



# The Pulse

## The Newsletter of NUSNA San Diego

### December 2015

#### NATIONAL UNIVERSITY STUDENT NURSES ASSOCIATION

Volume 1, Issue 15

# Winning is FUN!

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"You treat a disease,  
you win, you lose.  
You treat a person, I  
guarantee you, you'll  
win no matter what  
the outcome."

– Patch Adams



## Message from the Editor

### Winning State of Mind

By Alyssa Gallardo, Cohort 41

NUSNA Communications Director



Greetings! My name is Alyssa Gallardo, and I am the new Communications Director for NUSNA San Diego. I assisted my predecessor, Kailyn Anderson, with the September issue of the newsletter, and I am proud to announce it won Outstanding Newsletter at the CNSA Convention this past October. I am honored and excited to have the opportunity to help NUSNA make an impact in the community.

This issue's theme was derived from a quote from the movie *Patch Adams*, which was inspired by the real life social activist, physician, and clown Dr. Hunter "Patch" Adams. He challenged the norms and conventional theories of medicine by treating patients with humor. For me, Dr. Adams' work is a reminder to have a winning state of mind.

A little about me: The year 2011 was a pivotal point in my life as I received my bachelor's degree in biology with a minor in Spanish from Virginia Tech, moved to San Diego from my hometown of Virginia Beach, and made the bold decision to pursue a career in nursing.

I played several team sports throughout high school and college, so I have a competitive spirit, and I love to win. One important lesson I learned is that you win just by playing the game and not worrying too much about the outcome. I used to focus on just winning every time, and losing a game hurt a lot more than it should have. It stopped being fun for me. I quickly learned while you should strive to do your best to succeed, you will learn more about yourself and what you are capable of from the experience alone, and you can apply what you gleaned to do better the next time. Keeping this in mind throughout my nursing journey I began nearly a year ago, I feel that I can't lose because I gain insight from my experiences, and I enjoy helping people. I "just play the game" as I work hard in all my endeavors, making my experiences fun and rewarding; although, winning a game (or acing a final exam) feels pretty great too.

I hope this issue of *The Pulse* motivates you to have a winning state of mind and reminds you to have fun while pursuing your aspirations. I wish you and your families all the best this holiday season. Safe travels, and see you next year!

## Upcoming Elections

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

- **Treasurer**
- **Membership Director**
- **Student-Faculty Liaison**
- **Mentorship Director**
- **Breakthrough to Nursing Director**

Additionally, two Chair positions (Scholarships and Alumni) will be appointed by the Board following elections. For detailed descriptions of these positions, please reference the most up-to-date 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](mailto:nusna.vp@gmail.com). Ensure that all email correspondence regarding elections and the appointed positions is made with the Vice President. Submissions to any other correspondence will not be considered.



## Incoming Board Members

NUSNA would like to announce and congratulate our new Board members. We welcome you to the Board and look forward to working with you during your term!



**President**  
Ashley Weber  
Cohort 41



**Vice President**  
Cassandra Slade  
Cohort 41



**Secretary**  
Ashley King  
Cohort 41



**Communications  
Director**  
Alyssa Gallardo  
Cohort 41



**Fundraising  
Director**  
Kelly Lowe  
Cohort 42



**Student Activities  
Director**  
Tammy Rambo  
Cohort 42



## Outgoing Board Members

NUSNA would like to thank the following Board members for their services to the association:

- **Nicole Rumpf – Cohort 38, President**
- **Erika Vella – Cohort 38, Vice President**
- **Walker King – Cohort 38, Secretary**
- **Kailyn Anderson – Cohort 38, Communications Director**
- **Breanne Kelroy – Cohort 38, Fundraising Director**

We wish you the best of luck in the future!

## Faculty Interview

**Dr. Tracy Dawes**

**DrPH, MA, BSN, RN, PHN**

*Interviewed by Stefanie Dean, Cohort 39  
Student-Faculty Liaison & Alumni Chair*



Dr. Tracy Dawes is a clinical instructor for Community Health at National University. She is also the Founder and CEO of Well One Health.

*"I wanted the chance to do greater work than I could then. I wanted to be able to not just assess, but intervene."*

### **Please tell us about yourself.**

I am a new nursing professor. I just started here at National in June and taught my first class in August. I hold a doctorate in public health, bachelors in nursing, and I'm currently working on my MSN. I'm completing my family nursing practitioner certification.

### **What prompted you to pursue a career in nursing?**

When I was doing my doctorate in public health, my concentration was preventive care; I noticed that whenever we went into the community to do any assessments that we were limited to what we could do. For example, we could not check blood sugars because it required pricking a finger and we were told that is the work of a phlebotomist. We could not do lipid panels. We were pretty much limited to weight, height, and blood pressure. I wanted the chance to do greater work than I could then. I wanted to be able to not just assess, but intervene.

### **Why did you choose to become an instructor?**

I love to teach! I've been teaching since I was about 18 years old. I've taught everything from 2<sup>nd</sup> grade all the way up to University.

### **What is your favorite part of teaching nursing to new students?**

Being in the community. I love to get on my soapbox and share knowledge. I want to do it in the community where students are able to connect teaching with what we're talking about, so it's not just the static process in the classroom.

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

Do not limit yourself to hospital nursing! If you get injured, that career will not work for you. If you get burnt out, it will not work for you. While you're still young in your career think wide, go deep, and look at all your options. Do not settle for just the few that we know of, the typical run of the mill acute care specialties.

**You just opened up your own clinic. Would you like to tell us about it?**

The name of my clinic is Well One Health. It is in Perris, California about 25 minutes outside of Temecula in Riverside County. I started this clinic because of my passion for community healthcare. I really do believe that some people's circumstances prevent them from getting the kind of care that they deserve and that those of us that are blessed with healthcare experience should share it with others. It is our blessing and obligation as healthcare professionals to share. We offer medical, dental, mental health, physical therapy, and nutrition counseling. Prevention is near and dear to my heart, so we're trying to work with a model where we visit patients' homes to help them get healthier. We're working not just within the clinical setting, but to reach them where they are in their homes.

*"...those of us that are blessed with healthcare experience should share it with others."*

**Is there anything else that you would like to add?**

I believe that community health nursing is really a very important specialty. When someone leaves the hospital they are without a safety net most of the time. They're not always well educated in the hospital as to how to follow-up with their disease process. They do not always have a primary care provider. It is very important that we have a safety net on the outside and follow-through. As a country, we are not very good at providing the quality healthcare that will help them stay out of the hospital. We provide sick care. We do not believe in preventive care. Public health nurses are necessary to provide preventive care and this would decrease the number of people who go back to the hospital in such a short time. It would also keep many people out of the hospitals and the emergency room, which they use as primary care. We are important.

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**Well One Health** is a 501 (c)(3) organization, whose purpose is to provide comprehensive, timely, and cost-effective primary healthcare and health promotion resources to the uninsured and the underserved community residents, regardless of their ability to pay. They seek to empower the community of Perris, California to improve their health and enhance their well-being through community-based partnerships. For more information about Well One Health, please visit [www.wellonehealth.org](http://www.wellonehealth.org) or their Facebook page: [www.facebook.com/WellOneHealth](https://www.facebook.com/WellOneHealth)

## Biggest Loser Contest

*By Kailyn Anderson, Cohort 38  
Outgoing NUSNA Communications Director*

NUSNA celebrated the completion of its quite popular, second annual Biggest Loser Fundraiser in November of 2015. This fundraiser focused on raising funds to support the attendance of NUSNA's active members at this year's CNSA Convention.

Most nursing students express frustration regarding their weight gain while enrolled in nursing school. NUSNA's fundraising committee recognized this as an excellent opportunity to promote a healthy lifestyle, while encouraging participants to lose those accumulated extra pounds. This is a wonderfully fun, supportive, and positive way to contribute to a good cause while trying to drop a few frustrating pounds. I have personally participated in both of these competitions. Although I have never been the biggest loser, I have managed to lose some weight while having a great time competing against these fiercely competitive individuals!

The Biggest Loser Fundraiser runs during three months of competition, with weigh-ins being held at the end of each month. In this year's competition, we had 15 participants raising \$340. The final weigh-in calculates the total percentage of weight loss during the entire three-month competition.

We had nine serious competitors battling it out until the bitter end of the competition. In addition to maintaining their course grades and participating in extracurricular activities, these outstanding participants managed to lose a total of 64 pounds. In the end, we had one winner who really stood out from the rest, Mindy Coughlin. She dropped an incredible 13.93 percent of body weight, and she looks amazing! Let's congratulate her on her new look! For winning the competition, she earned the reward of adding a beautiful, all-black stethoscope to her collection. She also received a \$25 gift certificate to REI, the sporting goods store of her choice.

This competition comes around only once a year. I highly encourage you to participate the next time it rolls around. If not for the weight loss, then for the camaraderie that participation creates among its participants!

## Interview with a President

*By Ashley Weber, Cohort 41  
NUSNA President*

My name is Ashley Weber, and I am your newly elected President of NUSNA! I am so honored to take on this role and continue the growth and positive influence this organization has within the community. From my involvement in local and state events, I have come to know NUSNA as a very well-recognized and respected organization that I am proud to represent.

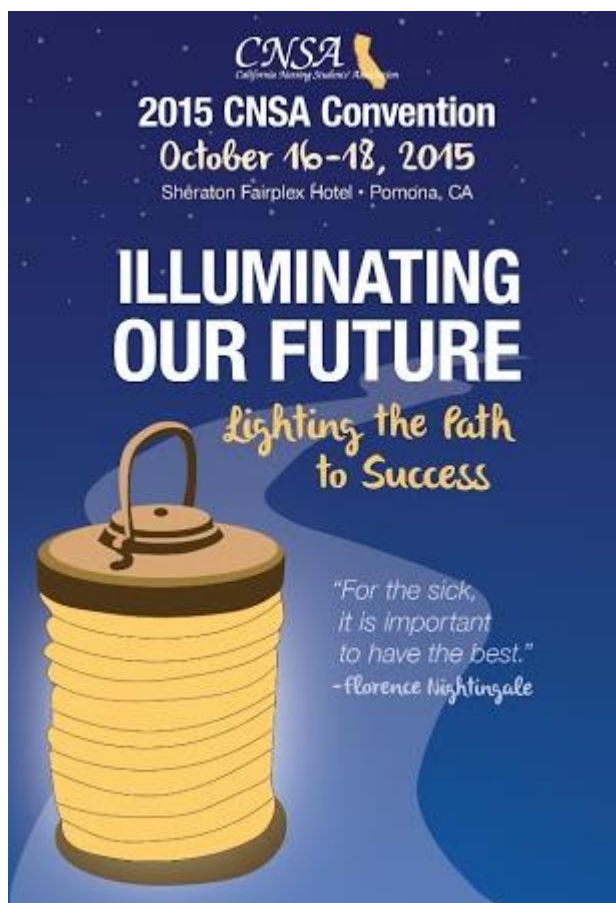
Since a young age, I have had a great interest in medicine and known, without question, that I wanted to be a nurse. As a caregiver for Veterans for five years, I cared for many people at their worst, both mentally and physically. My position allowed me the opportunity to provide patients with assistance and support to feel their best. Those experiences reinforced my desire to pursue nursing, so I can continue to make a positive impact. Nursing school has opened my eyes to multiple areas of interest, and I am still debating what direction I want to take my career.

My experience transitioning into Presidency has been busy! In the short time since elections, I have learned so much about communication, prioritizing, teamwork, compromise, and effective organization. I have had the opportunity to work closely with the Dean, Dr. McNeal, and the Chair, Dr. Breckenridge, regarding special projects and plans for NUSNA. This position has already been challenging, yet very rewarding. I can already sense I am going to become a better nurse and leader because of this position.

In the coming year, I have goals of increasing participation and involvement as well as the resources we provide to our members. I would like to see this organization continue to expand and actively participate in the community. NUSNA has been recognized with multiple awards in the last year, and I would like to continue that trend. We have many hard working members that deserve acknowledgement for their efforts and positive representation of our school and students.

**"You were born to win, but to be a winner,  
you must plan to win, prepare to win,  
and expect to win."**

*– Zig Ziglar*



## Awards & Accomplishments

NUSNA received special recognition for having 100% attendance of all possible delegates. Congratulations to Nicole Rumpf in Cohort 38 and Jessica Gonzalez in Cohort 41 for taking home CNSA scholarships.

We are also very proud to announce NUSNA won 4 out of 9 awards granted at the CNSA Convention, earning NUSNA state-wide recognition for its amazing members and their dedication.

- **CNSA Star Chapter Award:** This award recognizes NUSNA as CNSA Star Chapter for the next 3 years.
- **Outstanding Newsletter**
- **CNSA Member of the Year** awarded to Nicole Rumpf in Cohort 38
- **Community Health Project** for 2<sup>nd</sup> Annual Holiday Cheer Event

## CNSA Convention: What to Expect

*By Jessica Gonzalez, Cohort 41*

*Congratulations to Jessica for being elected CNSA Membership Director South at the Convention!*

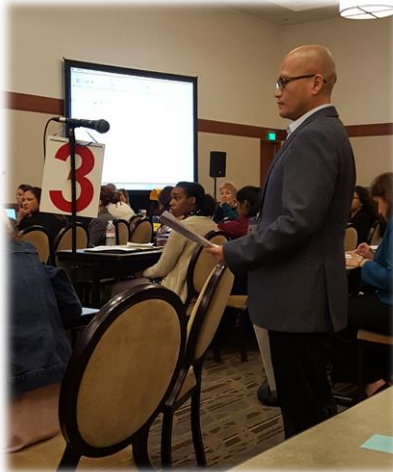
Getting the opportunity to attend this year's CNSA convention opened my eyes to the amount of opportunities that are at our disposal as nursing students. I was able to meet and speak with multiple hospital recruiters about what they look for in resumes and how their new grad programs are structured. Breakout sessions gave insightful information that included topics about working as a clinical nurse specialist, CRNA, and NP and about other fields, such as military nursing and flight nursing. Aside from meeting and mingling with nurse leaders and recruiters, I was able to meet students from programs across the state and collect tons of free stuff.

As a delegate, I participated in the House of Delegates, which was a really neat experience for me. We learned about proper parliamentary procedures and how to run meetings. Most, if not all, professional nursing organizations use parliamentary procedure to run meetings, so I am glad I was exposed to the process early in my career. Listening to resolutions written by fellow students was both inspiring and thought-provoking. As students, we often feel that we don't have much say in professional nursing, but the reality is really quite the opposite.

I went to the Convention not knowing what to expect but hoping to have a meaningful experience. I left the Convention with much more than I could have ever expected, including a CNSA board position! I have never been one to jump into the spotlight and commit to big roles; however, after a weekend full of motivation, I felt compelled to take advantage of the amazing opportunity that presented itself. Convention was an incredible resource for me, and I can't wait to attend the National Convention at the end of March. I hope to see some of you there!

## Highlights from 2015 CNSA Convention

NUSNA SD Members in Attendance: Adriana Knight, Ashley Reese, Ashley Weber, Breanne Kelroy, Erika Vella, Jessica Gonzalez, Kailyn Anderson, Mindy Coughlin, Nicole Rumpf, Rachel Diehl, Reynaldo Lacaba, Stefanie Dean, Tanya Davis, and Walker King



**"The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence."**

*– Confucius*

## Student Interview

### Carmella Gonzalez, Cohort 41

Interviewed by Keena Mapanao, Cohort 42  
Communications Committee Member



#### Please tell us about yourself.

My name is Carmella Gonzalez, and I am in Cohort 41. I am thankful to be on this journey we call nursing school. I truly believe that this is my purpose in life. My passion for nursing was inspired by my oldest daughter Julia who suffered from a rare mitochondrial disease called Kearns-Sayre Syndrome (KSS). I am honored to be able to share her story.

#### Could you tell us about mitochondrial disease?

Mitochondrial disease is a chronic, genetic disorder that causes defects in the ability of mitochondria to produce enough energy for the cell. Imagine a whole city trying to function with half of its energy resources...it is impossible. Without enough energy, cells die & cause major organs to fail leading to death. There are many types of mitochondrial diseases. The signs & symptoms vary from person to person & include but are not limited to skeletal muscle weakness, neurological problems, visual or hearing problems, cardiac problems, developmental delays, poor growth, difficulty swallowing, respiratory complications, diabetes, thyroid dysfunction (Julia had all of the above symptoms). People with mito have weakened immune systems & something as simple as a cold can be fatal. It is often referred to as the "invisible disease" because a person can be fine one day &

on life support the next. Most kids only have a 50% chance of living past the age of 10, & 20 % will live until the age of 20. Mitochondrial disease is linked to other conditions such as autism, ADHD, some cancers, Parkinson's, & Alzheimer's. Finding a cure will benefit people suffering from all these diseases as well. There is currently no medication to stop or slow down the progression of the disease, but there are some vitamins & enzymes used to try to increase the amount of energy available for the cells.

#### Recently, events beyond your control altered your life forever. Would you tell us what happened?

On April 22, 1995, at the age of fifteen, I gave birth to a beautiful little girl. She was a perfect baby & made motherhood so easy. I never thought in a million years that this horrible disease would eventually take her from me. Life seemed normal & she was healthy until she was diagnosed with juvenile diabetes at the age of four. At the time, we did not know that this was a result of the KSS. Managing her diabetes was very difficult due to her poor appetite & frequent episodes of vomiting. Eventually, she was diagnosed with failure to thrive & had to attend classes where she would be taught how to eat. The classes were unsuccessful & we continued to have problems. It seemed as though none of the doctors had any answers for us. During one of our regular endocrine appointments, one of the nurses suggested that we go & see one of the metabolic doctors that she worked with. I was up for anything at this point because the constant food battle had already taken its toll on me. We met Dr. Richard Haas a couple of months later, & he was finally able to make a real diagnosis through a simple blood test. No parent wants to hear that there is something wrong with their child, but it was better than not knowing anything at all. I remember him telling me that this was a rare disease, & I had a rough road ahead of me. I would not fully understand what he meant until years later. When Julia was 8 years old, we noticed that her eyelids began to droop. This was a result of the muscle weakness caused by KSS. At this point, I could see that she was beginning to walk a little slower, & she started falling several times a day due to the lack of balance. Her legs were always bruised, & I was even questioned about possible abuse during one of our regular check-ups. One of the main organs that is affected by this disease is the heart. I was told that most kids have a pace maker implanted by the age of 11. This was a concern for the doctors as she was getting older. When she made it past 11 without needing the implant, I was so happy. I knew that

God had heard my prayers, & she was going to be alright. When she was 13, her cardiologist told me that her test results showed problems with her heart conduction, & she would need to have surgery within the next month. I was devastated, & for the first time, I understood the reality of this disease. I cried all the way home & every day after for the next month. This was just the beginning of our journey. Over the next few years, Julia would have sudden episodes where her brain would shut down & she would be left unable to move, speak, & often ended up unresponsive or comatose. These comatose events would last anywhere from two days to one week. Mitochondria is such a powerful component for proper brain function. Without it, the body as a whole does not work. With each event, I would take my daughter home as if she were an infant again. She would have to learn to do simple things, such as holding her head up or using a spoon. Although she always seemed to recover, she was never back to her baseline before the episode. In 2008, after waking up from one of these episodes, we quickly realized that Julia had lost her ability to walk. Again, I would face another aspect of this disease. My life had literally changed overnight. I was now taking home my daughter who could no longer walk on her own, was incontinent, & needed several pieces of medical equipment to meet her daily needs. My world was officially falling apart right in front of my eyes. The next year & a half would be extremely difficult for me. I loved my daughter but hated my life. I could not handle it, I was not strong enough & I did not feel like being a mom anymore. I could see how my internal struggles were affecting how I treated my family. I was an angry person, & I did not know how to fix it. I am not sure what exactly happened, but I remember one day I just realized that my perception of my situation was causing me to feel so much negativity. I decided that I would focus on the positive things in my life. I had to remind myself that Julia was a gift, & I needed to appreciate the time I had with her. I had to learn to accept her sickness in order to grow into the woman & mother I am today. Life was still challenging, but I slowly started to see myself changing & embracing our "new normal." I decided we were just going to make the best of it. I still had some bad days, but I no longer felt angry inside. We spent time in the hospital 2-3 times a year. In 2011, we were back in the hospital. It was 6am & I was woken up by the sound of alarms beeping. All of a sudden, the room was filled with several people & I knew that I needed to step out. Before I left the room, I asked the doctor, "Is she breathing?" She told me, "not at

this time." My heart fell out of my chest. I walked out of the room & began to beg God not to take my baby. My whole body was shaking as I peeked around the corner & watched the nurses try to resuscitate my daughter's lifeless body. The doctor came & told me that she would need to be intubated if she was going to have any chance of survival. Of course, I told her to do everything possible to save her. At that moment, I thought to myself, "How many times will she have to go through this?" She did not deserve this; she should be enjoying life right now. We spent two months in the hospital, & eventually, I was able to take her home. I remember on the drive home, Julia grabbed my hand & said "Mom, don't you know how good God is? He let me come home with you." You see, this disease may have been powerful enough to destroy my daughter physically, but it would never be able to destroy her spirit or her faith in God. We were hospital free for a whole year until Sept. 2013 when Julia woke up very lethargic & was not acting like herself. When we got to the hospital, we were told that her lungs were declining, & she was retaining too much CO<sub>2</sub>. She underwent intensive respiratory therapy for the next 3 weeks, & we had high hopes of returning home with a C-Pap machine to help control the CO<sub>2</sub> levels. Unfortunately, her health declined, & she became unresponsive & was taken back up to the ICU. She once again stopped breathing & had to be ventilated. We spent the next 5 weeks doing everything possible to help her recover.

"[Mitochondrial] disease may have been powerful enough to destroy my daughter physically, but it would never be able to destroy her spirit."

I had so much faith in her ability to get better because she had done it so many times before; she just needed some extra time. As I sat every day & watched all the new complications develop, I knew in my heart that this time was different. I knew she was not going to come home, but I was not ready to let her go yet. I had to give her a fighting chance. She fought so hard for so many years, & as her mother, I now had to fight for her. I fought the nurses, I fought the doctors & I fought the specialists. I could see in their eyes that they had already given up. Every time they would ask me what I wanted to do, I would just say that she needed another week, but the weeks quickly turned into months, & there were still no improvements.

"Why wasn't she waking up?," I thought. I wasn't ready. I still needed her. I remember one day I just forced myself to have a talk with her. I told her that I loved her & that I was so lucky to be her mom. I thanked her for loving me even though I made so many mistakes over the years. I finally found enough courage to tell her that if she was tired, it was okay to stop fighting. That was the hardest thing for me to do because I felt like I was giving up on her. It took a few more weeks for her father & I to make the decision to remove her from life support. We loved her way too much to make her suffer any longer. We allowed our family & friends to come & say their goodbyes, & we had a couple of days with just our parents & other kids to say our goodbyes. On November 20, 2013, I woke up hoping for a miracle. My daughters, my mother-in-law, & I began giving Julia her final bath. I combed her hair while playing all her favorite church songs. I wanted to create a peaceful environment for her. I didn't want her to be scared. I wanted her to feel the love of her family as she left this world. We gathered around her holding hands, & we prayed for her. Her favorite song was "I Can Only Imagine," & I played her song & sang to her as she took her last breaths. I talked to her & told her how beautiful heaven was going to be & how lucky she was to be going there. She would now be an angel just like the ones she had often dreamed of. This is what mito does. It slowly destroys their body until they are left with nothing but a shell. Julia never got to graduate, she didn't spend afternoons at the movies with her friends, she never went to college, she didn't have a chance to find love, get married & have a family.

*"She instilled compassion inside my heart...She inspired me to become a nurse because she had so much faith in my ability to take care of her."*

### **What you have been through was unfathomable. How have these events influenced your nursing career path?**

The pain you experience when you lose a child is indescribable. As much as I prepared myself for the inevitable, I was not ready. I did not know it would hurt this much, & I had to find a way to survive. I have other kids & had to show them that life is not always fair, but you have to get back up. You have to keep fighting. As we were approaching the first year "Angelversary," my husband & I decided that we did not want to focus on the pain & heartache

that the day would bring. We decided that we wanted to do something that would reflect who Julia was. She loved life so much in spite of everything she had to endure physically. She always had a smile on her face, & she was always thinking of others. She had an impact on everyone she met. She would write letters & make bracelets every day to give to her family & friends. She never forgot a birthday, & she was the first one to call you on holidays. It did not matter if it was Martin Luther King, Jr. Day, April Fools, or Christmas. If it was considered a holiday, you would be getting a phone call. As a mother, it is my job to teach my kids about life, but Julia really taught me so much more than I could ever teach her. She taught me how to love unconditionally, how to forgive, how to pray, how to appreciate the simple things in life. She instilled compassion inside my heart & even in death, she is still teaching me that it is better to give than it is to receive. She taught me that life is about quality, not quantity. She inspired me to become a nurse because she had so much faith in my ability to take care of her. She believed in me.

### **Tell us about Operation Be Kind. What prompted you to give back to the community?**

These are the things I want to remember every year on November 20th. I want the world to experience the love that I was lucky to have for 18 years. Operation Be Kind was just part of my grieving process. I needed to do something that would help heal my heart & keep my mind occupied for that day. I wanted to help someone that was not capable of returning the favor because I wanted it to be a genuine act of kindness "Julia Style."





I chose the homeless community because I felt like they could use something to help brighten their day during the holiday season. There are so many people who are living on the streets, & they all have their own story. Stories we know nothing about. I wanted them to know that they are not forgotten & that somebody cares. I created an event on Facebook to tell my family & friends what I was planning on doing & to ask if anyone would like to make a donation. I did not really expect too many people to respond, but I still set a goal of 100 sack lunches & care packages. We only had two weeks to get things together, so I was not expecting too much. To my surprise, I started receiving several messages with people asking how they could help. I was amazed at the love & support we received. It made me realize how much Julia was & is still loved. We were able to reach our goal & fill 102 bags with sack lunches & care packages that included soap, toothbrushes, deodorant, Chapstick, gloves, beanies, scarves, socks, blankets, etc. We had around 20 volunteers that helped put the bags together the night before. We had 22 volunteers that helped pass out the bags as well as a local baseball team, who also donated & volunteered their time. It was an awesome experience, & I was so overwhelmed & grateful for everyone's help. Not only did they help make the day a success, but they also helped me get through one of the hardest days of my life. I know that Julia was looking down on us with that big smile of hers. She let us know she was there with a beautiful pink sunset.

**What an uplifting story of the human spirit. You have positively impacted so many lives, are there any stories that stand out from your philanthropic endeavor?**

As I walked around, my heart just broke for the people I met. They were so grateful to receive the bags, & the smiles on their faces were priceless.

Several of them were asking for food, which brought me to tears because no one should have to go hungry. We often take so much for granted. Even in the hardest times, we still have so much to be thankful for. This was an eye-opening experience for me, & I hope to be able to do this every year in honor of Julia. My ultimate goal once I finish nursing school is to open up a foundation in Julia's name so that we can continue to help those in need year-round.

**Honoring your daughter's memory is inspiring. What can we do, as fellow nursing students, to continue your work?**

I challenge you today to join me in the fight against mito. We are in a position to make a difference in helping to find a cure so that no more children have to live with this horrible disease & so that no more families have to live with the pain of losing their child. It is critical that we raise awareness so that mitochondrial disease can be recognized alongside autism & childhood cancer & receive adequate funding for research. I would love for all of you to join "Team Julia" on May 21, 2016 at the annual Mito 5K as we walk in honor of those still fighting & those we have lost to help raise money for mitochondrial research. Thank you for allowing me to share Julia's story.



For more information about mitochondrial disease, visit the following resources:

Mito Action – [www.mitoaction.org](http://www.mitoaction.org)

United Mitochondrial Disease Foundation – [www.umdff.org](http://www.umdff.org)

## NUSNA in the Community

### Silver Strand Half Marathon—November 15, 2015

*By Alyssa Gallardo, Cohort 41*

Faculty Lead: Professor Eligio David Soliman

We were tasked with observing participants for signs of injury or distress at the finish line and assisting with their care in the Medical Tent alongside supervisors Dr. Marsh and Dr. Brown. Runners and people on bikes, ellipticals, and skates participated in the marathon. Seeing the look of triumph on the faces of people of all ages as they crossed the finish line was inspiring, and it was a privilege to be able to greet them with cheers as they accomplished this feat.



For more information about getting involved in volunteer opportunities, contact NUSNA Community Service: [nusna.communityservice@gmail.com](mailto:nusna.communityservice@gmail.com) or visit NUSNA San Diego on the web: [www.nusnasd.org](http://www.nusnasd.org)

**"The difference in winning and losing is most often not quitting."**  
– Walt Disney

### Disney Avengers Marathon—November 15, 2015

*By Jessica Graf, Cohort 42*

Faculty Lead: Professor Kasia Lalicata

It was an awesome experience being at the finish line watching everyone cross—from the extremely fit trying to get a new PR, to the severely overweight trying to just make it to the finish line for a personal accomplishment. Witnessing these runners accomplish their goals and being able to help them out was worth getting up at 2:30AM!



## NUSNA in the Community (continued)

### Clothing Drive for Sharp Mesa Vista

*By Tiffany Ryan, Cohort 38  
Fundraising Committee Member*

Earlier this year, in June/July, I was in NSG325, the Psychosocial Nursing class. My clinical rotation was at Sharp Mesa Vista, which is a standalone psychiatric hospital with 149 beds, located in San Diego. They provide services to people in acute and chronic psychiatric crisis.

While I was conducting my rotation, I noticed a need for clothing. Many of the patients here are indigent and homeless. Often, these vulnerable patients come in to the facility with nothing but the clothing on their backs. I wondered if I could organize a clothing drive for Sharp Mesa Vista through NUSNA in order to give these patients a second set of clothing. What a simple way to provide a modicum of esteem. We all know how good it feels to have clean clothing.

We ran the clothing drive for 1 month and were able to collect **390 pounds** of clothing for the susceptible patients at Sharp Mesa Vista! Way to go National University students! You guys rock! I personally wanted to extend a big thank you; this drive meant a lot to me as this facility holds a special place in my heart. A family member of mine was diagnosed at this facility 20 years ago and was finally able to get the help that they so desperately needed. What an honor it was to give a little back to a facility that does so much good in the community.



## NUSNA in the Community (continued)

### Holiday Cheer Event—December 16, 2015

*By Alyssa Gallardo, Cohort 41*

During the holiday season, we held our 3<sup>rd</sup> annual Holiday Cheer Event in partnership with the Dean of Health and Human Sciences, Dr. Gloria McNeal. This year, we sponsored 5 families in need, totaling 30 people. We partnered with local San Diego charities, including the Nile Sisters and Catholic charities, to help us choose the special families.

The Holiday Cheer Event was a huge success, and we received a tremendous amount of support in monetary donations and donated gifts for the families. We purchased gifts on the families' wish lists as well as household items they could use throughout the year. It was a pleasure to be able to meet the family members in attendance at the luncheon prior to the gift giving ceremony. After enjoying a meal at Citrus, children from one of the families showed off their impressive dancing skills, and we sang traditional holiday carols together.

Being able to share the families' stories and personally present them with their gifts was a rewarding experience. When they saw how much they received, I was fortunate to have witnessed the look of amazement, joy, and gratitude in their faces. I am glad I had the opportunity to help spread cheer to these families, and I truly felt the joy and spirit of the holiday season as they opened their presents.

Thank you to all those who participated in organizing this event, and we would like to express our gratitude to those who made contributions to the families. Your time and effort to help make the holiday season special for these families is greatly appreciated.



## White Coat Ceremony—November 12, 2015

*By Erika Vella, Cohort 38  
Outgoing Vice President*

On November 12, 2015, National University faculty, students, and their families all gathered to celebrate a momentous occasion in all of their lives: the coating of the most recent graduates from cohorts 37 and 38 at the White Coat Ceremony. The White Coat Ceremony began as a rite of passage ceremony for medical students in 1993 and was started by the Arnold P. Gold Foundation. This ceremony symbolized the importance of the role these newly graduated medical students would play as caregivers and of their oath. Over the next few years, this ceremony was adopted by almost every medical school in the United States. Eventually, this ceremony started being adopted by other degree programs, such as pharmacy and physician assistant programs. In 2014, the American Association of Colleges of Nursing (AACN) and the Arnold P. Gold Foundation teamed up to offer funding to 100 selected schools of nursing in an effort to implement a pilot program for the White Coat Ceremony for nursing students—National University was one of the schools selected.

At the ceremony, students and guests listen to a variety of speakers. The students are also recognized at the ceremony for their achievements during the course of their program. Some of the awards that are given include: the GPA Award, the Hippensteel Award, the Clinical Excellence Award and Student Leadership Awards. After awards are given out, the graduating students then walk across stage and have their White Coat placed on them by a person of their choosing. At the end of the ceremony, all of the graduating students stand to read the Florence Nightingale Pledge aloud.

The White Coat Ceremony is a wonderful opportunity for the nursing students of National University to take part in a small and intimate celebration of their hard work and dedication to such a noble and trusted profession.

### Award Recipients

	<b>Cohort 37</b>	<b>Cohort 38</b>
<b>GPA Award</b>	Jessica Rhodes	Amanda McDaniel Nicole Rumpf
<b>Hippensteel Award</b>	Dominica Nucup	Hale Medeiros Nicole Rumpf
<b>Clinical Excellence Award</b>	Wade Selland	Shenel Vazquez
<b>Leadership Award</b>	Samantha Combs	Kailyn Anderson Tanya Davis Breanne Kelroy Walker King Nicole Rumpf Erika Vella



**"History has demonstrated that the most notable winners...won because they refused to become discouraged by their defeats."**

*– Bertie C. Forbes*

## White Coat Ceremony (continued)



### **Congratulations Cohort 37**

for successfully completing the program!  
We wish you all the best and success  
in your future endeavors!



### **Good luck Cohort 38**

as you embark on your final steps of the nursing  
program! Cohort 38 completed the CPE and  
move on to their final class in January.



## Cohort Updates

### Cohort 39

moves on to their final month of Community Health in January.



### LVN 7

is aligned with Cohort 39 and will also be starting their last month of Community Health in January.

### Cohort 40

will be continuing Psych Nursing in January.



### Cohort 41

completes OB this month and is excited to begin Peds in January.



**“Talent wins games, but teamwork and intelligence win championships.”**

– Michael Jordan

## Cohort Updates (continued)

### Cohort 42

continues their 2<sup>nd</sup> half of Med-Surg 2 in January.



**"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure."**

*– Theodore Roosevelt*

### Cohort 43

moves on to Med-Surg 1 in January after finishing Fundies this month.



### Welcome Cohort 44!

Cohort 44 began their nursing journey with National University in September, and NUSNA welcomed them to the program during their orientation. They are finishing Pharmacology this month and begin Nursing Research in January.



## Upcoming Events

### ➤ **NSNA Convention: March 30, 2016 to April 2, 2016 in Orlando, FL**

To be considered to represent NUSNA as a delegate at the NSNA Convention in the Spring, submit your bio to the Vice President at [nusna.vp@gmail.com](mailto:nusna.vp@gmail.com). If you have any questions about the NSNA Convention or submitting a bio, please contact the Vice President or the President at [nusna.president@gmail.com](mailto:nusna.president@gmail.com).

### ➤ **Neonatal Resuscitation Program (NRP): February 5, 2016**

NRP introduces healthcare professionals to the concepts and basic skills needed during neonatal resuscitation. This is a self-study program with a skills test on 2/5/16. For more information and to sign up, visit our [website](#).

### ➤ **San Diego Blood Bank and NUSNA Blood Drive: February 24, 2016**

Time: 10am to 3pm. Further details to be announced.

Visit our website for more information about events: [www.nusnasd.org](http://www.nusnasd.org)

Also, like us on [Facebook](#) (NUSNA San Diego) to stay updated about upcoming events.

## Scholarship Opportunities

### **General Scholarship and Promise of Nursing Programs offered by Foundation of the National Student Nurses' Association (FNSNA)**

Application deadline is January 29, 2016. For more information about eligibility requirements or to apply, visit [www.forevernursing.org](http://www.forevernursing.org)

### **Oncology Nursing Society Foundation Scholarships**

Application deadline is February 1, 2016. For more information, visit their website at [www.onsfoundation.org/apply/ed](http://www.onsfoundation.org/apply/ed)

For more information about upcoming scholarship opportunities, visit our [website](#).

## NUSNA San Diego Updates

- Total school enrollment—All students in future Cohorts will be members of NUSNA with membership dues paid by National University.
- The three NU campuses (San Diego, Los Angeles, and Fresno) have combined to become one chapter in CNSA/NSNA.
- NUSNA's bylaws have been updated and approved by all campuses to accommodate for total school enrollment and becoming one chapter with the 3 NU campuses. Take a look at the bylaws on NUSNA's website.
- NUSNA San Diego Board Elections will be held in January. For more information about the positions, see our [bylaws](#), or contact the current Directors.

## CNSA Updates

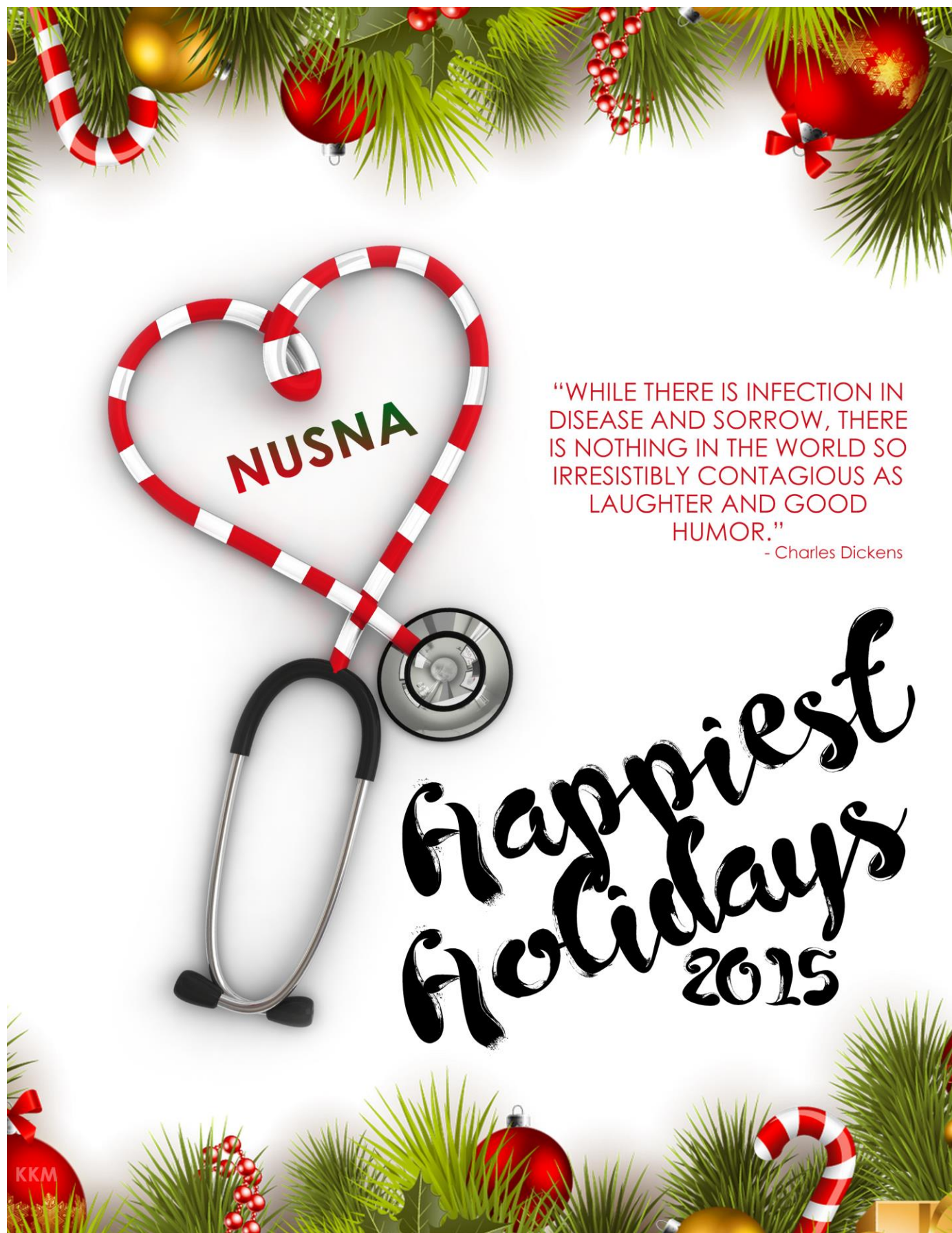
Joining a CNSA committee is a great way to get involved! Breakthrough to Nursing, Legislative, and Communications are some of the committees in need of members. For more information, visit their website [www.cnsa.org](http://www.cnsa.org), or contact Jessica Gonzalez in Cohort 41, who is CNSA Membership Director South, at [cnsamemsouthdir@gmail.com](mailto:cnsamemsouthdir@gmail.com).

## NSNA Updates

Board positions will be up for election at the NSNA Convention in March. Deadline for applications is in January. For more information, please visit [www.nsna.org](http://www.nsna.org). Tanya Davis, NSNA Director West, from Cohort 38 is also a great resource for more information.

## NUSNA San Diego wants you... to get involved!

Take advantage of the many opportunities offered to help enhance your nursing education and to help you succeed. 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! Become a workshop leader to teach nursing concepts and increase your own nursing knowledge. Reach out to our Directors, or visit our [website](#).



"WHILE THERE IS INFECTION IN  
DISEASE AND SORROW, THERE  
IS NOTHING IN THE WORLD SO  
IRRESISTIBLY CONTAGIOUS AS  
LAUGHTER AND GOOD  
HUMOR."

- Charles Dickens

Happiest  
Holidays  
2015

## Meeting Schedule

### January 25, 2016

14:30-16:00  
Room 119

### February 22, 2016

14:30-16:00  
Room 119

### March 21, 2016

14:30-16:00  
Room 119

Meetings are usually scheduled on the 4<sup>th</sup> Monday of each month. 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  
[jscarafone@nu.edu](mailto:jscarafone@nu.edu)

### Cohort Representatives

#### Cohort 38

Melanie Johnson & Amanda McDaniel  
[nusna.cohort38@gmail.com](mailto:nusna.cohort38@gmail.com)

#### Cohort 39

Nelly Cisneros & Diana Vazquez  
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#### Cohort 40

Ashley Reese & Emily Sharlton  
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#### Cohort 41

Raymond Olvera & Ashley Weber  
[nusna.cohort39@gmail.com](mailto:nusna.cohort39@gmail.com)

#### Cohort 42

Alice Trowbridge & Keena Mapanao  
[nusna.cohort40@gmail.com](mailto:nusna.cohort40@gmail.com)

#### Cohort 43

Jennifer Grossi-Silverman & Monica Willard  
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#### Cohort 44

Brittany Haradon & Delia Castro-Lopez  
[nusna.cohort44@gmail.com](mailto:nusna.cohort44@gmail.com)

#### LVN Cohort 7

Corrine Spencer & Christina Opp  
[nusna.lvn7@gmail.com](mailto:nusna.lvn7@gmail.com)

## NUSNA San Diego Board Members

### Board of Directors

**President** – Ashley Weber  
[nusna.president@gmail.com](mailto:nusna.president@gmail.com)

**Vice President** – Cassandra Slade  
[nusna.vp@gmail.com](mailto:nusna.vp@gmail.com)

**Secretary** – Ashley King  
[nusna.secretary@gmail.com](mailto:nusna.secretary@gmail.com)

**Treasurer** – Fennie Leano  
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**Community Service Director** – Jamie Kuhn  
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**Membership & Recruitment** – Nathan Poliakoff  
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**Student Activities Director** – Tammy Rambo  
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**Student-Faculty Liaison** – Stefanie Dean  
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**Legislative Director** – Ashley Reese  
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**Communications Director** – Alyssa Gallardo  
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**Fundraising Director** – Kelly Lowe  
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**Mentorship Director** – Mindy Coughlin  
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**Peer Workshops Director** – Daniel Zaldivar  
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**Breakthrough to Nursing Director** – Joann Meza  
[nusna.btn@gmail.com](mailto:nusna.btn@gmail.com)

### Chairpersons

**Alumni Chair** – Stefanie Dean  
[nusna.alumni@gmail.com](mailto:nusna.alumni@gmail.com)

**Scholarships Chair** – Nelly Cisneros  
[scholarships.nusna@gmail.com](mailto:scholarships.nusna@gmail.com)

*Thank you to those who contributed their time and pictures to make this newsletter possible, especially NUSNA Communications Committee Member, Keena Mapanao. Special thanks to Kailyn Anderson, the outgoing Communications Director, for contributing the theme for this issue.*