



INSIGHT

Volume 45

Issue 2

Spring/Summer 2018

Way to Represent!

Every spring I look forward to attending the NSNA Annual Convention. This year the convention was located at the Gaylord Opryland Hotel in Nashville, Tennessee and it was a blast! I enjoyed spending the week among fellow nursing students networking, attending presentations and having fun with both new and old friends.

SNAP represented very well at this convention. During roll call at the opening House of Delegates meeting we tossed Hershey Kisses in the air after counting off as the largest delegation present. At the opening ceremonies, Dr. Jacqueline Dunbar -Jacob, Dean of the University of Pittsburgh School of Nursing, was awarded the Weingarten Leader of Leaders Award and David Ranck, SNAP Professional Consultant and Parliamentarian, was awarded NSNA Honorary Member. This award is the highest honor that an individual can receive at NSNA. Both of these awards were well deserved.

Later that evening I was able to celebrate with Jackie by attending a University of Pittsburgh dinner, after which I stopped by the dinner that David was having with his family, who surprised him at the convention.

Throughout the week, I loved getting to know different SNAP members at our caucus meetings and spending time with everyone at the delegate meetings. We had three SNAP members elected to the NSNA

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Madeline Stadler
SNAP President

FOR YOUR INFORMATION

IN JUNE 2018

SNAP Board Meeting 9-10

IN AUGUST 2018

Deadline for Fall *Insight* 1

IN SEPTEMBER 2018

SNAP Board Meeting 8

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

IN JANUARY 2019

SNAP Board Meeting TBD

IN MARCH 2019

SNAP Board Meeting TBD
LEAD Workshop TBD
Capitol Hill Step by Step TBD

IN APRIL 2019

Deadline for Spring *Insight* Articles 1
NSNA 67th Annual Convention 3-7
Salt Lake City, Utah

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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SNAP CHAMPION SPONSOR:

Geisinger Health

Since Convention 2017, Geisinger Health supported SNAP throughout the year by being the **SNAP CHAMPION Sponsor!** We sincerely appreciate their being a partner with us to provide our membership outstanding leadership and networking opportunities. They had an amazing booth at our convention, and handed out beach towels, which came in handy at the water park at Kalahari Resorts!

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



Geisinger

“Four Years From Now” A Collaboration Dinner

Isaiah Washington

Greater Philadelphia Regional Coordinator

On Tuesday April 10th 2018, Widener University hosted the first annual Nursing School Collaboration Dinner with the theme, “*Four Years From Now*”. This program was designed to bring nursing students in the state of Pennsylvania together and to let them know that once they graduate what they do and who they meet as a student will matter to their success. We wanted to teach the importance of networking because of how crucial it is to our careers. Although we were only expecting at most 80 students, we welcomed more than 120 students and faculty from Temple, West Chester, Villanova, Thomas Jefferson, Aria Health and various other schools from the Greater Philadelphia Region and beyond.



The evening began with a home-cooked meal. Because this event was created by students, it only seemed fit that the servers were other student leaders as well. Therefore, we would like to extend a huge thank you to Widener University’s Chapter of Black Men United for assisting in this wonderful event. We would also like to thank our amazing speakers, including Monica Brown, BSN, RN, who gave us some beneficial tips of how to not only pass nursing school, but how to excel through it. She provided us with some inspiring stories from her own experiences and how she has persevered through them to accomplish her dreams. Cindy Schmus, MSN, RN, PPCNP-BC, and SNAP Professional Consultant, was our keynote and shared her story of how she started out as a nursing student at Villanova and how she rose through the ranks as an Pediatric Oncology Nurse at CHOP. She gave each of us the inspiration to excel beyond everyone’s expectations.

As co-creator of this event along with Keith Hanley, Social Chair for Widener University Student Nurses’ Association, we would like to extend a huge thank you to everyone who attended and helped make the event a success. We believe that the goal for the first annual summit was reached; however, we know that we can still improve for the future. Therefore, instead of hosting it at Widener year after year, we would like to



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Getting to Know You . . .

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open it up to you and your collegiate affiliation. If you believe that your nursing school would like to provide the venue for the second gathering, please contact me for more information. You can also reach out to me if you would like to learn more about the SNAP organization, how to start a SNAP Chapter, or if you would like to collaborate with myself and/or Widener University on a campus event. Remember, I am always available to connect with you so please feel free to hit me up!



Widener SNAP Chapter Board of Directors

CAPITOL HILL: STEP BY STEP



Approximately 200 nursing students attended Capitol Hill Step by Step in March. Katie Hurley SNAP Legislative Coordinator, welcomed the students and introduced David Ranck, MEd, RN, who gave a presentation on the need to be aware of the legislative process. Several students presented bills currently before the legislature. Students toured the Capitol in the afternoon.



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

March 2019

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

Register at
www.snap-online.org
(Date to be set at the June Board meeting)

COME TO THE CAPITOL!

You Care for Others . . . Are You Caring for Yourself?

Gabriel Velez

SNAP North East Regional Coordinator



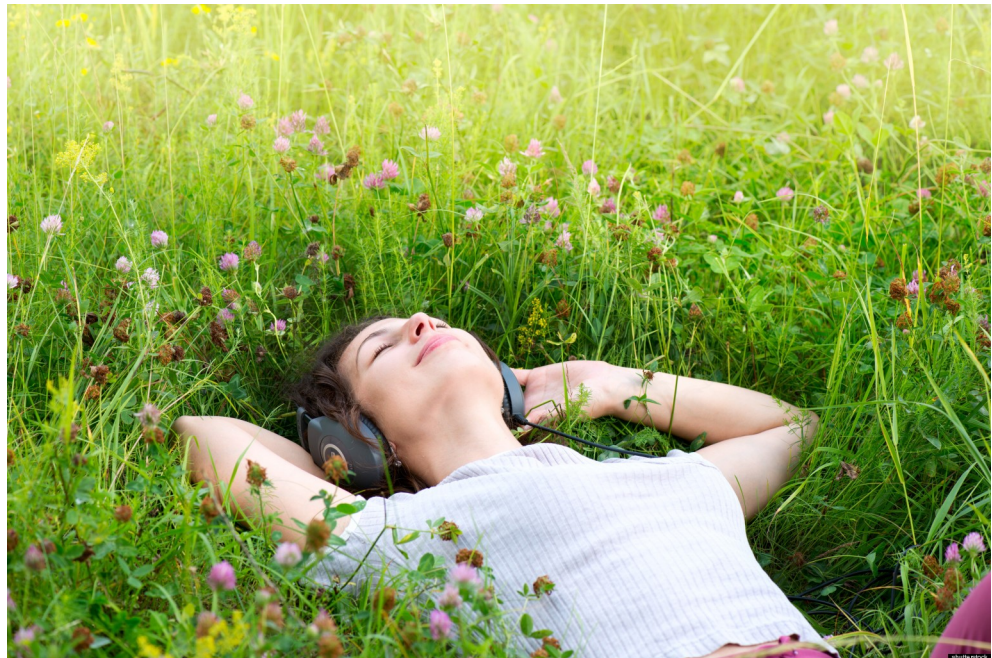
Most nursing students across the state of Pennsylvania have completed their spring semesters and I am sure stress was at an all time high with exams, papers, clinical preparation, piled upon extracurricular activities, and the attempt to maintain social life. At times we might question if we are able to balance it all. Is it possible?

In the midst of our hectic lives, we sometimes tend to forget about taking care ourselves. Are we getting enough sleep? Are we taking time out of our days and weeks for “me time”? Although nursing school should be a priority, it is also important to take care of yourself!

I challenge you as a reader and nursing student to take some “me time” every week and engage in whatever it is that relaxes you and allows your mind to think about something besides nursing school.

Taking “me time” allows your mind to reset itself and refresh. This refreshed mind will help you not only be a better student but also student nurse. Whenever you feel stressed beyond what you can handle, take a moment and relax. Go for a run, watch a movie, go to the gym, or play a game. Go and do whatever it is that makes you happy.

Just know, whatever nursing school may throw at you, **YOU CAN DO IT!**



Empowering Resolutions: Advanced Directives

Katherine Hurley
SNAP Legislative Coordinator

Greetings from Boston! I recently finished up my ‘wicked awesome’ co-op at the Brigham and Women’s Hospital in their Neuroscience Intensive Care Unit. Being a Cape Cod native, I jumped at the opportunity to spend my 6-month co-op experience in Boston, near home.



Growing up surrounded by Boston accents, it surprised me each day as I stepped onto the unit, just how strong a Boston accent sounds, as nurses compete their neuro exams around the clock...and yes, even the nurses use the word ‘wicked’ as an adjective.

This learning experience provided an incredible knowledge base and truly opened my eyes to the world of neuro. As student nurses, we work through our curriculum to understand and effectively implement into our own practice a head to toe assessment; but rarely do we get to see what a poor assessment looks like and the causes of it. I was amazed each day I stepped onto the unit the various neuro exams I would see, unlike anything I’ve ever seen in clinical.

Throughout my time at the Brigham there was one common theme, the importance of an advanced directive. In 2015, SNAP passed a resolution supporting awareness and education for advanced directives in college-aged students. Often individuals wait for a serious health event to occur before creating an advanced directive, and it certainly is not something students in college think about creating.

After just a few weeks on the Neuro ICU, I saw first hand the importance of this resolution and the need for increased awareness. If any college student could spend just a half an hour on this or any ICU unit they would immediately begin thinking about it and imagining themselves lying in those beds and what measures of care they would want. After seeing severe neurological trauma where patients are unable to answer for themselves, healthcare professionals don’t know who to look to for answers. Family usually steps in but they themselves have a hard time making medical decisions that they think their loved one may want.

By having an advanced directive in place, the answer is clear as there are a set of directions prepared that the individual has created in case of such event. Too frequently do college-aged students think they are immortal and lack the understanding of how important having an advanced directive in place is.

Further, few students are aware of the power an advanced directive holds, nor have they ever been educated about the importance of one and or creating one. The power that our resolutions hold is truly incredible and create such promise for the future.

As I venture back to the state of Pennsylvania, I bring with me greetings from some ‘wicked good’ nurses!

Wicked Awesome . . .

President's report continued from Page 1

Board. Congrats to Madeleine Misus for being elected as NSNA Vice President, Taylor Tilton as NSNA Director East and Kruti Patel as NSNA NEC East.

Finally, at the closing ceremonies SNAP won the Ethics and Governance Award for the David R. Ranck LEAD Workshop and the award for Best State Newsletter. Overall, it was a great convention. Thank you to everyone who attended and for representing SNAP so well!



Congratulations to Dr. Jacqueline Dunbar Jacob for being named the 2018 Weingarten Leader of Leaders!



Madeline Stadler, SNAP President (far right) was elected to serve on the Council of State Presidents (COSP) Planning Committee. These four individuals will plan and implement the next COSP, which will be held at MidYear in Louisville, KY.



SNAP was surprised and honored to learn that David Ranck, MEd, RN, SNAP Parliamentarian and Professional Consultant, was named NSNA Honorary Member, NSNA's highest recognition. Jennifer Kalenkoski, immediate past NSNA President and former SNAP member, announced the award at the Opening Ceremony.



Marcus Henderson, BSN, RN, immediate past SNAP President, and his business partner, Ian McCurry, BSN, RN, presented a concurrent session about their new business, *Up and Running Healthcare Solutions*, which works with the homeless population in the Philadelphia area.

MARK YOUR CALENDARS!



**SNAP's 66th
Annual Convention**

November 14-17, 2018

Hilton Harrisburg
Harrisburg, PA

Everybody COME!

Strategies for Success

Megan McGonagle

SNAP South East Regional Coordinator



For some of us, we recently experienced and celebrated graduation from our nursing program. You spent the last month possibly attending the NSNA convention, filling out forms for pinning and graduation, and studying (of course). You may be applying and interviewing for your very first nursing job. I want to share some tips that may help prepare you for the somewhat nerve-racking experience that we all will face when exiting nursing school.

My experience began a few months ago with my very first group interview at Lehigh Valley Hospital Health Network. It was with six other students, somewhat informal, where we answered questions and discussed positions that we were interested in. Going in, I had no clue what they were going to ask, and I was sitting there wishing I was more prepared. Yet, I enjoyed this format. It made me feel like I wasn't alone. We were all nervous, but we were together. I will say that this has been my feeling in nursing school. We are all in this together and sometimes, though overwhelming, and sometimes terrifying, we have each other and we aren't alone.

I came into an interview with the director of a progressive coronary unit feeling prepared, enjoyed the process, and was offered the position. I am beyond excited to begin my journey as a nurse in a specialty that I love. In reflecting on my experience, there are five strategies I want to share when interviewing:

- ◆ **You can never be too prepared.** Research the organization you want to work in. Make sure their mission and core values match your own.
- ◆ **Evaluate your goals.** Short term and long term. Do they match up with the type of position or specialty you are interested in? Will this position provide opportunities for growth, education, and future advancement?
- ◆ **Confidence is key.** First impressions are so very important. Smile, be the first to offer a firm handshake and make eye contact. This conveys not only respect but confidence and enthusiasm in meeting your prospective boss.
- ◆ **Dress to impress.** Make sure your clothing is neatly pressed, properly fitting, and not revealing in any way. Avoid loud prints and colors. Use perfumes/colognes sparingly, if at all, and avoid flashy jewelry that will ultimately be distracting.
- ◆ **Know yourself, know your resume, and know your skillset.** Have concrete examples to back it up. Some questions that can help you prepare include: What are your strengths and weaknesses? What contribution will you make to the organization? What has been your greatest challenge? Provide real life personal experiences, not stock answers. It paints a picture of who you truly are and sets you apart from others.

In closing, I want to stress one more thing. **Be yourself.** You don't need to fit a mold or act in accordance to what you think your potential employer expects. Your sincerity and authenticity will shine through if you are true to yourself and you give it your all. I wish you all success and the best of luck in all your endeavors!

Acknowledging Initiative: Christine Slifer

Sarah Groves

SNAP South Central Regional Coordinator

This past November, a tragedy erupted close to home for West Chester University nursing students. Barclay Friends is an assisted living facility that was established in 1893 in West Chester to improve care of the aging in a supportive, homelike, and compassionate atmosphere. Barclay Friends is a nursing home facility where many WCU nursing students do clinical rounds or work. On November 16th, around 11pm, while most of us were enjoying state convention, a detrimental fire erupted. The fire killed 4 residents, hospitalized 27 and placed over 130 residents in other facilities or family homes. It took hours to put out the fire and damaged the facility tremendously.



Christina Slifer, a member of West Chester University SNAP, demonstrated outstanding leadership in fundraising for the residents of Barclay Friends. Christina was born and raised in West Chester, earned a BS in Biochemistry from the University of Delaware and a PhD from Drexel University in Microbiology & Immunology. Most of her family lives in West Chester or in a neighboring town, so the Barclay Friends tragedy hit close to home for both her and her family. Christina's grandmother also spent 10 years at the Sunrise Assisted Living Facility in Exton, which is another closely associated assisted living facility. With the help of her family, the Slifer's raised \$340 within a day. Along with the \$340 Christina raised and bought supplies with, West Chester SNAP members raised \$150 to add to Christina's contribution. Below is a list of items she was able to purchase and donate to the residents:

- 1 collapsible cane
- 3 three toothbrush packages
- 3 tubes toothpaste
- 6 deodorants
- 3 packages Depends
- 5 pairs slippers
- 5 packages socks
- 12 packages underwear
- 1 packages undershirts
- 3 pj pants
- 2 sets female pjs

Christina Slifer demonstrated tremendous leadership in helping our community, and it went a long way in the unexpected tragedy that occurred on November 16th. I would like to acknowledge her initiative in helping her community. Christina was able to replace everyday necessities despite many residents losing everything, and she is thrilled to have been able to help these folks in such a desperate time.



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



SNAP 67th Annual Convention
November 20—23, 2019
Lancaster Marriott at Penn Square
Lancaster, PA

David R. Ranck



The 13th 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 **UPMC PINNACLE** for hosting and sponsoring this event once again, providing our meeting rooms and meals on Saturday and Sunday!

March 2019



Are YOU an Emerging Leader?

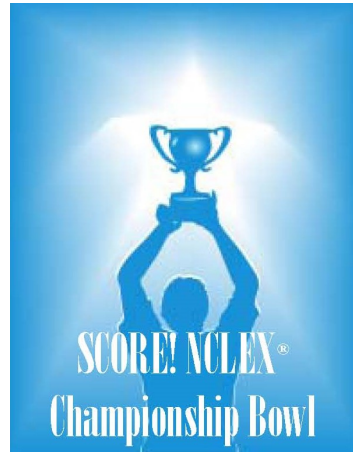


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VISIT THE SNAP WEBSITE OFTEN
FOR UPDATED INFORMATION



And the winner 2018 is . . .

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 11th Annual Championship Bowl at the 66th Annual Convention at the Hilton Harrisburg! 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

2017—Drexel University

Wednesday, November 14th

***Preliminary Rounds begin at 3 p.m.
Championship Rounds begin at 7 p.m.***