



INSIGHT

The Newsletter of the Student Nurses'
Association of Pennsylvania

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

March 2025



Springing Forward or Stumbling Along?

*by Abby Wyckoff, SNAP Greater
Philadelphia Regional Coordinator*

Springing forward (or stumbling
along?)



March 9th marked the start of a controversial, yet noteworthy, time of the year: Daylight Savings Time. While created to conserve energy and increase productivity, this tradition of setting clocks forward by one hour in the spring only seems to bring groans and drowsiness that lasts through the next week. Kids and young adults are most sensitive to this change as they are more vulnerable to shifts and disruptions in their circadian rhythm. People might be late for work or class if alarms aren't set. Even a slightly later-than-normal bedtime will leave

one begging for just one more minute of sleep. However, the pro of increased daylight slowly starts to outweigh the various cons, until eventually its summer and the annoyance of one or two sleepless nights has completely vanished.

So maybe we don't spring ahead. Maybe instead, like many things in life, we dutifully stumble forward (because there's not really a choice anyways) until we realize it isn't all that bad. And maybe that's what Daylight Savings Time is really supposed to do—remind us that the little downs, the little annoyances, the little frustrations of life are only temporary, and if we can find a way to keep pushing, we will overcome them. At least until we're unjustly forced to "fall back" into the familiar cycle of complaint come November.



CAPITOL HILL: STEP BY STEP



PA LOCAL CHAPTER MEMBERS - ALL NURSING STUDENTS

WHO?



EXPLORE THE POLITICAL PROCESS AND HOW NURSES CAN GET INVOLVED AND IMPACT LEGISLATION WITH A SERIES OF PROFESSIONAL SPEAKERS

WHAT?



MARCH 18, 2025 FROM 9:00 AM - 12:00 PM

WHEN?



HAPPENING VIRTUALLY ON ZOOM

WHERE?



REGISTER AT [SNAP-ONLINE.ORG](https://snap-online.org), AND IF YOU HAVE ANY QUESTIONS, REACH OUT TO SNAP@SNAP-ONLINE.ORG

HOW?

KEVIN SCHREIBER

9:15-10:00 AM



Kevin Schreiber is the President & CEO of the York County Economic Alliance. In his role with the YCEA, he works to promote economic growth across York County. Prior to joining the YCEA leadership, Mr. Schreiber was a member of the Pennsylvania House of Representatives, representing the 95th district from 2013 to 2016. He served on the Appropriations, Education, Environmental Resources & Energy, Local Government, and Tourism & Recreational Development committees while in office. He was also a strong advocate for animal rights during his time in the House. In 2016, his efforts were recognized when he was named Humane Pennsylvania Legislator of the Year.

BRIDGET KOSIEROWSKI

10:00-10:30 AM



Representative Bridget Kosierowski is a dedicated public servant and healthcare professional representing Pennsylvania's 114th Legislative District in the State House of Representatives. She earned her BSN from Villanova University in 1994. She worked as a RN for over 25 years at the Hospital of the University of Pennsylvania and the Northeast Surgery Center. She has been a strong advocate for healthcare initiatives, including protecting the state's Children's Health Insurance Program and expanding Medicaid access. She serves on several key House committees, including Aging & Older Adult Services, Appropriations, Health, Insurance, Professional Licensure, and Rules, and holds leadership roles as Secretary of the Aging & Older Adult Services and Health Committees and Vice Chair of the Professional Licensure Committee.

ELIZABETH LONG

10:40 - 11:10 AM



Elizabeth “Liz” Long is a Trauma and Surgical Critical Care Nurse Practitioner at Penn Medicine. She earned her BSN from Villanova University in 2015, where she served as SNAP State Legislative Coordinator, Vice President, and NSNA Vice President, helping establish the NSNA Core Values. Liz worked as an Emergency Department Nurse at HUP from 2015-2020 before completing Penn’s Adult Gerontology Acute Care NP Program (2019) and HUP’s APP Critical Care Fellowship (2020). She now rotates across SICUs at HUP, Penn Presbyterian, and Pennsylvania Hospital. Since 2024, she has served as the SICU APP Educator, developing this novel role. Passionate about nursing legislation, she advocates for full practice authority for nurse practitioners and looks forward to engaging SNAP students in legislative affairs.

ALEXIS ROSS

11:10 - 11:40 AM



Alexis Ross is currently a RN at UNC Health. Prior to this, she served as President and Secretary of the North Carolina Central University Student Nurses' Association, from 2022 to 2024. She was Director At Large for the North Carolina Association of Nursing Students, and on NSNA’s Resolution Committee from 2023 to 2024. She also worked as an UX Designer at the North Carolina Department of Health and Human Services in 2023, focusing on website design for the Women, Infant, Children, and Wellness Section. Before this, she also led a Hypertension Ambassador Team at Lincoln Community Health Center from 2023 to 2023, performing outreach for patient engagement. Alexis holds a BSN from North Carolina Central University and an Associate of Arts from Wake Technical Community College.

David R. Ranck



March 29 - 30, 2025

David R. Ranck LEAD Workshop

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. **If you have any questions, feel free to call the SNAP office at (717)671-7110, or email the SNAP office at snap@snap-online.org**

LEAD Workshop Registration

MARCH

29-30

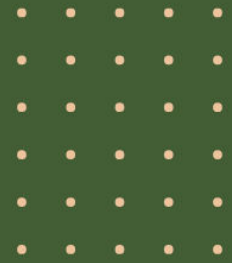
SNAP

DAVID R. RANCK
LEAD WORKSHOP



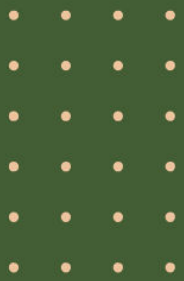
SNAP Consultant
Emeritus; MEd, RN

DAVID R.
RANCK



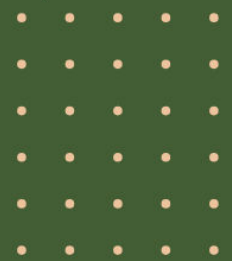
SNAP Professional
Consultant; MSN,
RN, CRNP

CINDY
SCHMUS



DNP, RN, CEN, NE-BC,
FAEN, FAAN

ANNMARIE
PAPA



2025

MARCH

29-30

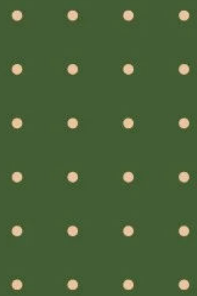
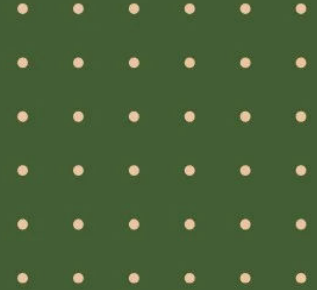
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DAVID R. RANCK
LEAD WORKSHOP



MBA, MS, BS

**MIJA
RANCK**



MSN, RN, PhD Fellow

**JENNIFER
GIL**



MSQM, BSN, RN, CCRN

**MADELINE
STADLER**



2025

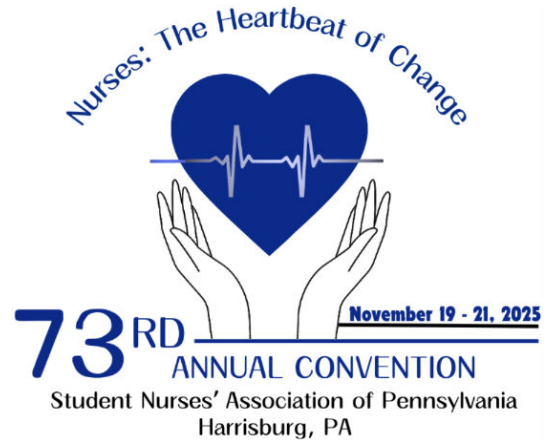
Geisinger

SNAP'S CHAMPION SPONSOR

START PLANNING NOW TO ATTEND!

by Megan Le, SNAP Vice President and
Convention Chair

Our **73rd Annual Convention at the Hilton Harrisburg** is right around the corner, and we want to make it the best one yet! If you have any fun workshop ideas, unique activities, or new topics you'd love to see included, I'd love to hear from you. This convention is all about bringing fresh ideas and meaningful experiences to our attendees, and your input is invaluable in making that happen.



This year's theme is "Nurses: The Heartbeat of Change."

I encourage you to think about participating in the **Challenge Bowl, submitting a resolution, and apply for awards!**

For questions about the Challenge Bowl and award applications, please contact snap@snap-online.org.

For Resolutions, please contact legislativecoordinator@snap-online.org.

Chapter Presidents: Think about hosting events and activities within your chapter, using SNAP or NSNA awards as a guide. If you need any assistance in planning an event, feel free to reach out!

Please don't hesitate to reach out and share your thoughts—I want to make sure your voice is heard and that this year's convention is engaging, exciting and relevant to you. Looking forward to hearing your ideas!



SNAP CALENDAR

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: March 18** (virtual event)

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



Your health deserves a partner.

SNAP LEADER SPONSOR

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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(717)671-7110

snap@snap-online.org

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