

NURSETALK+

MICHIGAN NURSING STUDENTS ASSOCIATION • March 2014



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MNSA Board of Directors 2014-2015

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Martin W. Rivera-Salas
University of Michigan-Flint

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Oakland Community College

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IMAGE/BREAKTHROUGH DIRECTOR

Megan Perkaj
Oakland community College

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Megan Gibbs
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NEWSLETTER EDITOR

Faith Snyder
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From the President

By Martin W. Rivera-Salas



Members of the Michigan Nursing Students' Association,

I would like to thank all of you for continuing the great tradition that is Michigan nursing student leadership. I had the opportunity this past year to serve as the 2013-2014 MNSA Director of Communications and hear about all the incredible work that university and college student nurses' associations do throughout the state. Your continued dedication and perseverance have led us to be recognized by the National Student Nursing Association (NSNA) as one of the top State Nursing Associations with the highest percentage of increase in membership. We will be accepting the Winners' Way Prize at the NSNA Annual Convention in Nashville, Tennessee this April.

This year we will be continuing to improve our leadership conferences and workshops made available to our members at no cost. We are introducing new programs to improve and diversify the image of nursing amongst underrepresented communities. Our annual convention will be held in Lansing, Michigan, with the hopes of increasing membership and involvement in that area.

Our community health project this year focuses on a very serious and important global problem, human trafficking. Human trafficking is an 87 million dollar per day industry, with an estimated 14,500 to 17,500 people trafficked to the United States every year. It is our responsibility as future health professionals to educate ourselves on these problems and take action to create solutions.

I welcome all of you to take part in our programs and trainings. I ask that each and every one of you persevere to become a mentor in your campuses and communities. We have a lot of work to do this year, but in the end, I know that our small efforts will lead to a great combined impact.

With overwhelming excitement for the revival of the series COSMOS and my everlasting passion and interest for science, I conclude my letter with this quote from Neil Degrasse Tyson, astrophysicist and Director of the Hayden Planetarium.

"Test ideas by experiment and observation, build on those ideas that pass the test, reject the ones that fail, follow the evidence wherever it leads, and question everything."



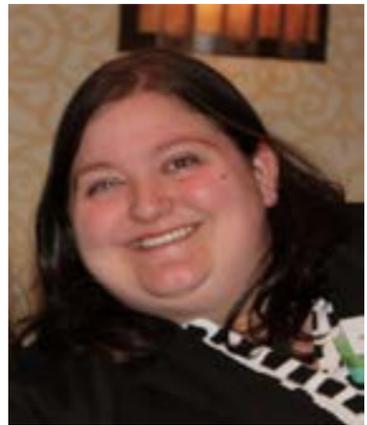
Submit a Newsletter Article

If you would like to send us an article about what your school is doing, what you experienced in clinical, or something you learned and would like to share, please let us know. Feel free to send articles from your SNA's newsletter as well. Reach out and share your stories, experiences, and "ah-ha" moments with your fellow MNSA members! Please email your article to mnsa.newsletter@gmail.com with your name and school included.

2014 MNSA Annual Convention: In Review

By Danielle Dinkins, 2nd Vice President

What a great 2014 Annual Convention that we had! Over 200 nursing students from around the state attended and took advantage of the NCLEX review sessions, breakout sessions, strolled through Exhibit Hall, and spent time voting on resolutions and bylaws in Delegate Hall. As Second Vice President it was my responsibility to organize and plan our Convention and it sure was an honor. Our Convention was successful and based on feedback I am glad to see that everyone enjoyed themselves! After being elected for Second Vice President again for the 2014-2015 year I can't wait to plan our next Convention to be held in Lansing February 6-8, 2015. I hope to see you all there!



2013-2014 MNSA AWARDS AND SCHOLARSHIPS



Outstanding Chapter President Award Megan Perkaj, Oakland Community College

This award is presented to the Chapter SNA President who goes above and beyond expectations. The MNSA would like to show appreciation for this President's dedication, excellent leadership and communication skills.

Distinguished Advisor Award Tracy Alam, Macomb Community College

This award is presented to the SNA Advisor who sets the bar high for their students to help them achieve greatness and success. This advisor is a role model who encourages professional development and provides support to nursing students.



Nursing Student Excellence Award Martin W. Rivera Salas, University of Michigan-Flint

This award is presented to a nursing student who takes steps to become the best person and care provider they can be! Excellence is a way of life for this student and is demonstrated through their character, attitude and skills within and outside of the classroom.



FUNDraising Award

Henry Ford Community College Student Nurses Association

This award is presented to the SNA Chapter that finds creative and fun ways to raise money for their chapter as well as for the community. The MNSA would like to commend this SNA for their innovative ideas and tremendous fundraising events!





Community Health Award

Madonna University Nursing Student Association

This award is presented to the SNA Chapter that has influenced their community based on participation in events, raising awareness and promoting health and wellness. The MNSA would like to recognize the services that this SNA has provided to its community.



Creative Scrapbook Award

Oakland Community College Nursing Student Association

This award is presented to the SNA Chapter with the scrapbook that best represents the activities of that chapter in a creative and accurate manner. The MNSA would like to congratulate this SNA for contributing to the history of its SNA through pictures and documentation.



Creative Newsletter Award

Oakland Community College Nursing Student Association

This award is presented to the SNA Chapter with the newsletter that best represents the activities of that chapter in a creative and accurate manner. The MNSA would like to congratulate this SNA for contributing to the history of its SNA through documentation.



Chapter Achievement Scholarship

Henry Ford Community College Student Nurses Association

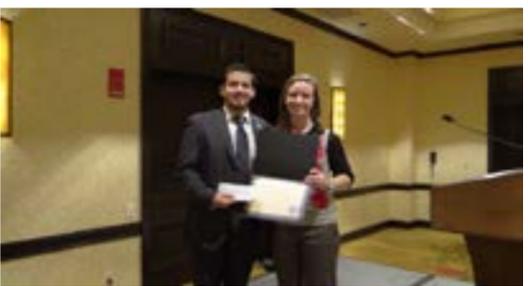
This \$300 scholarship is presented to the SNA Chapter that is worthy of highest honor and recognition for its work and involvement as a pre-professional organization. The MNSA is honored to have such a committed and excellent chapter!



Pure Nursing Scholarships

Martin W. Rivera Salas

Two \$400 scholarships are presented to two deserving nursing students who demonstrate a love for the profession of nursing and have plans to enhance the profession through their skill and passion. The MNSA is proud to provide financial assistance to these two excellent nursing students in need.



Community Health Scholarship Winners

- *Macomb Community College
- *Madonna University
- *Oakland Community College
- *University of Michigan-Flint
- *Henry Ford Community College

Cup of culture

By: Faith Snyder, Newsletter Editor

Medical Spanish for Nurses

- As of 2008, in the United States nearly 47 million people identified themselves as Hispanic
- 15% of the U.S. population
- By 2050, projection is 30% of the U.S. population
- Below are some essential terms to help give you some basic understanding of medical spanish.



Greetings & Introductions

- Hello = Hola (OH-lah)
- What is your name? = ¿Cómo se llama? (KOH-moh SEH YAH-mah?)
- Please = Por favor (POHR fah-BOHR)
- Thank you = Gracias (GRAH-see-ahs)
- You're welcome = De nada (DEH NAH-dah)
- Yes = Sí (SEE) No = No (NOH)
- Goodbye = Adiós (ah-DYOHSS)

Basic Needs

- Dolor = Pain
- ¿Qué le duele? = What hurts?
- ¿Cómo está el dolor? = How is the pain?
- ¿Cómo se siente? = How do you feel?
- ¿Dónde está el dolor? = Where is the pain?

Conditions

- Fever - Fiebre (FIE-bray)
- Headache – Dolor de la cabeza (doh-LOR day lah kah-BAY-sah)
- Nausea – Náusea (NOW-see-ah)
- Difficulty breathing – Dificultad en respirar (deef-ee-kool-TAHD ehn rehs-pee-RAHR)

Time

- Today (hoy) Yesterday (ayer) Tomorrow/morning (mañana)
- Monday - lunes (LOOH-nehss)
- Tuesday - martes (MAHR-tehss)
- Wednesday - miércoles (mee-EHR-coh-lehss)
- Thursday - jueves (WEY-vess)
- Friday - viernes (vee-EHR-nehss)
- Saturday - sabado (SAH-bah-doh)
- Sunday - domingo (doh-MEEN-goh)

Pain

- Me duele muchísimo = It hurts a great deal
- mucho = a lot
- un poco = a little
- un poquito = a bit
- Está peor = It's worse
- Está mejor = It's better

Want a culture or language represented?

We are always interested in hearing from you and what you feel is important for the future nurses of Michigan to learn in regards to culture and communication. For submissions: Please email your requests to mnsa.newsletter@gmail.com with your name and school included.



Meet the MNSA Board of Directors 2014-2015

PRESIDENT

Martin W. Rivera Salas
University of Michigan-Flint

FIRST VICE PRESIDENT

Jessica Gripenrog
Western Michigan University



Jessica is a student at Western Michigan University (WMU) and is currently attending classes to achieve her BSN and is expected to graduate in December 2014. Jessica has been on the executive board for WMU for two years and joined the MNSA board in November 2013 as the Advertising Director. In February 2014, Jessica was elected to the position of First Vice President. Ms. Gripenrog is excited about this new venture and is looking forward to an exciting year.

SECOND VICE PRESIDENT

Danielle Dinkins, RN
Oakland Community College



Hello! My name is Danielle Dinkins and I graduated from Oakland Community College in May of 2013 with my Associates Degree in Nursing and started my BSN program immediately afterwards at University of Michigan-Flint. I hope to continue my education so that one day I can be a Nurse Practitioner. I have been employed at Troy Beaumont since October 2013 on a Medical Surgical unit, which I absolutely love! I was the Second Vice President of MNSA for the 2013-2014 year and I look forward to having the opportunity to do the same again this year and be able to plan next years Convention in Lansing! If you are interested in helping out please join the Convention Planning Committee!

TREASURER

Brianna Wilson
Grand Valley State University

SECRETARY

Erika Morrison
Oakland Community College



Erika Morrison, Secretary of MNSA, has been involved in her local chapter (Oakland Community College) since the very beginning of her career as a nursing student. She has served on several committees, and in the 2012-2013 term, served as Secretary of Oakland Community College Nursing Student Association. Erika has also been lucky enough to participate in several community events organized through her chapter and attended both MNSA and NSNA conventions, gaining much knowledge and experience through these opportunities. She looks forward to serving the Michigan Nursing Student Association as Secretary this year and participating in a Board with such boundless energy and exceptional talent.

ADVERTISING DIRECTOR

Vacant

Director of Communications

Dawn Smith
Oakland Community College



Hello, my name is Sara Pollack and I am serving as the MNSA Community Health Director. I am currently pursuing an ADN at Oakland Community College, where I serve as the Secretary on the OCC NSA's executive board. I look forward to working with local NSA chapters as well as local organizations and institutions to continue the enhancement of the nursing profession. It is an honor to serve my fellow nursing students at the state level and I pledge to do so with passion, innovation, and creativity backed by an unyielding spirit of determination.

IMAGE/BREAKTHROUGH DIRECTOR

Megan Perkaj
Oakland Community College

MEMBERSHIP DIRECTOR

Megan Gibbs
Lake Superior State University



My name is Megan Gibbs. I am from Gaylord, MI, and currently attend Lake Superior State University where I am a Junior in their BSN program. At Lake Superior State University I am on our local Student Nurse Association board as Community Health Director. My future goals include attending graduate school and working as a Certified Registered Nurse Anesthetist.

NOMINATIONS/ELECTIONS DIRECTOR

Vacant

COMMUNITY HEALTH DIRECTOR

Sara Pollack
Oakland Community College

NEWSLETTER EDITOR

Faith Snyder
Davenport University-Midland



Dawn Smith is the MNSA Communications Director. This is Dawn's first year on the State Board, prior to this, she has been heavily involved in volunteer activities with her local NSA Chapter, attending meetings, serving as a delegate at Annual Convention, and is the Awards Chairperson of Oakland Community College -NSA. Dawn is expected to graduate with her Associate's Degree in Nursing at the end of April, 2014, and then plans to immediately enroll in a Bachelor's of Science in Nursing program at a University in the Metro-Detroit area to further her education. Smith stumbled onto nursing as a potential career path well into adulthood and was found wondering why this hadn't been considered before; it was an epiphany and Dawn feels she has finally found her niche. An immediate aspiration of Dawn's is to find a Registered Nurse position in an Intensive Care Unit, which is an area of nursing that she has a profound interest in and feels that it would be a logical transition from her current field as a Surgical Assistant. Dawn would eventually like to obtain her Master's Degree but she is still undecided about where the focus would be because so many fields in Nursing interest her. Outside of Nursing and school Dawn is a mother of two young brilliant boys whom she adores. She is looking forward to showing them the fruits of her labor as her Pinning and Commencement ceremonies near, as well as being able to spend more quality time with them doing 'fun things'.



Prior to joining the MNSA Board of Directors, Megan served as the NSA Chapter President of Oakland Community College for the 2013-2014 term, during which she was named the Outstanding Chapter School President by the MNSA. Perkaj graduated from Oakland Community College in April, 2014, with her Associate's Degree in Nursing and will continue in the fall at the University of Michigan, Flint to obtain her Bachelor's. Perkaj is very excited to start her career as a registered nurse at the birthing center, where she has been doing an externship, upon graduation and obtainment of her Nursing License. Eventually, she plans to continue on with her education, ultimately becoming a Neonatal Nurse Practitioner. In her personal time, Megan enjoys spending time outdoors with her husband and two very active young boys as well as being an active member within her church, through which she serves her community. Megan is looking forward to serving on this year's MNSA Board of Directors and welcomes the opportunity to work with the community and nursing schools, focusing on expanding the knowledge of the field of nursing and all it has to offer!



Brianna is currently serving her second term on the MNSA Board of Directors, after previously serving as our Advertising Director and Treasurer during the 2013-2014 year. Although she is familiar with financial management, she enjoys this opportunity to advance her skills. She says that, "keeping our finances well-managed allows us to better serve our members. Each event we are able to hold provides more opportunities for members to gain valuable resources and experience. We want to assist our students in getting everything they can out of their education and their future nursing careers." Brianna is excited to begin her third semester as a nursing student at Grand Valley State University and plans to graduate in 2015 with her BSN. After graduation she hopes to continue her education by earning her DNP.



My name is Faith Snyder and I am currently a BSN student at Davenport University-Midland. I absolutely love DU and could not have asked for a better place to begin my future career as a nurse! I am President of my schools Student Nurse Association and just became a part of this amazing MNSA Board of Directors in October of last year. I currently have a home health care position as a CNA and recently graduated with my LPN diploma. I would like to be a critical care nurse and work in either the cardiac or neurotrauma ICU. I would also like to eventually continue on to graduate school to become a Nurse Practitioner or a Certified Registered Nurse Anesthetist. I have a very supportive husband and son and enjoy spending every free second I have with them. I look forward to graduating in May of 2015 and moving to Grand Rapids, MI to start my new career.

Upcoming

EVENTS

Michigan Nurses
MARCH!

March 20, 2014 Lansing

NSNA
National Student Nurses' Association

National Student Nurses Association
Annual Convention April 9-13, 2014
Nashville, TN

2014 State Conference Finals, April 24-25
Grand Traverse Resort and Spa
Traverse City

We will be serving as judges for various health care related events. To sign up as a judge please visit <http://www.michiganhosa.org/>



We would love to have you join our 2014-2015 Board of Directors! Please view the vacancies below.



Current Board of Director Vacancies:

- Advertising Director
- Nominations/Elections Director

For more information on these positions and to apply, visit MichiganNSA.org or email mnsa.newsletter@gmail.com

mnsa.newsletter@gmail.com

For more updates on upcoming events and ways you can get involved, please visit us on the web at the following locations:

- <http://michigannsa.org/>
- <https://www.facebook.com/MichiganNSA>
- <https://twitter.com/michigannsa>

ANA
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Building a Community
of Empowered Nurses

www.ana-michigan.org

References:

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Medical Spanish information from the National Student Nurses Association Annual convention

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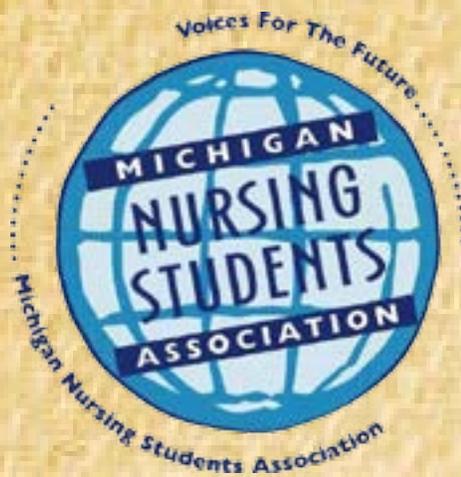
NSNA Logo retrieved from the National Student Nurses Association website <http://www.nсна.org/>

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Sign up for our monthly MNSA Broadcasts to stay updated on events, news, and annual convention information.





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