

# THE ROUTINE CHECKUP

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**KEEP  
CALM**  
 YOU WILL FINISH  
**NURSING  
SCHOOL**

## Message from Public Relations

Hello, my name is Bethany Tyner and I am currently the Public Relations Director for Arkansas State's SNA and I am also the District 3 Director for ANSA! I am currently a senior in the traditional BSN program here at ASU and this is my LAST semester! After I graduate, my plan is to continue my education specializing in anesthesia, but I am also very passionate about diabetes, Parkinson's, and critical care! For my public relations position, I help promote activities and make our monthly newsletters (like this one). For my state position, I keep all the schools in District 3 updated on ANSA news, attend monthly state and state board meetings, and help create the state monthly newsletters.

The reason why I decided to pursue nursing was because I absolutely love helping people. I have worked with geriatrics for almost 5 years now and it is amazing to see how one smile, a listening ear, or how giving time and attention can impact someone and their quality of life. Also, my grandmother (who is my favorite human in the world) is slowly entering the later stages of Parkinson's. Seeing this disease take a toll on her life has been very difficult and heartbreaking. Northeast AR excels in cardiovascular care, but neurological illnesses do not quite meet the same standards. I have also realized that not a lot of assisted living facilities in our area are familiar and comfortable when dealing with this disease. She has been labeled many times as a fall risk and a potential liability, resulting in her being removed from some of these facilities. Throughout my nursing career, I want to be able to promote Parkinson's awareness and to help begin to provide better care for people with this chronic disease.

Also, while being introduced to many different nursing fields in high school, I was able to have a rotation in the operation room— I IMMEDIATELY fell in love. I have been blessed to stand in on many operations since then where I have seen some of the anatomy that we read and study come to life. I enjoy the anesthesia side to operation rooms because it would still gives me access to patient care and to perform some critical thinking skills.

I hope that for everyone this is a great ending semester for the 2018—2019 school year! If you have any questions and/or if you would like to be featured in the school and/or state newsletter for SNA, please e-mail me at [bethany.tyner@smail.astate.edu](mailto:bethany.tyner@smail.astate.edu) or [district3@arknursingstudents.org](mailto:district3@arknursingstudents.org)

### **Stay Connected:**

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

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

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

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

[Facebook.com/astatesna](https://Facebook.com/astatesna)

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

# LIGHT OUR WAY TO NATIONALS

HELP OUR STUDENT NURSES ASSOCIATION RAISE MONEY TO ATTEND THE NSNA'S 67TH ANNUAL CONVENTION IN SALT LAKE CITY, UTAH! THEY WILL BE COMPETING, PRESENTING, & PARTICIPATING IN A VARIETY OF NURSING CATEGORIES & EVENTS!

JANUARY 18–FEBRUARY 22

GOAL: \$2,500



[www.AStateAlumni.org/SNA2019](http://www.AStateAlumni.org/SNA2019)

To donate, you can either scan the code or type in the link! *Any Amount Helps!*  
For questions, please contact:

- Addie Fleming: [afleming@astate.edu](mailto:afleming@astate.edu)
- Kayla Travis: [ktravis@astate.edu](mailto:ktravis@astate.edu)
- Katie Jackson: [katie.jackson@smail.astate.edu](mailto:katie.jackson@smail.astate.edu)

# ATTENTION SENIORS!!!!

It is Time to Order Your Nursing Pin  
for the Pinning Ceremony Held on  
May 10, 2019!!

## Price Range:

- \$30—\$88.99

## Pin Style Options

- Silver Electroplate BSN Pin
- Gold Electroplate BSN Pin
- Sterling Silver BSN Pin
- Gold Filled BSN Pin



*Scan to buy  
your pin today!*

## DEADLINE

- March 12, 2019

*Pins will be delivered to Arkansas State!*

*For questions, contact Madison Rhodes at:*

*[madison.rhodes@smail.astate.edu](mailto:madison.rhodes@smail.astate.edu)*



# NSNA Convention Salt Lake City, Utah

This year's National Student Nursing  
Association's 67th Annual Convention is in



Salt Lake City, Utah!

A promotional banner for the NSNA convention. On the left, a stylized figure of a person running is composed of colorful geometric shapes (polygons) in shades of green, yellow, and orange. The background is a gradient of green and yellow. The text is in bold, sans-serif fonts.

**IGNITE YOUR PASSION:  
LIGHTING THE WAY FOR EXCELLENCE!**

 **67<sup>TH</sup> ANNUAL CONVENTION  
APRIL 3-7, 2019**  
Salt Palace Convention Center · Salt Lake City, Utah

National Student Nurses' Association  
Visit [www.nснаconvention.org](http://www.nснаconvention.org)  
for future updates!

If you are attending the convention,  
remember to inform your instructors of your  
absence—check to see if you will be missing  
any tests or assignments!



# NSNA AWARD OPPORTUNITIES

APPLICATIONS FOR THE 2019 NATIONAL STUDENT  
NURSING ASSOCIATION AWARDS ARE NOW OPEN!!

Go to: <https://nsaawards.weebly.com/>

**Deadlines for the awards are on the specified  
dates below by 11:59 pm EST (10:59 AR time)**

## February 6th

- Precious Metal Awards Programs  
*(No Application Needed)*
- Project in Touch  
*(No Application Needed)*
- State Excellence Award  
*(No Application Needed)*
- Stellar School Chapters
- Weingarten Leader of Leaders
- Winner's Way Contest  
*(No Application Needed)*

## February 22nd

- Essay Contest

## March 8th

- Ambassador Award
- Breakthrough to Nursing
- Core Values
- Disaster Preparedness
- Empowering Resolutions
- Ethics and Governance
- Finance
- Healthy Policy & Advocacy
- Image of Nursing
- International Photo Contest
- Newsletter Contest
- Population & Global Health
- Social Media Award
- Website Award

# Help the Homeless Spring Service Project

ARKANSAS NURSING STUDENTS'  
ASSOCIATION SERVICE PROJECT:

## HELP THE HOMELESS

January 28 - February 28

School with the most items donated will  
win \$250 to go towards National  
Convention!

### Donate to School Bin

Help 7Hills Homeless Shelter  
by donating: Bandaids, Soap, Feminine Products,  
Tooth Brushes, Tooth Paste, Deodorant, Antibiotic  
Ointment, Canned Goods, Clothing, Blankets,  
Batteries, Coats, and Hats

# Receive \$500 for the NSNA Convention!!



*\$500 towards NSNA  
convention!*

**SCHOLARSHIP  
APPLICATION  
NOW OPEN**

APPLICATION DEADLINE FEBRUARY 10, 2019

Selection of scholarship recipients will be based on academic achievement, financial need, and involvement in SNA and community activities. To apply, go to <https://www.facebook.com/Arknursingstudents/> or email Bethany Tyner at [district3@arknursingstudents.org](mailto:district3@arknursingstudents.org)

Apply today to be one of ten lucky winners who will receive a \$500 Scholarship from the Arkansas Nursing Student Association to use towards your trip to the NSNA National Convention in Salt Lake City, Utah!

Application Deadline is February 10th, 2019.