

# Nurse+Talk

June 2018



## *At A Glance:*

- **Upcoming Events**
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- **Self-Care: Summer Safety**
- **MNA Capitol Action Day**
- **MI Association of Nurse Anesthetists Conference**

## Upcoming Events

- **MNSA Monthly Board Meeting & Elections**
  - Saturday, June 16<sup>th</sup>, 2018 at 9am
  - American Nurses Association – MI
  - 2501 Jolly Road, Suite 110, Okemos, MI 48864
  - *All MNSA members are welcome!*

**RSVP**

- **Michigan Board of Nursing Meeting**
  - Thursday, June 7<sup>th</sup>, 2018 @ 9:00 am
  - 611 West Ottawa St, Lansing, Michigan
  - Ottawa Building, Upper Level Conference Center, Room 3

**Website**

- **2018 Michigan Warrior Dash**
  - Saturday, July 28<sup>th</sup>, 2018
  - Mt. Morris, MI
  - *Join our team and our self-care journey!*

**Register**

# Newly Elected Board of Directors



## Advertising Director – Courtney Kozara

- Madonna University BSN Student
- ED Nurse Extern
- Nursing Skills Lab Assistant
- Read Courtney's full bio [here](#)



## Membership Director – Lydia Plencner

- Madonna University BSN Student
- Nurse Extern
- Home Health Aide
- Swim Coach
- Read Lydia's full bio [here](#)



## Secretary – Tabark Zwen

- Coming soon! Check back [here](#) for our Secretary's full bio

## Leadership Opportunities

**MNSA is seeking compassionate student leaders to join our team!**



### Open Board of Director Positions

- **Breakthrough to Nursing Director**
- **1<sup>st</sup> Vice President**

For more information on position responsibilities, click [here](#) to read our latest blog post or email our president at [president@michigannsa.org](mailto:president@michigannsa.org)

**Run for a BOD Position**

### Committee Member

MNSA has 5 committees that any student can get involved in. Committees are a great way to ease your way into an MNSA leadership position and provide valuable input and ideas. Meetings take place monthly and are typically conference calls. Make an impact from home!

**Committee Info**

Support us when you shop for

## Father's Day

Buy your gifts at [smile.amazon.com](https://smile.amazon.com)  
and Amazon donates.





When shopping for Dad, use this [link](#), and Amazon will donate to Michigan Nursing Student Association with NO EXTRA COST to you!

## Scholarship Opportunities

### National Association of Hispanic Nurses – MI Chapter 2018 Scholarship Application

Submission Deadline: October 1<sup>st</sup>, 2018

[Application Form & Info](#)

## Promoting Self-Care – Summer Safety

### Sun Safety

According to the [National Skin Cancer Foundation](#), "About 90 percent of nonmelanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun." Michigan summers are beautiful, and the outdoor activities are endless... so we wanted to provide several tips to protect your skin and prevent cancer.

☀️ **SUNSCREEN.** Apply, full-coverage (UVA/UVB), SPF 15 or higher sunscreen on all exposed skin. Reapply every 2 hours and immediately after swimming. If you are in direct sunlight for extended periods, it's recommended to wear SPF 30 or higher.

👕 **COVER-UP.** Wearing light-weight clothing can leave you feeling cool and summer-y while still providing important protection from harmful ray's

😎 **SUNGLASSES.** Protect those eyes!

👒 **HATS.** A wide-brimmed hat can provide great coverage of sensitive skin on the scalp and will help shade your face.

☂️ **SHADE.** Seek shade frequently!

✔️ **CHECK.** Perform monthly self-skin checks & see your doctor annually for a skin exam.



Image via @izzca on Instagram

For more information, visit  
[www.skincancer.org](http://www.skincancer.org) 🌐

## June is National Safety Awareness Month!

MNSA, along with many organizations nation-wide, wants to ensure that “No 1 Gets Hurt!”

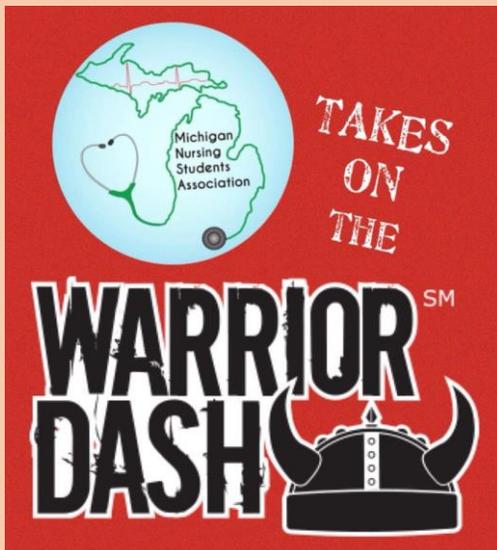
As future nurses, safety is always one of our top priorities. As the weather warms up in Michigan and we become more active, safety risks increase. Follow MNSA on social media throughout the month of June for Safety tips each week to help keep yourself, friends, family and patients safe!

The [National Safety Council](#) highlights a different topic each week in June. Visit their website for helpful education and printable materials on each important issue.

- **Week 1: Emergency Preparedness**
- **Week 2: Wellness**
- **Week 3: Falls**
- **Week 4: Driving**



## Warrior Dash



**Register TODAY!**

We are excited to announce that MNSA will be competing in the 2018 Michigan Warrior Dash!

Self-care is easily overlooked during nursing school when so many responsibilities are demanding your attention, and physical fitness is a huge part of self-care.

What a better way to start making health & exercise a priority than by participating in this fun race?!

Gather your friends & family and join us on July 28th for an amazing time!

MNSA members who like us on our social media accounts (links at the bottom of newsletter) & tag themselves in a pic at the race or training for the race using the hashtag [#MNSAwarrior](#) will be entered in a drawing to receive half of their registration fee refunded and a bag of "Warrior Swag"

We can't wait to see you there!

## MNA Capitol Action Day

Written by: Andrea Corrie, MNSA President

The Michigan Nurses Association (MNA) Capitol Action Day on May 15th in Lansing gave Kelly Driscoll (Treasurer), and I the opportunity to meet with a number of legislators to discuss The Safe Patient Care Act (SPCA). In the morning we were given information on understanding the parts to the SPCA and a small group workshop on how to effectively lobby. We then marched to the capitol and held a rally on the steps where we heard from legislators regarding this bill. In the afternoon we were set up with appointments with our local legislators to discuss our view point on being a nurse and how this bill concerns us. The biggest takeaway: legislators WANT to hear from you! They have coffee hours in their local districts each month that are open to the public. (I'm planning on attending my local legislator's coffee hours next month). These elected people represent YOU and vote on matters that concern YOU. Letting them know your opinions on an issue can absolutely have an impact.

Find your local representative

Find your local senator



Thanks to MNA for  
inviting MNSA to attend  
this event!

Image from [MNA's FB Page](#)

Visit [MNA's Home Page](#)

## MI Association of Nurse Anesthetists Spring Conference

By: Andrea Corrie, MNSA President



Image from [MANA's FB page](#)

Visit MANA's [Website](#)

Attending the Michigan Association of Nurse Anesthetists (MANA) Spring Conference on May 4-5th was the first experience I've had with the profession and it did not disappoint! The 2-day event featured 8 speakers of varying topics all centered around the CRNA profession. One session titled 'Nontechnical Teaching Skills for CRNA Clinical Instructors' presented by Gena Welch, CRNA, touched on the characteristics of the ideal Student Registered Nurse Anesthetist (SRNA); coachable, critical thinkers who are responsive to criticism and are academically motivated. Another session titled 'Smarter, Faster, Stronger, Longer; Sleep Optimization for Busy Nurse Anesthetists' by Jonathan Barkham, MD, and Cathy Goldstein, MD, discussed the ways our bodies respond to fatigue and the benefits of taking breaks and naps to improve performance. Overall, the speakers were dynamic and motivating which was incredibly inspiring.

There were about 20 exhibitors which included products, services, and job opportunities. MANA had several booths from some of their committees, Wellness, Scholarships, and Political Action. It's obvious that this nursing specialty is driven by leaders who are passionate about what they do. The dedication and commitment to the profession was evident in every aspect of this conference.



# YANKEE CANDLE®

## FUNDRAISING

Help MNSA raise money to provide its members with the best resources, speakers, events and nursing school experience possible... All while enjoying some of your favorite summer scents  
Take advantage of the semi-annual sale, going on NOW!

[Shop the link](#)

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Here

Interested in reaching **over 3,000 Michigan nursing students** each month?! Ask about our social media and newsletter advertising opportunities! MNSA loves to partner with organizations that can benefit our members.

Send inquires to [Advertising@MichiganNSA.org](mailto:Advertising@MichiganNSA.org) for more information

# Thank you

*Get Social!*

Follow us on social media for important updates and nursing inspiration

