

## INSIGHT

Volume 44 Issue 1 Winter 2017

## Bridging the Gap to Leadership

Greetings SNAP members! It is a great honor and pleasure to serve you as your President for a second term. Currently, I am a senior at the University of Pennsylvania School of Nursing. I am a proud Philadelphia native from Roxborough!

Since I was first elected to the SNAP Board as a Regional Coordinator in 2013, SNAP has seen so much growth and change. The past presidents and board members have laid a sturdy foundation for all us to build upon. For 64 years, SNAP has cultivated nursing leaders that have gone out across the world to make a difference and change the face of nursing, education, and practice. SNAP has many accomplished alumni that are willing to mentor SNAP members and help you on your nursing journey. Over the next year, I want to begin developing an alumni database so that SNAP members from across the Commonwealth can be connected with alumni in their regions and specific areas of interest. This would allow members to make professional connections, network with potential employers, and explore the world of nursing! SNAP alumni are willing and ready to mentor students. We just have to bridge the gap and make the connection for students more accessible.

Throughout my term, I want to ensure that SNAP continues to provide support and opportunities to its members to *Continued on Page 8* 





Marcus Henderson SNAP President

## The Newsletter of the Student Nurses' Association of Pennsylvania

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### **SNAP BOARD OF DIRECTORS**

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### **EXECUTIVE DIRECTOR**

**Cindy Shingler** 

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**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.

SNAP thanks them for their outstanding contributions to our convention & organizational experiences, and we look forward to working with them throughout 2017!



A GEISINGER AFFILIATE

Geisinger



## Excited for SNAP Convention 2017

Anne Woolley

SNAP Vice President & Convention Chair

Hello SNAP members! I am so very excited to have been elected to serve as your Vice President for this upcoming year! I am currently a senior at Drexel University with a

minor in Health Service Administration and a certificate in Medical Humanities.

For the past four years I have been an active member of SNAP. I have served as SNAP's NEC East and Committee Chair from 2014-2015 and as my own chapter's Legislative Chair from 2013-2015 and Treasurer from 2015-2017. Throughout my time in college I have had the opportunity to attend over 10 nursing conventions, conferences, and workshops across the United States. My dedication to and passion for SNAP have led me to serve as your Vice President and represent this outstanding organization once more. I would like to use my past experiences to aid me in planning an amazing 65<sup>th</sup> Annual Convention this fall! I will not be able to complete this without all of your thoughts and input on what you would like to see. Please be on the lookout for a survey to provide us with ideas and suggestions for next year's Convention.

I hope to hear from all of you regarding what you would like to see from your organization for this historic upcoming Convention. Please contact me with any questions, comments, or concerns that you may have throughout the year. I look forward to serving you all and working together to plan the best Convention possible! Good luck in your continued studies and I look forward to seeing you at The David R. Ranck LEAD Workshop in March and 65<sup>th</sup> Annual Convention in November!

## **Passion for SNAP**

Madeline Stadler
SNAP Secretary/Treasurer

Hello Everyone! I am a sophomore at Villanova University in the College of Nursing. I am also minoring in French and hope to incorporate my knowledge of French language and culture into my future practice as a nurse. This year, I am honored and excited to serve on the Board of Directors as your Secretary/Treasurer.



I have been very involved with SNAP since my freshman year. I served on my chapter board last year as a Freshman Representative and this year I serve as a Special-Projects Co-Chair. I attended both the SNAP Convention in Harrisburg and the NSNA Convention in Orlando last year . Finally, I participated in the David R. Ranck LEAD Workshop. These experiences instilled a passion for SNAP within me. By meeting fellow nursing students, and realizing the impact that SNAP had within their lives, inspired me to run for a position on the Board of Directors at the SNAP Convention in Lancaster last November.

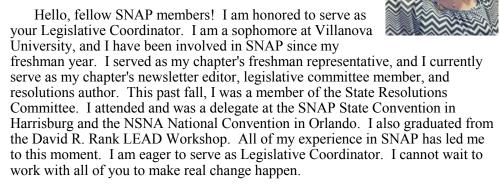
## Continued on Page 3

One way SNAP makes a difference within its members are the scholarships. My goal for this year is to expand our scholarship funds and inspire discussion around creating a SNAP foundation, which could serve as a base for current and new scholarships.

I am looking forward to the year as Secretary/Treasurer and hope to meet as many members as I can. Please feel free to reach out to me if you have any questions or concerns or if I can help you in any way.

## Impacting Our Profession

Meghan Scanlon
Legislative Coordinator



Resolutions are the drivers of change in our profession. A single nursing student can create an immense impact when he or she acts upon something they see can be done better. Therefore, my goal this term is to increase education on resolutions. I would like to teach people about what a resolution is, how one is written, how one is passed, and inform how large of an impact a resolution can have. I intend to provide this education through articles in *Insight* and *SNAP To It*, direct contact with school chapters, and workshops at both the LEAD Workshop and Capitol Hill Step-by-Step Day.

Not only is it important that resolutions are written, but resolutions must be enacted. It is my duty as Legislative Coordinator to facilitate the changes laid out by the resolutions passed to be acted on. I would enhance the efficiency and quality of the work done to enact resolutions by remaining in close contact with resolutions authors throughout the year. With hard work and collaboration, we will be able to correct issues and enhance our profession.

I strongly encourage resolutions authors to submit their resolutions to the NSNA to be reviewed at National Convention in Dallas, Texas from April 5th through 9th. The deadline for final draft submission is February 8th. Anyone who is interested in the legislative process and writing resolutions is also encouraged to attend Capitol Hill Step-by-Step Day in Harrisburg, PA on March 28th. At this event, attendees will learn about the process and procedures of legislation.

I am always available for questions, concerns, or guidance. Feel free to contact me at any time. I look forward to working with you all. Let's make this year great!

## Creating **Opportunities**

Holly Storm

**SNAP** Northwest Regional Coordinator



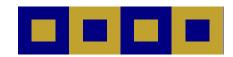
Happy New Year, fellow SNAP members! I am so excited to have been elected Northwest Regional Coordinator for this year. I am a sophomore at

Duquesne University and am the current legislative coordinator of my school chapter. In my second year being involved in SNAP, I look forward to being able to continue this journey with my fellow members. I look forward to meeting and serving the schools in my region this year.

This coming year, I will listen and work with schools in my region to support the chapters and their needs. If chapters are having issues, I want to help them in whatever way I can. I will also work to create opportunities for schools that aren't well represented at SNAP to help their involvement and participation in SNAP activities. I think one way to encourage students to become more involved in SNAP is to spread information about SNAP through something such as a video to illustrate what we do at SNAP.

Finally, this year, I will work with current chapters to continue to engage their members along with facilitating collaboration among chapters. Communication between chapters and especially chapter presidents is so important, so that is something I really want to focus on this year.

If anyone has any ideas or questions, please do not hesitate to email me and I look forward to hearing from 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!

It is a new year, 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

We hope to hear from you very soon!



## I Aim To Be Your Resource!

## Hannah Rice SNAP Southwest Regional Coordinator



Hello! I am honored to serve as the new Southwest Regional Coordinator for the SNAP Board of Directors. I am in my final year of nursing school at

Community College of Allegheny County (CCAC), Allegheny Campus, and am looking forward to graduate in May.

This past convention inspired me. I left with a resolve to help more people experience the amazing things I have with SNAP, and strive to be the best person, leader, and nurse that I can be. I want all of the SNAP membership to be able to have that same experience.

I am so grateful for this leadership opportunity, and plan on taking advantage of my time on the Board of Directors. I aim to be a resource and liaison between the schools in my area and the state board. I hope to help increase overall involvement with SNAP, and promote networking between the schools in the Southwest region.

Thank you so much to everyone that made this opportunity a reality for me. If there are any questions or concerns that you have, I would be happy to help! Don't hesitate to contact me. I am thrilled to serve on this year's Board of Directors and look forward to working with you in the months to come. I hope everyone has a wonderful and successful semester.

## Finding New Ways to Help!

**Hunter Murdoch** 

SNAP Southcentral Regional Coordinator

Hello SNAP members! I am very excited to have been elected your South Central Regional Coordinator. I am a junior pursuing a Bachelor of



Science in Nursing at Penn State, and have been involved with SNAP for two years.

I will be reaching out to each school in my area to introduce myself – I cannot wait to work together this year! My goals are to find new ways to facilitate communication and increase member involvement.

Just in my two years being involved with SNAP, I have been granted the opportunity to meet (and attend a football game with!) the president of my university, to help better the lives of people in my community and around the globe, and to connect with inspiring leaders in the field of nursing.

I have had so many wonderful experiences through SNAP and want to make sure my fellow members continue to have these opportunities. Please feel free to contact me if you would like more information. My contact information is on page 2 of this publication. Have a great semester!



## Full of Ideas!

Layla Leys

SNAP Greater Philadelphia Regional Coordinator

Hello SNAP members! I am the new Regional Coordinator for the Greater Philadelphia region. I am a first year nursing student at Aria Health School of Nursing. I have a BA in Anthropology from Temple University and nursing classes are very different from what I have done in the past. I just finished my first semester and it has been a great experience so far.

This was my first convention and I had a great time. Being elected to this position made the experience even more rewarding. Thank you to everyone who voted for me. It's nerve wracking to get up there in front of a crowd and speak, but I felt the support from the audience. I have lots of ideas for what I would like to do in this position but for that, I'll need the help of all the schools and members in my area.

In my speech, I spoke about reaching out to those who usually do not get involved in extra-curricular activities, and I aim to make that a priority. I used to be the same way but nursing school has changed that perspective. I hope to influence others to do the same and get involved. We all have a voice that we can use to influence the world around us and our educational experience as student nurses.

I hope to meet many other nursing students in my area during my time as Coordinator and establish collaborations between programs that will be beneficial and fun for all involved. Many students have expressed that they have no idea what SNAP is, so I want to make SNAP more accessible and relatable to its members in my area. I'm willing to learn and work with other coordinators near me to make the student experience better for all of us. I'm only an email or phone call away. Best wishes on your next semester!

## Having a Voice in Our Future!

Jenna Kessler

SNAP Central Philadelphia Regional Coordinator



I am a sophomore at Drexel University. I was elected to be the Central Philadelphia Regional Coordinator for this upcoming year, and I am looking forward to working with the different universities within my region. I am very passionate about bringing all of our voices together to make a big impact.

I hope to send out bi-monthly emails to the universities within my region. By doing this I hope it will allow us all to connect and work to better our community. The emails will contain different leadership opportunities or opportunities to

serve within our communities.

Also, as your Central Philadelphia Coordinator, I plan to raise awareness about SNAP. SNAP is such a great organization that allows us as future nurses to have a voice and make an impact on our community. I hope to hold meetings within the different local chapters to talk about different events that are happening within our state level. Finally, I hope to

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## President's report continued from Page 1

continue fostering leadership development, professional networking, and building on our nursing knowledge. I have many objectives and goals for SNAP this year, and I look forward to collaborating with you all on these various initiatives and projects! I am deeply invested in this organization and I am continually working to make connections, foster relationships, and develop partnerships that will benefit SNAP members for years to come.

As your President, I want to ensure that SNAP continues its legacy of excellence and cultivating nurse leaders! Together, we can ensure that each SNAP member continues to grow and members have an unforgettable experience and leave nursing school feeling prepared to be future nurse leaders. I wish you all a successful year within your local chapters and I look forward to seeing you all at SNAP and NSNA events!



Marcus greeting students at the November Convention

## Continued from Page 7

hold events that provide us future nurses with different experiences to grow and excel. As a leader of our Central Philadelphia Region I hope to provide opportunities for growth and for everyone's voices to be heard. I am look forward to working with you all and I am excited about what this year with you all will bring.

## **Working Together**

John Heard SNAP Southeast Regional Coordinator

I am a student nurse at Delaware County Community College in my second and final year. I expect to graduate in May and sit for the



Pennsylvania state board RN exam in June. I also concurrently study at Drexel University in the "Bridge" BSN program. Professionally, I am a nurse aide in a dementia unit in long term care, a Patient Care Tech in a hospital, and a two-and-a-half year Hospice volunteer. As a SNAP board member, I serve as Southeast Regional Coordinator and Chair of the Communication Committee.

At the NSNA Leadership Conference I attended this summer, I learned three things: 1) We belong to a phenomenal student nursing organization; 2) I learned about leadership and hope to share and lead effectively; and 3) I want to serve.

At the November 2016 SNAP Convention I enjoyed meeting numerous student nurses from across the Commonwealth, learning of their passions, and sharing my goals which include the following:

- · Ensure effective SNAP communication
- Serve as a personal resource for you the membership
- · Encourage and support you, and
- · Foster teamwork at all levels

Since there are 12 unique and diverse schools in the Southeast region, I do not plan to use a "one-size-fits-all" service approach. Instead I intend to start a dialogue with students and faculty advisors. I

also believe that there is value in using the nursing process to assess the student nurse needs and to help implement SNAP programs that are needed, wanted, and welcomed. I would appreciate your feedback and am always appreciative of those who share their unique perspectives, challenges, and successes.

Look for an upcoming SNAP publication article I have authored on **Healthy Nurse, Healthy Nation**.

My contribution as Southeast Regional Coordinator is a continuation of my very personal life focus, which is a ministry of compassion and making a difference in the lives of others. Feel free to contact me to share your life focus and perhaps how SNAP can better serve you, your school and/or the larger community.



A healthy PA through nursing

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 <a href="https://www.paactioncoalition.org">www.paactioncoalition.org</a> for more information and to SIGN UP today!

## Get Involved!

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## DNP-FNP or MSN Nurse Educator

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- Courses taught by accomplished faculty from a Christian faith perspective.
- Small class sizes for meaningful interaction with classmates and professors.

Experience the academic distinction of a nationally ranked Christian college.



## **Empowering Future Leaders**

## Logan Jarratt

SNAP Nominations & Elections (NEC) Central & NEC Chair



Hello SNAP! I am so excited to serve as your Nominations and Elections Committee Central and Chair! I am a junior at Penn State, University Park, College of Nursing and also have the privilege of serving as my SNAP chapter president for the 2016-2017 academic year. I grew up in a quiet suburb of Philadelphia where my interest in medicine developed from the phenomenal display of world-renowned hospitals and clinicians within the city.

My involvement in SNAP has challenged me as a leader, student, friend, and most importantly aspiring professional nurse. Before I was elected president at Penn State, I served as a THON chair where I worked all year with a team to facilitate maximum fundraising and awareness for children and families affected by pediatric cancer. Our efforts culminated with a 46-hour dance marathon (no sitting or sleeping!!) in February 2016 where the yearly total of \$9.7 million dollars was revealed. It was a challenging, yet rewarding experience that ignited a desire within me to bring out the best in others.

I am so incredibly honored to have the opportunity to give back to SNAP due to all that SNAP has offered me thus far. I am passionate about empowering other students to maximize their leadership potential by running for the state board, and using their unique strengths and experiences to positively benefit the future of an organization that means so much to so many. I look forward to reaching out to chapters in my region to inform them of the opportunities and benefits of serving on the SNAP Board/NEC. Furthermore, at the LEAD workshop in March 2017, I will be reaching out to attendees and making relationships with the younger students that have the ability to hold the future of SNAP in their hands someday. I believe that kindness has the power to foster greatness in respect to the success of a professional organization. Thus, my goal is develop genuine relationships with those who have an interest in taking their involvement in SNAP to the next level.

I am here for YOU, the 5,000 plus student nurses of Pennsylvania, to assist up and coming nurse leaders with the means to refine your leadership skills by holding an elected position. I encourage you to reach out to me with any interests, questions or concerns—I am eager to help! Contact me anytime! I wish you all nothing but the best this semester!



A SNAP delegate reviewing candidates' Consent To Serve forms during Meet the Candidates.

Delegates voting for the 2016-2017 SNAP Board of Directors and SNAP NEC.



## Proud to Serve SNAP

Michelle Mak
SNAP NEC West



Happy New Year SNAP members! I hope everyone had a relaxing winter break! I am delighted to be your Nominations and Elections Committee representative for the

Western region this year, and I'm looking forward to working with Logan and Yelena to pique more students' interest in nursing leadership positions.

I am a sophomore at the University of Pittsburgh, originally from San Francisco, California. I am currently pursuing a Chinese minor, and plan to incorporate my ability to speak Cantonese and Mandarin as a nurse. My love for nursing began when I visited my mother at the hospital while she was at work. Her passion for serving others was manifested in working long hours while still maintaining a bedside manner. When I began applying to colleges, there was no doubt in my mind that I wanted to pursue nursing as a future career. Even now, seeing patients gradually heal from week to week before they are discharged is one of the most rewarding things about nursing.

I would like to thank the 2016 SNAP Board of Directors and NEC for a successful 64<sup>th</sup> annual convention. The dedication, passion, and diversity of the SNAP community made me feel welcome, as it was my first convention. I am so lucky to be a part of SNAP as a new member, and to be provided many opportunities. One of my goals for the coming year is having a complete slate of candidates at the 2017 convention. I

## Run for a SNAP Office

Yelena Willingham SNAP NEC East

Greetings to all my fellow nursing students! I hope everyone has enjoyed not only the holidays but the much needed break as well. As we move



forward with the year, I am very excited to meet and get to know new friends.

Firstly, I would like to start by introducing myself. My name is Yelena, but I like to go by Lena. I am a senior year student at Roxborough Memorial Hospital School of Nursing. I would like to congratulate all of my fellow seniors who will graduating along with me this upcoming spring. We have all worked so very hard to make our dreams become realties!

I would like to give you a little background on why I chose the nursing profession. For as long as I can remember, I was always intrigued by science, particularly the human body. I also happen to love working with people, and in the nursing profession I get to do just that! I think my favorite things about nursing are the dynamics and the complexity; nothing that's worthwhile is ever easy.

I wanted to say thank you to everyone who voted for me at the 64<sup>th</sup> annual SNAP convention this past November. I have to say, running from the floor is a scary thing, and I would like to congratulate everyone else who ran as well, because it takes courage to stand at that podium and speak.

As the NEC East representative, my primary goal is to help more

Is that Leader YOU?

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## Michelle Mak continued from Page 11

would love to recruit more schools and have new members like myself excited about SNAP by informing student leaders in local chapters of Board and NEC positions.

I feel very fortunate to serve as NEC West, and am ecstatic to be working with others who share my passion for nursing. Please feel free to contact me with any questions, thoughts, or sentiments you have throughout the year. If anyone needs any moral support know that I'm here for that as well! I enjoyed meeting so many new people at last year's convention, and look forward to interacting with many more this year at LEAD and Nationals!

## Yelena Willingham continued from Page 11

students realize their potential and run for board positions. This is our time as students to take our careers into our own hands and make a difference. I plan to collaborate with the regional coordinators and spread the word about SNAP involvement and the various board positions.

I believe that SNAP is a promising institution designed for our success and it's up to us to explore the endless opportunities presented to us. I intend to reach the stars and I would love to bring as many new friends with me as I can! Let's have an incredible year together building our future! If anyone ever has any questions at all, never hesitate to shoot me an email. I look forward to meeting new friends throughout the year, especially at the upcoming LEAD workshop in March! I hope you all have a wonderful semester!



Yelena talking with a delegate during Meet the Candidates



Your 2016-2017 SNAP Nominations and Elections Committee!



Delegates waiting to vote for the 2016-2017 SNAP Board and NEC

## SNAP 64th Annual Convention Highlights



Marcus welcomes everyone to the Challenge Bowl 2016



Team Drexel studies the answer before buzzing in to answer



Last year's champs, Temple University, was here again in full force!



Tensions are high for both teams in trying to answer the NCLEX questions



Do you think she's happy? Your darn right! Paulina Marra-Powers is the faculty advisor for Roxborough



Team Roxborough was SNAP's guests at the Annual Awards Banquet

## SNAP 64th Annual Convention Highlights

Marcus Henderson in discussion with Rebecca Patton just before her Keynote Address. Marcus has had the pleasure of working with her at the national level since his involvement at the state level.





A sincere thanks to Rebecca Patton, President of ANA 2006—2010 and ANA Consultant to the NSNA Board 2012— 2016. Becky's contributions to student nursing organizations is vast and her leadership abilities are without question. She inspires all she meets!

SNAP is extremely appreciative of Holy Spirit Hospital—a Geisinger Affiliate and Geisinger for being our very first Champion Sponsor! This sponsorship has been instrumental in SNAP providing a meaningful convention experience to all who attended. Pictured here is Randi Freeman, immediate past SNAP Vice President, awarding a special plaque to Ellen Lenkevich, Interim CNO, Holy Spirit Hospital, a Geisinger Affiliate.





SNAP Alumni are very supportive of this organization that started them on their leadership path. Several years ago, they instituted a monetary award, the Leader of Tomorrow Award. This year's winner was Tori Graf, Drexel University. Pictured are Alexis Burns, past president, Liz Long, past NSNA vice president, Tori and Latasha Kast, past president.

## 9, 2016 November 16

## SNAP 64th Annual Convention Highlights



SNAP's faculty advisors have also been extremely supportive of SNAP. This was the first year for a monetary award being given by the faculty advisors to a student with an interest in nursing education. Pictured here is Mary Ellen Yonushonis, Penn State Faculty Advisor, Randi Freeman, corecipient, Clare Whitney, co-recipient, and Mark Crider, past SNAP president and Duquesne University's Faculty Advisor.

The most prestigious award presented by the SNAP organization is the Honorary Member Award. This year the SNAP Board selected Dr. Paula Milone Nuzzo, Dean and Professor, Penn State University College of Nursing and Chair of the PA Action Coalition Advisory Board. She has personally involved SNAP by appointing the SNAP president to the PA-AC Advisory Board. Dr. Nuzzo is an excellent role model for all nursing students!





Both David Ranck, Parliamentarian and Consultant, and Cindy Shingler, Executive Director, were surprised by the Board and Alumni with recognition for their many years of service to SNAP. Cindy has served for 30 years and David has served for 40 years!

Without our strong local chapters, SNAP would not be the amazing organization it is today! Many chapters had large contingencies at Convention, and more pictures can be found on the SNAP website. But we loved this picture of the Pitt chapter, with its gigantic Pitt banner! Thanks for your enthusiasm and support!





## **SNAP 65<sup>th</sup> Annual Convention**

November 15—18, 2017 Kalahari Resort & Convention Center Pocono Mountains



## **SNAP 66<sup>th</sup> Annual Convention**

November 14—17, 2018 Harrisburg Hilton & Towers Harrisburg, PA

## David R. Ranck



## The 11th 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.

The SNAP Board of Directors is pleased to invite freshmen and sophomore SNAP 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

Register online (registration link at bottom of the LEAD page):

http://snap-online.org/programs/lead-workshop/



Emerging Leaders!

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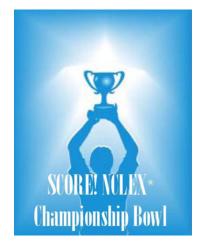
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# VISIT THE SNAP WEBSITE OFTEN FOR UPDATED INFORMATION



## And the winner 2016 is . . .



Left to right: Marcus Henderson, SNAP President; Bridget Palatino-Casciato; Rose St. Sauveur; Tahrea Harvey; Dr. Melissa Mastorovich, STAT Nursing; Jill Andrews; Kashif Bhatt; Christopher Norfleet; Paulina Marra-Powers, Roxborough Faculty Advisor; and Randi Freeman, immediate past SNAP Vice President.

## Roxborough Memorial Hospital School of Nursing