



INSIGHT

The Newsletter of the Student Nurses'
Association of Pennsylvania

Please visit the SNAP Website
at www.snap-online.org

May 2024

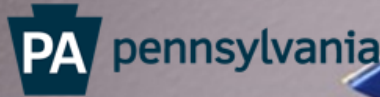


CONGRATULATIONS, GRADUATES!

By Lauren McCarthy, SNAP President

To the graduating nursing seniors, your dedication to learning and caring for others has prepared you for the noble and rewarding journey ahead. As you step into the world of healthcare, may your skills be a beacon of hope for those in need, and may your passion for healing drive you to make a difference in the lives of many.

Congratulations on your achievements, and may success and fulfillment accompany you on every step of your nursing career.



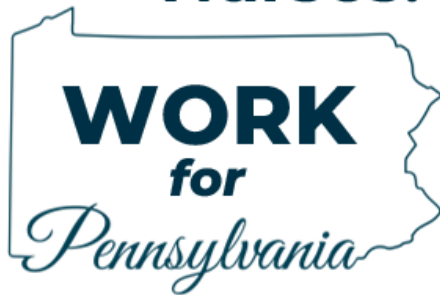
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The Association of
Tomorrow's Nursing Leaders

SNAP CALENDAR

JUNE 2024

- **Deadline** for June INSIGHT: Saturday, June 1
- SNAP Board of Directors Meeting, June 8 and 9

SEPTEMBER 2024

- **Deadline** for September INSIGHT: Monday, September 2
- SNAP Board of Directors Meeting: Saturday, September 7

OCTOBER 2024

- **Deadline** for October INSIGHT: Tuesday, October 1
- **Deadline** for Chapter Constituency Status (determines # of delegates for SNAP convention. NSNA will send list of members at the end of day): Tuesday, October 15
- **Deadline** for Resolutions: 5 pm on Tuesday, October 15
- **Deadline** for Abstracts for SNAP Poster Session: 5 pm on Tuesday, October 15
- **Deadline** for Chapter/Individual Awards: 5 pm on Tuesday, October 15
- **Deadline** for SNAP Consent To Serve applications (running for SNAP Board/NEC positions) 5 pm on Wednesday, October 30
- **Deadline** for **SCORE Challenge Bowl** Registration: 5 pm on Monday, November 4

NOVEMBER 2024

- **SNAP 72nd ANNUAL CONVENTION AT THE WYNDHAM RESORT AND CONVENTION CENTER, LANCASTER: NOVEMBER 20 – 23, 2024**

DECEMBER 2024

- **Deadline** for December INSIGHT: Monday, December 2

Geisinger

SNAP'S CHAMPION SPONSOR

**EXCITING
NEWS!**

*by Maria Santana, SNAP Vice
President & Convention Chair*



NURSES: CHAMPIONS OF PROGRESS
NOVEMBER 20 - 22, 2024 | LANCASTER, PA

Hello everyone! I hope that the spring semester ended well for you, and for those of you who are graduating,

CONGRATULATIONS!!! I wish you the very best of luck as you begin your nursing careers. I have very exciting convention news this month.

I am thrilled to announce that our convention keynote speaker will be **Stephanie Ferguson, PhD, RN, FAAN**. Dr. Ferguson is the Director

of the Harvard Global Nursing Leadership Program and Professor of the Practice of Health Policy and Management at the Harvard T.H. Chan School of Public Health.

With her invaluable experience and fierce passion for the nursing profession, we are so excited to welcome Dr. Ferguson to our annual convention and she is elated to speak to future nursing leaders.

I look forward to seeing many of you at **Wyndham Lancaster Resort & Convention Center** from **November 20-22, 2024**, and have a restful, rejuvenating summer - you deserve it!



Stephanie Ferguson, PhD, RN, FAAN

Mental Health Awareness



*by Hallie Bannon, SNAP
Northeast Regional Coordinator*

We made it through another month!
The semester is coming to an end
and we've all come so far and accomplished so much thus far! Wishing everyone luck on finals and a great start to their summer break and a big congratulations to all the nursing students graduating this month!

May Is National Mental Health Awareness month. May is a time to show awareness and support of those dealing with mental or behavioral health issues and to help reduce the dishonor so many have experienced.

Mental health plays such a big role as a nurse, whether you're a nursing student, the nurse or the patient. Take care of yourself over the summer and do at least one thing that brings you joy.

If you or someone you know is struggling or in crisis, help is available. Individuals can call, text, or chat with **988** will be directly connected to the **National Suicide Prevention Lifeline. The existing Lifeline phone number (800)273-8255.**



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SNAP LEADER SPONSOR

General Election Day is NOVEMBER
5

NURSES HAVE POWER!

*By Megan Le, SNAP Legislative
Coordinator*



Hi everyone! I hope you all had a great school year and are off to a fun summer. With the sun coming out, and less to no schoolwork, it is a great time to register to vote. Presidential elections are coming up in November 2024! Register now!

A resident of Pennsylvania:

<https://www.vote.pa.gov/Register-to-Vote/Pages/default.aspx>

Other states: <https://www.vote.org/>

If you have any questions, please reach out to me!



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Resolutions Deadline is October 15!

WRITE A RESOLUTION!

By Megan Le, SNAP Legislative Coordinator

I hope everyone is doing well. It was amazing meeting everyone at NSNA and I hope to see you again/meet you at the upcoming SNAP Convention in November. As the semester comes to a close, I want to make everyone aware that now is the time to start thinking about writing a resolution to represent your school and state in 2025!

For those who don't know, resolutions are statements in support of healthcare initiatives that becomes basis for SNAP and NSNA policy if passed.

As your legislative coordinator, I would be happy to discuss any questions or concerns you may have. Also, please feel free to contact the resolutions committee as well: **Vicky Vo (972)210-6029** and **Mary Ella McCarthy (724)612-7871!** My phone number is **(206)371-1448**, or you can email me back at LegislativeCoordinator@snap-online.org

I absolutely love the resolution process and would be thrilled to work with anyone interested. Primary author, co-author, editor... etc. There is something for you to contribute in some capacity!

To help you along your journey of writing a resolution, I am proposing a rough timeline of forming ideas and meeting with me/resolutions committee if wanted.

LOOSE DEADLINES:

- Idea finalized and basic research found: Now-Summer Time
 - Once idea is finalized, I would love to meet with you to discuss ideas before you write rough draft
- Rough draft: August 2024
- Meet for edits with me/resolutions committee: throughout September 2024

HARD DEAD LINES:

- Proposed resolutions due: October 15 2024
- State Convention: November 20-22 2024

If you're interested, we can start brainstorming topics together. I am also attaching the link to all of the NSNA resolutions from prior years, if interested you can browse through and see some of the amazing work fellow student nurses have done with resolutions in years past.

<https://www.nсна.org/resolutions-by-year.html>

I look forward to hearing from you all and am so excited to start this process.

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. 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,

Jane Foster, SNAP Secretary Treasurer

Student Nurses Association of Pennsylvania

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