



INSIGHT

The Newsletter of the Student Nurses'
Association of Pennsylvania

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

January 2025

David R. Ranck



Calling All Freshmen and Sophomores

The LEAD 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 up to a total of six (6) students, and registration will be on a first come – first served basis, for a maximum of 60 participants.

The SNAP Board of Directors is very excited to be able to offer this workshop. The faculty includes Marcus Henderson, David R. Ranck, Cindy Schmus, Dr. AnnMarie Papa and other nursing leaders. We sincerely hope chapters take advantage of this wonderful opportunity to learn more about leadership and development on an individual and organizational level.

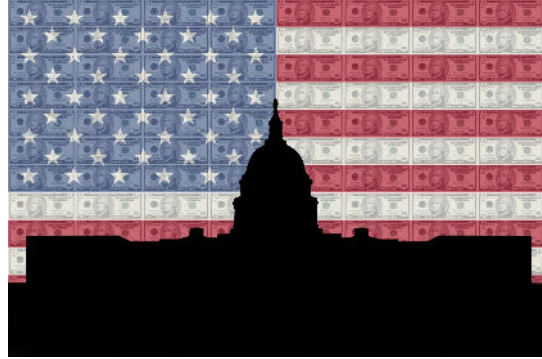
Dates for the 2025 LEAD Workshop are Saturday, March 29 and Sunday, March 30. Remember that registration is on a **first-come, first-served** basis. **If you have any questions, feel free to call the SNAP office at [\(717\)671-7110](tel:(717)671-7110), or email the SNAP office at snap@snap-online.org**

Attendees can make overnight accommodations at the **Crown Plaza Harrisburg-Hershey, 23 South Second Street, Harrisburg, PA 17101 (new location!)**. Call **[\(717\)234-5021](tel:(717)234-5021)** to make reservations. Be sure to tell them you are with the **SNAP LEAD Workshop!** The SNAP Board members will also be staying at this hotel. The Crowne Plaza has an indoor pool and fitness center, so be sure to bring your swimsuit/workout clothes! It is a short walk to the UPMC Brady Medical Arts Building 205 South Front Street in Harrisburg.

[LEAD Workshop Registration](#)

March 18, 2025

CAPITOL HILL STEP BY STEP



ALL NURSING STUDENTS INVITED! The Student Nurses' Association of Pennsylvania (SNAP) invites you to join us **virtually on Tuesday, March 18, 2025, for our annual Capitol Hill Step-By-Step Day!** This is a day for student nurses to explore the world of legislation, the political process, and the ways in which student nurses can influence the outcome of legislation. The event will include a series of passionate speakers who have first-hand experience with the legislative process and the nursing profession. This year's Capitol Hill Step by Step event will be conducted virtually via Zoom. The event will allow for student interaction with the guest speakers while also giving flexibility with time and travel. **The program begins at 9:00 a.m. and will conclude by 12:00 noon.** We hope you can join us for this exciting educational opportunity!

Registration: Those interested in attending must submit this Jotform registration by **5:00 p.m. on Wednesday 12, 2025.** The Zoom link will be sent to your email address on Monday, March 17.

[Capitol Hill Step by Step Registration](#)

Geisinger

SNAP'S CHAMPION SPONSOR

The SNAP Board Works for You

by Lauren Fields, SNAP
Secretary/Treasurer

On November 22, 2024, the SNAP delegation elected a new Board of Directors at the 72nd Annual Convention. This new board, depicted below, now has the vital responsibility



of listening to, and representing the nursing students that they serve.

Each board member is excited and ready to listen to your ideas, questions, and suggestions; thus, what is the best way to get in contact?

All SNAP-affiliated Pennsylvania nursing schools are divided up into regions, with a dedicated Regional Coordinator board member who has the responsibility of keeping their schools informed. Each Regional Coordinator has an active Instagram

account and email where they take messages.

An introduction message and the contact information of each board member can be found next under “Meet the 2024–2025 SNAP Board of Directors.” You can find the list of SNAP Regions at the bottom of this newsletter. If you have any questions about which region your school is in, feel free to email the SNAP office at snap@snap-online.org.

Meet the 2024–2025 SNAP Board of Directors

Kieran Cook, SNAP President

Hi! My name is Kieran Cook, and I’m honored to serve as your President for the 2024–25 year. I’m a Junior in the Penn State University Park BSN Program at the Hershey campus, where I also serve as Hershey President and a College Ambassador. Previously, I served as South-Central Regional Coordinator for a year and a half, which strengthened my passion for leadership and collaboration.



This year, I’m excited to expand opportunities for professional growth and networking across all SNAP chapters, especially at smaller schools. SNAP’s incredible network of students, faculty, alumni, and professionals is one of its greatest strengths, and I encourage you to take advantage of everything SNAP and NSNA have to offer.

I look forward to meeting many of you at LEAD Workshop, Capitol Hill, NSNA Convention, and our State Convention. Let’s make this year one of connection and success—please don’t hesitate to reach out with ideas or questions! Email: president@snap-online.org



Megan Le, SNAP Vice President

Hello! My name is Megan Le and I am honored to serve as your Vice President this year. I am a junior BSN student at Villanova University, where I am pursuing minors in Disabilities Studies, Psychology, and Peace + Justice.

I highly encourage everyone to take advantage of the powerful opportunities that SNAP offers. When I took my first step of joining SNAP, I had no idea the abundance of gifts and experiences that were offered.

Going to my first SNAP convention as a freshman was a shock, and an unforgettable experience. Please encourage your friends and fellow classmates to come along with you on these impactful moments that will help shape your nursing paths!

A little bit about me! I am heavily involved in my SNAP chapter, where I serve as Executive VP. Outside of nursing, I am passionate about Special Olympics, NOVAdance, being outdoors and being active.

I am so excited to plan SNAP's 73rd Annual Convention in Harrisburg. If you have any ideas, contact me – I love hearing your ideas and what you would like to see!! Email: vicepresident@snap-online.org

Lauren Fields, SNAP Secretary/Treasurer

Hi everyone! My name is Lauren Fields, and I am excited to serve as your SNAP Secretary-Treasurer this year! I am a traditional BSN Student at the University of Pennsylvania, class of 2027 with a second major in Nutrition. Here, I'm an active member of our SNAP chapter, where I serve as Vice President. And I've truly enjoyed all that SNAP has to offer, from community service initiatives throughout West Philly, to amazing networking opportunities at state and national conventions. In my free time, I also sing in a cappella group, and love trying new Philly restaurants. And, after graduation, I hope to work in the ICU.

As Secretary-Treasurer, I cannot wait to meet you all! So please feel free to reach out with any questions, comments, or requests. And I look forward to seeing everyone at convention! Email: secretarytreasurer@snap-online.org





Vicky Vo, SNAP Legislative Coordinator

Hello everyone! My name is Vicky Vo, and I am truly honored to serve as your Legislative Coordinator this year. I am a third-year BSN student at the University of Pennsylvania, also pursuing a dual degree in healthcare markets and finance. I am deeply passionate about public health, community nursing, and advocacy. After my undergraduate studies, I plan to attend law school to champion justice in healthcare by defending both patients and

providers in malpractice cases and driving meaningful policy reform. This passion for advocacy connects directly to my experience with resolution writing at both the state and national levels, where I have seen how overwhelming and intimidating the process can feel. However, resolution writing is an incredible way to transform ideas into impactful action, and this year, I am committed to making it more accessible, especially for schools that may feel unsure about where to start or have yet to participate. There is nothing more inspiring than watching fellow nursing students channel their passions into meaningful resolutions. Together, we can use resolution writing to address pressing challenges, shape the future of nursing, and leave a lasting impact. I am here to guide and support you every step of the way—so never hesitate to reach out!

Let me share a little more about myself! I am deeply involved in my local SNAP chapter, where I currently serve as Vice President and hope to lead as President next year. I also served as Legislative Coordinator during my freshman year. Within the School of Nursing, I co-founded the Dean's Advisory Board, work as a research assistant, and serve as VP of Finance for the Nursing Students for Global Health club. Outside of nursing, I am involved in Student Government, UNA-USA, the Sunrise Movement, Penn Hawai'i Club, Natives at Penn, and club sports.

Please do not hesitate to reach out with any questions, ideas, or if you just want to chat. I am always here for you and excited to help in any way I can!

Email: legislativecoordinator@snap-online.org

Ann Barney, SNAP Northwest Regional Coordinator

Hello everyone! My name is Ann Barney, and I will be serving as your Northwest Regional Coordinator. I am a junior at the University of Pittsburgh, Pittsburgh Campus, and am getting a Global Health certificate. In my local

chapter at Pitt, I am the secretary and a member of the Resolution and Engage Campaign committees. I am also an Undergraduate Research Assistant at Pitt Nursing and an Undergraduate Teacher's Assistant for Microbiology and Anatomy and Physiology Labs. Outside of school, I am involved in Cru, love to travel, go on walks, and eat ice-cream! I am so excited for this opportunity and look forward to getting to know my fellow SNAP members. Please feel free to reach out to me at any time!

Email: northwest@snap-online.org

Instagram: [snap_northwest](https://www.instagram.com/snap_northwest)



Haley Falkinburg, SNAP Southwest Regional Coordinator

Hello everyone! My name is Haley Falkinburg and I have the privilege to serve as SNAP's Southwest Regional Coordinator. I am from Media, PA and attend school at the University of Pittsburgh at Johnstown as a sophomore in the BSN program with a minor in Spanish. I am not sure what specialty I want to go into just yet, but I have my eye on labor and delivery or the operating room! Coming to college, nursing was not actually on my radar, I was a

biology/biochemistry dual major who wanted to go into genetic counselling. It has been a long journey for me to become the student I am today in the position that I am in, but I am beyond grateful for every opportunity. In my local chapter, I am the Vice President with the intentions to be elected as President for the 2025-26 school year. I am also a Senior Student Ambassador in our admissions office, the Membership Recruitment Chairman for my sorority, a member of the Order of Omega, and am a part of It's On Us, a national movement to educate on and prevent sexual assault on college campuses.

I cannot wait to broaden the reach of SNAP in my region and get everyone excited for every resource that SNAP has to offer! Email: southwest@snap-online.org Instagram: [snap_southwest](https://www.instagram.com/snap_southwest)

Thomas McGauley, SNAP Southcentral Regional Coordinator

Hey! My name is Tommy McGauley and I am your 2024-2025 South Central Regional Coordinator! I am a junior at Penn State University – University Park, but currently residing in Hershey for my Hershey year of the program! In my local chapter, I have served on the board for two years as the social chair which involved planning formals, interactive events for nursing students, and collaborating with social chairs of other organizations on campus. More personally, I am from Philadelphia and enjoy going “down the shore” to Ocean City, New Jersey every summer. I can’t wait to meet you all at future SNAP events! Email: southcentral@snap-online.org Instagram: [snap_southcentral](https://www.instagram.com/snap_southcentral)



Abby Wyckoff, SNAP Greater Philadelphia Regional Coordinator

Hello everyone! My name is Abby Wyckoff, and I am so excited to serve as your 2024-2025 Greater Philadelphia Regional Coordinator. I’m from St. Louis, Missouri and am a freshman nursing student at Villanova University. SNAP has become an amazing resource and influence for me this past semester, and I hope to make sure our region receives all the benefits and opportunities available from this organization. I can’t wait to

share my ideas for this year and strengthen relationships across the region! I currently am my class representative within my university SNAP chapter and look forward to getting more involved. I’ve worked with my university’s Special Olympics program and am apart of NOVAdance Sidekicks supporting kids with pediatric cancer. I love anything sports related, and you can usually find me running, playing basketball, or hanging out with my friends and family outside of school. Please feel free to reach out with any questions or comments, and I hope you are all as excited as I am! Email: greaterphiladelphia@snap-online.org Instagram: [snap_greaterphiladelphia](https://www.instagram.com/snap_greaterphiladelphia)

Bella Li, SNAP Central Philadelphia Regional Coordinator

Hi everyone! My name is Bella Li, and I am excited to be your Central Philadelphia Regional Coordinator for the upcoming 2024–2025 year. I am from Philadelphia, PA and am currently a first-year at the University of Pennsylvania. I recently joined our school's local SNAP chapter this year, and I have really enjoyed all the things that SNAP has offered, so I'm super excited to continue to be a part of this amazing organization! In addition to SNAP, I love spending my time tutoring elementary and middle school students in math and English, volunteering with other students to hand out food in the West Philly area, going on spontaneous late night walks/hangouts with friends, and watching a good horror movie! After graduation, I hope to become a pediatric nurse practitioner and a clinical nurse educator for undergraduate students! I look forward to connecting with the nursing students in the region, so feel free to reach out to me with any questions or concerns! I hope to meet you all.
Email: centralphiladelphia@snap-online.org
Instagram: [snap_centralphiladelphia](https://www.instagram.com/snap_centralphiladelphia)



**Nyla Wharwood, SNAP
Southeast Regional Coordinator**

Hello all! My name is Nyla Wharwood, and I am from Lansdale, PA. I am a second-year nursing student at Gwynedd Mercy University in the traditional BSN program. I am more than excited to serve as your 2024–2025 Southeast Regional Coordinator. I am currently a board member of the GmercyU Student Nurse Association and work as a Griffin ambassador, where I give tours and work in the admissions office. I am also a part of the Mercy Center on my campus,

which allows me to participate in various community service events. In my free time, you will see me volunteering, singing, enjoying nature, or trying something new. I look forward to serving student nurses on the local and state levels. And I am excited to get to know you all, so do not hesitate to reach out!

Email: Southeast@snap-online.org Instagram: [snap_southeast](https://www.instagram.com/snap_southeast)

**Sabrina Pratt, SNAP Northeast
Regional Coordinator**

Hello everyone! My name is Sabrina Pratt, and I'm thrilled to be serving as the Northeast Regional Coordinator for the upcoming year. I'm a senior at Joseph F. McCloskey School of Nursing, where I also have the honor of being the president of our school's nursing chapter. I'll be graduating in May, and I'm excited to get more involved with SNAP at the state level.



In addition to my studies, I've been working in the emergency room and plan to continue there after graduation. Outside of school and work, I love spending time with my dog Diesel and my cat Ollie. When I'm not with them, you can usually find me hanging out with friends or family.

I'm truly excited about this opportunity and can't wait to meet many of you at events like LEAD, Capitol Hill, the NSNA Convention, or State Convention next year! I'm looking forward to connecting and collaborating with all of you.

Email: Northeast@snap-online.org Instagram: [snap_northeast](https://www.instagram.com/snap_northeast)



SNAP CALENDAR

JANUARY 2025

- **Deadline** for February INSIGHT: Monday, January 27
- SNAP Board of Directors Meeting, January 25 - 26

FEBRUARY 2025

- **Deadline** for March INSIGHT: Monday, February 24

MARCH 2025

- **Deadline** for April INSIGHT: Saturday, March 24
- SNAP Board of Directors Meeting, March 28
- **LEAD Workshop**, Saturday March 29 - Sunday, March 30
- Capitol Hill: Step by Step: TBD

APRIL 2025

- **Deadline** for May INSIGHT: Thursday, April 24
- NSNA 73rd Annual Convention in Seattle WA: April 9 - 13

MAY 2025

- **Deadline** for June INSIGHT: Monday, May 26

JUNE 2025

- SNAP Board of Directors Meeting, May 31-June 1

JULY 2025

- **Deadline** for August INSIGHT: Monday, July 28

AUGUST 2025

- **Deadline** for September INSIGHT: Monday, August 25

SEPTEMBER 2025

- **Deadline** for October INSIGHT: Monday, September 22
- SNAP Board of Directors Meeting, September 13 - 14

OCTOBER 2025

- **Deadline** for Chapter Constituency Status (determines # of delegates for SNAP convention. NSNA will send list of members at the end of day): Wednesday, **October 15**
- **Deadline** for Resolutions: **5 pm** on Wednesday, **October 15**
- **Deadline** for Abstracts for SNAP Poster Session: **5 pm** on Wednesday, **October 15**
- **Deadline** for Chapter/Individual Awards: **5 pm** on Wednesday, **October 15**
- **Deadline** for November INSIGHT: Monday, **October 20**
- **Deadline** for SNAP Consent To Serve applications (running for SNAP Board/NEC positions) **5 pm** on Wednesday, **October 29**

NOVEMBER 2025

- **Deadline** for **SCORE Challenge Bowl** Registration: **5 pm** on Monday, **November 3**
- **Deadline** to register for SNAP Convention: **5 pm** on Monday, **November 3**
- **SNAP 73rd ANNUAL CONVENTION AT THE HILTON HARRISBURG: NOVEMBER 19 - 21, 2025**

DECEMBER 2025

- **Deadline** for January 2026 INSIGHT: Monday, December 22
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SNAP Regions

UNIVERSITY OF PENNSYLVANIA

SNAP REGIONS

Southwest Region

Allegheny College, Allegheny University of Health Sciences, Allegheny State University, Clarion University, Edinboro University, Gettysburg College, Indiana University of Pennsylvania, Kutztown University, Lehigh Valley College, Lock Haven University, Lycoming College, Mansfield University, Penn State Berks, Penn State Harrisburg, Penn State Schuylkill, Penn State York, Slippery Rock University, West Chester University, York University

Southwest Region

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SNAP Region
100 University City
University City, PA 19104
610-395-1234

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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.

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,

Lauren Fields, SNAP Secretary Treasurer

Student Nurses Association of Pennsylvania

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