



Students a Strong Presence at ANA Meeting

I had the honor of attending the American Nurses Association House of Delegates in Washington, DC, June 26-27, 2008, to bring greetings on behalf of the NSNA. This was a historic session for the ANA House, with a significant number of bylaw amendments up for debate. Over 600 delegates from across the country participated, and I am proud to say they were joined by approximately 15 enthusiastic students and recent graduates in the gallery.

I don't think I'm exaggerating by saying that this year's ANA House of Delegates will be remembered as "The Year the Students Came." Our presence and enthusiasm drew several standing ovations, and even changed a bylaw amendment vote. One bylaw change proposal involved establishing an ANA Board of Directors position designated to be filled by a recent graduate. The students and recent graduates in attendance stood together as past NSNA Board of Directors member Jennifer Tucker spoke passionately in favor of the amendment. She spoke about our preparation and education, and the value of including the perspective of a recent

graduate in ANA discussions and decisions. The amendment required a 2/3 majority to pass, and initially failed by a margin of less than two percent. The passion of the students was not to be ignored, however, and a delegate from the state of Washington rose to the microphone to file a motion to reconsider the vote. He stated that he had initially voted against the amendment, but witnessing the passion and energy of those of us in attendance, he realized that the ANA could greatly benefit from our involvement and perspective. His motion passed, the vote was reconsidered, and I am thrilled to report that the 2010 ANA Board of Directors will include a recent graduate. I would be remiss in not thanking ANA President Rebecca Patton and the entire Board of Directors for

their ongoing vocal support of NSNA and student nurses. Nursing students are the future of the profession, and a seat on the ANA Board of Directors for a new graduate gives us a voice in shaping that future.



Jenna Sanders
NSNA President

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The House of Delegates was treated to an in-person speech by Senator Hillary Rodham Clinton, as well as a phone-in conversation with Senator Barack Obama. The health policy discussion was inspiring, and served to remind us all of our responsibilities on the legislative front to get policies passed to help our patients and our profession. An overarching theme continually brought up during the convention, was “If not us, who? If not now, when?” I would like to present the same question to NSNA’s members. As students, some believe we don’t have the power to exact change and improvement as licensed RNs do – however, I challenge you to think otherwise and take a stand and make a change! Contact your state and federal representatives, and begin a relationship today. Not sure how? Check out NSNA’s *Guidelines for Planning Legislative Activities* on the NSNA website! Write a resolution for consideration at the 2009 NSNA House of Delegates. The ANA House of Delegates has reaffirmed my belief that one person or a small group can truly make a difference. If not you, who? If not now, when?

NSNA Director Becomes Cherry Blossom Queen



Courtesy of Carl Bouchard

Immediate-past NSNA Director Emily Little had the experience of a lifetime when she was crowned the National Cherry Blossom Queen in Washington, DC this past spring. The nation’s capital is famous for its cherry blossoms which draw thousands of visitors to the area every spring when they bloom. The Festival celebrates the gift of 3,000 cherry blossom trees given to the United States by Japan in 1912, as a token of goodwill between the nations.

Ms. Little was selected for participation as a Cherry Blossom Festival Princess by the Maine State Society, which according to its website, serves as a “home away from home” for Maine natives working in DC. The National Conference of State Societies is the event’s main sponsor, and young women apply for the event from their state or

territory. The winners have the opportunity to network, tour the capital, visit the NCSS’s charities, and are escorted to a congressional reception by one of their state representatives. Congressman Michael Michaud, Chairman of the Veteran’s Affairs Subcommittee on Health, escorted Ms. Little to the event and she took the opportunity to speak to him about NSNA and the House of Delegates’ 2008 resolution in support of increased health care for veterans suffering from post-traumatic stress disorder.

Ms. Little also took the opportunity to promote nursing to a younger generation. Introduced to younger girls during her touring, she said that many of them would come up to her and say, “I want to be a princess when I grow up.” Ms. Little would respond: “You know, you can be a nurse *and* a princess!”

In addition to having a wonderful time in DC, which she described as a “whirlwind,” Ms. Little was also voted Miss Congeniality by her fellow princesses. “Being elected Miss Congeniality meant a lot to me. I’d had so much fun, and the other attendees were other professional women doing great things. It was an honor to be selected by them as ‘most congenial.’” But the surprises weren’t over. Because the Festival isn’t a beauty contest but is about promoting goodwill and networking, the Festival Queen is chosen by spinning a wheel. The wheel landed on Maine, and Ms. Little was crowned National Cherry Blossom Festival Queen. She was crowned by Japanese Minister Mokoï with the Mikimoto Coronation Crown, a 14-pound piece which has graced the head of Festival Queens since 1948.

Ms. Little went to Japan on May 20th to participate in the Japanese Cherry Blossom festival and toured several Japanese sites with her counterpart.

Disaster Preparedness Update September is National Preparedness Month



Laura Chapman
*Vice president, and
Disaster Preparedness
Committee Chair*

In recent years, we’ve had to face several tragedies as a nation – both here and abroad. Devastating images of death and destruction fill our hearts and minds when we see and hear of these tragedies.

One of my fellow classmates moved to Alabama from New Orleans, LA, after Katrina came on shore and destroyed her home. She lost ten family members and all of her personal belongings.

When speaking with her she is quick to say that if she could have a wish, it would be to talk with her brother one more time. She has accompanied me on several disaster preparedness education classes

through the American Red Cross, and she is often asked if there was one thing she would do differently in the event of a disaster – her answer: being prepared.

Her story of tragedy and triumph is one of many and her courage to share with others has inspired numerous people to get prepared. So I ask: **are you prepared?** For the past three years, NSNA has been dedicated to raising disaster preparedness awareness. NSNA created the Disaster Task Force following Hurricane Katrina, and since then, has created a permanent Disaster Preparedness Committee. Its goal is to bring about awareness and education about disaster preparation. September is National Disaster Preparedness month and I want to encourage each of you to get prepared **now!** Take the time to build your kits for your home and your workplace. The Disaster Preparedness Committee is also challenging NSNA members to complete the National Incident Management System (NIMS) 100, 200, and 700 certifications. These certifications are free and can be found at: www.fema.gov/emergency/nims/nims_training.shtm#3 under NIMS Courses.

Bring a copy of all three certifications with you to the Annual Convention in Nashville, TN, and when you pick up your packet you will receive a special ribbon indicating your NIMS certification. I hope that all of you will take the time and be proactive in this challenge – make sure that when you see an NSNA Board Member you tell us that you have built your preparation kit (see the side bar for what a kit should include). I would love to hear from

you - please email me at vicepresident@nsna.org with any questions or ideas that you might have. I look forward to seeing all of you at MidYear and make sure that you attend the Disaster Preparedness Committee's workshop.

Voter Registration Drive Update from Legislation/ Education Committee



Bonnie Klutz
Legislation/Education
Chair

Throughout our history, men and women have dedicated – and even given – their lives to earning and defending our right to vote. It is a right that many in the world don't have. We have been given a voice and a tool to make a difference in our world, our country, our profession and in the lives of our patients. Make your vote count! Voter Registration Week will be held from September 22 – 26, 2008. This year is a **presidential** election year, so it's essential to participate!

NSNA would like to encourage each of its members to plan to conduct a Voter Registration Campaign designed to reach out to peers and fellow nursing students. Did



Disaster Kit Basic Prep List

Below are items that should be added to your emergency "Go Bag." Be sure to read the *Guidelines for Establishing and Implementing Disaster Preparedness, Recovery, and Relief Projects* for a detailed list.

- + Bottled water
- + Flashlight
- + AM/FM battery-operated radio
- + Batteries
- + Non-perishable food such as energy or granola bars or snacks with low salt content
- + Credit card and ATM cards and cash, especially in small denominations (\$50-\$100, in waterproof container)
- + Copies of personal identification, insurance cards, photo ID, and contact information (in waterproof container)
- + Medication as needed to sustain you for at least one week and copy of prescription (in waterproof container)
- + Other essential personal items (e.g., eyeglasses, contacts, toothbrush, toothpaste, etc.)
- + Extra change of clothing; sturdy, comfortable, lightweight rain gear; hat, or protective sun visor
- + Mylar blanket
- + Extra set of keys
- + Pair of work gloves
- + First-aid kit
- + Change of address card (in waterproof container)



APNA ANNOUNCES 2008 Janssen Scholarship Winners

Through the generous support of Ortho-McNeil Janssen Scientific Affairs, LLC, the American Psychiatric Nurses Association (APNA) announced the recipients of the 2008 APNA-Janssen Student Scholarship Program. NSNA joins APNA in congratulating the fifteen winners. The scholarship supports the participation of the nursing student winners at the Annual APNA Conference, and in addition to covering those expenses, also provides winners with a one year complimentary membership in APNA. The purpose of the Scholarship Program is to stimulate continued interest in psychiatric-mental health nursing.

This year's annual conference takes place in Minneapolis, MN, October 15-18, 2008. The program provides a wonderful experience for students to obtain cutting-edge information about the specialty of psychiatric-mental health nursing, to meet with leaders in the specialty, and to network with psychiatric-mental health nurses and other students. Students are recognized for this achievement throughout the convention and at an awards banquet. By attending the APNA Annual Conference, students gain an appreciation for the treatment modalities, concepts and philosophy of care, pharmacology, and trends and issues in the care of individuals with psychiatric-mental health needs. Students also are able meet leaders in the specialty and can network with nurses and students from around the nation.

Deans and directors of nursing programs were invited to nominate students for the scholarship. In addition to expressing an interest in psychiatric mental health nursing, the nominee had to maintain a high grade point average, be an NSNA member, and exhibit exceptional leadership skills. Look for announcements about the 2009 APNA-Janssen Scholarship Program and the 2009 Annual APNA Convention in *Imprint*, *NSNA News*, and on www.nсна.org.

2008 APNA Janssen Scholarship Recipients

Mary Brockman

Mid-State Technical College
Wisconsin Rapids, WI

Joseph Bullock

University of North Alabama
Florence, AL

Sandra Cassidy

Essex County College
Newark, NJ

Ariana Chao

Boston College
Chestnut Hill, MA

Jennifer Engel

Boston College
Chestnut Hill, MA

Denise Fairbank

New Hampshire Technical Institute
Concord, NH

Sara J. Gysbers

Mesa State College
Grand Junction, CO

Marissa Lepore

Adelphi University
Garden City, NY

ShanaRae Lim

Hawaii Pacific University
Kaneohe, HI

Salma Mansour

University of Akron
Akron, OH

Stacie Pouh

Mid-State Technical College
Wisconsin Rapids, WI

Sarah Struebig

Mid-State Technical College
Wisconsin Rapids, WI

Tyler Watkins

Mesa Community College
Mesa, AZ

Jennifer Wilson

University of Pennsylvania
Philadelphia, PA

Pai-Han Yeh

California State University
Los Angeles, CA

you know that you do not have to drive or fly home to vote? You can apply for an absentee ballot and vote by mail, but you must apply ahead of time. Log on onto the following website, www.declareyourself.com, type in your home zip code, and apply for your absentee ballot online. This website contains valuable information about the voting process, where to vote, and how to become an informed voter. There are brochures as well that you can print off and distribute to assist your peers in registering to vote. The *Guidelines for Planning Legislative Activities* booklet, available free from the NSNA website under Publications, or from the NSNA office (718) 210-0705, describes how to implement a voter registration drive. Remember, to be an informed citizen, read about the candidates, know what the issues are and know what issues are being voted on in the health care area. I encourage you to start thinking about doing a legislative project at your school or state. You can submit your projects to NSNA by March 16, 2009. For awards information and criteria, download the NSNA Awards and Honors booklet under Publications on www.nсна.org.

The NEC Wants You to Hit One Out of the Park!



Gerardo Melendez-Torres
NEC Chair

A perennial hothead and a massive ego, Leo Durocher holds a place in the Baseball Hall of Fame for his legendary accomplishments as the manager of several teams. He

explained his management decisions with a pithy quote: “You don’t save a pitcher for tomorrow. Tomorrow it may rain.”

As famous as Durocher was for his creative managing, Norma Lang is well known for her pioneering work in patient safety. A former nursing school dean, she once said about nursing that “if you cannot name it, you cannot control it, finance it, teach it, or put it into public policy.” While Lang is not known for explosive shows of temper — like Durocher certainly was — her work as an advocate for nursing is equally legendary.

Baseball and nursing — a strange connection, no? However, I invite you to consider how advocacy — whether as a baseball manager, or a nursing leader — ties the two together. Because as fervently as Leo Durocher spoke of the importance of advocating for your team, so did Norma Lang explain the critical role that nursing leadership plays in moving the profession forward.

So, are you ready to step up to the plate? If you are, then the Nominating and Elections Committee wants to hear from you! The National Student Nurses’ Association like baseball — relies on new talent and fresh perspectives to keep things moving.

That’s why this year’s NEC theme is *Batter Up: Hit a Home Run with NSNA Office!* Any elected official would describe the experience of serving NSNA in a national capacity as both exciting and life-changing. National office develops within you the skills and knowledge you need to be an effective advocate — not just for your fellow nursing students, but for your profession. The competencies and confidence that you will find as an elected official will support you through nursing school and in the healthcare system.

If you know you’re ready to step out of the dugout, then there are a few things you need to do. First, request an application by emailing

nsna@nsna.org. Second, make sure that your completed application is received at NSNA headquarters by January 20, 2009! Third, if you have any questions along the way, feel free to contact any of the NEC members — our emails are available on the NSNA website under Elected Officials.

Maybe, then, baseball and nursing are a natural match. Will you be the next Leo Durocher or Norma Lang? If the challenge is right for you, then we look forward to your candidacy. And so, I’ll end my thoughts with a call to action: *Batter up!* Are you going to step out for the home team and step up for nursing? 📍