NWACC

Student Nurses' Association

JANUARY 2014 SPRING SEMESTER

SPECIAL POINTS OF INTEREST:

- Welcome Back a letter from the SNA leadership.
- Community Involvement Opportunity
- National Convention
- Keeping in touch with the nursing world.

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Celebrate Success

Congratulations to our new Track III and returning nursing students! The NWACC Student Nurses' Association (SNA) welcomes you with enthusiasm on your success. Take a moment to be proud and celebrate your achievements.

Nursing school can be challenging; however, know that the SNA is here for you. We wish to support you and guide you through the semesters to come. We will answer any questions you might have, offer you tips and guidelines, and provide many opportunities for you to learn more and get involved with your chosen profession.

There are no accidents in life; you are here for a reason. You have worked hard to get here, and the SNA wants you to have the best experience possible in nursing school. Because it is important to be a part of a pre-professional organization, membership is *highly encouraged*. Membership is a great way to get involved in the foundation of your new nursing career. We encourage a high level of interaction and strive to develop a cohesive bond for all nursing student tracks.

Have a wonderful semester and see you at our February 13th meeting!

- SNA Board and Chairs

What is your SUPERPOWER?

Everyone has a special talent or hobby. The SNA is wondering if you be willing to share yours?

Special talents needed in Spring 2014:

- Photography or simply like to take pictures
- Social Media or Facebook wizard
- Movie buff
- Running or exercise enthusiast
- Licensed Massage Therapist
- Yoga Instructor
- Foodie or simply likes to cook
- Cartoonist or artist
- Professional organizer or good enough to be

NEEDED:

Members with special talents to help with SNA projects and events

Share your SUPERPOWER with us and help make Spring 2014 a fantastic semester!

Getting Involved!

Washington Regional Cancer Support Home in Bentonville

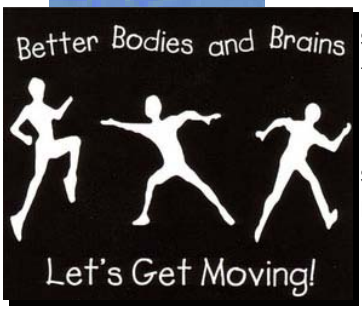
Let's get out in the community and make a difference! Washington Regional Cancer Support Home in Bentonville, AR has opportunities for student nurse volunteers. Opportunities are available on Mondays and Fridays between 9:00 am and 4:00 pm for at least one hour in duration. To begin, all volunteers will shadow other seasoned volunteers and will be trained to ensure that volunteers feel comfortable with all tasks to be performed.

Tasks include:

* Welcoming clients
* Connecting clients with the right resources
* Assist with cancer screenings and other volunteer opportunities.

If you are interested in this opportunity, please contact: Lacey James Community Projects Chair at lmcghee@nwacc.edu.

Lets Get Moving



Our brains are as much of a muscle as any other and need several of the same things that our skeletal muscles do such as oxygen, which is received in higher doses during aerobic exercise, and specific hormones that facilitate cell growth and expansion, which increase memory capacity and sharpen learning processes. Posit Science states, "… even briefly exercising for 20 minutes facilitates information processing and memory functions," and, "Exercising in the morning….produces increased retention of new information, and better reaction to complex situations." Studies show that we lose 1% of our hippocampus, the area of the brain responsible for memory and learning, from our late 20's and on. Mild exercising can not only slow this process, but new studies are showing that it can reverse it by supporting new brain cell growth. And as if that isn't motivation enough, those baby neurons have also shown to decrease anxiety and depressive symptoms!

Let's take positive action: short walks before/after lecture classes this semester to boost our brain power as well as physical capabilities. Check the SNA Facebook page for updates about times and meet-ups for the upcoming spring semester as well as some opportunities to take our fitness to the next level.

Membership: local, state, and national

Are you a member of the SNA? If you are a nursing student in Track I, Track II, Track III, or are a pre-nursing student, the answer to that question should be "YES!" Does it cost money? Yes, it does. It costs $5 each year. That entitles you to all SNA monthly meetings with lunch provided. It also entitles you to all of the information that is given at each meeting, entitles you to voting rights to elect the board members each year, and entitles you the right to be in the running for board positions. Membership gives your voice the opportunity to be heard in the nursing program, and it also allows you to participate in SNA volunteer activities. To sign up, all you have to do is attend the next meeting, and pay your dues to a board member. We can't wait to see you there!

Arkansas Student Nurses Association (ASNA) is also available to you. They have conventions that you can attend throughout the year. Their Facebook page is very useful to keep yourself up-to-date on the doings of ASNA.

There is also National Student Nurses Association (NSNA). There is a fee to join, and I suggest you join your first semester. There are two options for membership:

* $35 for one year
* $70 for two years.

If you decide on the two-year option, you don't have to think about it again (but we are nursing students on budgets). When you join NSNA, they will mail you a card with your number, which will allow you to attend certain conventions. There are also scholarships offered through NSNA that can only be awarded to members. Several of these scholarships have gone unclaimed in the past because no one applied for them.

Don't miss your opportunity!
Sign up today!

National Convention 2014

Strong Voices and Big Dreams: Influencing the Future

NSNA's 62nd Annual Convention—April 9 - 13, 2014
Gaylord Opryland Resort & Convention Center—Nashville, Tennessee

Cost/Registration:

Advance Registration: Due by March 26, 2014

National Members: *Convention w/NCLEX review:* $130.00
Convention: $110.00

Non-National Members: *Convention w/NCLEX review:* $200.00
Convention: $170.00

On-Site Registration: begins at 1200 on April 8, 2014.

National Members: *Convention w/NCLEX review:* $145.00
Convention: $120.00

Non-National Members: *Convention w/NCLEX review:* $220.00
Convention: $175.00

Deadline: If mailing in registration, it must be mailed/postmarked by March 19, 2014.

All other information can be found on www.nsna.org/Meetings/AnnualConvention.aspx.

There is a tentative schedule posted and a budget of sorts that does **not** include travel (airfare or gas) to and from Tennessee. If you are staying onsite, they have estimated $654.00 (four people to a room) to $1,341.00 (one person to a room) that includes registration, meals, and transportation from and to the airport.

SNA Leadership Team

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Sponsors

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Questions? Suggestions!

Please contact one of the leadership team members listed here.

Stay Connected

January

- Monday, January 13th: Welcome Track III meeting at 5:30 pm CHP room 1019

FEBRUARY SNA GENERAL MEMBER MEETINGS

- Thursday, February 13th: Hit the Books! Your Academic Success
  - 8:00-8:45am CHP room TBD—breakfast snacks provided
- Thursday, February 20th: Member Elections for 2014-2015 Board Leadership
  - 12:00-1:00pm CHP room TBD—lunch provided

NWACC SNA web page: contacts, newsletters, calendar of events.

- Currently this web page in Under Construction—revised release February 1st.
- http://www.nwacc.edu/web/academics_nursing/student-nursing-association

Facebook (closed group): NWACC Student Nurses' Association

- Please contact an SNA leadership team member to add/invite you to this closed group.

SNA looks forward to meeting you at the Pre-Nursing Student Advisement Sessions

- Wednesday, 1/22: 9:00am-11:00am CHP room 1075
- Wednesday, 2/19: 1:00pm-3:00pm CHP room 1075
- Wednesday, 3/19: 2:00pm-4:00pm CHP room 1013

For a complete list of dates for 2014 and specific guidelines for meeting, please contact the Department of Nursing Education.