



# INSIGHT

Volume 43

Issue 4

Convention 2016

## Towards a Culture of Inclusivity

As the 2015-2016 SNAP year comes to an end, I have begun to reflect on my time on the State Board and as President of this great organization. SNAP has a continued legacy of excellence and leadership, and we pride ourselves on the commitment and dedication of our members, faculty advisors, consultants, staff, and alumni! As an organization, we have been able to adapt to the ever-changing nursing, nursing education, and health care landscapes.

Since I assumed this role, SNAP has vastly developed many key relationships to support our members and the future of nursing, most notably as a member organization and advisory board member of the Pennsylvania Action Coalition. This opportunity has allowed SNAP to remain current with these ever-changing landscapes and remain at the forefront in advocating for nursing students across the Commonwealth.

A major priority that has surfaced in all of these areas is workforce diversity. Diverse individuals bring a unique array of experiences, perspectives, and ideas that can help to improve patient care delivery. But where does this begin? How do we not only recruit, but also retain these individuals? Currently, health care is not diverse and many aspiring professionals do not feel included. The transition from nursing student to professional nurse is fast, and the transition can be difficult for traditional underrepresented minorities in nursing. How can we support these individuals in the practice setting, when the issue still has not been solved for students? Underrepresented minorities need additional support through their educational journey.

*Continued on Page 8*



**Marcus Henderson**  
*SNAP President*

### FOR YOUR INFORMATION . . . . .

#### IN NOVEMBER 2016

Deadline for Consent to Serve . . . . .1  
SNAP 64<sup>th</sup> Annual Convention . . . . . 16-19  
*Lancaster Marriott*

#### IN JANUARY 2017

SNAP Board Meeting . . . . . 21-22

#### IN MARCH 2017

SNAP Board Meeting . . . . . 24  
LEAD Workshop . . . . . 25-26  
Capitol Hill Step by Step . . . . . 28

#### IN APRIL 2017

Deadline for Spring *Insight* Articles . . . . . 1  
NSNA 65<sup>th</sup> Annual Convention  
April 5-9, 2017 Dallas, Texas

#### IN JUNE 2017

SNAP Board Meeting . . . . . TBD

#### IN AUGUST 2017

Deadline for Fall *Insight* . . . . . 1

#### IN SEPTEMBER 2017

SNAP Board Meeting . . . . . TBD

#### IN OCTOBER 2017

Deadline for Convention *Insight* Articles . . . 1  
Deadline for Constituency Status . . . . . 15  
Deadline for Proposed Resolutions . . . . . 15  
Deadline for Scholarships and Awards . . . 15  
Deadline for Consent to Serve . . . . . 25

#### IN NOVEMBER 2017

SNAP 65<sup>th</sup> Annual Convention  
November 15-18, 2017  
*Kalahari Resort, The Poconos*

The Newsletter of the  
Student Nurses'  
Association  
of Pennsylvania

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# SNAP Board of Directors

## **SNAP BOARD OF DIRECTORS**

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**North East:** Nathan Romanowski

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**Central:** Chelsea Bailey

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**East :** Lauren Ziemba, NEC Chair

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## **PROFESSIONAL CONSULTANTS**

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## **EXECUTIVE DIRECTOR**

**Cindy Shingler**

*snap@snap-online.org*

## **SNAP CHAMPION SPONSOR:**

### **Holy Spirit Hospital— Geisinger Health**

SNAP is very pleased to announce that Holy Spirit Hospital—Geisinger Health is supporting SNAP throughout the year by agreeing to be a CHAMPION Sponsor! We sincerely appreciate their being a partner with us to provide our membership outstanding leadership and networking opportunities.

Please stop by their booth, which is easily found in the front of the other exhibits. **Holy Spirit Hospital—Geisinger Health is also sponsoring an afternoon refreshment break for all attendees.** The break will be in the exhibit hall close to their table on Thursday afternoon.

Be sure to thank them for their outstanding contributions to our convention & organizational experiences!



# HOLY SPIRIT

A GEISINGER AFFILIATE

# Geisinger



## Nominations & Elections Report

*Lauren Ziemba*

*SNAP Nominations & Elections Committee  
Eastern Region and Chair*

It has been a great honor to serve on the state board as a Nominations and Elections Committee Member and Chair.

The year has been filled with fantastic opportunities to meet new leaders, potential new leaders and network with some of the most motivated nursing students of our state.

I am really looking forward to meeting all of the students that will be in attendance at the conference, and I am also looking forward to seeing the students I have already met. The conference in Lancaster is a fantastic way to meet other passionate potential leaders and nursing innovators of our state; individuals that you will run into again and again as your professional career takes off.

That being said, I hope that the conference in Lancaster sparks your interest in running at the state level or becomes an opportunity for you to step into a position at the state level. It may be you or other motivated individuals of your local chapter who decide to run; these positions are opportunities to push you to the next level of professionalism and networking which may in fact help you to secure the position of your dreams upon graduation.

There are so many opportunities to meet new faces and connect, whether it be at the LEAD conference, the state conference, networking with local chapters and beyond. SNAP is one of the best student run nursing organizations to be a part of. The friendships, alliances, and connections will continue throughout a lifetime.

## Secretary/Treasurer Report

*Katrina Garzon*

*SNAP Secretary/Treasurer*



I cannot believe the year is coming to an end! It has been a pleasure serving as your Secretary/Treasurer. I have dutifully taken minutes at all Board of Directors meetings and conference calls, reported our financial reports to the Board regularly, and presented the budget for the next fiscal year. Furthermore, in the beginning of my term, I worked with our president to modify the secretary/treasurer role to be more involved in promoting articles in SNAP To It and INSIGHT publications.

In addition, this year I continued the work of previous secretary/treasurer, Matthew Romanauski, on implementing a Faculty Sponsored Scholarship. I am pleased to report that, at this year's convention, this scholarship will be presented for the first time. I have thoroughly enjoyed serving on the Board and as Secretary/Treasurer, and want to thank you all for giving me this amazing learning experience. I look forward to seeing everyone at convention!



## Northeast Regional Coordinator Report

*Nathan Romanowski*

*SNAP NorthEast Regional Coordinator*

Being a part of SNAP has been one of the best experiences of my life. Ever since our first board meeting I have loved and enjoyed every moment of being part of this great organization.

Last year I didn't run for office at the convention, but after the convention I realized my region didn't have a coordinator. So I sent in my consent to serve form and was appointed by the board to this position. So I didn't start until the end of January. Ever since then I have been in contact with my regional schools. I have found new contacts at the schools plus I updated the contact information for those that needed it. I've made sure to keep the schools in my region up to date on national, state, and local events. I've also promoted starting SNAP chapters in my region and have had interest from a few schools.

I'm excited to meet many of you at the convention. I hope you have a wonderful and productive time utilizing the many tools that SNAP will offer you to further help you in your journey towards being a nurse!

## Central Philadelphia Regional Coordinator Report

*Lindsay Zinko*

*SNAP Central Philadelphia Regional Coordinator*

Welcome to SNAP convention! Pat yourself on the back for taking the next step and trying to advance yourself as a student nurse leader.

We have worked very hard to make this a meaningful convention for everyone. Learn as much as you can, network, and meet more nursing students from around the state.

I am very honored that I was able to serve on the state SNAP Board of Directors this past year. Thank you for coming and have a great rest of your semester!



# Northwest Regional Coordinator Report

*Micah Truex*  
*SNAP Northwest Regional  
Coordinator*



During my term on the Board of Directors, I have enjoyed representing the Northwest region and pushing to strengthen this great area. I would like to personally welcome and congratulate Sharron Regional Hospital's School of Nursing, Northwest's region newest chapter!

Being your Northwest Regional Coordinator has been such a rewarding thrill! I hope to see a continuing trend in strengthening our region. I look forward to meeting even more of you during convention!

## **Communications Committee**

Your Communication Committee, comprised of Jennifer Kalenkoski, Randi Freeman, and myself as chair, has been busy at work trying to improve and strengthen communication.

With lots of brainstorming, and presenting our ideas to the board, we hope that we've implemented some new ways to better serve you!



## **SNAP CHAPTERS!**

We need to hear from you! This is your newsletter and we would love to share your accomplishments and upcoming events with your fellow SNAP members!

Convention is here, and we want to share the great events and activities that are happening on your campus. We can also list them on our website, SNAP To It and on the SNAP Facebook page.

Also, if you have not heard from your Regional Coordinator, we probably don't have your contact information. They are anxious to work with you to strengthen your local chapter and also to make SNAP better. They are available to come to your chapter meetings or meet with the chapter's leaders to help make your chapter as strong as possible.

So do it now! Just send any articles, pictures, calendar of events and contact information to

**[snap@snap-online.org](mailto:snap@snap-online.org)**

We hope to hear from you very soon!



Communications is KEY!



## Legislative Coordinator Year End Report

*Devon Murphy*  
*Legislative Coordinator*

Hello SNAP Members! I had the privilege to serve as your Legislative Coordinator this year and I can't believe how quickly it went by! The year started off with writing the SNAP Board's Resolution entitled "In support of increasing awareness of the psychosocial needs of children of alcoholics". After editing the resolution and communicating with NSNA's Resolution Committee, the resolution was presented in Orlando, Florida and was passed!

SNAP also had its Capitol Hill Step by Step day in April. The day was incredibly successful and we were able to hear from wonderful speakers including our professional consultant and parliamentarian, David Ranck, and SNAP Alum and past NSNA Vice President Elizabeth Long. We also had a special guest Representative Kevin Schrieber, who spoke to us about the importance of nurses being involved in the legislative process.

After Capitol Hill Step by Step and NSNA convention, I shifted my focus to writing the 2016 SNAP Board Resolution. This year I had the privilege to attend the International Nurses Society on Addiction annual conference in Las Vegas, Nevada, where I had the opportunity to listen to experts on addiction discuss the severity of the opioid epidemic and possible ways nurses can help. 129 people die every day from opioid abuse, and there is still an incredible amount of stigma preventing patients all over the world from seeking help. Therefore, I decided to write a resolution about increasing awareness regarding prescription opioid abuse.

In addition to writing this resolution, I am excited to work with my resolution committee this year: Danielle Bernardin from Widener University, Jonathon Krout from York College of Pennsylvania, and Meghan Scanlon from Villanova University. We will be preparing all the resolutions we receive to be presented at SNAP Convention. I am so excited to be

working with three such talented individuals.

I wanted to thank you all for giving me this opportunity to work as your Legislative Coordinator this year. I hope to continue to work with all of you at some point in the future!



### 2016 PROPOSED RESOLUTIONS

#### In Support Of:

1. Increased Awareness Regarding Prescription Opioid Abuse (*SNAP Board*)
2. Increased Research & Use of Mindfulness Based on Interventions in Veterans with PTSD (*Alvernia*)
3. Increasing Education & Awareness of Motivational Interviewing Interventions for Adolescent Intoxication (*Alvernia*)
4. Increasing Education & Awareness Related to Disaster Preparedness (*Widener*)
5. Increased Awareness of the Importance of Patient Participation in Decision Making within the Alzheimer's Population (*Drexel*)
6. Nurses Educating on Antimicrobial Resistance & their Role in Antimicrobial Stewardship Programs (*Duquesne*)
7. Increasing Awareness of Mental Health Needs in Transplant Patients (*Villanova*)
8. The Education & Awareness of the Health Benefits of Maternity Leave for Mothers and Children (*U of Penn*)
9. Nursing Schools Adopting the American Nurses Association's Healthy Nurse Healthy Nation Program (*U of Pgh*)
10. Increased Awareness of Sudden Infant Death Syndrome & Its Risk Factors (*Widener*)
11. Awareness & Efforts to Reduce Socioeconomic & Racial Disparities in Rates of Infant Mortality & SIDS (*Temple*)
12. Extension of Nursing Education on Assessment & Intervention of Child Sexual Abuse (*Indiana U of PA*)
13. Establishing a State-Wide Recommendation Limiting Processed Meat Consumption (*U of Penn*)

## Vice President Year End Report

*Randi Freeman, RN  
SNAP Vice President*

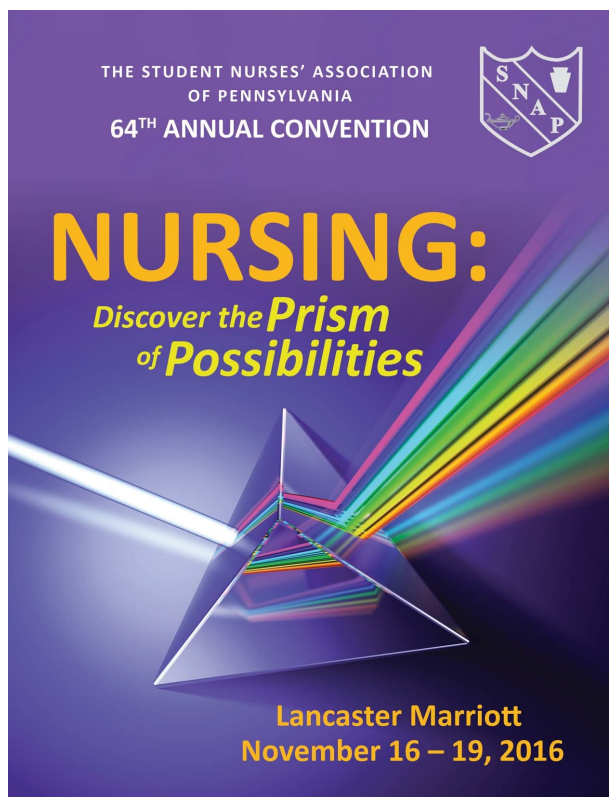


I would like to welcome SNAP members, faculty advisors and alumni to the 64<sup>th</sup> Annual Convention in Lancaster Pennsylvania. Convention is always a wonderful place to reconnect with fellow SNAP members and welcome new faces to the student nurses association. There has been so much time and effort spent to ensure an enjoyable convention. We have worked very hard to provide a wonderful assortment of programs, speakers, exhibitors, and much more for you this year, and we hope you enjoy them all. I would be remiss if I did not extend a sincere

thank you to Kat Raiser, our former Vice President. Kat listened to your comments from last convention to ensure that you are able to hopefully have an even greater experience at this convention.

On a personal note, although I am happy to attend another SNAP convention, I am saddened that this will be my last time attending as a student. I graduated nursing school this past June and passed my boards in July. I can now call myself a Registered Nurse. The past 2 ½ years have been a highlight in my life. I offer a sincere thank you to Cindy Shingler, our Executive Director, and to our consultants, David Ranck and Cindy Schmus. My initial interest to even consider running for a board position was due to a spark that was ignited by these three wonderful people. I am forever grateful to them. It has been my sincere pleasure to serve you, our valued members for the last two years, in the capacity of regional coordinator and ending as your vice president.

I feel very passionate about SNAP and what this organization can do for you as a future voice within the nursing profession. I would like to convey to you that anything in life is possible. SNAP helps to provide the tools for student nurses to be successful. My hope for you is that you come to convention hungry to learn and that you leave inspired about what your true potential could be. I am very passionate about helping to develop future leaders, not only for our organization but for nursing in general. We all have a voice that needs to be heard to help make our system better.



Year End Reports . . .

## President's Message (cont.)

As a state student nurses' association, it is our role to support all nursing students regardless of race, gender, ethnicity, religion, sexual orientation, sexual identity, and so forth. I am proud to announce the SNAP is beginning to take steps to address diversity within the organization. For the next two years, diversity is a pillar in our strategic plan and the SNAP Board of Directors will focus on supporting our members that identify as underrepresented minorities in nursing. This is crucial for the success of the nursing profession and health care. SNAP will be partnering with many organizations to ensure that we can provide adequate support, provide programming, and develop initiatives to address diversity.

This is a historic moment for the association! I am proud to be a member of SNAP and to have served as President during this exciting time to lead SNAP into the future. While you are at the state convention, keep an open-mind and capitalize on all the opportunities the convention has to offer. I look forward to seeing you all and sharing in this exciting time for the association!



The Pennsylvania Action Coalition (PA-AC) was established in 2011 to guide the implementation of the Institute of Medicine's Future of Nursing report recommendations in PA.

The PA-AC is part of the Campaign for Action, a national initiative of the Robert Wood Johnson Foundation and AARP, coordinated by the Center to Champion Nursing in America. Visit their website at [www.paactioncoalition.org](http://www.paactioncoalition.org) for more information and to **SIGN UP** today!

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**SNAP 64<sup>th</sup> Annual Convention**  
**November 16—19, 2016**  
**Lancaster Marriott**  
**Lancaster, PA**



**SNAP 65<sup>th</sup> Annual Convention**  
**November 15—18, 2017**  
**Kalahari Resort & Convention Center**  
**Pocono Mountains**

David R. Ranck



## The 11<sup>th</sup> Annual LEAD WORKSHOP

This workshop is designed for emerging leaders from Pennsylvania's local chapters to gain leadership and development skills. Ideally, participants will be freshmen or sophomores. Each school may send a total of six (6) students, and registration is on a first come - first served basis, for a maximum of 60 participants. **Registration will be open next fall. Notification will be sent to faculty advisors when available.**

The SNAP Board of Directors is pleased to invite freshmen and sophomore nursing members (attendees must belong to NSNA/SNAP) to this event, and we want to thank **PINNACLE HEALTH** for hosting and sponsoring this event once again, providing our meeting rooms and meals on Saturday and Sunday!

**March 25—26, 2017**

If you have any questions, feel free to call the SNAP office at (717)671-7110 or email [snap@snap-online.org](mailto:snap@snap-online.org)

Emerging Leaders!



**LEAD WORKSHOP 2016**





**S N A P**

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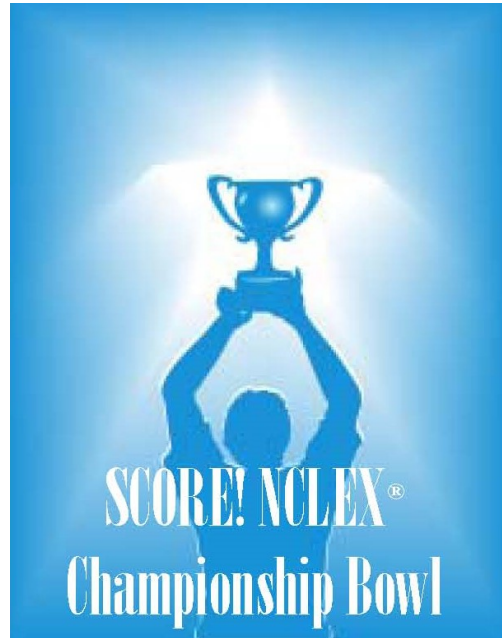
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**VISIT THE SNAP WEBSITE OFTEN  
FOR UPDATED INFORMATION**



**Who will it be this year? Put a team together and request a registration form by emailing [snap@snap-online.org](mailto:snap@snap-online.org). Teams will be selected on a first-come, first served basis. It's a great way to kick off your convention experience!**

**Be sure to submit your team to compete in next year's Ninth Annual Championship Bowl at the 64<sup>th</sup> Annual Convention at the Lancaster Marriott! Following are the previous SCORE! NCLEX<sup>®</sup> Championship Bowl winners:**

**2008—Alvernia University**

**2009—Shadyside Hospital SON**

**2010—Indiana University of PA**

**2011—Lehigh Carbon Community College**

**2012—Temple University**

**2013—Temple University**

**2014—ARIA School of Nursing**

**2015—Temple University**

**Wednesday, November 16<sup>th</sup>**

***Preliminary Rounds begin at 3 p.m.  
Championship Rounds begin at 7 p.m.***