

THE TORCH

The Official Newsletter from the Virginia Nursing Students Association

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Our Mission:

Our Mission: to advance professional nursing practice through student mentorship, community service and scholarship.

Our meetings are open to all VNSA members, so come see what it's like to be on the VNSA board. If you would like to attend a meeting, please feel free to contact anyone on our board of directors for finalized dates, times, and location. Once you see firsthand how great being a board member would be,

come to our annual VNSA convention and run for a position!

Board of Directors:



Jada Jordan, President

vnsapresident@gmail.com

Hello Virginia Nursing Students!

My name is Jada Jordan and I am currently a fourth year BSN student at the University of Virginia in Charlottesville, Virginia. I became a member of my school's NSA during my first year after taking a leadership course. Since then, I have served as Secretary of NSNA @ UVA and Director of Public Relations on the Board of Directors for VNSA.

Currently, I serve as the Second Vice President of NSNA @ UVA and President of VNSA. I am incredibly honored to serve in this role and to learn about how I can best serve nursing students across the Commonwealth. As president, I have had the opportunity to network with nursing students as well as nurse leaders from various states. Three of my top priorities this year are: to increase Virginia's representation at the National Student Nurses Association Annual Convention, to raise awareness about the resources offered

as well as the networking opportunities provided through VNSA membership, and to promote the ANA's Healthy Nurse, Healthy Nation Campaign as we are the next generation of nurses. Again, I am so grateful to lead you all and am so excited to see what this year brings!



Wendy Fisher, 1st Vice President

vnsa1stvp@gmail.com

Hello Virginia Student Nurses - I'm Wendy and I have the honor of serving VNSA as 2017-2018 First Vice-President. I am a rising senior nursing student at Paul D. Camp Community College in Franklin, Virginia. I am happy to represent the many second-career nursing students who are currently seeking an RN degree. My main responsibility this year is spearheading the 66th Annual VNSA State Convention. My goals for this year are to increase convention attendance by students and vendors. I would love to see all registered schools send convention delegates to represent the views of their

associations at the state and national levels. I look forward to meeting many of you over the course of the year and please, let me know if you have ideas for speakers or other sources of information you want to learn more about at our state convention. You may reach me at vnsa1stvp@gmail.com - I am waiting to hear from you!



Jenna Pierce, 2nd Vice President

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Hello! My name is Jenna Pierce and I am the 2017-2018 Second Vice President for the Virginia Student Nurses Association! I'm a fourth year at the University of Virginia School of Nursing and I look forward to increasing involvement in VNSA. As Second Vice President, I hope to reach out to nursing professionals across Virginia and encourage student involvement in professional organizations. My goal is to meet with NSNA chapters across Virginia to learn more about their school chapters and their bylaws. I'm

excited to recruit students to attend our annual convention and educate them about VNSA and professional nursing organizations as a whole.



Carolyn Tobia, Treasurer

vnsatreasurer@gmail.com

I am a senior nursing student at James Madison University and I am the treasurer of VNSA. I am from Southern Vermont originally but I love going to school in Virginia. I aspire to become a labor and delivery nurse after graduation and eventually get my masters and become either a women's health nurse practitioner or a nurse educator. Aside from nursing I love cooking/baking, ballet, and reading. my goals for the year are: to keep accurate and organized financial records for VNSA and to create a budget for convention that increases our revenue.



Rachel Civale, Secretary

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Hello Virginia Nursing Students! My name is Rachel Civale and I am the 2017-2018 Secretary of VNSA. My job as secretary is to keep all the VNSA paperwork and meeting minutes up to date and in accordance with the NSNA guidelines. My goal for serving on the VNSA Board of Directors is to keep consistent and clear records of the

meetings and annual state conference but I would also like to contribute as much help and ideas as I can to planning the 2018 state conference. I am really passionate about making the 2018 VNSA conference as informative and fun as possible for all nursing students of Virginia. I look forward to seeing you all at the conference this upcoming year and hope to help make it one of the best ones yet!



Callie Dunston, Torch Editor

ynsaeditor@gmail.com

Hello! My name is Callie Dunston and I'm the 2017-2018 Torch Editor for the Virginia Nursing Students' Association! I'm a junior BSN student at Radford University for Nursing. Going into this year, I am excited to acquire submissions from students and teachers, along with writings of my own, to publish. Through this position I hope to provide enlightening, knowledgeable, and diverse publications regarding nursing topics and current events that can appeal to everyone. If you have any questions on how to become a published writer through VNSA Torch or Torch Convention Awards, feel free to contact me! I look forward serving you as your Torch Editor!



Rachael Zrimm, Policy Initiatives Director

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My name is Rachael and I'm a fourth year at the University of Virginia. I am looking forward to serving as your 2017-2018 Policy and Initiatives Director. State and municipal elections will be held in November of this year (2017) and I would like to encourage nursing students to be informed voters. Following the elections will be the Virginia Nursing Association's Legislative Summit, and I highly encourage all of you to attend (VNA is very nice to us students)! In addition to encouraging policy awareness and involvement beyond the nursing sphere, it's also important for us to be involved in the policy making within our own organization. With this in mind- please be on the

lookout for emails about the creation of Resolutions for VNSA, which will be written by YOU (VNSA constituents) and voted on during our House of Delegates. We will be modeling our Resolution Hearing

based on how NSNA conducts theirs at the National Convention each year. Please consider writing a resolution and being a Delegate at Convention. Lastly, I would like to mention that we will be accepting poster abstracts for the VNSA Convention this year. Research is important for the advancement of nursing, and informs policy making (within our practice, hospitals, and beyond) so we would love to hear about your nursing research. I look forward to a wonderful year- please don't hesitate to contact me!



Alyssa Williams, Breakthrough to Nursing Director

vnsabtnursing@gmail.com

My name is Alyssa Williams and I am a junior BSN student at James Madison University. I am super excited to serve as the breakthrough to nursing director for 2017-2018! This year BTN will focus on recruiting various types of students to pursue nursing, maintaining the current nursing student population and diversifying the field of nursing. I will be providing local presidents and BTN chairs a comprehensive tool kit to further BTN initiatives. It includes details about how to start a BTN chair, different types of projects, various resources, diverse target groups, and more. This year's Council of Student Leaders Summit in October will feature a BTN

session for nursing leaders looking to get involved with VNSA. Additionally, the annual State Convention will provide an alternative schedule for students not yet admitted into a nursing program, but still have an interest in pursuing the field.



Sara Kendle, Director of Public Relations

vnsapr@gmail.com

My name is Sara Kendle and I am currently a senior nursing student at Longwood University. I am so excited to participate in VNSA as a member of the Board of Directors! I have been attending this conference with my college's NSA organization for 3 years. I always have a great time at them and I figured what better way to continue my involvement with NSA than to run for a position on the board. I have always had a passion for social media and public relations so I'm very glad I get to put my skills to work for VNSA this year. My goal for

to

the year is to increase the lines of communication between the board, our constituents, and myself. I would like to see students become more involved with our social media, as the conference gets closer.



Logan Kantsios, Member at Large

vnsamemberatlarge@gmail.com

Hello my name is Logan Kantsios and I am a junior at Radford University. I am from Rich Creek, VA in Giles County and I am serving as the Director at Large this year for the VNSA. I attended Narrows High School graduating in 2013. I am a member of the Rich Creek Volunteer Fire Dept. Once I graduate from Radford I wish to work in the Emergency Dept. and then become a travel nurse. I'm looking forward to serving this great commonwealth and you it's nursing students to the best of my ability.

This year my main focus is increasing involvement on the community college level, and to have more constituent schools throughout the entire state. My email is

vnsamematlarge@gmail.com if anyone needs help with anything concerning bylaw creation and coherence or any constituency questions at all. I am so excited to be working with all of you.



Katie Loving, Nominations and Elections Chairperson

vnsaelections@gmail.com

Hello Virginia Nursing Students! My name is Kaytie Loving and I am a fourth year BSN nursing student at the University of Virginia. I am delighted and honored to serve as your 2017-2018 Nominations and Elections Chairperson! This year our board has a unified goal of increasing

awareness of the VNSA to nursing students all across the state! After recently attending the annual national conference, I have had the opportunity to see ways we can do just that! As my role on the board, I look forward to personally visiting many of our constituents and those applying for constituency status! Our National conference gave me a bigger picture on how we could grow in our state association. In my position, I hope to share the knowledge of the national committees, how to run for national office positions, and other unique qualities such as creating resolutions. National conference gave me the idea of how we

can be more unified between national and state associations, throughout this year I look forward to doing just that! If you're interested in learning more about state or national office positions or committees, feel free to contact me at vnsaelections@gmail.com! I look forward to seeing you at our VNSA conference in February!



Megan Humphries, Historian

vnsahistorian@gmail.com

Hello! I am Megan Humphries and I serve as the Historian for the Virginia Nursing Student Association. I am currently a second year nursing student at Dabney S. Lancaster Community College where I serve as the President for our local NSA. Through this position, I plan on capturing what this organization does and presenting to our members. I'm excited to work with the other board of directors to reach out to the Virginia nursing students. I can't wait to see what other passions I will develop and pursue during my time as the Historian for the VNSA!



Katie Retan, Graduate Consultant

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Welcome VA nursing students. I am the Graduate Consultant for VNSA this year. My main focus will be to provide insight and guidance to the new board as they make decisions and prepare for the upcoming state convention. With previous experience on the board I hope to help make this year a great success. VNSA is a wonderful opportunity to make connections and develop more skills for the future. Consider running for a position at the upcoming convention! Please email me with any questions or concerns for post-graduation life. Good luck!

Sandra Annan, Faculty Advisor

annals@jmu.edu

SAVE THE DATES:

Council of State Leaders

When: October 21, 2017

Where: Longwood University

11am-2pm

On behalf of the Virginia Nursing Students' Association (VNSA) Board of Directors, we would like to thank all of the members and faculty advisors who were in attendance at our Council of Student Leaders Summit on November 12, 2016. This meeting offered chapter leaders an opportunity to network and collaborate with other leaders in the state of Virginia, learn about and participate in a state-wide project to benefit nursing students across the state, and connect with members of the VNSA Board of Directors. We started the Summit with our monthly Board of Directors meeting. Each of the members on the Board spoke about their roles and updated all of us on how they have been working towards the goals they set out to achieve at the beginning of the year. We also finalized plans for VNSA's 65th Annual Convention that is quickly approaching. Our Nominations and Elections Chairperson, Rachel Moore, reviewed board position expectations and responsibilities, explained how to strengthen membership and motivation in individual NSA chapters, and touched on the many benefits of being a member of the NSNA. Our Breakthrough to Nursing Director, Cameron Farmer, went over ways in which each chapter can reach out to their community and encourage elementary to high school students to join the nursing profession. She also shared several resources that each school has access to in order to successfully promote nursing in their own towns. Towards the end of the meeting, Emma Richer, our secretary, demonstrated how to make bracelets with the colors of the Tanzanian flag and the United States flag for children in Tanzania that JMU Nursing Students will bring on their trip in the Spring to share with the community.

Once again, we thank you all for taking your time to participate in the Council of Student Leaders Summit and we look forward to seeing many of you at Convention this spring and at next year's COSL.

Sincerely,
VNSA Board of Directors

VNSA 66th ANNUAL STATE CONVENTION:
“Where Will Your *JouRNey* Lead You?”

When: February 10, 2018

Where: James Madison University – Health and Behavioral Studies Building

Check-in begins at 7am

The 66th Annual State Convention: We encourage all VNSA members and local faculty advisors to attend this event to learn about new ways to overcome stress as well as exercises to prevent burnout as a future nurse. More details about the convention, including parking and a convention schedule, are available under the "VNSA Events" tab. Those who attend will receive a bag with more resources that can help relieve stress. Contact Wendy Fish at vnsa1stvp@gmail.com with any specific questions or concerns.

Students and Faculty:

Online registration for convention will open later this year.

Exhibitors

Please contact Rachel Civalé at vnsasecretary@gmail.com.

Questions?

Contact our Advisor, Sandra Annan, at 540-568-8944 or our First Vice President, Wendy Fish, at vnsa1stvp@gmail.com

Social Media - #VNSA18

Get connected with VNSA during Convention this year by using "#VNSA18" on Facebook (VNSA - Nursing Students' Association), Twitter (@vnsapr), and Instagram (@vnsapr)! We want to see all your posts and pictures!

CONNECT:

With and Learn More about VNSA!

VNSA Official Website- <http://www.vnsa.us>

VNSA Facebook- VNSA Nursing Students' Association

Twitter- @vnsapr

Instagram- @vnsapr

Want to share your local chapter's accomplishments? Interested in what other chapters are doing or what upcoming events are happening? Have an interest in writing an article or publishing your research? Let us know!! The Torch is your newsletter and publisher! Send us any articles, pictures, event information, and your contact information and we'll publish it in the next issue!!

Email: vnsatorcheditor@gmail.com We look forward in hearing from you!!



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