

PULSE the

10-Quarter Option Nursing Program

**Application Deadline Extended
To: June 20, 2008**

Starting in Fall Quarter 2008, the Shoreline Community College Nursing Program will venture into new challenges by adding a 10-Quarter Option Nursing Program alongside the traditional six-quarter program. The program was designed to meet the needs of individuals who have life or work demands that make it impossible for them to enroll in a more traditional full-time nursing program. The program may also benefit individuals who have found a full-time load challenging in the past or those who learn best at a slightly slower pace.

The 10-Quarter Nursing Program will run for 10 consecutive quarters including summers and is based on the same curriculum as the full-time program. The Nursing Program consists of theory (lecture/discussion), nursing skills lab where students learn and practice various skills, and clinical experiences in various settings where they work with clients and patients. But, the traditional curriculum which required 10-12 credits each quarter has been rearranged so that students in the 10-Quarter Program may carry 3-10 credits each quarter with an average load of 7-8 credits. The classes will be scheduled 2-3 days per week throughout the program and usually in the late afternoons or



SCC Celebrates Nurses Day 2008!

By Margaret O'Malley

Since 1974, May 6-12 has been an officially designated as Nurses Week. May 12 is the birthday of Florence Nightingale who is the founder of modern nursing. On Tuesday, May 6, SCCANS began Nurses Week with a Nurses Day celebration. The event was sponsored by UW Medical Center.

The theme for Nurses Day this year was "Nurses- Making a difference everyday." Students were invited to reflect on how they will make a difference as nurses by writing on poster that said, "As a nurse, I will make a

(Continued on page 4)

(Continued on page 4)

WSNA Centennial

By Cary-Ann Anderson

On May 6, 2008 the Washington State Nurses Association celebrated its centennial with a banquet in Seattle. It was an exciting and moving night with many beautiful moments.

There were some very interesting exhibits which included pictures from nursing in the past going back 100 years. Who knew we had such exciting nursing history in Washington State?

There was also the presentation of a proclamation announcing May 6, 2008 Washington State Nurses Association Day, by Governor Gregoire who unfortunately could not attend. Becky Patton the current president of the ANA spoke and gave a very hearty message of learning from our past and looking forward to our future. Sam Reed, Washington Secretary of State presented Kim Armstrong, WSNA President, and Judy Huntington WSNA Executive Director with a centennial certificate. Not surprisingly there are not many corporations which last 100 years and so it is an elite club which the WSNA is proud to be a part of.

Lastly, the night ended with a touching ceremony which two of our very own nursing students were invited to take part in. Seedy Danso (6th quarter) and Jennifer Valenzuela (5th quarter) were part of a candle-lighting ceremony which honored past presidents and executive directors and lit the path to the future. It was a gorgeous evening albeit a little overwhelming to be in the presence of so many nurses who had paved the way, faced adversity and made so many momentous strides in our chosen profession.

Mary Mahoney Scholarship Winner!!

Congratulations to **Claire Otebele** in 5th quarter! Claire was of the scholarship winners of the Mary Mahoney Professional Nurses Organization. If we think back to first quarter when we learned about all the nurse leaders who paved the way for nursing students like us we will remember that Mary Mahoney was the first African-American professional nurse. Claire told the Mary Mahoney Professional Nurses Organization that she was inspired to be a nurse while watching her mother provide nursing care in her hometown in Nigeria, and that she doesn't know what area of nursing she plans on specializing in yet. We're sure she'll go far and make her Shoreline pals proud!

Congrats Claire!

And CONGRATULATIONS to all our other scholarship winners this year!



SCCANS Officers

Presidents:

Aron Ruderman

Cary-Ann Anderson

Co-Vice Presidents:

Kat Wright

Margaret O'Malley

Co-Secretaries:

Heather Gardner

Christina Snyder

Co-Treasurers:

Derrick Nap

Cynthia Klimper

Class Representatives:

1st:

2nd: Jenny Andersen

Lisa Zegan

Tim Cordery

3rd: Christina Snyder

Nancy Courchaine

4rd: Margaret O'Malley

Rosalie Gammelgaard

5th: Aron Ruderman

Kat Wright

6th: Susan Casperson

Jamie Cook

Sandi Kim

Evaluation Committee

Representative:

Ali Kurhan

Faculty Committee:

Aron Ruderman

Cary-Ann Anderson

Curriculum Committee

Representative:

Jenny Andersen

Graduation Committee:

Anja Bagheera

Aron Ruderman

SCCANS Web Manager:

Eunice Jurca

Brown bags:

Margaret O'Malley

Aron Ruderman

Fundraising :

Ali Kurhan

Jennifer Valenzuela

Continuing Education

Representative:

Kat Wright

Uniform Closet:

Josh Epworth

Ali Kurhan

The Pulse:

Kat Wright

Cary-Ann Anderson

Eunice Jurca



WALKING FOR A CURE!

We have taken on an incredible challenge. On September 12th, we'll be walking 60 miles over the course of three days, camping out at night with thousands of other women and men taking this journey with us.

It's for an event called the Breast Cancer 3-Day, which benefits Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund.

They are working hard to build a future without breast cancer, and our team plans on raising \$8,800 to help bring us closer to that goal. The tricky part is we MUST raise this money in order to participate in the walk.

SO WE NEED YOUR HELP!

Please consider making a donation to support our team. Please visit our team website @ <http://08.the3day.org/goto/marchingmammaries> then just click on one of our names which will direct you to our personal page where you can make a donation.

We are walking in honor of all survivors, in hopes for all the women in our lives and in yours, and in memory of all those brave women who lost the battle, one of which was Cynthia's mother Laura Jenkins.

Thank you for taking the time to read this, and thank you for your support.

Sincerely,

Jessica Lundquist and Cynthia Klimper
3rd quarter nursing students

P.S. Don't wait - donate today!

We want to say a **BIG THANK YOU** to **STEPHANIE HANEY** in 4th quarter for her support!! Your kindness touched our hearts.

Thank You 2nd Quarter!

First quarter students extend a special thank you to second quarter students for the festive welcome luncheon and an extra special thank you to Jenny Andersen for organizing the whole shindig! The clinical goodie bags, advice, comfort food and comedic performances were extremely effective in lowering our anxiety levels; they helped us look forward to the quarter and say "hey I can do this". This is what some first quarter students had to say:

"I really enjoyed hearing about second quarter's perspective. It gave me hope!"

"The food and the opportunity to network with other quarters were great."

"Great job on the skits and video presentation – a little humor goes a long way. I think they helped put us at ease."

"It was great that they provided the assessment guide in the goodie bag."

"I really enjoyed the skit they presented – very funny, entertaining and definitely something we could all relate to."

"I appreciate that the second quarter students approached me to talk and share their experiences. They were very outgoing and made me feel at ease."

"I appreciated getting the name of a second quarter person to speak to."

"I loved the tips for studying!"

"If food and laughter can't alleviate my stress, I don't know what can."

Thank you second quarter, we appreciate the "you can do this" mentality – you helped a lot of us find our confidence. You're our hero!

PULSE SUBMISSIONS

Your quarterly newsletter "THE PULSE" is always looking for submissions. Some possible ideas:

- Nursing events around town
- A cultural perspective
- A helpful tip that other students may benefit from
- A letter to the editors – do you have a question, complaint, or comment about anything that we have written?
- Do you know any recent SCC nursing graduates that would like to give us insight on what it's like to be a new nurse?
- A male perspective
- Any political events that relate to healthcare or nurses

Please send correspondence to thepulseatgcc@gmail.com

Check with your instructor! You may be able to get extra credit points for submissions that make it into The Pulse!

difference by....” The speaker for this year’s celebration was Patti Kajlich, RN. Patti is a third quarter instructor who has taught for SCC for over 10 years. She talked about the impact nurses can have on their patients with even the smallest encounters.

Georgia Pierce, Program Director, announced scholarship winners. Scholarship winners included: **Lynn Frothingham, Cynthia Klimper, Zach Shone, Lucy Brown, Laurel Hanson, Aron Ruderman, Lisa Zegan, Christopher Duong, Bekah Heestand, Kat Wright, Claire Otebele, Seedy Danso and Jenifer Valenzuela.** Faculty were also honored at this event as nurses who have made a difference in the lives of their students. Prior to the event, students had been asked to say in a few words how the faculty have made a difference in their lives. Each faculty member was given a sunflower- a symbol of loyalty and longevity- as a token of thanks for their work as nursing instructors.



evenings. Clinical experiences may be scheduled as early as 6:30 am or as late as 10:30 pm depending on the clinical facilities and course expectations. The current nursing faculty will be teaching the curriculum although there will also be teaching opportunities for new faculty members to join our staff as the program continues. Both programs are approved by the Washington State Nursing Care Quality Assurance Commission and nationally accredited by the National League for Nursing Accrediting Commission (NLNAC) in New York, NY.

The Nursing Program Application will re-open for Fall 2008 entry to the 10-Quarter Option **ONLY** beginning **Monday, May 19, 2008** and closing at 4:30 pm on **Friday, June 20, 2008.**

For further information,:

contact the Nursing Program Office at (206) 546-4743. Information about both programs is also available at the Nursing Program website at www.shoreline.edu/nurse.html

A Message From SCCANS Co-Presidents

Making A Difference Every Day

As another school comes to a close we would like to take a moment to reflect on the past 3 quarters. The year has brought plenty of new wonderful faculty members, new math test requirements (90%!!!), and three new groups of future nurses. It has been a wonderful 9 months and the Shoreline nursing students have exemplified this year’s motto for National Nurses Week “Making a Difference Every Day.” In the past months, in addition to our nursing school duties our organization has collected money for a needy family, socks and underwear for the homeless, hosted a very successful Outback Steakhouse fundraiser and had multiple participants in an event to raise awareness for juvenile diabetes.

All these events we do as a nursing student body surely make a difference in many people’s lives and we should truly be proud of the things we accomplish. To keep this momentum going takes effort, but not as much as one thinks. Making the effort to help a fellow student struggling with content in the hall, leaving a note of encouragement for a friend or taking the few extra minutes to straighten a patients room even when it’s busy are just a few ways to make a difference. We encourage you to think about the ways you make a difference and if your list seems too short, try to add one new action daily for at least one week. Although this sounds like an outcome on an NPP, be assured that doing this will increase your awareness of how much you really do make a difference and how many lives you touch just by being who you are.

From Cary Anderson and Aron Ruderman