In This Issue:
Welcome ................................................................................................................................. p.3
Events at Convention ............................................................................................................ p.4
Keynote and Endnote Speaker Biographies ........................................................................ p.5
Breakout Session Descriptions ............................................................................................. p.6-9
Map of CCBC, Essex ............................................................................................................. p.10
2014-2015 MANS BOD .......................................................................................................... p.11-12
Why Get Involved in MANS? ............................................................................................... p.13
Image of Nursing Campaign ............................................................................................... p.14
Resolutions ............................................................................................................................. p.15
NSNA Secretary Biography ................................................................................................. p.16
Convention Donor Recognition ........................................................................................... p.17
Community Health Updates ................................................................................................. p.18
Presidential Minute ............................................................................................................... p.19
Upcoming Events .................................................................................................................. p.20

Thank You to Our Supporters!

The Maryland Association of Nursing Students is honored and privileged to be joined by Donna Cardillo, RN, MA, CSP and Lauren Inouye, MPP, RN at our 2015 State Convention. Both are top leaders in the profession of nursing and are shining examples of how nurses can utilize their skills and experiences to be extraordinary and impactful. Be sure to read their biographies on page five.

The MANS Board of Directors is incredibly grateful to both Ms. Cardillo, Ms. Inouye, and all of our breakout session leaders, sponsors, committee members, and the CCBC, Essex team members for the time, donations and support provided that made the 2015 MANS State Convention possible!
Student today. Nurse tomorrow. Together, we’ll get you there.

Proud Sponsor of the Maryland Association of Nursing Students 35th Annual State Convention

NCLEX-RN® Prep

✓ Pass the first time, guaranteed or your money back.*
✓ Review high-yield nursing content and develop crucial critical thinking skills with our exclusive Decision Tree.
✓ Prep in an in-person or online classroom, or at your own pace.

FREE Events!

Head to kaplannursing.com/nclxeevents and register for one of our free events! From practice test to strategy sessions, get important practice and information for FREE.

*KaplanNCLEX® is a registered trademark of the National Council of State Boards of Nursing, Inc. *Conditions and restrictions apply. For eligibility requirements, visit www.kaplannursing.com/guarantee for more details
Welcome Convention Attendees!

Greetings Convention Attendees:

On behalf of 2014-2015 Board of Directors, it is my honor and privilege to welcome you all to the 35th Annual MANS State Convention. This year’s theme is TLC: Take Charge, Lead the Way, and Change the Future. This means that the focus is on you, your path, and your future as a nurse.

I am excited to have such a diverse group of individuals and organizations participating in the convention this year. I hope that all of you will benefit from the speakers, breakout sessions, NCLEX reviews, simulations, exhibitors, and other opportunities available to you throughout the day. This convention is a collaboration among numerous parties and could not have been accomplished without the support and assistance of those participating today.

I would first like to thank the Community College of Baltimore County, Essex for hosting us today and for all of their assistance with the planning and organization of this event. Specifically, I would like to thank Dr. Marianne Eichenberger, PhD, RN, Associate Professor and NSA Faculty Advisor at CCBC, Essex for her continued support and for helping us overcome all of the last minute hurdles we encountered.

I would also like to take this opportunity to thank our sponsors who have generously supported our organization in hard economic times: American Association of Colleges of Nursing (AACN), American Public University, Anne Arundel Medical Center (AAMC), Assessment Technologies Institute (ATI), Aureus Medical Group, Bora Chung Photography, Children's National Medical Center, Grand Canyon University, Greater Baltimore Medical Center (GBMC), Holy Cross Hospital, Hurst Review Services, International Service Learning, Johns Hopkins Hospital, Johns Hopkins School of Nursing, Kaplan Nursing, The Living Legacy Foundation, Maryland Association for Health Care Recruitment (MAHCR), National Student Nurses’ Association (NSNA), Notre Dame of Maryland University, Stevenson University, UC Davis Medical Center, University of Maryland School of Nursing, University of Pittsburgh School of Nursing, Walden University, and Western Governors University.

I also thank our Keynote Speaker Ms. Donna Cardillo, RN, MA, CSP and our Endnote Speaker Ms. Lauren Inouye, MPP, RN for taking the time to be with us today to share their personal expertise and insights. Thank you to all of our breakout session leaders for providing our students with tools and resources that will lead them to a unique and successful nursing career. Thank you to our committee members, as well, who have been incredibly helpful in planning this year’s convention. Thank you to the Maryland Nurses Association; your continuous support of MANS is truly appreciated.

A very special thank you goes to our MANS state consultant, Tess Bailey, RN for all of her insight, support, and time. She gives us a shoulder to cry on, an ear to talk to, and the space to fall and get back up. Without her knowledge and guidance, none of this would be possible.

Last but not least, I sincerely thank the 2014-2015 MANS Board of Directors. I am honored to have served with you throughout the last year. The level of dedication, commitment, and leadership I have been surrounded by is truly amazing. I am confident that every one of you will do great things and I wish you all much success.

Again, thank you all for making this convention possible. Let this opportunity open your eyes to see nursing differently. Imagine the possibilities, take control of your path, and change the future!

Rebecca Skidmore
MANS Vice President
Chair, 35th Annual Maryland Association of Nursing Students Convention
Events and Tables at the 2015 MANS State Convention

Download the 2015 MANS State Convention App
Download the “Yapp” app and search the code “L6ZWYJ” to access the official MANS Convention app. The app allows you to access information about convention day at the touch of a button.

#mansimageofrn
Use “#mansimageofrn” throughout the convention day. Any photos that you take and upload to our Facebook page or Instagram (md_nursing_students) will be entered into the Image of Nursing contest. All photos must be submitted by 1500 on convention day. One lucky winner will win a prize at the closing ceremony. Creativity counts!

Raffle Tickets
Save your raffle tickets to turn in at the end of the day as you walk into the closing ceremony!
Entry into convention = 1 ticket
Every 1 item of food donated = 1 ticket
Every medical or would care supply donated to Haiti = 1 ticket
Completed Convention Survey (located in your bag) = 1 ticket

MANS Store - Registration Area, COMM Building Lower Lobby
Purchase t-shirts as well as MANS cords and pins for graduation at this table.

Vendor Area - COMM Building Second Floor
All of the vendors who have generously offered to table at this year’s convention will be set up here.

Delegate/Candidate Credentialing Table - Registration Area, COMM Building Lower Lobby
Are you a delegate from a MD nursing school, or would you like to become one? Are you interested in running for a MANS Board of Directors (BOD) position this year? Stop at this table to sign up and get all the information! You can run from the floor for a MANS BOD position even if you did not apply prior to convention.

Penny Wars Table - Registration Area, COMM Building Lower Lobby
The school who wins gets to choose a charity to donate all proceeds to.

Canned Food Drive Table - Registration Area, COMM Building Lower Lobby
Each non-perishable food item donated earns you one raffle ticket. All items will then be donated to My Brother’s Keeper, Baltimore.

Be the Match - Registration Area, COMM Building Lower Lobby
Register to become a bone marrow donor and learn more about the amazing things that this organization does. Can’t register? By giving just $1 you can show your support.

Donate to Haiti - Registration Area, COMM Building Lower Lobby
All supplies collected will be given to the Hatian Outreach Mission for their newly organized medical missions program. Each item donated gets you one raffle ticket.
Donna Cardillo, RN, MA, CSP

Keynote Speaker

Donna Cardillo is the Inspiration Nurse and the "Dear Donna" columnist at Nurse.com. She is also an expert blogger at DoctorOz.com. Donna travels the world helping women and healthcare professionals to be happy in their careers and to reach their full potential. She does that as a keynote speaker, columnist, author, and cut-up. Her accomplished career combines over 25 years of clinical, managerial and business experience, not to mention her stint as a professional singer. Donna's clinical experience includes emergency and psychiatric nursing. Donna holds a diploma in nursing, a BS in Health Care Management and an MA in Corporate and Public Communication. She was formerly known as the "Healthcare Careers Expert" at Monster.com. Donna has twice been named NJ Business Woman of the Year and has also received the coveted Athena Award, a national leadership award for women. Donna was designated a Diva in Nursing by the Institute for Nursing in NJ for outstanding achievements and excellence in practice. She has also been named one of the 50 Best Women in Business by magazines and has published numerous articles. Donna has appeared on the Dr.Oz Show and the Today show and has been featured in the Los Angeles Times. Donna is an author if the books Your First Year as a Nurse - Making the Transition from Total Novice to Successful Professional, The ULTIMATE Career Guide for Nurses - Practical Advice for Thriving at Every Stage of Your Career, and A Day Book for Beginning Nurses. She is working on her fourth book. Donna is a founding member and past president of the NJ Chapters of the National Speaker's Association (NSA) and the National Association of Women Business Owners (NAWBO). Donna is a volunteer lecturer and facilitator for the National Multiple Sclerosis Society. When she is at her home base in Sea Girt, NJ, she serves as a local spokesperson for family caregivers.

Lauren Inouye, MPP, RN

Endnote Speaker

Lauren Inouye is the Associate Director of Government Affairs for the American Association of Colleges of Nursing, which represents over 750 baccalaureate and graduate schools of nursing across the country. In this role, she works to advance policy and advocacy initiatives surrounding higher nursing education, research, and practice. In addition, she manages AACN’s Grassroots Network comprised of over 11,000 AACN member deans, faculty, students and practicing nurses. Prior to her role at AACN, Lauren practiced as an RN in the Intensive Care Unit at Medstar Georgetown University Hospital and served as a co-chair on the hospital’s Legislative Council from 2009-2011. She was a 2011 recipient of the Sigma Theta Tau Honor Society of Nursing’s "100 Extraordinary Nurses" award. Lauren received her Bachelor of Science in Nursing from the University of Michigan and her Master of Public Policy from Georgetown University.
Breakout Session Descriptions

Applying Nursing Judgment and Critical Thinking to Lab Analysis
Let's face it...labs can be confusing! Understanding the textbook definition and memorizing a number is easy, but analyzing labs can be hard. After a quick review of numbers and definitions, this session will use case studies to analyze labs and apply nursing judgment for decision making related to nursing interventions.

*Rebecca Sinclair-Bennett, MSN, RN*

Burn Care at Johns Hopkins Bayview Medical Center
In this session, the initial and long term burn management in the Johns Hopkins Burn Center will be discussed. The initial management of complex burns as well as reconstruction and long-term rehabilitation for burn survivors will also be covered.

*Yvette Wilson, MSN, RN, CCRN, CNS*

Children’s Psychiatric Nursing
Psychiatric nursing care varies greatly depending on patient age and development. In this session, participants will learn about psychiatric nursing as it is applied to pediatric and adolescent populations.

*Darby Subotich, MS, RN*

Community Based Nursing - Handling an Outbreak
Outbreaks are everywhere. This session will explore how to clinically reason through an outbreak. Participants will critically think through an outbreak outside of their comfort zone as the scenario unfolds. If you like simulations, this session is for you!

*Barbara Hill, RN, MSN, CNE, CMSRN*

Certified Registered Nurse Anesthetist (CRNA) Q&A
Interested in becoming a CRNA? Ask a practicing CRNA questions about their education, job and what they love about their specialty in this session.

*Janet Lee, CRNA, MSNA*

Diabetes Medication and Technology
Learn about the classes of diabetes medications used to manage the disease. Other topics include: glucometers, insulin delivery devices, continuous glucose monitors, and an introduction to mobile prescription therapy.

*Jennifer Papastephanou, MS, RD, LDN, CDE*

End of Life Care
In today's healthcare environment, the process of death and dying is considered a natural part of patient care; despite the acceptance of death and dying in society, though, nursing students receive little to no exposure to this topic in their nursing studies. In this session, attendees will participate in activities grounded in EBP meant to decrease anxiety and stress related to death and dying.

*Regina Donovan Twigg, DNP, RN*

Finding Your First Nursing Position: Resume and Interview Tips
This session will provide practical tips from healthcare recruiters on how to prepare to find your first job. Information will include resume tips, how to apply for positions, how to stand out as a candidate and how to prepare for your interview.

*Marita Kellers, MSN, RN, PHR*
Breakout Session Descriptions

How to Teach Diabetes to Patients
Learn how to provide diabetes education to patients in a meaningful yet simple manner. Attendees will review the basic pathophysiology of the disease and will be taught to communicate this information effectively to patients in need.

Jennifer Papastephanou, MS, RD, LDN, CDE

Human Resources Professionals/Nurse Manager Panel
Participants will be able to ask a panel of Human Resources Professionals and Nurse Managers questions about how to successfully fill out applications, how to succeed in interviews, how to structure their resume, how to stand out as candidate, and whatever else comes to mind.

Ann Bures, MA, RN, CHCR; Cyndy Ronald, BA; Mary Jo Simke, MS, BSN, RN

Hurst NCLEX Review
Come experience Hurst’s nationally renowned comprehensive approach to passing the NCLEX as we review fluid overload in one session and shock management in another. Using our steps of reviewing must know content, developing critical thinking and application skills, incorporating NCLEX specific testing strategies, and practicing high level NCLEX style questions; let us introduce you to the tools essential to conquering the NCLEX the first time!

Ann Wood, MSN, RN

Hurst Lunch & Learn: Understanding the Development of the NCLEX Test Plan
A presentation will be given about the purpose of NCSBN and other information regarding the development of the NCLEX Test Plan. Incorporation of the NCLEX process described in this session into the instructional plan of your curriculum will enhance your students’ performance on the NCLEX. This continuing education activity has been approved by the Mississippi Nurses Foundation, Inc., an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation for 1.5 CEU’s. Open to faculty members only.

Celeste Lowrey, MSN, RN

ICU Nursing/Care of Patients with Comorbidities
Providing nursing care to those patients with multifaceted complex needs is exhausting, time consuming, and often requires a great deal of imagination. Using case maps to describe the underlying disease manifestations, how they are associated with each other, and linking this information directly to the expected nursing care is one way to begin to understand the complexity of some of the care requirements. This presentation will focus on two patients; the pathophysiologic considerations will be analyzed and then the care plan will be established.

Joan Davenport, PhD, RN

Ins and Outs of Perfusion
A summary of perfusion inside and out. What does your patient look like? What should you do?

Kadriyya Clark, RN, DNP, CNE

Kaplan NCLEX – Sample Review Class
Kaplan will deliver a sample lecture demonstrating the effective tools we teach in our NCLEX review course. Led by an expert NCLEX instructor, we will highlight test taking strategies and tips to help you as you begin to prepare for your test.

Robert Gayhardt, Health Programs Manager-MD & Tammy Stine, Area Director of Health Programs
Breakout Session Descriptions

"Lions, Tigers, and Bullies in Nursing OH MY?" Creating Solutions for Change
Incivility and bullying are more evident than ever. Have you ever been mistreated by a healthcare professional? Why does this happen? This session will address behaviors in the nursing profession regarding incivility, lateral violence, and bullying. It will review "triggers" for inactivity. The session will identify and describe strategies for improving the environment. You are a part of the solution to the future! Come engage in discussion and learn in this two part presentation!
Janet Tompkins McMahon, MSN, RN - This session lasts until 3:40pm

MANS Board of Directors Q&A
Interested in running for a MANS Board of Directors position? Members from the current BOD will be here to answer your questions!
Members from the 2014-2015 MANS BOD

Mock Interviews
This session will share information on how to prepare for a nursing interview by reviewing commonly asked interview questions, doing mock interviews using volunteers, and reviewing personal and professional etiquette for before, during, and after the interview.
Nyuma Harrison, BSN, RN

New Graduate Panel
Ask new graduate nurses about their experiences fresh out of nursing school. Nothing is off limits!
Marynella Baltazar, BSN, RN; Nikki McCarthy, BSN, RN; Edward Stene, BSN, RN; Anastasia Valentino, BSN, RN

Nurse Research: Take Charge, Lead the Way, and Change the Future of Nursing
Evidence Based Practice is important to the nursing profession as care practices can and do change over time based on accumulating evidence. The well-being of our patients and the evolution of our profession are based on research. Indeed, many nurses embark on a research career after being frustrated by clinical challenges. Get inspired to embrace the call to EBP, learn how to take charge, lead the way, and change the future of nursing.
Sharon Kozachik, PhD, RN

One Nurse’s Journey in Leading the Way to Improved Pediatric Care Outcomes
This topic will describe the journey of a nurse and her colleagues who embark upon an initiative to decrease the pain and anxiety associated with venipuncture in the pediatric population. Despite the wealth of information highlighting the importance of treating pain and anxiety associated with venous access procedures, management of this pain is often inadequate. An EBP approach was implemented and the outcomes will be discussed.
Pamela Kyne, MS, BSN, CPEN

Past, Present and Future of Trauma Nursing
This presentation is based on historic findings as well as current evidenced-based practice in trauma care. Participants will learn about where the future of trauma care will lead us and what trauma nurses do every day to relieve patients’ suffering and prevent lingering, painful deaths.
Suzanne Sherwood, MS, RN
Breakout Session Descriptions

**Pediatric Intensive Care Nursing: An Honor and a Privilege**
In the course of explaining several case studies, participants will gain an understanding of the role of a pediatric intensive care nurse in providing care.

*Vanessa Velez, MSN, RN, CCRN*

**Red Cross Disaster Training**
Become certified by the American Red Cross in Disaster Health and Sheltering through a tabletop exercise. Explore the challenges faced by healthcare workers during a disaster by completing mock health assessments, treatments, referrals, and casework for coordinating care with community and public health agencies. Must have Part 1 completed prior to attending and be registered.

*Mary Casey-Lockyer MHS, BSN, RN, CCRN*

**Resolutions: Nursing Beyond the Bedside**
Learn how getting involved with resolution development as a student can help you make a difference in the world of healthcare and how it can help prepare you for your career as a nurse.

*Harrison Jackson, MANS Resolutions Chair & Rebeka Rivera, NSNA Secretary/Treasurer*

**Resume & Cover Letter Workshop**
Get tips on how to construct a great resume and cover letter from an expert from the University of Maryland School of Nursing.

*Tiffany Murphy, MS*

**Sexual Assault Nurse Examiner (SANE Nursing)**
In this session, the practice of sexual assault nursing will be discussed and opportunities for nurses in this specialty will be explored.

*Megan Lynn, PhD, MBA, RN, FNE-A*

**Simulations**
Three simulations will be available for students to participate in and observe: one involves a code blue situation; one involves the process of transfusing blood products; and the third involves a patient presenting with DKA. These are interactive, exciting and educational sessions!

*Susan Bunting, MSN, RN; Dionate Lyle; Susan Thompson, MSN, RN, BC*

**Travel Nursing 101**
Working as a travel nurse, you will add a new dimension to an already rewarding profession. The difference is that you will be on a working vacation in the location of your choice! This presentation will discuss the ins and outs of travel nursing and how our student outreach program can help you transition from school to career.

*Veronica Goodwin, Nursing Student Outreach Director, Aureus Medical Group*

**What it's Like to Start a Career as a NICU Nurse**
The entry into practice process and learning curve associated with becoming a NICU nurse will be discussed as well as how the speaker developed her skills, how she identified as an informal mentor, and how her preceptor got her ready for practice. She will also present the pros, cons, challenges, and joys of working in the NICU.

*Leah Hoffman, RN, RNC*
Maryland waits.
On any given day,
you may know someone who is one of...

- Over 2,600 people waiting for a kidney
- Over 800 people waiting for a liver
- Over 50 people waiting for a heart
- Over 20 people waiting for lungs
- Over 25 people waiting for a pancreas

Maryland Donor Referral Line:
410.242.1173
1.800.923.1133
YOU CAN MAKE A DIFFERENCE WITH ONE CALL!
www.ThelLF.org
MANS 2014-2015
Board of Directors

Jessica Wagner
President

Rebecca Skidmore
Vice President

Desiree Colvin
Secretary

Kelly Bell
Treasurer

Holly Treadwell
Membership & Nominations Chair

Brianna Biscoe
Public Relations Chair

Emily Odenwald
Newsletter Chair

Blerta Hamza
Breakthrough to Nursing Chair

Connect with MANS on social media!
Website: mdnursingstudents.org
Facebook: Maryland Association of Nursing Students
Instagram: md_nursing_students
YouTube Maryland Association of Nursing Students (MANS)
Attention Maryland Nursing Students:
Visit www.nsna.org to register for the NSNA 63rd Annual Convention
Bright Horizons: Rising to New Opportunities
Phoenix, AZ
April 8-12, 2015
Many nursing students question how they can be expected to find the time to get involved in extracurricular activities while having to balance classes, clinicals, hours in the skills lab, and of course the ever present necessity of studying day in and day out. Despite the number of hours that nursing school consumes, it is always beneficial to get involved. One of the best ways to do so is by joining a professional organization such as the National Student Nurses Association (NSNA) and the Maryland Association of Nursing Students (MANS).

Joining professional organizations means much more than just a great addition to your resume. There are various benefits of becoming members of the NSNA and MANS. The primary purposes of both organizations are to provide nursing students with opportunities to grow their leadership skills, network, and explore the profession and all of its many facets. Joining these organizations enables us to have a voice. Both the NSNA and MANS hold annual conventions that provide opportunities for nursing students to gain access to educational resources. Students who attend these conventions have the chance to network with both nursing students and practicing nurses across the nation.

I factored many of the benefits listed above into my decision to join the NSNA. While searching for opportunities to get involved, I came across MANS. After learning that as a NSNA member that resides in Maryland I am automatically a member of MANS, I took the opportunity to attend one of their public meetings. It was there that I realized the impact that they have on the nursing community in Maryland and the many ways that they are involved around the state. I could not help but want to become part of the extraordinary board. After being elected into my position as the Maryland Nurses Association (MNA) Student Liaison, I not only had the opportunity to build professional relationships with nursing leaders of our state, but also to represent nursing students at the national level and make sure that their voices and opinions were heard.

Whether you decide to become a member of the NSNA chapter at your school or to challenge yourself and run for a position on the MANS BOD, your involvement will allow you to access resources, tangible and intangible, that will benefit your future endeavors. I encourage all nursing students to take the time to look into the opportunities these organizations offer their members!
Image of Nursing Campaign

We want you to start thinking about the Image of Nursing! What does it mean to be a nurse in today’s society? What embodies a professional nurse? We want to showcase the diversity that exists in the profession and promote a realistic, positive image of nursing in America.

“Like” MANS on Facebook and follow “md_nursing_students” on Instagram. When you see something that represents a positive or negative image of nursing, take a photo and send it to us by emailing mansadvertising@gmail.com or posting it on our Facebook page. Use the hashtag #mansimageofrn to show your support, too.

For contest rules and more information, visit http://www.mdnursingstudents.org/image-of-nursing
NSNA Resolutions are written statements constructed by nursing students about significant issues in nursing and public health that are important to the NSNA and their constituents. When a resolution is adopted, it becomes the basis of the policies and actions of the association. One of the great things about resolutions is that they serve as an opportunity for nursing students to make a difference beyond the bedside. We can influence health issues that face our community, state, and even our nation as a whole.

This year, the MANS Board of Directors will submit a resolution to the NSNA House of Delegates that aims to increase awareness of the importance of disaster preparation at home. Disasters can strike at any time without notice, and they most certainly do not strike when it is most convenient. As nurses, we have a responsibility to care for not just our families, but also the community as well when disaster strikes. We need to be ready. This resolution will stress the importance of having proper supplies available at all times, having contingency plans for travelling to work during inclement weather or emergencies, and other related issues.

The MANS Board of Directors will also present a resolution to the House of Delegates at this year’s state convention. This resolution is about raising awareness about the importance of reducing nurses’ stress in an effort to reduce turnover and burnout. Statistics show that perceived stress plays the biggest role in a nurses’ perception of job satisfaction. If a nurse feels stressed about his or her schedule, patients’ acuity, or coworkers, that nurse may have a negative perception of his or her job regardless of other factors. “The average hospital is estimated to lose about $300,000 per year for each percentage increase in annual nurse turnover. One 9000 person healthcare organization estimated that nursing turnover was contributing to a loss of over $15 million per year” (Hunt, 2009). These costs are mainly attributed to the cost of training new nurses. Stress reduction appears to be the key in retaining experienced nurses. It is important that nurses and nurse managers alike are aware of this issue and that measures be taken to reduce perceived stress.

Rebeka Rivera  
*Visiting Board Member from the NSNA*

It is our pleasure to introduce Ms. Rebeka Rivera, visiting board member from the National Student Nurses Association (NSNA). Ms. Rivera is the incumbent Secretary for the NSNA and is also active in her home state of Georgia. She attends Georgia Baptist College of Nursing of Mercer University in Atlanta, Georgia and has an anticipated graduation date of spring 2015. Her nursing education, combined with her previous degree in health promotion from the University of Georgia, will both serve her well when she continues her education towards a master’s degree in healthcare administration.

Upon graduation, Ms. Rivera would like to practice in pediatrics. She has a passion for children’s healthcare and currently works on a neurology unit at Children’s Healthcare of Atlanta. When not involved in school and NSNA activities, Ms. Rivera enjoys reading, teaching spin classes, and reading. She is blessed to live near family and be surrounded by their support. She is very excited to be in Maryland for the 2015 Annual MANS State Convention, and we are incredibly grateful to her for making the trek to Baltimore!
35th Annual MANS State Convention Donors & Sponsors

MANS would like to sincerely thank all of the organizations and individuals who provided and donated items, services and funds to the 35th Annual State Convention! We are truly grateful for your support!

**Donors & Sponsors**

- American Association of Colleges of Nursing
- American Public University
- Anne Arundel Medical Center (AAMC)
- Assessment Technologies Institute
- Aureus Medical Group
- Bora Chung Photography
- Children’s National Medical Center
- Community College of Baltimore County, Essex
- Donna Cardillo, RN, MA, CSP
- Grand Canyon University
- Greater Baltimore Medical Center (GBMC)
- Harford Community College SNA
- Hurst Review Services
- International Service Learning
- Jessa Medical Supply, Inc.
- The Johns Hopkins Hospital
- The Johns Hopkins School of Nursing
- Kaplan Nursing
- Lauren Inouye, MPP, RN
- The Living Legacy Foundation
- Magooby’s Joke House
- Maryland Association for Health Care Recruitment (MAHCR)
- Maryland Nurses Association (MNA)
- National Student Nurses Association (NSNA)
- Noodles & Company
- Notre Dame of Maryland University
- Parker Medical Associated (aka UltraScope, Inc.)
- Pizza John’s
- Stevenson University
- UC Davis Medical Center
- University of Maryland School of Nursing
- University of Pittsburgh School of Nursing
- Walden University
- Western Governors University
How can I serve my community at convention?

1. **Donate your non-perishable food items to our canned food drive.** All donations will be given to My Brother’s Keeper in Baltimore to help support their mission to feed the hungry.

2. **Become Red Cross certified in Disaster Preparedness.** When a disaster strikes, healthcare professionals are called to aid the community. In this course, nursing students have the opportunity to learn about their role in a population shelter situation.

3. **Sign up for or donate to the Be the Match Bone Marrow Registry.** With just a simple swab of the cheek, you can become someone’s cure for blood cancer.

4. **Represent your school in the Penny Wars for Charity.** Bring your loose change over to our penny wars station and help your school win the opportunity to donate the proceeds to the healthcare related charity of its choice.

5. **Donate your used medical supplies.** Have a stethoscope or blood pressure cuff lying around unused? What about gauze or band-aids? Help us support the nursing students in Haiti as they work to fill the needs of their community.

---

**Spring Into Action**

Be the 1st winner of the MANS Community Health Award!

January 24-May 31

**What is it?**

Spring Into Action is an exciting new contest through which Maryland nursing students can be acknowledged statewide for their commitment to community health and service! By volunteering and participating in local events and charity drives, nursing students can buff up their resumes, help their communities, and carry on the professional image of nursing!

**How do I Participate?**

**Step 1:** Choose a community health event or charity that you and your fellow students are passionate about. Ex. Blood drive, Walk for cancer, BP screening

**Step 2:** Attend! Participate! Give to your community!

**Step 3:** Take a group picture of everyone at the event

**Step 4:** Complete the required form found at [www.MDnursingstudents.org](http://www.MDnursingstudents.org) and submit to manscommunity@gmail.com by midnight on May 31, 2015

---

January is **National Glaucoma Awareness Month**

Check out the MANS Community Health Spotlight for more information at [http://www.mdnursingstudents.org/community-health-spotlight](http://www.mdnursingstudents.org/community-health-spotlight)
Hello Maryland Nursing Students!

One year ago, I threw caution to the wind and ran for president of the Maryland Association of Nursing Students at 34th Annual MANS State Convention. It is now astonishing to think that an entire year has passed since that day. I remember having a vague idea of what I wanted to say in my speech and worrying that I should have written something more detailed. However, I will never regret walking in front of the House of Delegates and staying true to myself by winging it.

It was as important to me then as it is now to make sure that I bring my individual qualities to the MANS Board of Directors (BOD) and encourage all others to do the same. It is by doing so that the 2014-2015 MANS BOD has been as successful and creative as it has been. I could not be more proud of the incredible nursing students - and recent graduates - that have served on the BOD of MANS for the past eight months. Each one has contributed well beyond what our Bylaws requires of them. The Board members who have joined us during the course of the year have done so seamlessly and passionately. It has been inspiring to watch everyone grow.

In addition to our original initiatives, the BOD has managed to spearhead numerous other activities. There is now a MANS Corner in The Maryland Nurse, the Maryland Nurses Association’s publication. MANS has teamed up with the American Red Cross to offer Disaster Preparedness courses at Convention and is in the planning phase for multiple spring blood drives. We are also working with Be The Match, My Brother’s Keeper, and a Haitian Outreach Mission to provide nursing students with the chance to give back to the community that helped them get to where they are now. This year, our Resolutions Chair is presenting a state resolution at our 35th Annual State Convention pertaining to the importance of stress reduction for nurses in controlling turnover rates. Our Legislative Chair has completely overhauled our Bylaws to make them more comprehensive and user-friendly. There is even the possibility of adding a new student position to our BOD at Convention, an Image of Nursing Chair.

These achievements have been possible because our entire BOD has put in the effort to bring our individual interests and backgrounds together to benefit all of the nursing students in Maryland. It is our hope to continue to make a difference and we would love for you to join us. Your attendance at 35th Annual MANS State Convention is a great first step. Please reach out to us and utilize us in any way possible. We are here for you.

I look forward to meeting all of you today and seeing you at our monthly meetings. I wish you the best in 2015.

Sincerely,

Jessica Wagner

President
Maryland Association of Nursing Students
January 2015:
24th - Spring Into Action Competition begins

February 2015:
11th - MANS State Meeting; Deadline to submit Resolutions to NSNA
16th - MNA Lobby Day
25th - Deadline to submit to NSNA Essay Contest

March 2015:
6th - Deadline to reserve rooms for NSNA Annual Convention
8th - Flapjack Fundraiser at Applebee’s in Annapolis, MD
23rd - Deadline to register for NSNA Annual Convention

April 2015:
8th to 12th - NSNA Annual Convention in Phoenix, AZ
13th - JHU Red Cross Blood Drive

Want to attend a MANS Board of Directors meeting? Email mansmembership@gmail.com. All students are welcome!