

Vital Statistics

May 2009 Issue 5

TO ILLUMINATE AND UNITE

Servants and Stewards

by Kinara Brocius



CALENDAR OF EVENTS

May 6: Nurses Week Kickoff
 May 7: Patricia Walsh speech
 May 11: Wildcats game
 May 11: Root beer float sale
 May 14: Scholarship deadline
 May 15: Scholarship deadline
 May 16: Steps for Life walk
 May 17: SPA Oaks Park event
 May 17: NAMI walk
 May 18: Marquis presentation
 May 18: Wildcats game
 May 18: Brown bag lecture
 May 18: Bake sale
 May 31: Spring commencement ceremony

for event details, see page 3

How do you view your time at Linfield? Is it about survival? Academic excellence? The good and bad news is that in the long run, your GPA is not going to change the world. But your student leadership could. Your time at Linfield is prime training ground for leadership skills you'll use throughout your career. It may also be the first or best opportunity you get to find what you're passionate about and pursue it.

Think about famous nurses like Florence Nightingale and Clara Barton. Pioneers in nursing came from different backgrounds, worked in different fields, were passionate about different things. The one common denominator is leadership. As the next generation of nurses, we've been passed the torch and are expected to keep the fire burning.

Student leadership is more than great resume material. It is our duty. We are leaders by default. As we join the ranks of the most trusted health care professionals in America, patients will be looking to us for guidance. You *will* leave a legacy. Whether it will be of mediocrity or greatness is up to you.

This month's newsletter is dedicated to student leadership. So many Linfield students have defined themselves as servants in their community and stewards of excellence in nursing, we could easily have written about dozens of you. In the long run, we hope to do just that, featuring campus leaders in each of the extended editions of the newsletter. If you or someone you know has exemplified leadership, let us know.

In the meantime, meditate on this quote from Jesse Jackson: "Time is neutral and does not change things. With courage and initiative, leaders change things."

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Linfield Student Wins National Office

Interview by Kinara Brocius



Liz Patail, class of May 2010 Linfield College- Portland Campus student, was recently named National Student Nurses' Association Director. Earning the position required months of preparation, a week of campaigning at the NSNA Annual Convention, and delivering a speech in front of over 600 students from across the country.

Liz ran against a California student. Her position had been held by a long succession of California students. California had five times more voting members than Oregon at the convention. Despite the odds, Liz won the election and gained national recognition for a small school in a small state.

The campaign process mirrored real political elections in many respects. In fact, Liz's win came down to Florida's vote: if she won Florida, she won the race. She politely refused my offer to contact Jeb Bush on her behalf to sway Florida's vote. She won because of her integrity, enthusiasm, honesty, hard work, and humility. As the following interview with her shows, Liz embodies the kind of leadership that makes a lasting impact on nursing care, not to mention her fellow students.

Q: What inspired you to run for national office?

A: I have served for a year now on the Board of Directors for my state and local chapters of NSNA (Oregon Student Nurses' Association and Linfield Student Nurses' Association, respectively). My experiences in these positions have been the most rewarding of my academic career. I knew that a national level position would be just as challenging and inspiring. Once I started imagining the opportunities the position would open for me, I felt compelled to apply.

Q: What do you hope to accomplish in your position?

A: In addition to traveling to different states to represent NSNA, I am looking forward to working with the rest of the Board of Directors to support, promote, and implement this year's resolutions that were voted in by the House of Delegates. These resolutions cover a broad range of extremely important issues, from mental health disparities to environmental health, and were presented to the House of Delegates with supporting research by students from across the United States. I will also be working on various NSNA committees to help states develop policies, improve bylaws, support legislation, and assist in planning next year's convention. (Continued on page 3)



Q: How will you manage your time and avoid burnout?

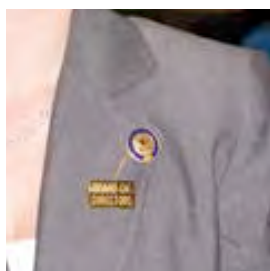
A: NSNA has really helped me avoid nursing school burnout by putting what I am learning in the classroom into a larger perspective. I work hard in my classes and always strive for good grades, but not at the expense of my sanity, health, or happiness. While success in coursework is a crucial part of becoming a nurse, there are other ways in which we must grow during nursing school to become well-rounded professionals. By keeping perspective, it is easier to balance assignments, NSNA involvement, extracurricular activities, work, making new friends in school, and yes, even having fun!

Q: What do you think are the benefits of leadership?

A: Beyond the significant personal benefits of confidence building, networking, and professional development, the best part of successful leadership is helping to create positive change on a larger scale. Sometimes it's easy to feel overwhelmed by the gaps we see in our healthcare system, the less-than-desirable working conditions, and the many other challenges we will face as nurses. But as the largest and most trusted group of healthcare professionals, nurses have the potential to make essential changes to our healthcare system. Fostering leadership through participation in professional organizations is a key part of realizing that potential. As a leader, you know you are helping make headway on these issues and that is a fantastic feeling!

Q: What message do you have for potential student nurse leaders?

A: You can do this! It's not as intimidating, time-consuming, or overwhelming as you might think. I will be the first to admit that when I thought of getting involved even on the local level, I had a lot of doubts about my ability to balance everything. Will I have enough time for homework? Will I really make a difference? Am I even qualified? It didn't take long for me to shed these self-doubts, and I think through active participation everyone can do the same. There were, of course, some sacrifices to be made, but none that I found too burdensome. For example, I have to dedicate a few extra hours to studying each week and I don't watch as much TV as I used to. For our sponsored trip to Nashville I even missed class and clinical time. But I have found that faculty members are very supportive when it comes to professional involvement. My absences were excused and I made up missed assignments without too much difficulty. Even though my grades have not dropped since I became involved a year ago, leadership reminds me that grades are not the reason I'm in nursing school. I think the best advice I have received came from my husband when he encouraged me to get involved by saying, "What are you going to remember 10 years from now? What will make you the most proud?" Like all of you, I want to be a nurse not just so I can ace a test, but also so I can help make a difference in the real world. If you constantly remind yourself you *can* do that, leadership will naturally follow.



Profiles of Student Leaders



Inspired by personal experience, student reaches out

Renee Cable, May 2010 grad, organized a Linfield team for an upcoming National Alliance for Mental Illness fundraising event. Here is what Renee has to say about her involvement:

I chose to organize the Linfield team for the NAMI Walk because I am driven to help reduce the stigma associated with mental illness. I have witnessed my dearest friend and family member experience social isolation, lack of resources and ambivalence as a result of the diagnosis of a severe mental illness. The services NAMI provides are extremely valuable and I wish I had known about them years ago. Now I am so excited to be part of this walk. There are many reasons to be involved but the main ones are to be there, meet people, and learn more about how I can help.

(See page 6 for more information about the NAMI Walk)

First-term student Alejandra Rotolo gets crash course in leadership

At the planning meeting before my trip to the NSNA National Convention, I was hesitant to volunteer for any specific activity because I didn't know much about NSNA. My main goal was to learn as much as possible at the convention and bring that knowledge back to the students at Linfield. Then I arrived in Nashville and saw what a big event the convention was and how passionate the participants were about nursing, and I was sold.



The theme of the convention was "Making it Big: Nursing Students Stepping Up and Stepping Out." As intimidating as it was, I knew I had to get out of my comfort zone and involve myself completely in the experience. As the hours went by and I listened to keynote speakers and attended House of Delegates sessions, I started to feel empowered. I realized how amazing it is to be part of what, according to the public, is the most trusted profession. That trust comes with big responsibilities, responsibilities every delegate at the convention was ready to take on.

As future nurses, we have a duty to advocate effectively for our profession. Nurses' professional organizations are the pathway to representation. If we want to sit at the tables where decisions are made, we need to actively participate. We need to fight our battles in these professional organizations and present a united front as nurses so our state representatives will listen to us and Capitol Hill will hear our collective voice.

I am proud to be part of the nursing profession because the driving force behind every piece of legislation proposed and every resolution passed is not just the betterment of nursing as a profession, but the well-being of our patients. This was also the driving force for all the delegates voting on resolutions at the NSNA convention.

My colleagues and fellow delegates at the NSNA National Convention empowered me. They made me proud to be a student nurse and a member of NSNA. Now I am ready to do my part to advocate for the nursing profession and our patients.



Campus and Community Events

MAY 7-Thursday

Patricia L. Walsh will be in Portland as part of a national book tour for her memoir, ***RIVER CITY: A Nurse's Year in Vietnam***. It chronicles the personal tragedies of war, and the dedication, self sacrifice, trials, and triumphs of practicing combat medicine. Hear her speak at **noon** in Peterson 201.

MAY 11-Monday

- Spring Fling is here! **11:45-1** in the courtyard. Vote for your new student government board and learn about all the campus clubs!
- All Nation All Stars vs. **WC2** (Wildcatheters 2) ~ **7:35 pm** @ Westmoreland #1
- **\$2 Root beer floats** for sale from **12-2 pm** in the courtyard. (If it's raining, check the PhotoGallery.) We will also have orange floats and Sprite/sherbet floats.
- **Linfield Student Nurses' Association** meeting **12:10 pm** in PH 103.

MAY 14-Thursday

Scholarship Deadline: Health Resources Service Administration Nursing Scholarship. More information at <<http://bhpr.hrsa.gov/nursing/scholarship/applicantbulletin/>>

MAY 15-Friday

- **Scholarship Deadline:** Ruth Bryant Scholarship.
- **Scholarship Deadline:** Mt. Hood Medical Center Foundation Scholarship.

MAY 16-Saturday

Steps for Life walkathon starting at **9:30 am** in Pioneer Courthouse Square. The event is free, but donations are appreciated. This is a fundraiser for the **Pregnancy Resource Centers**. For more information, go to www.stepsforlife.info or contact Kinara Brocius at kbrociu@linfield.edu.

MAY 17-Sunday

- Students who are Parents Also (S.P.A.) outing to **Oak's Park** at **2 pm**. S.P.A. will be supplying 25 "all you can ride bracelets" for the kids on a first come, first served basis. Bracelets will only be supplied to the children of S.P.A. members, but feel free to invite family and friends to join the fun. Bracelet prices are under 48" \$11.75 and over 48" \$14.50. Please contact Shannon Akre at sakre@linfield.edu if interested.
- Walk with Linfield at the **NAMI Northwest Walk!** We have 57 walkers from Linfield already signed up and \$490 raised! Help us reach our goal of 100 walkers and \$1000 dollars raised! Register for the walk at www.nami.org/namiwalks09/NOR/linfieldteam. There is no fee to join the walk, although you can make a donation or ask family and friends for donations. Please contact Renee Cable at shcable@linfield.edu for more information.

MAY 18-Monday

- **WC2** vs. The Nothings~ **8:25pm @ WVO/Budweiser**
- A **Brown Bag Lunch Lecture** by Cody Martin Schuman, a chaplain primarily affiliated with OHSU/Doernbecher, will be held in Peterson 110 from **12:30-1:30pm**. Cody will be speaking about her experiences providing chaplain services with diverse clients from all faiths, and working through social and cultural challenges. HHIG will provide snacks and tea.
- **Bake Sale** hosted by May 2010 cohort from **10am-3pm**.
- **Marquis Companies** will be discussing gerontological nursing from **12-12:50 pm** in **PH 201**. Free lunch provided if you RSVP to Diane Welch at dwelch@linfield.edu.

MAY 31-Sunday

Spring commencement begins at **10am** at the Linfield College-McMinnville Campus.

Take a 30-second survey, win an Anna Bannana's gift card!!

The newsletter staff wants to know what you think! Take this survey <http://tinyurl.com/dc4t8t> and tell us how we can make the newsletter even better! Five survey respondents will be drawn at random to receive a \$5 Anna Bannana's gift card.

Community Board

The purpose of the Community Board is to consolidate information about job postings, volunteer opportunities, rooms for rent, and books and other items for sale. Please contact kbrociu@linfield.edu for questions, comments, or postings. On behalf of the newsletter staff and those of us who can't handle yet another mass e-mail, please use the Community Board rather than e-mail for your non-urgent news. Thank you!

FOR SALE

Chinook Books, \$15. Email kbrociu@linfield.edu if interested.

Original X-Box in great condition with two controllers, \$30. Email kbrociu@linfield.edu if interested.

JOB POSTINGS

Full time, weekday childcare for large family with special needs kids. Salary is \$10/hr to start. Contact Phyllis Wagner at pwrnfm@yahoo.com.

LINFIELD COMMUNITY

Musicians Wanted! ASLC-PC is looking for someone/group to play at the Spring Fling during lunch and voting in the courtyard. We are looking for something on the softer end so please no heavy metal. We will pay! Spring Fling is Monday May 11th from 11:45am-1:00pm. Email Lisa Burch if interested.

Nurse Lobby Day. Check out photos from Nurse Lobby Day at <http://www.linfield.edu/portland/nurse-lobby-day.php>

Raffle for \$250! The class of May 2010 will be holding a fundraising raffle through the month of May. The raffle drawing will be on May 31st for a \$250 Visa gift card. The raffle is open to everyone! One raffle ticket is \$5, three raffle tickets are \$10, and seven raffle tickets are \$20. Five percent of the proceeds will be donated to the Oregon Food Bank. Winners will be contacted by their choice of email or phone. Contact Jeremy Jasnoch at jjasnoc@linfield.edu for more information.

GENERAL INFORMATION

APA Jannsen Scholars Application. The American Psychiatric Nurses Association has opened its application process for Jannsen Scholars for the Oct 09 Annual Conference in Charleston, SC. Further information is available at <http://www.apna.org/i4a/pages/index.cfm?pageid=3317>. Contact Professor Barbara May for assistance with the application.

Caregiving Survey. The United Way task force on healthy aging is working with VOA, Lifeworks NW, and the Urban League to better understand what services and supports caregivers need. If you are a caregiver or have cared for an individual over 50 years of age please share your experience. The survey is anonymous and takes about 10 minutes. <http://www.surveymonkey.com/s.aspx?sm=eVTM3E0OMlj4P1XkuaMpOA_3d_3d>