



INSIGHT

The Newsletter of the Student Nurses'
Association of Pennsylvania

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

June 2024



YOUR SNAP BOARD AT WORK!

By Lauren McCarthy, SNAP President

The SNAP Board met June 8 - 9 in Harrisburg at UPMC Harrisburg's conference room. It was a very busy two days, passing more than 20 motions regarding everything from approving the 2024-2025 fiscal budget to many edits to the current SNAP policy manual. A huge thank you to **Kieran Cook, SNAP's South Central Regional Coordinator**, for reviewing the policy manual from beginning to end and suggesting much needed updates. The revised policy manual will be available on the website under "Resources" soon.

It had been tradition for the SNAP Board to go to Hershey Park in the evening on Saturday's board meetings. But, unfortunately, that has not been possible for the last several years, starting with the year of the pandemic. This activity has been instrumental in allowing the Board to get to know each other on a more personal level. The weather was absolutely perfect for a great evening of riding the rides (although the lines were long!) to enjoying some park food options. It should be noted that attending the park is paid for by each board member and does not come out of the SNAP budget.

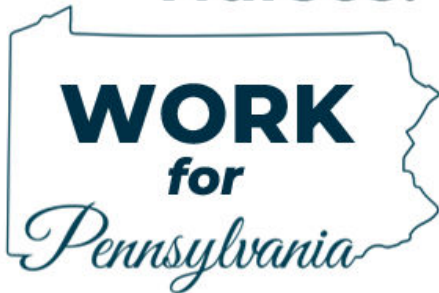
The SNAP Board wishes everyone a wonderful summer, hoping everyone gets some much needed relaxation before the Fall semester. We look forward to seeing you in November at the 72nd Annual SNAP Convention in Lancaster, PA!



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The Association of
Tomorrow's Nursing Leaders

SNAP CALENDAR

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

NOVEMBER 2024

- **Deadline** for **SCORE Challenge Bowl** Registration: 5 pm on Monday, November 4
- **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

JANUARY 2025

- **Deadline** for January INSIGHT: Thursday, January 2
- SNAP Board of Directors Meeting, January 25 – 26

FEBRUARY 2025

- **Deadline** for February INSIGHT: Saturday, February 1

MARCH 2025

- **Deadline** for March INSIGHT: Saturday, March 1
- SNAP Board of Directors Meeting, TBD
- **LEAD Workshop**, Saturday March 29 – Sunday, March 30
- Capitol Hill: Step by Step: TBD

APRIL 2025

- **Deadline** for April INSIGHT: Tuesday, April 1
- NSNA 73rd Annual Convention in Seattle WA: April 9 – 13

MAY 2025

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

JUNE 2025

- **Deadline** for June INSIGHT: Monday, June 2
 - SNAP Board of Directors Meeting, TBD
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SNAP'S CHAMPION SPONSOR



Embrace the Sun Safely This Summer

by Adriana Berdecia Colon, SNAP SouthEast Regional Coordinator

As we welcome June's warmth, it's a great time to enjoy the outdoors. Sunlight boosts our mood, strengthens bones, and supports our immune system. However, sun protection is crucial to avoid skin damage, premature aging, and skin cancer.

Key Sun Safety Tips

- **Use Sunscreen:** Apply broad-spectrum SPF 30+ sunscreen, reapplying every two hours or after swimming.
- **Wear Protective Clothing:** Opt for long sleeves, wide-brimmed hats, and UV-protective sunglasses.
- **Seek Shade:** Stay in shaded areas, especially between 10 AM and 4 PM when UV rays are strongest.

Check UV Levels and Plan Accordingly

Regularly check the day's UV index to understand the risk of skin damage. Aim for outdoor activities in the early morning or late afternoon when UV levels are lower.

Balance Sun Exposure and Protection

Moderate sun exposure is beneficial for vitamin D production and mood enhancement. Spend short periods outdoors without sunscreen early or late in the day for safe sun benefits.

This June, enjoy the sun responsibly. Stay safe and make the most of your time in the sun!

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!



South Mountain Restoration Center
in Franklin County, PA is

Hiring

RNs & LPNs



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- 💰 competitive pay,
- ♥ exceptional benefits,
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Resolutions Deadline is October 15!

WRITE A RESOLUTION!

By Megan Le, SNAP Legislative Coordinator

I hope everyone is doing well. I look forward to seeing you at the upcoming SNAP Convention in November. As we begin our summer break, 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 2024-2025!

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: 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: 5 p.m. on October 15 2024
- SNAP Annual 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

PO Box 6567, Harrisburg, PA 17112
(717)671-7110

snap@snap-online.org

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