



## INSIGHT

The Newsletter of the Student Nurses'  
Association of Pennsylvania

Please visit the SNAP Website  
at [www.snap-online.org](http://www.snap-online.org)

### May 2026

## SNAP Faculty Advisor Wins Outstanding Alumni Award



### **University of Penn Faculty Award, Dr. Spatz Recognized**

Dr. Diane Spatz has been the faculty advisor for Student Nurses at Penn (SNAP) for 27 years. On Friday May 15th she received the Outstanding Alumni Award for the University of Pennsylvania School of Nursing. Being faculty advisor to SNAP is her favorite volunteer job!

Congratulations to Dr. Spatz and University of Pennsylvania School of Nursing!

## National Period Poverty Awareness Week

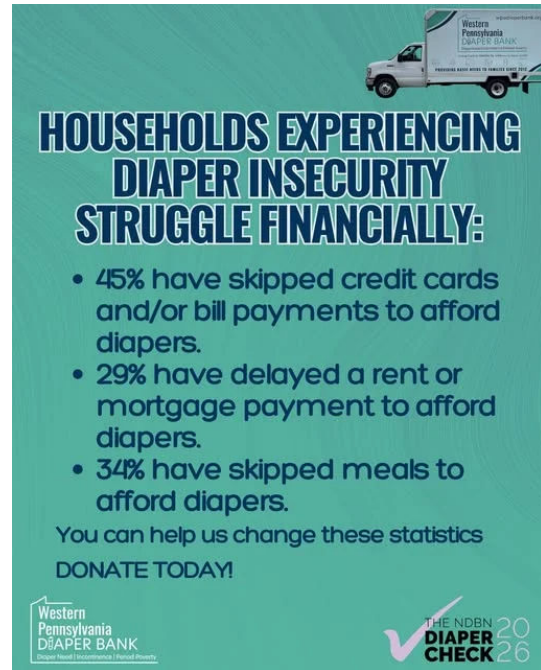
National Period Poverty Awareness Week was celebrated May 11-17, 2026! As SNAP's Community Health Committee works on our Period Poverty Campaign; we would like to highlight one of our partners: The Western Pennsylvania Diaper Bank! The Western Pennsylvania Diaper Bank has become a critical resource for families across Western Pennsylvania by addressing diaper needs and basic hygiene insecurity with dignity and compassion. In 2025 alone, the organization

distributed more than 3 million diapers, period products, and incontinence supplies to over 18,000 children, women, and seniors. By ensuring families have access to essential hygiene products, the organization helps reduce financial stress, improve health outcomes, and support child development. Families who receive assistance are better able to attend work, childcare, school, and medical appointments without the burden of choosing between diapers and other necessities like food or rent. WPDB shared that the impact of period poverty includes 1 in 3 low-income individuals miss work or school due to lack of period supplies, 1 in 4 students miss school because they cannot afford period products, and lack of access is linked to negative mental health outcomes, including higher rates of depression.

For more information and education, visit our Instagram page for a spotlight series and visit the WPDB's website at <https://www.wpadiaperbank.org/>!

Any chapters or members looking to contribute to helping fight period poverty, feel free to access this link: <https://secure.givelively.org/donate/western-pennsylvania-diaper-bank/back-to-basics-2026/david-j-fisher>

As a reminder, SNAP's Period Poverty Campaign is a statewide effort to fight period poverty through education, advocacy, and action. Schools can compete by hosting drives, leading events, and raising awareness! Awards will be given to the most impactful efforts at the SNAP convention! Regions will also compete based on social media engagement and attendance at regional events. Every action counts, because access to basic care shouldn't be a privilege. Check out the Period Poverty Campaign on SNAP's website at: [www.snap-online.org/community-health/](http://www.snap-online.org/community-health/).



**HOUSEHOLDS EXPERIENCING DIAPER INSECURITY STRUGGLE FINANCIALLY:**

- 45% have skipped credit cards and/or bill payments to afford diapers.
- 29% have delayed a rent or mortgage payment to afford diapers.
- 34% have skipped meals to afford diapers.

You can help us change these statistics  
**DONATE TODAY!**

Western Pennsylvania DIAPER BANK  
THE NDBN 2026 DIAPER CHECK



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# Geisinger

## SNAP'S CHAMPION SPONSOR

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### **West Chester University Wins Outstanding Student Organization Award**

With the nomination from their faculty advisor, Dr. Julie Kurkowski, West Chester University's SNAP chapter, was awarded the Dr. Matthew J.

Bricketto Outstanding Student Organization of the Year Award. Recognizing their commitment to leadership through advocacy, service, campus engagement, and leadership development. This achievement reflects the passion and dedication of every member. From developing and passing a resolution at the state convention this past fall, to making a stronger impact through community service initiatives such as blood drives, blood pressure screenings, written cards for Love for our Elders, and care packages for Unite for HER Foundation. WCU SNAP also collaborated with faculty to create a Nursing Student Emergency Bootcamp to strengthen and support emergency preparedness and clinical skills. At the chapter level, WCU SNAP supports peers through study hours and fosters connections through its mentor-mentee program. Their efforts of advocacy, service, campus engagement, and leadership development reflect the impact of the work they have done within their campus community and the surrounding area.



## SNAP LEADER SPONSOR

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### Destressing as Student Nurses

Whether you're moving into your summer semester or going into summer break, it is always a good idea to remind yourself to destress!

- Active Breaks are a great way to destress and benefit your health: go for a walk or run, stretch, dance break, yoga, etc.!
- Find a distraction free space where you can focus while studying!
- Plan out your study time, break subjects into small content, spread out your studying, try not to cram!
- Prioritize your health! Remember to eat, sleep, and drink water!
- Spend time with your family, friends, and pets!

*Written by Amelia Palenchar and Sarah Weisbeck*

A vertical infographic titled "TIPS FOR EXAMS!" with a purple-to-pink gradient background. It contains five numbered tips, each in a blue rounded rectangle with a yellow circle containing the number:

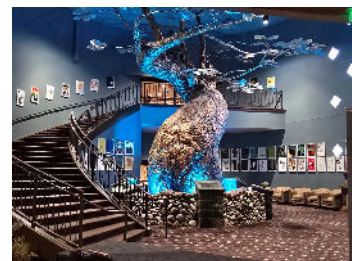
- 1 Take a nice deep breath before starting the exam
- 2 Prioritize sleep over last-minute cramming
- 3 Read the whole question and determine what the question is asking
- 4 Eliminate your wrong answers first!
- 5 For select all that apply questions: treat each option as true/false question



## A Message to Spring Graduates

Congratulations to all Spring Graduates! The SNAP Board of Directors, NEC, Consultants, and Staff all wish you the best in your nursing careers! We hope you enjoyed your time as a SNAP member and encourage you to stay connected with our organization!

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## 2026 SNAP Convention Prospectus Information

[Prospectus](#)



## SNAP CALENDAR

### JUNE 2026

- SNAP Board of Directors Meeting, June 13-14 Hershey
- Summer Break No Insight Newsletter

### JULY 2026

- **Deadline** for August INSIGHT: Monday, July 27

### AUGUST 2026

- **Deadline** for September INSIGHT: Monday, August 24

## SEPTEMBER 2026

- **Deadline** for October INSIGHT: Monday, September 25
- SNAP Board of Directors Meeting, September 12-13, Harrisburg

## OCTOBER 2026

- **Deadline** for **Chapter Constituency Status** (determines # of delegates for SNAP convention. NSNA will send list of members at the end of day): Thursday, **October 15**
- **Deadline** for **Resolutions: 12 midnight** on Thursday, **October 15**
- **Deadline** for Abstracts for **SNAP Poster Session: 12 midnight** on Thursday, **October 15**
- **Deadline** for **Chapter/Individual Awards: 12 midnight** on Thursday, **October 15**
- **Deadline** for November INSIGHT: Monday, **October 26**
- **Deadline** for **SNAP Consent To Serve applications** (running for SNAP Board/NEC positions) **12 midnight** on Wednesday, **October 28**

## NOVEMBER 2026

- **Deadline** for **SCORE Challenge Bowl** Registration: **12 midnight** on Monday, **November 2**
  - **Deadline** to register for SNAP Convention: **12 midnight** on Monday, **November 2**
  - **SNAP 74th ANNUAL CONVENTION AT THE KALAHARI RESORTS IN THE POCONOS: NOVEMBER 18 – 20, 2026**
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*Dear SNAP Member/Faculty Advisor:*

I encourage you to submit articles and photos pertinent to other nursing students in Pennsylvania to be included in the next issue of INSIGHT. This is your newsletter and vehicle to let others know what is happening at your school and chapter.

The deadline to receive these items is approximately the first day of the month of publication. Send your articles to [snap@snap-online.org](mailto:snap@snap-online.org) or to me at [secretarytreasurer@snap-online.org](mailto:secretarytreasurer@snap-online.org).

We look forward to hearing from you soon!

Sincerely,

*Sarah Weisbeck, SNAP Secretary Treasurer*

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**Student Nurses Association of  
Pennsylvania**

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