Issue 3 | October 2018

THE ROUTINE CHECKUP

IN THIS ISSUE

- Message from the Web Master—Pg. 1
- Pork Tenderloin Sale—Pg. 2
- Important People—Pg. 3
- ANSA 2018 State Convention—Pg. 4
- Pictures from Convention—Pg. 5
- State Awards and Elections—Pg. 6
- Walk to End Alzheimer's—Pg. 7
- Holy Sews—Pg. 8
- T-Shirt Sale—Pg. 9

ASU Board at ANSA Convention

Message from the Web Master

Hello, my name is Sam Dean! During my last year in nursing school, I am serving on the A-State Student Nurses' Association as the Webmaster. In this position, I have redesigned the SNA website and update it periodically throughout the school year. In addition to the website, I post pictures and updates to the SNA Facebook and Instagram. After I graduate from nursing school, I would love to work with pediatric patients in a critical care setting. Ideally, I would love to work in a pediatric ICU or a pediatric emergency department setting.

During our 2018 ANSA, the theme was to share our "why." Growing up, I was raised by a family who fully supported organ and blood donation, so that inspired me to incorporate that into my way of life. Throughout high school, I donated blood at every drive that was hosted in the school. The day I turned 18, I contacted a bone marrow registry to add myself to potentially match with someone who had blood cancer. Just a few months after adding myself, I was contacted saying that I was a potential match for a patient. After further blood testing, it was deemed that I was a perfect match for an anonymous recipient. I then began the process of the bone marrow donation.

The registry had my mother and I fly to the donation center for a physical exam to make sure that I was suitable to undergo the procedure. On that trip, I learned that the recipient was from Belgium who had acute lymphoblastic leukemia. After two more flights to the donation center, it was time for me to undergo the bone marrow harvest. I arrived to the hospital at 5am to check in. Once I was in the hospital bed waiting to be taken back to the operating room, I was greeted by the nursing staff that would be assisting with the procedure and taking care of me after it was completed. This group of nurses were extremely positive and therapeutic with everything they said. They answered all of my questions and eased the anxiety with the procedure that I was about to endure. I had such a wonderful experience with the group of nurses that it was confirmed that I was destined to become a nurse and provide that level of comfort and peace of mind to as many patients as possible.

I look forward to finishing out this year strong and I'm grateful for being this year's Web Master! For any questions or picture inquires on our social media and website pages, please email me at samuel.dean@smail.astate.edu.

Stay Connected:

nursingworld.org

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Pork Tenderloin Annual Fundraiser

This year for our annual pork tenderloin fundraiser, our chapter either sold or donated a total of 162 pork tenderloins! We would like to thank everyone who either participated in selling or who bought one! Every year we like to award a prize to the overall top seller and to the top seller in each class. This year the top sellers were Jose Puga (*the overall top seller*) and Megan Belvedresi (*the senior class top seller*). Also, we would like to give a huge thank you to Mr. Barry Forrest for cooking all the pork tenderloins and to everyone who helped wrap and package the pork tenderloins along with everyone who volunteered their time to make sure all the pork tenderloins were delivered or picked up.

Meet Your Sophomore Rep

Charlee-Beth Patterson

Sophomore Class Representative

Originally, I wanted to be a pediatric cardiologist. I decided to take Med Pro-Ed courses in high school, where I met the most amazing teacher that has impacted my life in the best way possible. She was a nurse, and she made it a priority to ensure that each of her students followed their dreams. She knew my background and always told me that my story, along with my drive, would get me into Med School one day. My freshman year of college, I received a phone call that my teacher had suddenly and tragically passed away. I then decided to pursue my dreams in a slightly different way that was inspired by her; as a nurse.

I plan to work as a registered nurse for a few years, but then I plan on obtaining my doctoral degree as a Cardiac Nurse Practitioner, where I hope to specifically work in pediatrics.

October Spotlight

Marterria Tanner

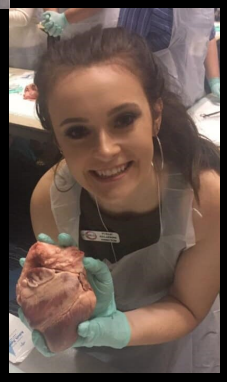
Our SNA chapter would like to give a huge thank you to Marterria Tanner! Marterria is currently a senior in the traditional BSN program at Arkansas State and she has gone above and beyond in helping our chapter with fundraisers along with always staying active in our monthly meetings!

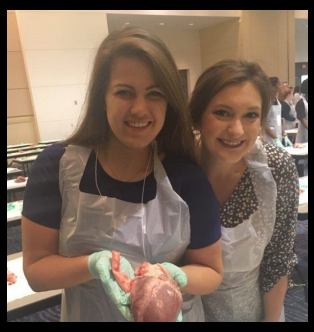
Marterria decided to go into nursing because she wanted to make a difference in people's lives. "After finishing school, I would like to go into the ICU because I love the level of personalized care recurved by patients there." Over the summer she interned at St. Bernard's Hospital in the Nurse Resident program!

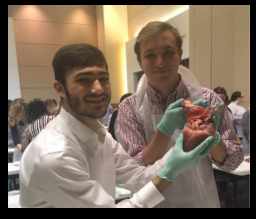
ANSA'S 67th Annual Convention

Approximately 300 Arkansas State nursing students attended the 67th annual Arkansas Nursing Students' Association State Convention where students had the opportunity to meet and listen to Nurse Blake, attend a variety of educational focus sessions, attend a heart dissection class, attend a NCLEX practice course, and share "WHY" they chose to pursue nursing!

ASTATE Howlin' at Convention







State Awards and Elections

While at the ANSA state convention, Arkansas State's SNA won the *Financial Excellence Award,* submitted by Alannah Davis, the *Outstanding Newsletter Award,* submitted by Bethany Tyner, and the Chapter of Excellence award! Also, Megan Belvedresi won the *District 3 ANSA Scholarship* and Addie Fleming received *Chapter Advisor of the Year!*

Pictured from left to right: Bethany Tyner, Megan Belvedresi, Addie Fleming, & Alannah Davis.

We would also like to congratulate Bethany Tyner for being selected to be on the 2018—2019 ANSA's board of directors as the District 3 Director!

Alzheimer's Awareness Volunteers

2018 Walk to End Alzheimer's

Left to Right: Bethany Tyner, Sam Dean, Alex Richardson, Caragan Woods

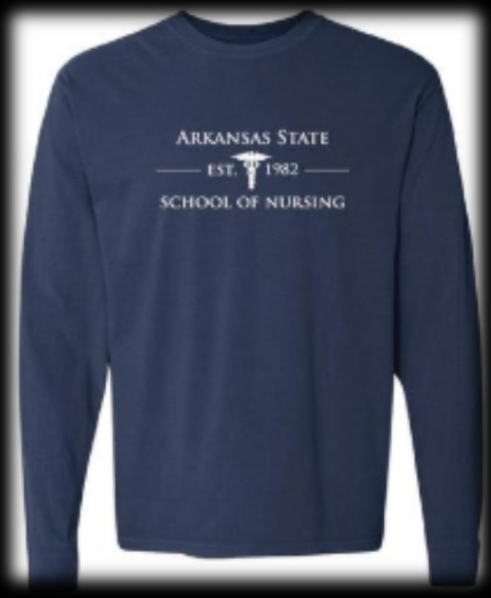
On October 6, some of our board members volunteered with the Alzheimer's Association at Downtown Jonesboro to help promote Alzheimer's awareness by recruiting walkers to advocate to their senate and city's council for continued research, care, and funding. The recruiters consisted of Bethany Tyner, Sam Dean, Alex Richardson, and Caragan Woods!

ANSA's Day of Service "Holy Sews"

This year at the Arkansas Nursing Students' Association (ANSA) state convention, ANSA partnered with Holy Sews for a day of service. Around 15 of our students volunteered their time to assist with assembling layette packages that Holy Sews provides. Holy Sews provides free handmade infant burial clothing for families that experience the loss of their baby during gestational weeks 16—25 since the preemies are too small and too fragile to fit readily available clothing.

ASTATE Nursing Apparel

Sale Ends 11/13 at 9am!



COMFORT COLOR OPTIONS!!

SNA will be is selling T-shirts, long sleeves, sweaters, and pull-overs! Prices start at $16. All apparel can be bought at…

https://shoppinkink.com/collections/arkansas-state-nursing-and-health-professions