Rounds begin at 3 p.m.
Championship Rounds begin at 7 p.m.