



Happy New Year from the SNAAz Board of Directors!



Table of Contents:

- Meet the new SNAAz Board of Directors for 2018!
- Rock and Roll Marathon and Brain Tumor Run
- Mid-Year Convention Recap from our Executive Board!
- Student Spotlight: Andie Morales
- Open House Recap
- Mid-Year Opportunity: Open Board Position!

Dive in for more details about the SNA Midyear convention that some of our members attended, information about our involvement starting off the new year, and some tips about future events with SNAAz and how to stay updated!

IMPORTANT!!!

Turn to the page 6 to check out how to get tickets to our Mid-Year Convention for amazing networking opportunities, resume help, and informative breakout sessions!!



National Brain Tumor Society

Brain Tumor Walk

Back in December SNAAz had a blast raising funds and participating in the Annual Brain Tumor Walk in Phoenix! Our team is proud to say that we raised over \$600 to go towards research in joining the fight against brain tumors. Stay updated on our website www.snaaz.net for upcoming events that we will be attending this year! Visit <http://braintumor.org/> for more information on how to donate.



Rock 'n' Roll Marathon

To kick off the new year, SNAAz members teamed up to volunteer, donate, and participate in the PF Chang's Rock and Roll Marathon on January 14th ! For over 20 years, the Rock 'n' Roll Marathon Series has made running fun by infusing each course with live bands, cheer teams, and more. Our members were able to join in on the fun by providing runners with basic medical

needs, working alongside physicians and other medical students, as well as run in the course itself! We all had a blast helping out the community and bringing a positive light to fun events such as this one!

On December 19th, we hosted our Open House! It was wonderful meeting those of you who took the time to come and say hi from around the state, as well as learn a little more about future SNAAz and NSNA events and opportunities! We look forward to seeing more of you in the future!



2017-2018

BOARD OF DIRECTORS



At the Annual Convention back in October, we welcomed our new Board of Directors for this upcoming year! Learn more about them on our website at www.snaaz.net

NSNA Mid-Year Recap

See what some of our members have to say about their experience at the NSNA Mid-Year Conference in San Diego!

This past November was my first experience going to the National Student Nurses Association Midyear Conference. Student from all over the United States gathered to hear from multiple speakers and to collaborate with each other. As President of the Student Nurses Association of Arizona, I spent most of my days in the Council of State Presidents. In these meetings I got to talk with state presidents from across the country. We collaborated and discussed different topics that are affecting Nursing students in our states. It was an amazing opportunity to hear how other states are doing things and ways to see how we in Arizona can do things better! In these meetings we talked about the importance of how we present ourselves on Social Media. This was such a great discussion that we are bringing it back to Arizona and will be talking about this at our Annual Convention. We also talked about other subjects such as increasing membership, providing tutoring, and many other great subjects.

This was one of the best experiences I have had as a student. Being able to speak to so many students who are going through the same thing is amazing. There are so many great opportunities available to students. The experience is unforgettable. I cannot wait for the NSNA Annual Convention this April. I strongly urge any students to go. This will be an experience you will never forget!

By: Kelly Arthur, SNAAz President



NSNA Mid-Year Recap

Midyear convention for NSNA was a great experience. The first day, I spent most of my time with the council of presidents where I learned more about what the role of a vice president is for each state. There was a lot of fantastic ideas being shared between the presidents and vice presidents of each state which gave us some idea of what we can do to make our boards' year the best it can be! It was fantastic seeing the instant comradery between the members.

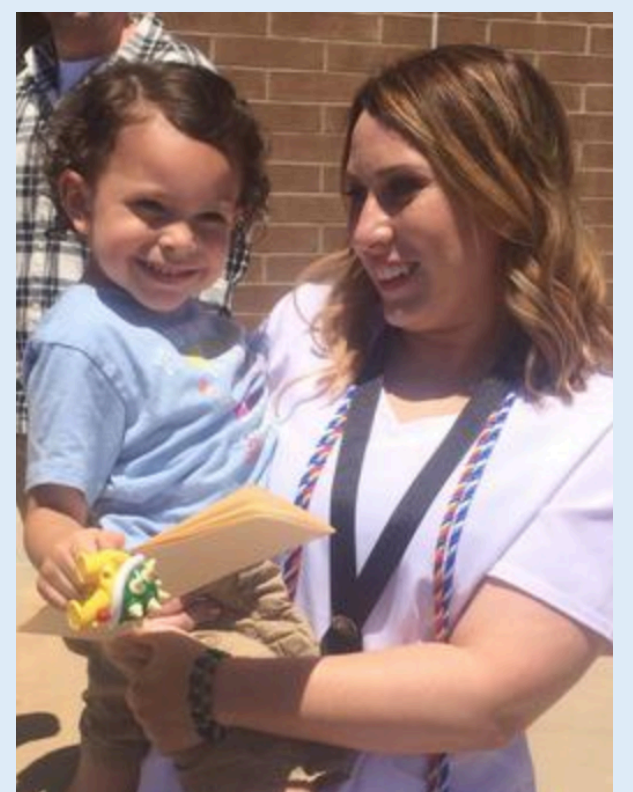


I also attended a few breakout sessions including one about newsletter! That was a great session filled with tips and tricks on how to create a great newsletter that people actually will want to read. Some of these ideas were including some monthly awards for schools and students that did something for the community or for the school with the best social media presence for the month. Another great tip was the use of themes for each newsletter and gather articles that go with each theme as they come, planning a theme well in advance gives the board a chance to come up with ideas for each theme. And, of course, it was recommended to use lots of pictures in the newsletters as well!

My favorite part of convention was the specialty panels. These had nurses from a wide variety of nursing specialties that I had not even considered before. This included a holistic nurse, which I personally thought was an amazing specialty with principles that could be brought into all areas of nursing. Another great specialty that I heard about was psychiatric-mental health nursing which I knew about but never really considered as a career path until I heard someone speak so passionately about it. There were many other specialties presented in this panel but those were the ones that stood out most to me.

Overall, midyear convention was better than I had expected it to be. It was so busy but I learned so much and met some amazing people. I hope others are encouraged to make their way to various conventions- such as our convention in February or the annual NSNA convention in Nashville this spring!

By: Alisha VanDriel, SNAAz Vice President





My experience at the National Student Nurses Association Mid-Year conference, was a great introduction into the world of leadership and in nursing. I had many opportunities to learn more about the various avenues of the nursing field, educate myself in fiduciary responsibility, and create lasting connections

To begin with, I understand the word, a nurse

traveled out of the state to attend a conference, my first time my first time holding a position in that same association, nursing school. That being said, there was a lot of new information was a great facilitating force to supplement that learning. the information that I could take back with me to apply to

In one of the breakout sessions, I had the chance to understand responsibility within an association. I attended the Treasurer's presentation dove into the specific mandates that the treasurer must abide by in order to maintain an association's financial operating capability. I found this information extremely helpful to understanding how we can safely preserve and distribute our currency. Once the presentation concluded, the floor was open to bounce off ideas for fundraisers. I enjoyed being able to listen and participate in sharing interesting fundraising ideas that have been successful in the past for other associations.



Midyear did a great job of focusing on providing information for students who don't yet know what association or branch of nursing they plan to become a part of. NSNA offered several panels of nurses, who promoted their respective associations. They talked briefly about their positions, and centered their information on the necessity for belonging to their associations. Listening to the panel of nurses really helped me gather insight on the numerous directions that nursing has to offer. I was impressed by the diversity of the panels that ranged from naval nursing to the ambulatory care nurses.

One aspect of this student nurses Association that I would really like to emphasize is the fact that this convention is not solely for the state associations, but also the local SNA's. The information that presented can help any association and is valuable enough to bring back and utilize. I found that the social aspect of the convention is also a treasured asset in itself and a great way to make connections with future professionals in this field.

Although the convention was only three days, I believe that it is safe to say that there is a lot one can learn in that short amount of time. I enjoyed being able to interact with other nursing students across the country and discuss their own associations' involvements. There's assuredly a lot to be said about Mid-Year convention, and I am thankful that I had the privilege to attend. I highly recommend any future students to consider attending an NSNA Mid-year convention, and being open to all the convention has to offer.



By: Nadia Hamilton, SNAAz Secretary

Last November, I had the amazing opportunity to attend the National Student Nurses' Association Midyear Career Conference in San Diego, CA. This is an annual event that brings together nursing students from across the nation to discuss current nursing topics, attend specialized nursing panels, and participate in career planning events. Being a part of the National Student Nurses' Association and the Student Nurses' Association of Arizona allows me to engage with other nursing students, learn from different mentors, and change the future of nursing. While attending the convention I had the opportunity to receive my Leadership U Treasurer's Certificate. This session was filled with Treasurer's from different state associations. We were able to collaborate and learn about different record keeping and fundraising opportunities each state offers. Additionally, Arizona is one of the few state associations that is a non-profit organization, so we have an incredible opportunity to fundraise because all donations are tax-deductible. If you have questions about raising funds for your school, please feel free to email me at farmer.neva@gmail.com.



The opening session was titled "The Future of Nursing: Tag, You're It" and presented by Mary Foley, PhD, RN, FAAN, she discussed that student nurses are the future of nursing and our passion will drive the profession forward. Her speech was inspiring because she believes in student nurses and understands that we have the ability to affect change. Another session I attended was in regards to Holistic Nursing: "Bringing Health and Care Back to HealthCare" as presented by Lucia Thornton, RN, MSN, ThD, AHN-BC. This thought provoking presentation discussed how a holism approach can and should be implemented in all facets of nursing. Patients and families respond better and have longer lasting results when the mind, body and spirit are treated. Finally, the American Red Cross provided information on the Measles and Rubella Initiative, which is an effort to vaccinate children in poverty-stricken countries. Measles is one of the most contagious diseases and can be physically devastating. The most fascinating aspect of this effort was that it only costs \$2 to vaccinate a child and potentially save their life.

Neva with Lucia Thornton from the Association of Holistic Nurses

Overall, the experience at the NSNA Midyear Career Conference was remarkable. I am thankful for the opportunity to continue to increase my leadership skills and to learn from students across the country. Additionally, attending the conference allowed for our executive board to grow closer and to create new opportunities for the student nurses of Arizona. I am looking forward to meeting more of you this year and hope to see you at the 2017 SNAAz Midyear Conference on February 24th.

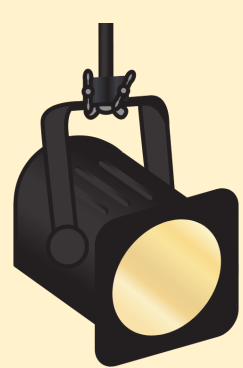


By: Neva Farmer, SNAAz Treasurer



Not a member of NSNA? Join today for career opportunities and resources on www.nsna.org





Student Spotlight

Inspiring Others

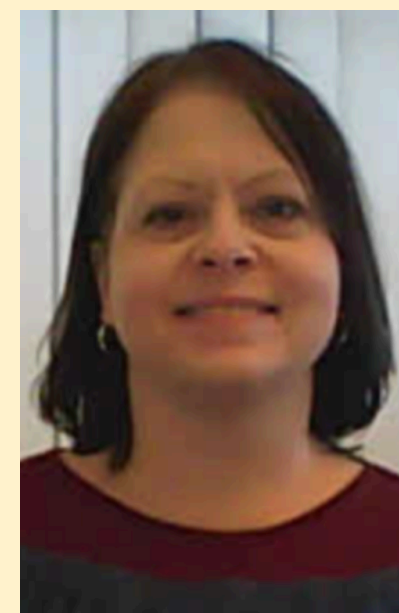
I am pleased to introduce Andie Morales, a current nursing student and SNA member at Mesa Community College. Andie is a student with a giving spirit who took the initiative to present a project of her own to the MCC SNA. It was embraced and MCC SNA members and faculty were happy to lend support. Andie has a heart for the homeless, stating you never know someone's real story or what caused their circumstances. She has a 1.5-hour commute to school and notices many homeless people on her route. Some are panhandlers and others are not. She wanted to help them as the weather is cold and she knew there were many items that some of us take for granted that they might really need. Andie researched online to find ways to provide packages to the



homeless in a dignified and respectful way. The idea was to create manageable sized packages to keep readily available in a box in her car that would be easy to just stop and drop off to someone in need. She organized the collection of donated items such as shampoos, lotions, toothpaste and toothbrushes, food items, warm socks, feminine hygiene and various other items. She had the SNA members help to assemble packages which included a handwritten card with inspirational messages for

the recipients. She was very excited, grateful, and humbled at the spirit that the MCC SNA showed in helping her to make the project a success. She was able to assemble over 50 packages which she has been delighted to distribute in the valley. She simply sees a person in need and offers the package. The best thing about the project is that the people really appreciate the packages. She hopes others might find inspiration and do something similar as small projects can have a big impact.

Thank you, Andie! You display the characteristics of a great nurse willing to give back to the community. Here's a shout out too, to the MCC SNA, way to show such caring spirit!



By: Cindy Ladner, SNA Az Director of Website

SNAAZ
PRESENTS
THE 2018



MID - YEAR

**BUY TICKETS
TODAY!!!**

CONVENTION

Follow the Road to Success

**SPECIALTY PANELS INCLUDE:
ADVANCED PRACTICE, OB, CRITICAL CARE & MORE**

8:30 am - 6 pm *February 24*
ASU downtown



Guest speakers, Interview skills, Resume help, Vendors, Hiring managers, Networking, and so much more!

Join us at our nursing career themed convention
Visit www.snaaz.net for more information

SNAAZ
Student Nurses Association of Arizona

ATTENTION!

OPEN BOARD POSITION:



Director of Membership

Application Deadline: Feb. 22

Visit www.snaaz.net or email us at studentnursesaz@gmail.com for more information!



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in the quarterly newsletter

Did you know you could be featured in the SNAAz newsletter? If you have an article you'd like to submit we'd love to highlight it!

Send submissions to studentnursesaz@gmail.com