



By: Arissa Snyder - Media Director



First SNA Meeting: SUCCESS!

August 23, 2017

The first SNA meeting of the fall semester started off with a bang! With 86 total attendees, we had the largest group of members at a meeting ever! We accomplished so much, such as describing SNA and NSNA, discussing the vacant positions of Vice President and Sophomore Class Liaison, and discussing upcoming events like the Lehigh Valley 50+ Wellness Expo and the NICU Reunion. Mentoring is a big part of SNA, so our Mentoring Director, Carley Blanchard, was able to hand out applications for mentors and protege's. Be sure to get an application from her if you are interested. As always, we randomly selected names of members in attendance to win a raffle. Our three lucky winners were Mandy Wills, Luke Altemose, and Catherine Marlin. Congratulations! Be sure to come out to the next SNA member meeting on October 2nd in Gambet 153 at 4pm. Who knows, you could be the next raffle winner!

Did you know?

DeSales nursing students have an NCLEX pass rate of 91.5%!

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Mary Todd Lincoln was the only U.S. First Lady who helped as a volunteer nurse during the Civil War.

FUN FACTS

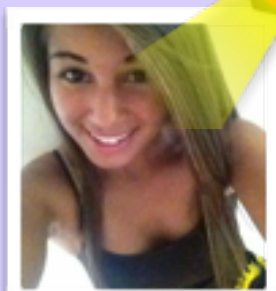
Lucretia Lester was a well-known nurse midwife who attended 1,300 deliveries.

“Nosocomial”, or “hospital acquired”, originated from the Latin “*nosocomium*” meaning “tending to the sick”.

“We cannot become what we want by remaining what we are.” - Max Depree

**STUDENT SPOTLIGHT
MEET SENIOR DEANNA NARED**

Deanna Nared is a traditional senior nursing student. During her time at DeSales, she especially enjoyed her OB class and clinical, Nursing of the Childbearing Family. She hopes to specialize in Obstetrics or Pediatrics after graduation, mainly due to her love of working with babies and children. She has already worked in pediatrics for 5 years and still has a passion for that specialty. She enjoys being a part of SNA because of the many opportunities to get involved in the community and networking with other organizations.



FAVORITES:

Animal: Sea Lion **Color:** Purple **Food:** Pasta

SNA Guide To...

Time Management

Tips to Manage Your Time Wisely



- 1) **Complete the Most Important Tasks First**
 - Every day, come up with at least 3 things that must get done. Do those first. Once those are done, you’ve accomplished what you needed to for the day.
- 2) **Learn to Say “No”**
 - We all love to help out as much as possible, but don’t stretch yourself too thin. Only do things you *know* you have time for and *truly* care about.
- 3) **Sleep at Least 7-8 Hours Per Night**
 - This is vital to good overall health. Your body needs this amount of rest to function properly. Don’t underestimate the value of sleep.
- 4) **Watch Your TV/Internet Time**
 - You absolutely need breaks from studying and working, but don’t turn your studying and working into your breaks. Always be mindful of TV/Internet time.
- 5) **Enjoyment is always the goal.**
 - Don’t forget why you’re studying and working so hard. Remind yourself of why you want to be a nurse to make your work enjoyable.

THE 7 RIGHTS OF DRUG ADMINISTRATION



THE RIGHT...

1. PATIENT

2. DRUG

3. DOSE

4. ROUTE

5. TIME

6. TECHNIQUE

7. DOCUMENTATION



UPCOMING EVENTS



September 16, 9AM-12PM: LVHN 50+ Wellness Expo

September 24: NICU Reunion

November 15-17: SNAP Convention at Kalahari of the Poconos

March 14, 2018 @ 1:30-4:30PM: Health and Wellness Opportunities Expo in the DUC

March 24-25, 2018: LEAD Convention in Harrisburg

April 4-8, 2018: NSNA in Nashville, TN

Member meeting every last Monday of the month at 4PM



2017-2018 SNA Board Members

President: Jenna Creed - jc5942@desales.edu

Vice President: This could be you!

Secretary: Erika Llagas - el2015@desales.edu

Treasurer: Holly James - hj0439@desales.edu

Mentoring Director: Carley Blanchard - cb8554@desales.edu

Media Director: Arissa Snyder - as4573@desales.edu

Senior Class Liaison: Jade Oldt - jo5849@desales.edu

Junior Class Liaison: Ashley Acri - aa0086@desales.edu

Sophomore Class Liaison: This could be you!

Access Liaison: Amanda Weiss-Raup - aw3850@desales.edu

Accelerated Liaison: Tolulope (Tolu) Oladugbewo - to9708@desales.edu

Faculty Advisor: Kiersten Withrow - kiersten.withrow@desales.edu

