



Georgia Association of Nursing Students

HEART IT OUT

February 2019




FEBRUARY 2019

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If you would like to be featured in the next issue or have any questions, email gans.ekg@gmail.com. We would love to hear from you!





Happy National Heart Month!

Community Service Flyer

Name: Hands Across Atlanta Feed the Homeless
Valentines Day Walk

When: February 10, 2019, 1:00-3:00pm

Where: The King Center, Atlanta, GA

Name: Atlanta Children's Shelter

When: Multiple dates

Where: 607 Peachtree Street NE, Atlanta, GA 30308

Name: Mercy Care (Group and Individual
opportunities)

When: Multiple dates and times

Where: Multiple sites around Atlanta


Sign up and Fundraise NOW:

Walk to End Lupus, GANS style!

Event takes place on April 27, 2019

Join the Team: Georgia Association of Nursing
Students--**just click on this flyer to JOIN!**

Raise money to get your Lupus Walk Tee!



MEDELITA

www.medelita.com

MEDELITA

Nursing Uniforms



The image shows a screenshot of the Medelita website. At the top, there is a navigation bar with links for WOMEN, MEN, MEDELITA, SHOP ALL, and BLOG. Below the navigation bar is a large banner featuring a smiling couple in grey scrubs. The banner includes a promotional message: "NEW YEAR NEW GEAR TAKE 30% OFF EVERYTHING PLUS 40% OFF GROSS BODIES". Below the banner is a grid of three product images: a woman in a white lab coat, a man in a white lab coat and tie, and a woman in a blue nursing uniform with a stethoscope. Each image has a corresponding "SHOP ALL" link below it.

WOMEN MEN MEDELITA SHOP ALL BLOG

NEW YEAR NEW GEAR
TAKE 30% OFF
EVERYTHING
PLUS 40% OFF GROSS BODIES

SHOP ALL

SHOP ALL WOMEN

SHOP ALL MEN

SHOP STETHOSCOPES

Nursing Program

SPOTLIGHT

Georgia Gwinnett College



GGC has an amazing nursing program
and has just welcomed a new cohort
this spring!

Check out www.ganursingstudents.com
to learn more about their program.




Would you like to be featured
as a "Spotlight School"?
Email gans.ekg@gmail.com
with pictures and a short bio
about your program.



How to Stay Heart Healthy

CDC NURSING TIPS

6 Strategies

- 
1. Learn your health history
 2. Eat a healthy diet
 3. Move more, sit less
 4. Quit smoking
 5. Take medicines as directed
 6. Rethink your drink



Heart it Out



**Learn more about how to stay "heart-healthy"
at**

**[https://www.cdc.gov/chronicdisease/resources
/infographic/hearthealth.htm](https://www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm)**



Nursing Student Spotlights

How do you stay heart healthy?




**"I live a tobacco-free life and
eat a variety of fish at least
twice a week"**

-Katie, GBCN



CALLING ALL
STUDENT NURSES!

GANS NIGHT AT THE ATLANTA HAWKS GAME!



Join GANS at the Atlanta Hawks game March 10th & let's represent GA student nurses! \$31 gets you a ticket, a shirt, a \$10 food credit, and a post game chat with Trae Young!

MARCH 10TH | 6 P.M.
\$31 | SECTIONS 215 AND 216!

To get your tickets:
www.hawks.com/traechat





NSNA Convention Updates

Salt Lake City, Utah
April 3rd-7th 2019

GANS is applying to awards to win at
convention

Slated candidates were released, so check
them out below!

If you would like to "run from the floor" for office,
let GANS board know. Applications must be
completed by **March 28th**.

Let your **district directors** know if you are
going to NSNA.

Visit www.ganursingstudents.com for more
information about NSNA

NSNA Convention Updates

Slated Candidates

Position	Candidates
President	Helen Pham. Molloy College, Rockville Centre, NY Christine Smothers. Case Western Reserve University, Cleveland, OH
Vice President	Chelsea Marriott. University of Mount Union, Alliance, OH
Secretary/Treasurer	Kezia Varughese. Mercy College, Dobbs Ferry, NY
Imprint® Editor	Deishanque Kennedy. Georgia Gwinnett College, Lawrenceville, GA
Breakthrough to Nursing® Director	Lucas Farris. University of Texas at Arlington, Arlington, TX Jocelyn Ramos. Clarkson College, Omaha, NE

Directors:

Delegates vote for all directors. The purpose of having north, south, east and west election areas is to ensure that there is representation across the USA. Note that once elected, all directors represent the entire USA, and not the election area they are from. Each Director will be assigned to chair a Board committee after they are elected.

Directors	Candidates
Northern Election Area	Kaitlyn Cantu. Case Western Reserve University, Cleveland, OH
Southern Election Area	Jordan Miller. Union University, Hendersonville, TN Nkenna Njoku. Mercer University, Georgia Baptist College of Nursing, Atlanta, GA
Eastern Election Area	Amy Kalser. University of Scranton, Scranton, PA
Western Election Area	Stephanie Bell. University of Nevada, Las Vegas, NV

Nominating and Elections Committee:

Candidates for the Nominating and Elections Committee (NEC) run against candidates from the same election area, but they are elected by the entire NSNA House of Delegates. The major responsibilities of the NEC are to seek out members to become candidates for national office and to choose the slate of candidates to be presented to the House of Delegates. For a complete description of the responsibilities of the NEC, see NSNA's Bylaws in *Getting the Pieces to Fit*.

Election Area	Candidates
North	Eadie Monaghan. Emporia State University, Emporia, KS
South	Vacant
East	Alexis Rebeck. Drexel University, Philadelphia, PA
West	Lauren Shipton. University of Nevada, Las Vegas, NV

Congratulations
Nkenna Njoku, GBCN of Mercer
University
and
Deishanique Kennedy, Georgia
Gwinett College



CONVENTION SCHEDULE

National Student Nurses' Association, Inc.®

45 Main Street, Suite 606 • Brooklyn, New York 11201
(718) 210-0705 • FAX (718) 797-1186 • Email nsna@nsna.org • www.nsna.org

This schedule is subject to change. The final schedule will appear in the Program Book, available on site and in the online convention app, Guidebook.

Visit <http://nsnaconvention.org> for updates.

Tuesday, April 2

- 9:00am - 5:00pm Convention Office Open
- 9:00am - 5:00pm Resolutions Office Available to meet with Authors (by appointment)
- 12:00pm - 7:00pm Convention Registration
- 1:00pm - 4:30pm NSNA Leadership UP Treasures Certificate Program
- 1:00pm - 8:00pm Council of State Presidents (open to state presidents, presidents-elect, state consultants and state staff)
- 4:00pm - 7:00pm Delegate Credentialing
- 5:00pm - 8:15pm Part I NSNA Leadership UP Consultant/Advisor Certificate Program
- 7:00pm - 9:00pm Resolutions Committee Available to meet with Authors (by appointment)

Wednesday, April 3

- 6:30am - 6:30pm Convention Registration
- 7:15am - 8:15am Part II NSNA Leadership UP Consultant/Advisor Certificate Program
- 7:00am - 1:30pm Delegate Credentialing (ends promptly at 1:30pm)
- 8:00am - Noon Resolutions Committee Available to meet with Authors (by appointment)
- 8:00am - 11:45am NCLEX Mini Review Powered by Lippincott PassPoint
- 8:00am - 3:30pm Faculty Workshop (Special registration required, Co-Sponsored with NIN)
- 10:00am - 10:30am Briefing for Candidates on the State and their Campaign Managers
- 11:00am - Noon Campaign Headquarters Open for those Running from the Floor
- Neon Deadline for Candidates running from the floor Wednesday to have their applications submitted to the NEC
- Neon Association Activity Seminars and Orientation to Convention
- 1:00pm - 2:00pm Campaign Headquarters Open-Meet the Candidates
- 1:15pm - 2:15pm Focus Sessions
- 2:00pm - 2:30pm Briefing for candidates to be nominated from the floor of House of Delegates on Wednesday
- 2:30pm - 3:00pm Parliamentary Procedure Briefing for Delegates - **Mandatory for Delegates**
- 3:00pm - 4:30pm Opening Meeting of House of Delegates - **Mandatory for Delegates**
- 3:30pm - 4:30pm Focus Sessions
- 4:00pm - 5:00pm Faculty Workshop
- 5:00pm - 5:30pm Scholarship Sponsors and Scholars Meet and Greet (by invitation)
- 5:45pm - 7:30pm Opening Ceremony and Keynote Address
- 8:30pm - 11:00pm First Night Party

Thursday, April 4

- 6:30am - 6:00pm Convention Registration
- 7:00am - 8:00am Morning Yoga (Tentative)
- 7:00am - 9:00am NCLEX Mini Review Powered by Lippincott PassPoint (Continuation)
- 7:30am - 9:00am Faculty Workshop
- 9:00am Deadline for Pre-stated Candidates to check-in at Campaign Headquarters
- 9:15am - 10:45am Plenary Session
- 10:00am - 5:00pm Delegate Credentialing
- 11:00am - 3:15pm Poster Sessions
- 11:00am - 3:30pm Grand Opening of Exhibit Hall and Career Development Center
- 11:30am - 12:30pm Faculty Workshop: First Time Consultant/Advisor Convention Orientation
- 12:45pm - 1:15pm Bylaws Forum (Tentative) - **Mandatory for Delegates**
- 1:15pm - 1:45pm Finance Forum - **Mandatory for Delegates**
- 1:30pm - 3:30pm American Red Cross Disaster Certification: Sheltering and Disaster Health for Nursing Students and Faculty (Pre-registration Required)

- 2:00pm - 3:30pm Faculty Workshop
- 2:00pm - 3:30pm Meet the Candidates
- 2:00pm - 3:00pm Focus Sessions
- 3:00pm Deadline for candidates running from the floor on Friday to have their completed applications submitted to the NEC
- 3:45pm - 4:45pm Focus Sessions
- 3:45pm - 6:30pm Resolutions Hearing - **Mandatory for Delegates**
- 4:15pm - 5:45pm Consultants/Advisors Briefing

FREE NIGHT TO ENJOY SALT LAKE CITY!

Friday, April 5

- 6:30am - 6:00pm Convention Registration
- 7:00am - 8:00am Morning Yoga (Tentative)
- 7:00am - 8:45am NCLEX Mini Review Powered by Lippincott PassPoint (Completion)
- 7:15am - 9:15am Faculty Workshop
- 8:00am - 9:00pm Delegate Credentialing
- 8:00am - 9:30am NEC Available in Campaign Headquarters
- 8:00am - 4:00pm Bone Marrow Donor Registry
- 9:00am - 10:30am Plenary Session
- 9:30am - 10:00am Briefing for Candidates to be nominated from the floor on Friday
- 10:45am - 1:45pm House of Delegates - **Mandatory for Delegates**
- 11:00am - 3:15pm Poster Sessions
- 11:00am - 3:30pm Exhibits and Career Counseling Center
- 11:00am - 12:30pm Faculty Workshop
- 2:30pm - 4:00pm Candidates Presentations Part I - **Mandatory for Delegates**
- 2:30pm - 4:00pm Faculty Workshop
- 3:30pm - 4:30pm Focus Sessions
- 4:30pm - 5:30pm Delegate Credentialing
- 4:30pm - 6:00pm Faculty Workshop
- 4:30pm - 6:00pm Candidates Presentations Part II - **Mandatory for Delegates**
- 4:45pm - 5:45pm Focus Sessions
- 6:30pm - 9:00pm Resolutions Hearing - **Mandatory for Delegates**
- 9:00pm - 11:00pm Meet the Candidates

Saturday, April 6

- Midnight - 9:00am Electronic Voting for the 2019-2020 Candidates
- 7:30am - 3:00pm Convention Registration
- 8:00am - 9:00am Voting Technical Assistance
- 9:00am - 11:45am Poster Sessions
- 9:00am - Noon Exhibits and Career Development Center Career Showcase (Tentative)
- 9:00am - 1:00pm Closing Session House of Delegates - **Mandatory for Delegates**
- 1:30pm - 3:30pm Focus Sessions
- 1:30pm - 3:30pm American Red Cross Disaster Certification: Sheltering and Disaster Health for Nursing Students and Faculty (Pre-registration Required)
- 1:30pm - 3:30pm Career Readiness Panel
- 4:00pm - 5:30pm Closing Ceremony, Award Presentations, and Endnote Address

Sunday, April 7

- 8:00am - 10:00am 2019-2020 Nominating and Elections Committee Orientation Meeting
- 8:30am - 11:30am 2019-2020 Board of Directors Orientation Meeting



District Directors

STAY IN TOUCH

Kelsey Butler
Victoria Ferlauto
Kimberly Smith
Gabrielle Griffin

Visit www.ganursingstudents.com