



The Pulse

THE NEWSLETTER OF NUSNA SAN DIEGO

APRIL 2016

NATIONAL UNIVERSITY STUDENT NURSES ASSOCIATION

Volume 1, Issue 16

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THE QUALITY OF COURAGE

Tenacity



Integrity

Determination



Endurance

Valor
Character



Daring



Potential

NURSING

"With courage, you will dare to take risks, have the strength to be compassionate, and the wisdom to be humble. Courage is the foundation of integrity."

– Mark Twain

Message from the Editor

Dare to Care

By Alyssa Gallardo, Cohort 41
NUSNA Communications Director



Hello! My name is Alyssa Gallardo, and I am the Communications Director for NUSNA San Diego. This issue is inspired by a quote from Mark Twain that attributes strength, integrity, wisdom, and compassion to the quality of courage. As I interact with more and more nurses throughout nursing school,

I have come to realize that their work involves a great deal of courage. From carrying out day-to-day tasks to pursuing innovations in healthcare, their bravery manifests in all of their actions. It drives them to be great leaders, to be advocates for others, to save a person's life, and to demonstrate their knowledge and abilities when they care for patients.

Courage empowers nurses to keep their composure in dire situations and builds tenacious and versatile characters. Their ability to act in spite of their fear amid chaos makes them dauntless, and this quality is what inspires me the most to strive to be a great nurse. Nurses place themselves in physically and emotionally challenging situations every day, but they face them head on in order to provide safe, quality, patient-centered care.

As a student, I am inspired by the nurses I meet to be daring while I learn to take care of patients and their families. I aim to excel in nursing by gathering up the courage to apply my skills and knowledge as much as possible. It can be intimidating to perform a skill for the first time, to speak up for oneself, or to ask for help; however, it is important to overcome one's anxiety and fear because allowing them to take over can prevent one from moving forward and taking action. Thank you for taking the time to read this issue, and I hope you find the courage to *dare to care*.

Committee Members of the Month

These students are recognized for their dedication and exceptional work on their respective NUSNA committees. We appreciate the time and commitment they contributed to serve their fellow NUSNA members and the community.

April

Maribel Koke, Cohort 45

Mentorship Committee
Quality Assurance Officer

March

Chantel Salas, Cohort 40

Student Activities Committee

February

Leah Woodward, Cohort 40

Student Activities Committee

January

Keena Mapanao, Cohort 42

Communications Committee

Incoming Board Members

NUSNA welcomes our newest Board members. Congratulations!
We look forward to working with you during your term!



Vice President
Amanda Robbins
Cohort 45



Treasurer
Jessica Parks
Cohort 41



**Breakthrough to
Nursing (BTN) Director**
Keena Mapanao
Cohort 42



Mentorship Director
Jessica Gonzalez
Cohort 41



**Student-Faculty
Liaison**
Reynaldo Lacaba
Cohort 42



Membership Director
Jennifer Grossi
Cohort 43



Alumni Chair
Stephanie Fraenzl
Cohort 45

**"One isn't necessarily born with courage,
but one is born with potential. Without
courage, we cannot practice any other
virtue with consistency. We can't be kind,
true, merciful, generous, or honest."**

– Maya Angelou

Upcoming Elections

The following NUSNA Board positions will be up for election in July:

- **President**
- **Secretary**
- **Treasurer**
- **Communications Director**
- **Mentorship Director**

For all positions, you must have at least 9 months left in the program with the exception of President, which requires at least 12 months. For detailed descriptions of these positions, please reference the latest bylaws on the NUSNA SD [website](#). If you are interested, please submit your intent to run, along with your biography and photo, to NUSNA's Vice President at nusna.vp@gmail.com.



Outgoing Board Members



"You will never do anything in this world without courage. It is the greatest quality of the mind next to honor."
– Aristotle

NUSNA would like to thank the following Board members for their services to the association. We appreciate all that you have done, and we wish you the best of luck in the future!

Fennie Leano, Cohort 39
Treasurer

Joann Meza, Cohort 39
BTN Director

Nathan Poliakoff, Cohort 39
Membership Director

Mindy Coughlin, Cohort 39
Mentorship Director

Stefanie Dean, Cohort 39
Student-Faculty Liaison and Alumni Chair

Faculty Interview

Dr. Cindy Crist DNP, FNP-BC, AOCNP

*Interviewed by Keena Mapanao, Cohort 42
BTN Director*



Dr. Cindy Crist is a clinical instructor for Medical-Surgical I at National University. She currently works at Scripps Mercy Hospital's cancer center as supervisor of the infusion center.

"I knew from the time I was eight years old that I wanted to be a nurse...I just always knew what I was going to do when I grew up."

Please tell us about yourself.

My name is Cindy Crist. I am a Doctor of Nursing Practice and Board Certified Family Nurse Practitioner. I have specialized in hematology/oncology my entire clinical career. I started out as an ADN in 1997, then immediately proceeded to complete an accelerated BSN-MSN program at the University of San Diego. I earned my DNP in the inaugural cohort at USD in 2010. I currently work for Scripps Mercy Hospital San Diego as the Nursing Supervisor for the Woltman Family Infusion Center. I also work as adjunct clinical faculty for National University where I oversee students during their Med-Surg I rotation. I also serve on a speaker's bureau for a national pharmaceutical company. I am the proud mom of two boys, Connor (13) and Jackson (11), and I get through all of the demands in life with the strength I get from Jesus Christ.

Was there something that occurred in your life that prompted you to seek out a career in nursing or did you always know this was the path for you?

On the first day of nursing school, we went around the room introducing ourselves to each other, and it seemed there was a theme that propelled many into the nursing field; either they had a family member that was a nurse or they experienced a life event where the nursing profession helped them get through it. On the contrary, my story was different. I knew from the time I was eight years old that I wanted to be a nurse. In fact, I wrote an autobiography in the third grade and drew a picture of myself as a nurse. There was no instigating factor; I just always knew what I was going to do when I grew up. I firmly believe I was put on this earth and infused with the God-given gift of nursing. God chose me for this career and I've always loved it.

"The majority of the time, people choose to fight, and the strength that comes from them is incredible."

Being in oncology puts you in front of people who simply must have unwavering courage. What impact has this familiarity had in your own persona, if any?

People affected by cancer—patients, families and friends alike—are often plunged into a whirlwind of fear, confusion, and uncertainty. What I have witnessed, however, is that they have a choice to make: either give up or fight. The majority of the time, people choose to fight, and the strength that comes from them is incredible. They are brave souls fighting an unknown, unpredictable disease, and yet they do not cower. That's not to imply they aren't scared to death, but their courage is honorable. In a popular Hollywood movie, there's a line that says, "It's not brave if you're not scared." You can't be around a person who is that brave and not have some of that rub off on you. As I mentioned earlier, my strength comes from the Lord, but I also get a tremendous amount of strength and courage from my patients. They have taught me how to face hard times. They have taught me how to put things into perspective. They have taught me how to be vulnerable. They have taught me how to love.

"Always strive to make a difference because in nursing, you will always have the opportunity to do so!"

Courage is a common theme in nursing, as it relates to fear: fear of the unknown, misdiagnosis, etc. Nelson Mandela is quoted as saying, "I learned that courage was not the absence of fear, but the triumph over it. The brave man I not he who does not feel afraid, but he who conquers that fear." What could you tell new nurses to help them deal with fear as they begin their careers?

As for advice to nurses who are just beginning their journey in their career, my first words of wisdom would be to never, ever forget why you chose to be a nurse and how hard you fought to become one. Remember the challenges of getting into your nursing program and how hard the curriculum was. You didn't give up then and you certainly shouldn't give up now! Then recall the first time you made a difference in the life of another human being. Recall the feeling you had when a patient or family member thanked you for what you did. Always strive to make a difference because in nursing, you will always have the opportunity to do so! Don't fool yourself into thinking you will be a perfect nurse. You will make mistakes, and anyone who says they didn't make a mistake in their career (new grad or veteran) is lying. The important thing is to learn from your mistake(s) and move on. And finally, don't hold on to stress...it will eat you alive.

Helping others is a core belief of all nursing careers and certainly one of the factors that helped you decide to pursue instructing. Were there any other contributing factors that pushed you in that direction?

I absolutely love "teaching!" But as any one of my students will tell you, I do not consider myself a teacher, and I prefer not to be called Professor. Rather, I

consider myself a “Facilitator of Learning” and prefer to be called either Cindy or Dr. Crist. I think it throws students for a loop at first, but the rationale is this: I am a Nurse. It is what I know; it is who I am; and it is what I do. I didn’t go to school to be an educator but I love my career and as a Facilitator of Learning, I get to share that with others. I have the opportunity to mentor others in the nursing profession and mold future generations of nurses. It is such a privilege and honor to be that person to a nursing student. Furthermore, it is so incredibly rewarding and exciting to see a student learn, grow and excel. As for how I prefer to be addressed, I believe that all students have knowledge and skills to share. They come in with a variety of backgrounds and life experiences and implying that I know more by carrying a title of “Professor” doesn’t foster a collegial relationship.

What is the best part of passing on your knowledge to new students?

While still in school, I love to witness the student’s excitement of every new skill achieved; watch the infamous “lightbulb go off” when they understand a tough clinical concept; observe the awe in their face when they succeed at something they doubted they could do. And when they are finishing their programs, I love how eager they are to work and make a difference. And finally, when they are past the new grad phase and are moving

into more expert clinicians, I love to see them facilitate other student nurses in the profession. To see the full-circle is absolutely awesome!

If you have one specific piece of advice to give a nursing student, what would it be?

Take as good a care of yourself as you do your patients!!

Is there anything else you would like to add?

Thank you for the opportunity to share my story. I am honored to have been asked.

“You gain strength, courage, and confidence by every experience in which you look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’”

– Eleanor Roosevelt

“It is such a privilege and honor to be that person to a nursing student.”



64th Annual NSNA Convention

By Jamie Kuhn, Cohort 42
Community Service Director

Over spring break, I had the opportunity to attend the National Student Nurses' Association's 64th Annual Convention in Orlando, Florida. I would be lying if I said I knew what to expect, as I had never attended such a large nursing convention or ever participated in a House of Delegates. I was excited, overwhelmed, and a little confused on what my duties were. After a whirlwind five days and very little sleep, I can honestly say this was the best experience I have had since being accepted into National University's nursing program.

Being surrounded by 2,500 nursing students from across the nation, including Guam and Puerto Rico, and 380 plus official delegates was inspiring. We had the opportunity to learn what NSNA is and what it represents. We listened to and voted on resolutions that have been written by fellow nursing students that may someday change healthcare and nursing education. We had the opportunity to attend focused sessions (such as Pharmacology made easy), have our resumes reviewed, and even get professional headshots done. These conventions help you network and connect with other nursing students, who understand the nursing school struggle, which as we all know, is real.

For me, the most inspiring part of the whole trip was to be around that many like-minded individuals, who were passionate about nursing, patient advocacy, and being a part of the bigger picture. I was so moved and motivated I actually ran from the floor for a position at NSNA. With less than 24 hours before voting, I decided I wanted to take the risk and be a more involved part of this amazing organization. This process included receiving letters from the Dean, faculty, and giving a speech in front of the whole House of Delegates. Staring out at over 350 people was the most nerve wracking thing I have done, but the four hours I spent talking to people about why I wanted to run, what I would like to change, and why they should vote for me were exhilarating. I unfortunately did not win, but the friendships and support I received and am still receiving will follow me for the rest of my career.

If I have learned anything from this experience, it is to take risks, seek out opportunities, and use your resources. I feel like a lot of great future nurse leaders don't know how to get involved or what they might be eligible for. Please, if you ever have questions, reach out to me. I truly believe we, as National University and NUSNA, have the ability to do great things. Don't let the fear or lack of resources stop you from being the next great nurse leader!

"If I have learned anything from this experience, it is to take risks, seek out opportunities, and use your resources."

Highlights from 2016 NSNA Convention

NUSNA SD Members in Attendance:
Amanda Robbins, Ashley Weber, Jamie
Kuhn, Jessica Gonzalez, Keena Mapanao,
and Stefanie Dean



**"Courage is what it takes to stand up
and speak. Courage is also what it
takes to sit down and listen."**

– Winston Churchill

Student Interview

Miranda Dreyer, Cohort 41

*Interviewed by Alyssa Gallardo, Cohort 41
Communications Director*



Please tell us about yourself.

I am a 41-year-old registered nursing student at NU. I have two kids, a daughter and a son ages 16 and 12. I also have a house full of pets that I love to cuddle with. Nursing is really my 3rd career, but it is interesting how all of my careers seem to be converging right now. I became a Massage Therapist in 1995. I later joined the Navy between 1997 and 2001. Next, I ran a wellness-centered day spa for about 5 years. Now, I am doing a work-study at the VA Hospital in the anesthesiology and pain management department where they were stoked about both my veteran status and my understanding of holistic pain management. It is funny how it has worked out.

What influenced you to pursue a career in nursing?

I have always loved working with people. Nursing has always been at the back of my mind as something that I wanted to

accomplish in my life. I feel like my path in holistic health and running a wellness-centered spa naturally led me to a path of nursing. I just love taking care of people. Also, one of my best friends is a registered nurse, and naturally, I had to keep up with her.

Congratulations on being selected for the Nursing Students in Sacramento Internship! Tell us about the internship and RN Day at the Capitol.

Thank you. It was an amazing experience! It absolutely affected my future in nursing and will stand out as a highlight in my nursing school memories. RN Day at the Capitol was both inspirational and fun. It was only a small portion of the internship and any nurse can go to this annual event. There were 180 RN's and RN students who came this year. We learned about nursing law, regulation, advocacy, lobbying and ethics. There were four of us selected for the internship throughout the state and we were recognized on stage. It was exciting. Over the next two days, the four of us worked hand in hand with ANA California. We had dinner with nurse lobbying expert Roxanne Gould and she taught us how to make an impact when we stood up in Committee Hearings and met with our senate and assembly members. The highlight for me had to be when I stood up during a Health Committee Hearing and advocated for funding to support Crisis Stabilization Units across the state. I felt like a rock star up there, but really, anyone can do it!

"Nursing has always been at the back of my mind as something that I wanted to accomplish in my life."

What motivated you to participate in the internship?

I first heard about the internship in January of 2015 when I had just started nursing school. I immediately knew it was a goal I was interested in pursuing. I never got around to applying for the internship last year, but I couldn't let the opportunity pass me by this year. I had some personal experiences with a family death involving prescription opioid addiction that motivated me to learn about how I could affect health care policy on a state and national level. Even before I heard about the internship, I had this lofty goal that I would learn to take on the role of advocacy and sort of take on the establishment.

How has this experience impacted your nursing career path?

Wow, NSSI had a huge impact on my career path in nursing. I now know that I can make my voice heard, and I know how to do it. Most importantly, I learned that any RN can make their voice heard, and believe me, they should. There are others out there affecting nursing and healthcare policy that do not have the patient's best interest in mind and have zero background to qualify them to write health policy, and yet they do.

Do you have any advice or tips to share with fellow nursing students about getting involved in opportunities like this?

Yes, I want every nurse to know that they can make a difference, and they should get involved. They should go online and find out which senator, assemblyperson and congressperson they are a constituent of and start writing letters and emails. Brief is best and that means it doesn't take a lot of your time. Please, keep current on bills that affect nursing and healthcare

because there is always someone there ready to take your scope of practice away or affect patient care negatively. Your email matters. I am going to make a goal to send out an email a week and you should too! Also, please apply for the internship if this opportunity interests you. There are 2-4 students selected every year and you can't go if you don't apply. One more thing, please, please join ANA California upon graduation. They advocate for the profession of nursing. I found out that many people get jobs and they think that the California Nurses Association, which they join at work, means they are a member. This is a mistake. The California Nurses Association is a union and serves a different purpose than ANA-California. I learned about this while I was there. There is a whole story behind it, but the bottom line is, please join ANA-C and please start sending emails to your policy makers.

"I want every nurse to know that they can make a difference, and they should get involved."

Nursing Students in Sacramento Internship (NSSI) was an opportunity offered by CNSA. The selected students participated in a 3-day internship in April, during which they had the chance to attend Legislative Committee hearings in the Capitol and meet California Senate and Assembly members. Keep an eye out for more opportunities like this from CNSA on their [website](#)!



NUSNA SD Blood Drive— February 24, 2016

*By Alyssa Gallardo, Cohort 41
Communications Director*

NUSNA SD teamed up with the San Diego Blood Bank to host a blood drive at National University's Rancho Bernardo campus in February. There is a blood shortage across the United States, and any amount donated can help save a life. NUSNA members volunteered to help organize the flow of donors. Many people from surrounding businesses stopped by to visit the blood mobile after hearing about the drive from colleagues. Seeing all those people muster up the courage to be donors motivated me to give blood that day also. The drive was a success, and the turnout was better than expected. Unfortunately, we eventually had to start turning people away because there was not enough time to take all of them.

Keep an eye out for our next Blood Drive to be a donor or volunteer! To find out more about the San Diego Blood Bank and the blood shortage, visit their [website](#).

"Courage is knowing what not to fear."
— Plato

Nurses Week—May 6-12, 2016

Since 1993, National Nurses Week has been observed from May 6th through Florence Nightingale's birthday on May 12th to honor nurses and show them they are respected and valued. Celebrate nurses and thank them for all the amazing things they do for patients, families and the community. Show the nurses in your life your appreciation by taking the time to write thank you cards for their guidance. Also, promote this year's theme "Culture of Safety" by sharing photos of how you practice safe measures on social media with the hashtag #SafeNursesRock.

Celebrate yourself and other future nurses on May 8th for **National Student Nurses Day!** Remember that self-care is an important part of being successful in school and in your future nursing careers. Take some time for yourself to relieve stress and recharge, so you can take on your next class or clinical. However you celebrate, NUSNA wishes you a very Happy Nurses Week!

For more info about Nurses Week, visit the [ANA website](#).



**"Most important, have the courage to
follow your heart and intuition."**
— Steve Jobs

Breakthrough to Nursing Program

By Keena Mapanao, Cohort 42

BTN Director

My name is Keena Mapanao, and I am your Breakthrough to Nursing (BTN) Director of NUSNA. In my experience working with the pre-nursing students at National University and also being a pre-nursing student myself, I have found that many students who apply to nursing programs do not fully understand how the process works, therefore, not fully knowing what to expect once enrolled. As part of BTN, we want to address student concerns from a student perspective, bring career awareness, and encourage participation in programs centered on positive social/educational involvement and service projects.

What exactly is Breakthrough to Nursing?

The Breakthrough to Nursing Project was established in 1965 with its main goal being to increase the number of qualified students enrolled in and graduating from nursing schools. This project is a two-fold project. First, we want to promote awareness in the community as to what nursing is and what the steps are in becoming a nurse--more specifically, we focus on adding minority groups to the nursing community (first generation students, low economic status students, men, etc. Second, we want to help students currently enrolled to be successful and excel in the nursing program.

The challenge of a nursing degree can be even more daunting when students, from various walks of life, encounter adversities that hinder them from pursuing a career. We strive for the best to provide these students the information, opportunities, and resources they currently/will need to attain this goal.

We also want to focus on extending the project in high schools to develop interest and appreciation for the nursing profession and higher education by bringing career awareness to the educationally and economically vulnerable high school students. Recruitment of young people into the profession is critical due to the aging of the

nursing workforce. Effectiveness of the BTN project seems due, in part, to the peer relationships that can be established between nursing students and other fellow or prospective students.

The BTN Project can play a major role to interest students in nursing during a continuous and competitive nursing shortage. BTN has proven to be one of the major avenues by which nursing students can work in a unified way to improve the quality of nursing care given to diverse groups, thus making nursing a more visible and attractive profession. BTN advocates for higher quality care and promotes the development of peer support systems, utilizing the principles of transcultural nursing.

Your Involvement Matters

Breakthrough to Nursing is a unique position given that we are able to help future and fellow nursing students. Not only do we strive to help people to get into nursing programs, but also propel the progress of current nursing students. The effectiveness and amount of student learning/achievements with any educational program is directly proportional to the quality and quantity of student involvement. We need your help! Engage your two years with as many opportunities for personal and professional development as possible. I hope this initiative is as exciting to you as it is to me, and I thank you for taking the time to read this article. If you are interested in being a part of the success of this project, please contact Keena Mapanao at nusna.btn@gmail.com. The first committee meeting is May 30 2016 at 1430. Location TBA. We hope to see you there!

**"Man cannot discover new oceans
unless he has the courage to lose
sight of the shore."**

– Andre Gide

Cohort Updates

Cohort 39

is in their last class and has their White Coat Ceremony in May.



LVN 7

is also in their last class and will have their White Coat Ceremony with Cohort 39.

Cohort 40

is in their last week of Community and start Leadership in May. They also have their White Coat Ceremony in May.

Cohort 41

completes Psychiatric Nursing this month and starts Community Health in May.



Cohort 42

is currently in the middle of Peds.



Cohort Updates (continued)

Cohort 44

is currently halfway through Med-Surg 1.

Cohort 45

started the program at NU in January. They are finishing Nursing Research and will be starting Fundies.



Welcome LVN 8!

They began the nursing program at National University in February, and they are finishing Health Assessment. Pharm is their next class in May.



Cohort 43

will be completing Med-Surg 2 this month and begin OB in May.



Congratulations Cohort 46!

We welcome Cohort 46 to the nursing program at National University! They started their nursing journey this month with Nursing Theory, and they begin Health Assessment in May. We wish you the best of luck and want you to know NUSNA is here to support you and help you be successful!

Upcoming Events

- **Spring Sprint Triathlon: May 1, 2016**
NUSNA will be volunteering in the medical tent at the finish line.
- **Become a Military Nurse: May 23, 2016 at 10am to 12pm**
Learn from Navy and Army recruiters about nursing opportunities in the military and how you can apply for them.
- **Clothing Drive for Scripps Mercy & Sharp Grossmont's Behavioral Health Unit: June 6, 2016 to July 22, 2016**
A donation box will be located in the computer lab at the Rancho Bernardo campus.

Upcoming Certification Courses

- **ACLS/PALS Certification: May 19 & 20, 2016**
For more details and to register, visit our [website](#).
- **Neonatal Resuscitation Program (NRP): May 19, 2016**
For more information and to sign up, visit our [website](#).

Get involved with NUSNA SD!

Take advantage of the many opportunities offered to help you succeed and enhance your nursing education. All committees are in need of new members and fresh ideas. Request a mentor to help you navigate through nursing school and answer questions, or sign up to become one! Help your colleagues grasp nursing concepts and increase your own nursing knowledge by becoming a Workshops leader. Reach out to our Directors, and visit our [website](#).

NUSNA San Diego Updates

- **Attention Cohort 43:** Congratulations on making it through Med-Surg! You are now eligible to become Mentors for your peers. To apply to be a mentor, visit our [website](#). After review of your application, you will be paired with a mentee. Contact the Mentorship Committee at nusna.mentorship@gmail.com if you have any questions.
- Cohort 43 is also eligible to become Workshop Leaders! For more information, visit our [website](#) or contact Workshops at nusna.workshops@gmail.com.
- Need help with a subject? We have a workshop just for you! Workshops are designed to help you be successful in your classes. Check out our website for the [workshops schedule](#), which is updated monthly.
- Visit our website for more info about events and news: www.nusnasd.org. Also, follow us on [Facebook](#) (NUSNA San Diego) to stay updated.

CNSA Updates

Get involved with CNSA and join a committee! For more information about the various committees, visit their website www.cnsa.org, or contact CNSA Membership Director South, Jessica Gonzalez (NUSNA Mentorship Director, Cohort 41) at cnsamemsouthdir@gmail.com.

The CNSA Membership South Meeting will be held at Cal State University San Marcos on July 30, 2016. More details to follow.

The 2016 CNSA Annual Convention will be held on October 7-9, 2016 in Visalia, CA. This year's theme is *A Culture of Learning: Our Passport to the World of Nursing*. More details coming soon.

NSNA Updates

The 34th Annual Midyear Career Planning Conference will be held on November 10-13, 2016 in Kansas City, MO. For more info, visit their [website](#).

Meeting Schedule

May 23, 2016

14:30-16:00

June 27, 2016

14:30-16:00

July 18, 2016

14:30-16:00

All meetings will be on the RB Campus. Please see the bulletin board for details. The meeting schedule and location are subject to change by the President.

NUSNA SAN DIEGO FACULTY ADVISOR

Professor Jenna Scarafone (MS, RN, CPNP)
Faculty Lead – Pediatrics
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NUSNA San Diego thanks all those who contributed to this issue. We greatly appreciate your time and commitment to help make this newsletter possible.