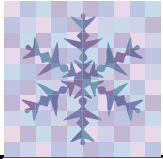




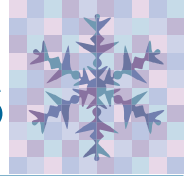
Oregon Student Nurses' Association

December 2013 Newsletter

For questions contact: oregonsnamedia@gmail.com



Winter Break Highlights



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John Simpkin President

Hello everyone, I hope you all had a successful fall term. Now that you've survived finals week and had a chance to relax, why not think about getting involved with OSNA? We have several committees that are always accepting volunteers. Some examples of what you can do:

1. Convention Committee; planning our annual convention at Portland Community College February 22nd.
2. Legislation Committee; resolution writing is a great way to educate the public and take a stand on current issues. Presently, OSNA is interested in supporting BLS and CPR at schools.
3. Nomination and Election Committee; need help reviewing applications for next year's Board of Directors.

Speaking of running for the board, applications are due by January 31st. Looking for qualified candidates with a passion for the profession of nursing that goes beyond the classroom. Full position descriptions can be found in our [bylaws](#). Elections will be held at the House of Delegates during our convention. Hope to see you at convention!

National Day of Service January 20th

Students from around the country will be participating in community service events that day. Don't be left out, make sure that your school chapter is getting involved! Below are some great organizations that coordinate volunteer work.



[MLK Day](http://www.mlkday.gov):www.mlkday.gov

[Volunteer Match](http://www.volunteermatch.org):www.volunteermatch.org

[Volunteer Connect](http://volunteerconnectnow.org):volunteerconnectnow.org

[Hands on Portland](http://handsonportland.org):handsonportland.org

WE LOVE OUR SPONSORS!



Message From OSNA Board Members

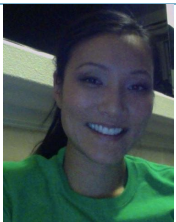
Abbigale Foster Membership

The entire board has been working very hard to inform nursing students the benefits of becoming a member of the Student Nursing Association. We are proud to announce that we have over 1,000 members apart of our great association. I strongly encourage every student member and nonmember to attend this coming Annual Convention February 22, 2014. It will be a fantastic learning experience for anyone to attend and a fun and exciting day filled with great nurses who are current leaders in our communities.

FREE ADVERTISING!

OSNA is committed to our members and I would like to announce that we are offering free classified ads to student nurse associations. Publish your cause in our quarterly newsletter (limited characters). Is your SNA fund raising, promoting awareness, hosting an event, or looking to increase membership? Consider our free classified ads that go out to over 1000 members and hundreds of community partners.

Wendy Mundell New Community Outreach



Hi I'm Wendy Mundell, I'm a junior at OHSU. I'm the media director for the SNA of the Portland campus. I'm passionate about nursing and women's health. I'm looking forward for this opportunity to engage students in outreach projects that will enhance their learning and contribute to the community as well.

Sarah Adkins Vice President

Hello, nursing students, professionals, and supporters! I would like to thank everybody who attended and contributed to our MidYear Convention in Eugene, OR.

I had the pleasure of attending the NSNA MidYear Conference in Louisville, KY, this year. It was great to hear professionals speak about current issues, and as always, to meet students from other states and schools.

My perspective has matured immensely after attending multiple conventions (both state and national). Knowing that other nursing students in multiple states are often walking parallel paths is incredibly empowering. I encourage each one of you to make the time to go to at least one national convention, and to support your state SNA and school chapters in any organized event. It may be competitive getting into nursing school, but really, we are more effective and powerful when we work together. Being involved with a Student Nurses' Association at any level lets you practice many aspects of nursing before entering the workforce (e.g., being on a board of directors, or writing resolutions) - especially at state and national levels. Teamwork and collaboration are always ideal when it comes to patient care. So practice as much you can with your SNAs, and start networking! I hope to meet you all at the OSNA Annual Convention in 2014 - held at my own beloved school, Portland Community College. I welcome you with open arms and am so excited to welcome you there. Have a great winter break.

Brendan Appleberry

Professional Development

Hello, this year I am working on the creation of a national run for nursing event. It will be held May 10th during nurses week, with running events held across the nation and the times all coming back to one website comparing how you did across other races on the same day. The event will be promoting nursing, and fitness. As we say "An ounce of prevention is worth a pound of cure". Of course having fun will be a part of it as we will have a nurses obstacle course for bragging rights of the best nurse in Oregon. This is a HUGE project, and I'd love to gather a team to help. Please contact me if you are interested in joining this national event that will sure to turn heads and look great on your resume.

Email: oregonsnadevelopment@gmail.com

Christina Carmichael Media Director

ADVOCACY

Please join me in raising awareness for courageous, determined, and talented students that overcome circumstances or disability and fight for their dream to become nurses. How can we do this? By sharing your story in our newsletter! Email: oregonsnamdia@gmail.com and share your stories of triumph by January 1st to . Please include written permission and contact information.

January
20th!
National
Day of
Service



Classified Ads & Funnies

FREE CLASSIFIED AD!

Attention Student Nurse Association Chapters, take advantage of free classified ads and promote your chapter activity, fundraisers, and members! Email your ad by January 1st for publication oregonmediasna@gmail.com

Business Classified Ad only \$50

Runs for two full newsletters. Don't miss out on your chance to reach over 1,000 members statewide.

See your SNA featured here!

You might be a nurse if..

- You think all patients need TLC (Thorazine, Lorazepam, and Compazine)
- You've told stories at a restaurant that made other patrons ill.
- You check out veins of people where ever you go.
- You rattle when you walk because of all the scissors, tape, clamps, and pens you carry.
- You take potty breaks every 12 hours.