

# RANGE OF MOTION

## IN THIS ISSUE

President's Address

Board of Directors  
2013-2014

Meet the Board

Goals

Convention Recap

NSNA Mid-Year Recap

*The official newsletter of  
California Nursing Students' Association.*



## IMPORTANT DATES

January 20, 2014  
National Day of Service

April 09-13, 2014  
NSNA Convention

May 08, 2014  
National Student  
Nurses Day



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# PRESIDENT'S ADDRESS

*By Matthew Grayson – CNSA President*

Convention was full of excitement and energy this past October at the spectacular Fairmont Hotel, San Jose, California. I am honored and grateful to the delegates who elected me as President, 2013-2014. I look forward to working on the other newly elected Board of Directors and Chairs to make our term exceptional! When elected as Secretary/Treasurer, 2012-2013, I was a first-semester nursing student at Ohlone College, Fremont, California. I encourage everyone to pursue leadership opportunities with their local chapters and California Nursing Students' Association (CNSA).

Goals for CNSA will be themed around contributions from local and statewide leaders this upcoming year. CNSA will provide leadership opportunities, personal growth for our members, and recognitions. Leadership opportunities are available to our members through joining one of our many statewide committees. To join a statewide committee, contact a Committee Chair, see director articles for details. In addition, CNSA will continue our partnership with the California Action Coalition to implement recommendations of the Institute of Medicine (IOM), The Future of Nursing 2010 reports. Personal growth opportunities available from CNSA are scholarship awards, membership meetings, state convention, submission of articles to the Range of Motion newsletter, submission of resolutions, and Nursing Student Sacramento Internship (NSSI). Recognition of our many local leaders is important to me. To that end, CNSA Board of Directors approved three new awards to be offered at Convention 2014: Website, Chapter, and Star Chapter.

The Website Award is a great addition to CNSA's list of available awards. The hope is to acknowledge creativity, information sharing, and technology savviness by nursing students.

The Chapter Award involves responding chapter operations, charitable and nursing education fundraising, student leadership development and community service hours.

The Star Chapter Award is based on the NSNA Stellar Chapter Award. The Star Chapter Award and NSNA Stellar Chapter Award requests multi-year data about chapter activities and operations.

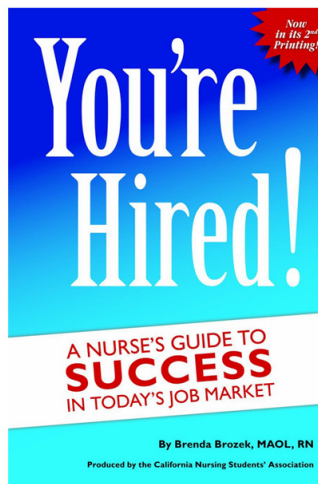
Our intent is to recognize efforts and contributions of local chapters. I am confident that California has many local chapters that will meet the criteria for the Chapter and Star Chapter awards. The goal of these awards is to recognize excellence and provide a ladder of achievements towards the NSNA Stellar Chapter Award. Details of the criteria for these new CNSA awards will be posted on the CNSA website. However, applications for these new CNSA awards will not be accepted until late-summer 2014.

A highlight of CNSA convention was a special presentation to the Chesterman family who was dealing with grief. Kristina Chesterman, CSU Chico nursing student had her life ended early by a drunk driver earlier this year. The presentation was an emotional moment and served as a reminder of the dangers of drinking and driving. I encourage our members to be safe and advocate for the safety of family and friends. Many major cities across California work with community organizations to provide "free" cab rides. One can help prevent drunk driving by making the decision to drive responsibly or assign a designated driver. If these options are not available, then taxi usage is an intelligent alternative to driving under the influence and is effective in reducing alcohol-related traffic fatalities and injuries. Have safe and happy holidays!

## PRESIDENT'S ADDRESS continued

I extend my congratulations to all California nursing students graduating soon! A special "Thank you" to nursing graduates that contributed to CNSA during their nursing education. Be on the lookout for the California Board of Registered Nursing (BRN), California Institute for Nursing and Health Care (CINHC), University of California, Los Angeles (UCLA), Association of California Nurse Leaders (ACNL), and CNSA collaborative survey report on the California job market for recent nursing graduates. In addition, the CNSA House of Delegates this past convention approved a new "Alumni" membership category. Additional guidance on how to become an "Alumni" member will be announced in the next Range of Motion newsletter.

## ORDER YOURS TODAY!



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## Board of Directors 2013-2014



*\*Not pictured Melissa McClanahan, Image of Nursing Chair*

# Board of Directors 2013-2014

## Meet the Board



*Matthew Grayson,  
President*

I was born and raised in California along with my older brother. My father was an electrical engineer; my mother is a nursing professor, and my stepmother is a retired elementary school teacher. My interest in health care evolved from a passion for flying airplanes. I joined Civil Air Patrol (CAP) in Junior High School to enhance leadership, discipline, communication, and fly airplanes. One of the purposes of CAP is to perform search and rescue missions for crashed airplanes and organ transplant flights.

I earned my Emergency Medical Technician (EMT) license only a few weeks after my 18<sup>th</sup> birthday. I acquired a Patient Transport Aid position in the Emergency Department at Kaiser Permanente, Santa Clara. I enhanced my career knowledge through cross-training as a Clerk and Unit Assistant that floated to all hospital units and clinics. I served tables at restaurants for the pay, hours, and friendships. I participated as a Research Assistant for a Bicycle Helmet Survey conducted by the Public Health Department, Santa Clara County in collaboration with San Jose State University. I held these various jobs while completing my B.S. in Health Science with a minor in Geology from San Jose State University (SJSU). I held the President and Treasurer positions for Sigma Pi Fraternity, Beta-Eta Chapter, SJSU.

After graduation, I worked at Mission College, California Community College, as a Senior Office Coordinator. I was promoted to Regional Health Occupations Resource Center (RHORC), Project Director with primary responsibilities for writing grants and revenue development for health career programs. I gained acceptance to Ohlone College, Nursing Program in fall 2012. I am the former Secretary-Treasurer for California Nursing Student Association (CNSA). I am currently the Vice-President for Nursing Students of Ohlone College (NSOC). I am interested in Emergency Department nursing with future plans to be a Nurse Practitioner. I am a former member of the American Public Health Association, California Community College Association for Occupational Educators, and American Political Science Association. I am a current member of the National Student Nurses Association/CNSA, and Emergency Nursing Association.



*Pictures feature events during the CNSA 2013 Convention.*

# Board of Directors 2013-2014

## Meet the Board



*Devin Gray  
Vice President*

Hello! My name is Devin, and I am honored to serve as Vice President for the 2013-2014 term. I grew up in the small town of Durham, California. I moved to San Diego after I graduated high school in 2009 to begin my undergraduate at San Diego State University. I competed on the SDSU softball team for two years, until I was accepted into the School of Nursing.

I always knew I wanted to work in the medical field, but was unsure of which path to pursue. My junior year of high school, I traveled to Rosarito, Mexico with my church to build homes for a poverty-stricken community. During this experience, I truly discovered my passion for people. I realized I wanted to make a lasting impact on individuals and communities, and thus, pursued the

profession of nursing. Since Mexico, I have also traveled to Guatemala to volunteer in a free healthcare clinic. I possess a strong passion for global and community nursing and plan to continue traveling throughout my career. I currently work as a student extern on the Spinal Cord Injury unit at the VA San Diego Healthcare System. I truly love rehabilitation nursing and working with the veteran population.

I am currently the CNSA Global Initiatives Co-Director, SDSU Chapter. CNSA has provided me with numerous opportunities to develop into an active nurse leader, and I am thrilled to be able to serve on the State Board of Directors. I look forward to learning together and growing together as future nurse leaders!

## Goals

Throughout my time in office, I want to better CNSA and its students by facilitating bylaw amendments as well as increasing the knowledge of serving as a delegate during convention. I hope to motivate and encourage students to become involved in CNSA and develop into active nurse leaders.

One of my main goals in office is to amend the CNSA bylaws. Bylaws act as a set of rules that provide structure to a particular organization. As Vice President, it is my duty to review and propose amendments to our current bylaws to ensure they accurately represent CNSA. I also seek to increase knowledge of becoming a delegate and as a result, increase the number of delegates at convention. The CNSA organization focuses upon the development of nurse leaders. I want to support this mission by increasing student knowledge and participation about current issues being addressed in the house.

I am thrilled to have the opportunity to serve on the State Board of Directors. CNSA has positively impacted my development as a leader and I challenge you to take part in the numerous opportunities CNSA has to offer. I look forward to learning together and growing together in this wonderful organization!

# Board of Directors 2013-2014

## Meet the Board



Joseph Vaughan  
Secretary Treasurer

Hello, and welcome to the California Nursing Students' Association. I am thrilled to be serving on the 2014 Board of Directors, as your Secretary and Treasurer. I am a second-year nursing student at Antelope Valley College in Lancaster, California. Having lived all over the country, I am proud to call California my home.

In 2013, I was elected Vice-President of the CNSA chapter at Antelope Valley College. At the state level, I have served as a delegate in the 2013 CNSA House of Delegates, where we voted to change by-laws, and approve resolutions to be sent to our national organization for bringing awareness to improving healthcare.

I pursue nursing because I have always been fascinated by healthcare, and I enjoy the therapeutic caregiver-patient interaction. To me, nothing is more rewarding than providing excellent care and ensuring the best possible patient experience.

As a team, our goal is to ensure that all actions of the board are conducive to the continued growth and development of the CNSA. I would like to thank the 2013 House of Delegates for trusting me with this privilege, and I look forward to working with fellow board members and advisors throughout my term to better serving its members.

## Goals

With my unique position, two very different roles are taken on. As Secretary, *organization* is key. For example, one responsibility requires collecting and recording pertinent information in different settings throughout the year, like in board meetings, conference calls, etc. That information is then organized in a format that is easily understandable, and is made available in a timely manner for fellow board members to refer to when making decisions. This year, I will continue to refine the process. I will work to improve the way in which information is collected, stored, and shared.

As Treasurer, *prudence* is key. Carefully managing resources and responsible decision-making is essential to the financial stability of the organization. All financial decisions will be made only after considering you, its members. As a delegate at this year's convention, I voted on keeping the decision to increase CNSA dues out of the hands of an elected few. Together, we fought to keep that decision in the hands of our members, and as an Officer on the Board of Directors, I aim to keep that principle at the forefront when carrying out my duties.

Please feel free to contact me with questions or comments concerning my position, or any other position within the organization. If you have any suggestions on how I may better serve our members, please do not hesitate to send an email.



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To get additional information, and to apply for the \$2500.00 scholarship, visit [CNSA.org](http://CNSA.org).

# Board of Directors 2013-2014

## Meet the Board



*Maria Estrada*  
*Legislative Director*

My name is Maria Estrada, and I am your current Legislative Director for the California Nursing Student's Association. My passion is centered on the empowerment of the nursing profession via civic engagement and by teaching other skills in legislative and political leadership. I have had the honor of partnering with several organizations in San Diego, where I have had the experience of lobbying at the local and state level to advance legislations that have benefited a great number of people. In addition, I have had the honor of being sponsored to do public speaking at the State Capitol in Sacramento as well as other public events in San Diego.

I am currently in my fourth semester of nursing school and am eager to pursue my career working with vulnerable communities such as immigrants, the elderly, and prisoners, just to name a few. Many people have asked why I chose nursing as my career. I always answer that it was not I that chose nursing, but that nursing chose me. I had the opportunity to do in-home care for an elderly woman who had a profound impact on my educational development. It was through her mentorship that I saw my potential as a student and a nurse. When she passed away, I realized that my passion lay in nursing and caring for vulnerable people. My patient was bed-ridden and suffered several co-morbidities that placed her in a position where she depended on others to accomplish her daily routines.

This resonated with me because as an undocumented immigrant, I too depended on the mercy of others to accomplish my everyday goals; together, we helped each other to achieve our full potential. I believe this is the essence of nursing, to help our sick in their most vulnerable situations, and care for and empower them to overcome their illnesses. As nurses, we are patient advocates, and one of the strongest tools of advocacy is pushing forth legislation that protects patients and the medical team. I hope to share with my fellow nursing students my experience and skills to help advance nursing legislative advocacy across California.

## Goals

1. I plan to amend the CNSA Bylaws for the section of Legislative Director in order to be on the same page as NSNA.
2. I plan to help expand the Nursing Students in Sacramento Internship (NSSI) by creating fundraising events to sponsor more students to partake in this leadership event.

Interested in becoming a Legislative Committee Member?

Contact Maria Estrada  
legdirector@cnsa.org

# Board of Directors 2013-2014

## Meet the Board



*Ashley MacRunnel  
Community Health  
Director*

My name is Ashley MacRunnel, and I am a senior BSN student from Point Loma Nazarene University. I am so excited to serve in this position, especially since it is the first-time anyone at my school has had the honor to serve as a CNSA board position. I am originally from L.A., but San Diego has been my home for the past three years, and I am in love with my ocean view. I am so blessed to be a part of a school that values and supports its nursing students and creates some of the unique opportunities for me and other nursing students to serve the community. In my three years at Point Loma this has included classes in the underserved neighborhood City Heights, and a medical mission trip to Ghana

two summers ago. My dream is to be a nurse in the NICU; even though this is a high-acuity and high-stress job, it is somewhere that I believe I am called to work. The families that interact with NICU nurses will eventually go back and share their health knowledge within their community, so I think that this position is preparing I am excited to share my vision for community nursing with other nursing schools across California. My goal is to provide resources and link those schools with more opportunities to work and learn in their community.

## Goals

1. Evaluate which CNSA chapters are participating in Community Health events, and assess better ways to integrate them in community health.
2. Continue Sam's previous goal of helping CNSA chapters create a Community Health Director position or an equivalent position.
3. Provide monthly newsletters, pamphlets, or other information for CNSA chapters to post and share in their school and surrounding community.



Interested in becoming a Community Health Committee Member?  
Contact Ashley MacRunnel  
[communityhealthdirector@cnsa.org](mailto:communityhealthdirector@cnsa.org)



# Board of Directors 2013-2014

## Meet the Board



Jennifer Ericson  
Convention Director

Hello fellow CNSA members, thank you so much for electing me to serve as your 2013-2014 Convention Director. I am a fifth-year student at San Diego State University. I moved to San Diego for school and fell in love with the city. There is such diversity among the people, and the weather is almost always beautiful. Originally, I am from Los Angeles. Family is a huge part of my life; I am not sure where I would be without the reassurance, support, and guidance of my loved ones. When I am not studying I like to hike the local trails, read non-nursing-related books, swim, and spend time with friends. After I graduate in May 2014, I am not sure what I will do. One of the wonderful features of nursing is the endless possibilities. Right now, I am applying to graduate school for my MSN. If I do not get in I am very seriously considering joining the Navy Nurse Corps.

My path to nursing began with my desire to be a doctor. I did everything I could to gain more medical experience. I volunteered many hours at my local hospital and started working as a lifeguard at sixteen. The more time I spent around the hospital, the more I began to realize the role and importance of nurses. After witnessing firsthand the advocacy and care that nurses have for their patients, I knew that I would better serve as a nurse.

I have been actively involved in my CNSA chapter since I began nursing school in January 2012. I participate in a range of events, and activities planned our chapter Board of Directors. One of my favorite events is the SDSU open house, "Explore SDSU." In March, potential new students were welcomed into our simulation lab, and we introduced them to the mannequins, and they listened to heart and lung sounds. This is my first leadership position within CNSA, and I am excited to work with the rest of the Board and plan a convention that you are pumped to attend.

## Goals

1. Effectively utilize media to spread information about convention
2. Select breakout session speakers that reflect the desires of students
3. Increase attendance of Southern California convention by 10% compared to 2012



Interested in becoming a Convention Committee Member?  
Contact Jennifer Ashley  
[conventiondirector@cnsa.org](mailto:conventiondirector@cnsa.org)

# Board of Directors 2013-2014

## Meet the Board



Eboni Cross  
BTN Director

Have you ever felt a passion so strongly, that you just had to do something about it? That is how I feel about Breakthrough to Nursing. I have always had a passion for culture and language. I have studied Spanish, French, German, and Mandarin Chinese. I love to write, run, and practice multiple Martial Arts. I also enjoy, looking for opportunities to serve my community. When I found the opportunity to serve through CNSA, I joined the state BTN committee. This experience eventually led me to run for the position of state Director of Breakthrough to Nursing.

I am currently in my second semester of nursing school at California State University, Sacramento. I chose nursing because I knew that I wanted to cause a change in people's lives. While my previous career allowed for this, Nursing provides me a wider array of opportunities to touch people's lives and support them in a unique way. My initial plan was to obtain a Doctor of Nursing Practice (DNP) and deliver services to underserved populations. While I still have this goal in mind, I also plan to pursue an advanced degree in Informatics. I have a background in Computer Science, so it seems like a perfect fit. This desire was sparked by a clinical experience where I realized, that while I can impact thousands of people working as Nurse, I can potentially impact hundreds of thousands, if not millions, with technology.

I am excited to be able to serve the public once I have graduated from Nursing school. Yet I recognize that I can also utilize my time in school to serve. That is why I have chosen to take my passion about Breakthrough to Nursing to the next level by serving. I urge you to serve your community by encouraging those so desperately needed in the Nursing Profession, to consider it as a career. We need more men, we need more people from diverse backgrounds, and we need you to help make that happen.

## Goals

CNSA is a wonderful organization that provides so many opportunities for all of its members, and I encourage you to consider giving back through serving on the board or on a committee.

Breakthrough to Nursing is very near to my heart, and I hope to make it close to yours as well. During my term of service I would like to build **Unity**, **Opportunity**, and **Hope** in the following ways:

**Unity:** We have Breakthrough to Nursing Directors all over the state. By coming together and supporting each other, Breakthrough to Nursing can be a strong force all over the state.

**Opportunity:** Many members of CNSA want an opportunity to get involved, and through Breakthrough to Nursing opportunities can be created to serve on chapter committees, the state committee.

**Hope:** While there are certainly many people of different backgrounds who know about nursing.

Interested in becoming a BTN Committee Member?

Contact Eboni Cross  
btndirector@cnsa.org

# Board of Directors 2013-2014

## Meet the Board



*Jireh Somera  
Communications  
Director*

My name is Jireh Somera your newly elected Communications Director. Currently, I am finishing up my fifth semester at Fresno State. At the local level I was the past Publications/Media Director and now the Website Director. I have a passion for graphic design, videography, and music. I am looking forward to this upcoming term and plan to utilize past experience to help CNSA reach the next level.

The nursing journey has attributed great experiences with leadership and learning where I want to go with the profession. Growing up I always felt a true calling toward the pediatric population. After completing my pediatric rotation, I knew that this was the field of nursing I wanted to pursue. At the end of my fourth

semester, I was fortunate enough to have the opportunity to be employed as a Pediatric Nurse Extern at Children's Hospital Central California. I work on their acute-care oncology, hematology, renal, and endocrine unit known as Craycroft. Working on Craycroft has shown me how resilient children are and how much of an impact the nursing staff has in the healing process. I found how rewarding it is working with children. Seeing a child smile or hearing them laugh always brightens my day whenever I am around these patients.

### Goals

1. Increase networking and collaboration among local chapters
2. Publish interactive newsletters that link to our website and other resources.
3. Revamp the website layout, format, and information.

### Facebook Statistics:

Statistics as of 12/08/2013

#### Geographical Demographics Ranking of Likes

1. San Diego (147)
2. Sacramento (96)
3. Los Angeles (80)
4. Fresno (79)
5. Stockton (36)

#### Gender Demographics Percent of Likes

81% Women  
19% Men

#### Geographical Demographics Ranking of People Reached

1. San Diego (451)
2. Fresno (390)
3. Sacramento (173)
4. Los Angeles (137)
5. Clovis (59)

Interested in becoming a Communications Committee Member?  
Contact Jireh Somera  
commdir@cnsa.org

# Board of Directors 2013-2014

## Meet the Board



*Ella Demchuk  
Membership North  
Director*

I believe "great works are performed, not by strength, but by perseverance" Samuel Johnson. It was an unexpected turn in my life, it defined my purpose and my destiny. Dream to be a nurse. Dream to make positive impact. Dream to be a lifetime learner. Dream of serving others. At the age of 13 my known world, living in Russia, turned upside down. My father needed medical treatment for his chronic illness he could only receive in the United States. We had to take the opportunity and immigrate. This turn of events and instant exposure to medicine in the United States sparked my passion for nursing profession. In order to make my dreams become a reality I had to overcome

challenges by being dedicated and determined. Although I came to this country with no understanding of English language, except the word "hi", today I am honored to be elected for as CNSA director. I am fulfilling my purpose and very fortunate to be living in the United States. Thank you for putting your trust in me and supporting me in being your Membership Director of Northern California.

It is when you on a brick of losing a family member, my father I had unquestionable certainty to pursue nursing profession. I was at the beginning of military training at Fort Sam Houston as a combat medic when I was notified by American Red Cross of most horrifying news. My father was in a coma. I instantly arranged to get back to Sacramento to be there by my father. The exceptional care of nurses for my father as he battled to stay alive solidified my decision. We were very fortunate to have our father improve and eventually be reunited with family at home. This traumatic event served as a confirming revelation, I knew this was my ultimate dream being giving back and saving lives. Today, my mission is clearly defined, I am a future nurse, I strive every day to utilize my potential and persevering in this quest.

My CNSA experience includes being an active on a Breakthrough Nursing committee. It has introduced me to incredible opportunities and gave me an understanding of a great organization CNSA. I am eager to devote myself to go above and beyond as a Membership Director of Northern California. Please join me on this year long journey as we learn and grow together. Thank you all.

Interested in becoming a Membership North Committee Member?  
Contact Ella Demchuk  
[memdirnorth@cnsa.org](mailto:memdirnorth@cnsa.org)

# Board of Directors 2013-2014

## Goals

*Ella Demchuk*  
Membership North Director

After close collaboration with Samantha Ahwah, Membership director-South, we have decided to combine our strengths and work as a team, we are looking forward to expand and grow together in 2013-2014. Samantha Ahwah and I have designed clear goals for this year. This year:

1. Organize Membership Meeting South - February 2014.
2. Organize Membership Meeting North – August 2014.
3. Create an efficient Membership Committee.
4. Create new chapters.
5. Design a CA policy for existing chapters, it will guide chapters to attract new members and target pre-nursing students.
6. Provide guidance to existent chapters as needed.
7. Membership growth in current chapters.

I am excited and honored to be your Membership Director-North. In the event I can be of any help please use CNSA website and contact me directly. Your ideas, suggestions, and concerns are welcomed and truly appreciated. Thank you for your trust and your ongoing support.

I would like to invite nursing students in Northern California to join my committee for Membership North. The responsibilities involve minor projects assigned by myself and active involvement of CNSA chapter of information dissemination. Simply it gives opportunity to be involved and represent their chapter.

Please include my email address for further information of questions. [Ellademchuk@hotmail.com](mailto:Ellademchuk@hotmail.com)

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with local and national updates:



Search:  
California Student Nurses' Association



[NSNA.org](http://NSNA.org)



[ACNL.org](http://ACNL.org)

# Board of Directors 2013-2014

## Meet the Board



Samantha Ahwah  
Membership South  
Director

My name is Samantha Ahwah and I am originally from Palos Verdes, Ca which is in the Los Angeles area. I expect to graduate in May 2014. I began at SDSU in 2007 as a Biology major with the intention of going to medical school. Then, in December of 2009, I lost my mom to breast cancer.

My entire childhood, when someone asked me "What do you want to be when you grow up," my answer was easy: I want to be a doctor. I honestly have no idea how this dream got into my head, but it did and I stuck with it, at least until 2009. On December 8, 2009 my mom lost her battle with breast cancer. I cannot express to you the pain that exists when you watch someone so close to

you deteriorate; when you see someone's body fail them, and you feel so useless that there is nothing you can do. I wished that I could take her place so badly. Why was my mom, someone who loved and cared for others so deeply, destined to battle this terrorist living inside her? I felt so angry, sad, alone, outraged, unhappy, like a bomb exploding with emotional confetti. The only thing that brought relief to me and my family were my mother's nurses. In a time of hopelessness, they gave us comfort that my mom was in good care. The doctor really only showed up once a day, so the nurses served as a familiar face, with kindness, and understanding of the ache and heaviness we had in our hearts. They were accommodating, knowledgeable, and best of all genuine when it came to the care of my mom. I found them inspiring. The reason I had always kept up with my dream of being a doctor was because I wanted to take care of people. After my experience at the hospital, I realized that the patient care I had always wanted was really in the hands of nurses. I want to be the person that can make things easier for patients and their families; be the sense of relief for someone that my family and I so desperately needed and appreciated. So, when I realized that I had actually been dreaming about being a nurse, I decided to get my degree in Nursing. I felt more motivated than I had ever been before—I had found my passion. Getting my acceptance letter into SDSU School of Nursing is the proudest I have ever felt. And now, when people say, "What do you want to be," I respond, "I'm going to be a Nurse."

## Goals

I am so excited to have been given the opportunity to serve as a member of the board again this year. This past year of experience has provided me with much insight, which I am using to guide my goals as Membership Director South. One of the greatest difficulties I came across last year was communication and dispersing information out through the schools. Many of the contacts that we have for different CNSA chapters are outdated. Since many people use their personal email accounts, the contact will change each time a new Executive Board is inducted. Therefore, one of my biggest goals is to encourage and increase the number of chapters utilizing generic emails that can be handed off to each succeeding board of directors. For example, the President of California University CNSA chapter would use [cu.cnsa.president@gmail.com](mailto:cu.cnsa.president@gmail.com). This way, the state board is easily able to contact the person they are looking for without having to search everywhere, helping to bridge the gap between state board and our constituents. *(continues pg. 14)*

# Board of Directors 2013-2014

## Goals

Samantha Ahwah  
Membership South Director

My second goal is to spend time nurturing and guiding 3-4 CNSA chapters that have been recently formed or that I will help to start this year. Just because a new chapter has been started does not automatically mean they know where to go from there. Not everyone has experience with bylaws or knows how to receive funding for the chapter, which are two fundamental aspects of each chapter. What I plan to do is meet with new chapters, if feasible, and see for myself where they are succeeding and where they need help. Once I have made that determination, I will utilize my committee to help continue with follow ups with the chapter. Additionally, I would like to make visits to other successful chapters and learn from them what works. After being part of SDSU's chapter and State Board, I have realized that not each chapter works the same, which I had thought been the case when I first joined CNSA. I think it would be great to integrate a mentor-type system where successful chapters make an effort to guide new chapters, as well as ones that need help.

These are my ideal goals for this year, along with having extremely successful Membership Meetings, which is where the State Board gets the chance to hear from individual chapters, and individual chapters hear from us. I am extremely excited to be working in this position this year, and with the new Board of Directors. I cannot wait to see what it brings.

Interested in becoming a Membership South Committee Member?  
Contact Samantha Ahwah  
[memdirsouth@cnsa.org](mailto:memdirsouth@cnsa.org)



# Board of Directors 2013-2014

## Meet the Board



*Melissa McClanahan  
Image of Nursing  
Chair*

I chose nursing as a career almost five years ago when as a college freshman majoring in Journalism I developed a passion for pre hospital medicine. My summer job as a lifeguard for California State Parks saw me working closely with Police Officers, EMTs and as fate would have it, a nursing student whose hunger for knowledge and confidence in care sparked my passion for emergency medicine. Together we performed CPR on drowning victims, free dove for missing swimmers and cared for critical trauma and medical patients. As a result, I have been working as an EMT for four years and have fallen in love with the rapid unpredictability of working in the field and would like to transfer

the skills I have acquired there to a career in critical care, starting in the Emergency Department and hopefully returning to the field as a flight nurse.

In my time at Sacramento State School of Nursing, I credit CNSA with opening doors in leadership, creating lasting friendships and building an environment where unity and cohesion nurture advocacy and change. As an active member of CNSA, I work as a mentor to incoming first semester students helping to equip them with the tools and information to not only survive nursing school but to thrive. Additionally, I volunteer on my chapter's Breakthrough to Nursing Committee, as well as the Fundraising Committee and have been elected Chapter Representative for Spring 2014 allowing me to take what I learn serving on the State Board back to the my chapter. CNSA has seen me work closely with faculty as well as students from each semester, learning from those from those that have gone before and supporting the ones that follow behind.

## Goals

The Image of Nursing Committee Chair presents a relatively new position on the CNSA state board and yet it encompasses an important piece of the nursing profession. A look back at the rich history and steady development of nursing reveals a long and subsequently stereotypical image of nursing that draws from previous ions like nurse ratchet and current reality figures filling screen time on MTV's "Scrubbing In". The general public has learned that nurses are nice (and sometimes naughty), caring, honesty and trustworthy, but are nurses intelligent, well-educated experts in their field? As the future of nursing becomes the present, it is time to shrug off the antiquated image of our profession and educate ourselves so we can educate others.

As the CNSA Image of Nursing Committee Chair for the year 2013-2014, I will work to achieve the following goals in order to promote of positive and accurate image of nursing, regularly update and inform CNSA membership regarding image of nursing issues in the media and coordinate and assist CNSA chapters to project a positive image of nursing.

- Create a State Image of Nursing Committee with members from CNSA chapters all across the state
- Align with the BTN Committee and the Cultural Committee in the creation of a state wide campaign for the advancement of nursing for both cultural and image awareness as well as underserved populations
- Create a recognizable campaign slogan promoting the image of nursing that can be used in communication with media outlets and the general public to promote events



# Board of Directors 2013-2014

## Goals

- Hold one state wide event in collaboration other state committees and chapters that would provide an opportunity to promote of a positive image of nursing public and media perception
- Create press releases that can educate media sources of CNSA events using the campaign slogan to unify the activities of nursing students across the state into a recognizable and relatable unit
- Use popular social media sources like Facebook and Twitter to promote awareness both public perception and media opinion of nursing among nursing students and connected members of public
- Assist local CNSA chapters in the creation of Image of Nursing Subcommittees, each with a committee chair that can communicate with and gain support from the State Committee
- Create a weekly email blast to every president, chapter representative, and BTN director updating members of the organization on the image of nursing in the media and ways members can become involved and work in their local communities
- Join the 30,000 petition signers to ultimately cancel MTV's "Scrubbing In" and mount an action initiative that begins with promoting awareness through every avenue of communication possible and ends with every member of CNSA as well as pre nursing students and as many members of the general public as possible signing the "cancel scrubbing In" petition that can be found on change.org and searching "Scrubbing In".

I look forward to serving as your Image of Nursing Committee Chair for the next year and encourage all suggestions, questions and concerns. Contact me if you are interested in joining the CNSA State Image of Nursing Committee or starting an Image of Nursing Committee at your chapter. Nursing is your career, your field, your passion and it is time to hear your voice and see your image.



*Pictures feature events during the CNSA 2013 Convention.*

# Board of Directors 2013-2014

## Meet the Board



*Jessica Montes*  
Cultural Awareness  
Chair

Greetings and welcome to the California Nursing Students' Association. My name is Jessica Guthrie Montes, and I am in my last year of the nursing program at Antelope Valley College. Culture is a passion of mine. I grew up in a multicultural family near Los Angeles and have lived in the San Francisco Bay Area, in cities known for a great deal of cultural variety. I have enjoyed traveling the country, as well as going to Africa to observe many different customs. Yet, I believe there are few places better to experience so many wonderful and diverse cultures, than right here in our great State of California.

I have been an active member of CNSA at Antelope Valley College since 2012. I have previously held the responsibilities of Secretary in 2012, and Co- President of our local chapter in 2013. At the state level, I have had the privilege of serving as a member in the 2013 House of Delegates, in which members had the opportunity to create, amend, and vote on CNSA by-laws, as well as, advancing resolutions for healthcare practices.

I am drawn to Nursing as it is a unique profession that integrates science, technology, communication, ethics, and most of all, compassion. I have enjoyed careers as a pre-school teacher, a bookkeeper, as well as working for Antelope Valley College as a laboratory assistant in the Chemistry and Biology department, while completing the prerequisites for the nursing program. However, it is nursing that has brought me the greatest challenges and the greatest successes in utilizing my natural abilities, and developing skills that bring me the most satisfaction.

We truly have a cornucopia of culture within our population, and as nurses it is important for us to learn about, appreciate, and encourage a healthy respect for the cultures we share. I want to thank the 2013 House of Delegates for the opportunity to share my cultural experiences with you as your Cultural Awareness Committee Chairperson. I look forward to collaborating with you this year in developing nursing leadership skills and cultural awareness.

## Goals

I am so excited to be working with you this upcoming year. The cultural committee is responsible for promoting diversity in the nursing profession. We want to promote the respect and inclusion of nurses from both genders and all ethnicities.

As a goal, I want us to celebrate diversity together. My plan is to develop eight dynamic newsletters highlighting prominent ethnic groups in California, and promoting key nursing figures that represent excellence and diversity in nursing. These newsletters will also feature music and recipes to share at your next CNSA chapter meeting.

# CNSA Convention Recap

*By Jennifer Ericson – Convention Director*

Hello fellow CNSA members, thank you so much for electing me to serve as your 2013-2014 Convention Director. The 2013 Convention was a great success. KT Waxman began convention with an inspiring talk about her unique journey and the importance of simulation. For the first time, we created and participated in a walk to raise money for Flo's Cookie Jar. There were also three breakout sessions, which allowed students to choose from lectures ranging from Nursing in a War Zone to Professionalism and how to land your first job. Wrapping up on Sunday, Kimberly Horten reminded us of the ANA Code of Ethics for nurses and what is meant to follows the guidelines. The turnout for this convention was outstanding with about 550 in attendance.

For the 2014 Convention, my first goal is to select speaker that reflect the desires of the students. I want to know what is important to you and how I can tailor convention to fit your preferences. I will also look for speakers to keep us informed and updated on the changes to healthcare, and what that implies for nurses. Southern California is very dense and rich in the number of nursing schools. My second goal is to increase the attendance for convention by 10% when compared to 2012. In order to do this I will utilize multiple forms of media to spread the word about the 2014 Convention and highlight. Regular email updates and social media blasts will promote Convention and keep you informed as the details come to light. I can wait to get started and I look forward to what this year has in store.



# 2013 NSNA Mid-Year Recap



*Jordan Burns  
CSU Fresno*

The experience of "Mid-Year" in Louisville, Kentucky exceeded my expectations. The city of Louisville itself was a great venue for the conference. We stayed

at the Galt House, a massive, sprawling hotel that sits next to the Ohio River and within walking distance to a ton of great food, arts and entertainment. It was fun to represent Fresno State nursing and essentially the entire State of California.

Getting to meet so many nurse leaders from the Great Lakes area, the South, and along the Eastern Coast was fun and interesting. In many ways Mid-Year functions a lot like a State Conference only the focus is more toward 'chapter building' and informative group sessions. The group sessions often included topics specific to the role and function of board member roles. Three of us from Fresno State planned our schedules so that we could attend as wide a variety of subject matters as possible. Each one of us took good notes so that we could bring the knowledge and expertise back to benefit our chapter and our CNSA organization as well.

Mid-Year was a valuable experience and I'm grateful that I went.



*Noah Morales  
CSU Fresno*

The Mid-Year Conference in Louisville Kentucky was a wonderful experience. It offered an opportunity to not only develop myself as a leader, but also

provided the tools, information, and social network to enhance our local Fresno State chapter of NSNA. The environment was unique because everyone attended as an individual with the purpose of serving his or her chapter. Students were eager to collaborate; they shared their many diverse experiences bits of wisdom with their peers from around the country, which allowed each of us to gain unique perspectives and new ideas for our local chapters. There was no legislative agenda or political campaigning to distract and overwhelm the many meaningful interactions between students making each conversation feel more authentic. This gathering of future nurse leaders was an invigorating, inspirational, and motivating experience. While sitting in a room and discussing various topics with all these amazing student nurse leaders I couldn't help but believe the future of nursing and health care is bright.



## [Flo's Cookie Jar](#)

Flo's Cookie Jar provides emergency grants-in-aid to pre-licensure RN students facing a one-time need that otherwise would force them to leave school. Developed by a group of experienced nurse leaders and educators,

Flo's Cookie Jar is uniquely structured to provide two types of emergency grants-in-aid, not to exceed \$2,000

# 2013 NSNA Mid-Year Recap



Zack Huddleston  
CSU Fresno

Overall, my experience at the NSNA Midyear was phenomenal. This was the first year my chapter was able to attend the event and I could not have asked for anything better and more educational. With the multiple opportunities such as Focus sessions and Keynote speakers I managed to attain numerous amounts of helpful information. This conference could be compared to the annual NSNA convention, but it is different in that I felt much more of it focused on chapter and organization improvement.

As Chapter President I was able to collect a tremendous amount of information for my school's chapter. I brought back information on new ideas to improve membership retention and recruitment, policies, and communication methods.

On of the bigger sessions was the panel of Specialty Nurses. For example, nurses from Oncology, Emergency, Forensic, and Plastic Surgery were present to speak on behalf of those nursing specialties. Just being able to hear them discuss the infinite amount of opportunities available to nursing students was inspiring.

The vendors at the conference were amazing. I was able to meet many different representatives from multiple schools. They were able to supply me with information on the many advanced practice programs available. It really showed me that my education does not need to stop at finishing my Bachelors.

My favorite session was attending the Chapter President Forum. Here, other chapter president and I were able to discuss issues within our chapters. It was within this forum we all were able to give advice, as well as ask for it. It was a great learning experience, as I was able to see what issues nursing student organizations across the country were having. Sometime I could offer my support and advice, while other times I was writing notes on how to improve something within my own chapter.

The networking opportunities were unlimited. You have the chance to meet many different people, and possible new friendships. It was so helpful to see that others have similar interests in nursing as I do. Today, I still text some of those individuals, to ask them how they are doing. They are not just peers, but friends too.

The opportunities at the NSNA Midyear conference were exceptional. I do not regret one minute of going because of the positive impact it will have on myself, as well as on my local chapter.

## CNSA Advisors

Brenda Brozek – [brenda@acnl.org](mailto:brenda@acnl.org)  
 Donna Kistler – [dlkistler@comcast.net](mailto:dlkistler@comcast.net)  
 Susan Bowman – [susanbowman@otcwb.com](mailto:susanbowman@otcwb.com)

Cathy Melter – [c.melter@att.net](mailto:c.melter@att.net)  
 Pat McFarland – [patricia@acnl.org](mailto:patricia@acnl.org)  
 Susan Herman – [Sherman@lpch.org](mailto:Sherman@lpch.org)