

# INSIGHT



The Newsletter of the Student  
Nurses' Association of  
Pennsylvania



**SPRING SEMESER BEGINS!**  
**Here is your SNAP Board of**  
**Directors 2022-2023**

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*In front: John Palmer, President. Behind John (first row): Jia Li Stehlik, Legislative Coordinator; Kaitlyn Eastburn, Vice President; and Lauren McCarthy, Secretary/Treasurer. Behind them: Kiele Hayes, South East Regional Coordinator; Faith Fannie, South West Regional Coordinator; Ashley DeFelice, North East Regional Coordinator; Andrew Kim, Central Philadelphia Regional Coordinator; India Miller, Greater Philadelphia Regional Coordinator; and Maria Santana, North West Regional Coordinator*

Hello everyone! My name is **John Palmer**, and I am honored to serve as your **President** this year. I am in my final semester in the BSN program at the University of Pennsylvania, where I am also pursuing a minor in Global Health. I have been involved in my SNAP chapter since my freshman year, and serving on the SNAP Board as legislative coordinator, vice president, and most recently, president. I am also currently serving as Chair of the NSNA Council of State Presidents. I am excited to use this year to increase opportunities for collaboration and professional



development among our many SNAP chapters across the Commonwealth. One of SNAP's greatest features is its strong networks of students, faculty, alumni, and professionals. Thus, I encourage you to take advantage of the many offerings that SNAP and NSNA have to offer in 2023 and to get involved in every way you can. We are truly lucky to go to nursing school in Pennsylvania, where SNAP has a 70+ year history of investing in the development of the next generation of nursing leaders. If you have any questions or any ideas regarding how SNAP can better serve its members please feel free to reach out.



Hi Everyone! My name is **Kaitlyn Eastburn**, and I am so excited to serve as your **SNAP Vice President** for this coming year! This past year, I had the privilege of serving as your Legislative Coordinator, so I am honored to be able to continue on with my dedication to SNAP and its constituents. I am currently a senior traditional BSN student at the University of Pittsburgh where

I am heavily involved with our Nursing Student Association chapter and also assist in research on head and neck cancer survivorship. I also work as a PCT at the Children's Home of Pittsburgh and serve as a member of the 2023 NSNA Resolutions Committee. After graduation, I plan to work in pediatrics before returning to graduate school to obtain my PhD and DNP in psych/mental health. I am passionate about research and mental health among children and adolescents and their families! In my free time, I love to read, shop, exercise, and hang out with my dogs!

As Vice President of SNAP, I am so excited to plan our 71st Annual Convention at Kalahari Resorts in the Poconos! I am passionate about providing you all with opportunities to grow and develop as future nurses. We are the future of healthcare, so it is so important that we take these opportunities to expand our knowledge and experience as nurse leaders. I am so glad that you all have decided to get involved in SNAP, and I cannot wait to get to know many of you throughout this year. If you ever have any questions or want to talk, feel free to contact me at [VicePresident@snap-online.org](mailto:VicePresident@snap-online.org)!

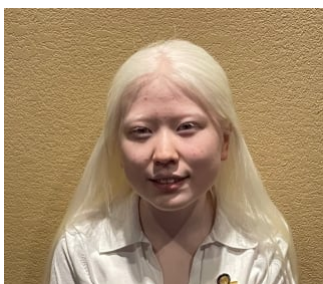
Hi Everyone! My name is **Lauren McCarthy**, and I am excited to currently serve as **SNAP Secretary/Treasurer**. I am a sophomore BSN student at Widener University with a minor in Allied Health. I am active in the Widener Student Nursing Association (WUSNA) and currently serve as the Fundraising chair. I've really enjoyed

handling our events and bringing new ideas to our chapter while raising money to support activities for our members. At Widener, I am also a mentor for the Honors Program of General Education, a chemistry and anatomy tutor and a University Ambassador. I am a pizza lover so my at-home job as a server at a local pizza place works out great! I am also a Day





Camp Nurse during the summers. I am very passionate about nursing and one day I hope to become a pediatric oncology nurse practitioner.



Hi everyone! My name is **Jia Li Puma Stehlik**, I am so honored and thrilled to serve as your **SNAP Legislative Coordinator** this year. I am a Sophomore Nursing B.S.N student with a minor in Epidemiology at Drexel University. The 70th Annual SNAP convention was my first convention I have ever attended. I absolutely loved it and am already looking forward to next year's convention! I am very excited to help amplify the voices of other Nursing students. I am passionate about legislation and hope that this position acts as a springboard for me to stay involved and updated on the current climate of Nursing legislation in PA. I am beyond excited to get to meet and work with all of you on your goals and passions for the Nursing Profession! In the words of John Lewis, *"I am not afraid to make some noise, and get into good, necessary trouble"*.

Hello everyone! My name is **Maria Santana**, and I am thrilled to be representing the northwest region as the **SNAP North West Regional Coordinator**! I was born and raised in Syracuse, New York and I'm currently a sophomore at the University of Pittsburgh. In our local chapter at Pitt, I serve as the professional development chair and a member of the diversity, equity, and inclusion committee. Since joining SNAP my freshman year, I have attended two SNAP conventions and had the honor of representing Pennsylvania at national convention! I have done my best to take advantage of every opportunity SNAP has offered to me and I hope to help others do the same. I look forward to getting to know my fellow SNAP members and please feel free to reach out to me at any time!



Hello everyone! My name is **Faith Fannie**, and I am proud to be the **South West Regional Coordinator**. I am currently a First-Year student at West Penn Hospital School of Nursing. I am a class representative for Student Government. I joined NSNA/SNAP at the beginning of the year. This allowed me to attend the SNAP Convention where I decided to run for this position. A little about me, outside of nursing school I enjoy baking, cooking, and crafting. I also enjoy spending time with my family and dog. I am excited for this opportunity and hope that the students in my region will reach out to me with any questions throughout the year.

My name is **Ashley Defelice**. I am excited to represent the northeast region as the **SNAP North East Regional Coordinator**. I am currently a first-year student at Lackawanna College Nursing program with a graduation date of May 2024. I currently hold a position as our chapter's president. During my time at the convention, I was surrounded by great nursing students and nurses. As a new program, I am proud to present Lackawanna College on the SNAP Board. Our program is only 3 years old and has climbed to the top through a pandemic start.



Once I am as RN; I plan to go into the ICU or critical care area. I have a love for OB and I wish to connect the two, working as a NICU nurse. As a NICU mom, I hope to shed the sense of comfort and care that was given to me when my daughter was in the NICU.

I am excited to see you all at the next convention at Kalahari. I hope we can work together in molding a future for us nursing students in the northeast region.



Hello Everyone! My name is **Kiele Hayes**, and I am honored to serve as your **South East Regional Coordinator**. I am an active member of my local SNAP chapter, serving initially as Vice President and now Communications Secretary. I am a second-degree student pursuing a BSN at Gwynedd Mercy University in the weekend program. I obtained my initial degree in

Mechanical Engineering from Drexel university. I plan to pursue further education and use my unique experience as an adult learner and over 20 years in medical device training to change the face of nursing education through teaching. My passion is promoting student success through self-advocacy, and you will often hear me say, *"we must meet each person where they live"* or *"be the change you want to see."* I look forward to hosting engaging events in the South East to connect nursing students from regional schools with each other and grow our network of SNAP Chapters. Thus, allowing members to learn from one another, lean on each other and celebrate our successes.

Hi everyone! My name is **India Miller**, and I am from New Orleans, LA. I am a junior nursing student pursuing a global health minor at Villanova University. I am honored to serve as your 2022-2023 **SNAP Greater Philadelphia Regional Coordinator**. I also held this position last year, and I am even more excited about what is in store for this year! I have grown with



the SNAP chapter both at my school and at the state level. At Villanova, I am also secretary of the Multicultural Student Nurses Organization (MSNO), a member of Nursing Without Borders, and I am a tour guide. I love pediatric nursing, and I am most interested in the NICU. Outside of nursing, my favorite things to do are bake desserts for friends and family, go on long walks, and watch Gilmore Girls. I hope you are all as excited about this year as I am!



Hi everyone! My name is **Andrew Kim**, your **SNAP Central Philadelphia Regional Coordinator**. I am from Berwyn, PA. I am currently a second-year BSN student at the University of Pennsylvania with a dual degree in Economics and Healthcare Management/Policy at The Wharton School. At Penn, I am a nursing research assistant and a member of the curling team. Outside of nursing, I like to bike, cook, read, and go out for Korean barbecue. I am grateful for the phenomenal level of mentorship and support that SNAP provides us nursing students. I hope to take this further by utilizing SNAP's resources to provide additional support and form a tight-knit nursing community in the Central Philadelphia region. Please feel free to reach out with questions, requests, or concerns. I look forward to seeing everyone again at convention in the fall. This year, don't forget to pack for the waterpark!

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An advertisement for Geisinger featuring a woman in a nurse's uniform holding a sparkler. The text reads: "Geisinger", "A place that reflects your values and helps you shine brighter.", "Market-leading pay rates", "RN and LPN student opportunities available!", and a red button that says "SEARCH NURSING JOBS".

Geisinger

A place that reflects  
your values and helps  
you shine brighter.

Market-leading pay rates

RN and LPN student  
opportunities available!

SEARCH NURSING JOBS

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## SNAP Consultant Interviewed on Nurse Keith Podcast

The Board is excited to share a recent podcast ([Nurse Keith](#)) that **Cindy Schmus, SNAP Professional Consultant**, was interviewed for in December: <https://nursekeith.com/the-nurse->

keith-show-2/. He has an impressive list of interviewees and what an honor for SNAP to have Cindy recognized through this podcast. She speaks very highly of and often about SNAP and its influence on her career personally and professionally. Her story about the importance of mentoring for herself and her mentoring others is inspiring!



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## FOR YOUR INFORMATION

### JANUARY 2023



*The Association of  
Tomorrow's Nursing Leaders*

- **Deadline** for January INSIGHT: Tuesday, January 3
- SNAP Board of Directors Meeting, January 21-22

### FEBRUARY 2023

- **Deadline** for February INSIGHT: Monday, February 1
- **Deadline** for NSNA Constituency Status (delegates) TBD

### MARCH 2023

- **Deadline** for March INSIGHT: Wednesday, March 1
- SNAP Board of Directors Meeting, March 24 (virtual)
- David R. Ranck LEAD Workshop - March 25-26
- Capitol Hill Step by Step: Tuesday, March 28

### APRIL 2023

- **Deadline** for April INSIGHT: Saturday, April 1
- NSNA 71st Annual Convention in Nashville, TN April 12-16

### MAY 2023

- **Deadline** for May INSIGHT: Monday, May 1

### JUNE 2023

- **Deadline** for June INSIGHT: Thursday, June 1
- SNAP Board of Directors Meeting, June 3 and 4

### SEPTEMBER 2023

- **Deadline** for September INSIGHT: Friday, September 1
- SNAP Board of Directors Meeting: Saturday, September 9

### OCTOBER 2023

- **Deadline** for October INSIGHT: Sunday, October 1

- **Deadline** for Chapter Constituency Status (*determines # of delegates for convention. NSNA will send list of members at the end of day*): Saturday, October 15
- **Deadline** for Resolutions: 5 pm on Saturday, October 15
- **Deadline** for Abstracts for SNAP Poster Session: 5 pm on Saturday, October 15
- **Deadline** for Chapter/Individual Awards and Scholarships: 5 pm on Saturday, October 15
- **Deadline** for SNAP Consent To Serve applications (running for SNAP Board/NEC positions) 5 pm on Wednesday, October 25
- **Deadline** for SCORE Challenge Bowl Registration: 5 pm on Monday, October 30

## NOVEMBER 2023

- **SNAP 71st ANNUAL CONVENTION AT KALAHARI RESORT AND CONVENTION CENTER: NOVEMBER 15 - 17, 2023**

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# Geisinger

## SNAP's Champion Sponsor

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### I Need to Hear from YOU!

*by Kaitlyn Eastburn, SNAP Vice President*

Happy New Year, SNAP! With the new year upon us, impending graduations for some of us, and many clinical hours to come, there is much to think about. As you all start your new year and new semesters, take a minute to think about what you would like to see in terms of nursing this year. Set goals for yourself both personally





and professionally, and take the time to explore what interests you. But most importantly, take the time to take care of yourself! A nurse cannot care for a patient without first caring for themselves.

Though it seems far away, 2023 also brings our 71st Annual SNAP Convention. In November (which will come faster than you think...), I hope to see many of you right back at Kalahari Resorts in The Poconos! Yet another week full of passion for all things nursing! As I work through planning speakers for our Convention, I want to hear from all of you. What interests you? What do you want to see? What are you passionate about? You tell me! This year, I hope to take your interests and transform them into a Convention that will excite all of us and make us all excited to join our lovely profession. Therefore, I hope you will take a few moments during one of your study breaks to tell me what you want to see this year at Convention. I can't wait to hear from you!

**TELL ME HERE: <https://forms.gle/EH8XVEwrgxYCXuXz6>**

***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.*



*Send your articles, pictures, calendar of events, and contact information to [snap@snap-online.org](mailto:snap@snap-online.org). The deadline to receive these items is approximately the first day of the month of publication.*

*We look forward to hearing from you soon!*

*Sincerely,*

***Lauren McCarthy, SNAP Secretary Treasurer***

**QUESTIONS OR CONCERNS? CONTACT CINDY SHINGLER, SNAP EXECUTIVE DIRECTOR, AT (717)671-7110 OR EMAIL:**

**[SNAP@SNAP-ONLINE.ORG](mailto:SNAP@SNAP-ONLINE.ORG)**

**Student Nurses Association of Pennsylvania**

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