

HORIZONS NEWSLETTER

LOUISIANA ASSOCIATION OF STUDENT NURSES



FROM THE PRESIDENT'S DESK

As we move into the fall months, I have begun to notice the changes all around. The days are becoming shorter, the temperatures are cooling (even this far South), and the leaves are beginning to turn and fall. I want to recognize the accomplishments of all those that submitted applications for scholarships and congratulate this year's recipients. As always, the competition was strong and those selected were well deserving. I want to take a moment to focus on these topics of congratulations and change. While we congratulate our scholarship winners, I also want to congratulate every student nurse. 2020 has challenged us in ways we never expected. It seemed like each month we faced another new challenge and yet with every challenge we adapted, grew, and became more resilient. We cannot take for granted the silver lining of our difficult times, as they make us stronger as individuals and a community. I encourage each of you to take a moment to pause and reflect on the past year, because we do not learn from only our experiences, but rather, we learn from reflecting on these experiences. Do this with a purpose. Use this reflection to see how far you've come this semester and how little we have left. Use this to look at our past and know that each of us as individuals can impact the community - Vote! Use this to check-in and see if you are taking the necessary time and steps for self-care and family. Finally, use this to reflect on how far we've come and to where we want to go. I am excited and humbled to lead this great organization and look forward to working together to face these challenges head on, to discover who we really are, and to see how far we can go. Good luck on the remainder of the semester!

Christina Hebert
President, Louisiana Association of Student Nurses



2020 SCHOLARSHIP RECIPIENTS

Kristina Rigterink

Student of the Year and Beyond the Call Scholarship

Jacquelyn Clark

Financial Need Scholarship

Shanna Utterback

Diversity Enhancement Scholarship

Duaa Hashm

Lynne Truxillo Memorial Scholarship

Claire Wingerter

Academic Excellence Scholarship

Katlyn Brown

Stephanie Payne Memorial Scholarship

Congratulations to all of our scholarship recipients, we wish you the best in all of your future endeavors!

2020-2021 LASN BOARD

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Louisiana Association of Student Nurses



@lasnofficial

PAYING IT FORWARD DURING HARD TIMES

Despite the drastic changes in how our local chapters must operate, two schools have demonstrated great resilience and a spirit of service to those in need. Our highlights of service for the month of October come from UL Lafayette and LSU! UL Lafayette SNA operated two donation drives virtually via Amazon Wishlist, and both were a huge success! From the diaper drive they were able to donate 13,131 diapers and 49,240 wipes to the Desormeaux Foundation in Lafayette, La. Their Lake Charles Hurricane Laura relief drive gathered just as much support to help those affected by the storm. We thank the ULSNA chapter for their great service and dedication to the community!



Photo Credits: Camille Melancon, ULSNA Historian
Lacey Menard, ULSNA Chapter President

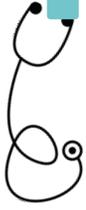


Photo Credit: Allison Bridges, LSU

LSU served the local community of Slidell, Louisiana during the Hydrocephalus Walk. "Here we set up tents, passed out waters, snacks, and sandwiches, and cleaned up the event" says Allison Bridges. We want to thank the LSU SNA chapter for their hard work and dedication to serving others!



HEALTH NEWS



NOVEMBER HEALTH OBSERVANCES

American Diabetes Month

Bladder Health Month

Chronic Obstructive Pulmonary Disease (COPD) Awareness Month

Diabetic Eye Disease Month

Lung Cancer Awareness Month

National Alzheimer's Disease Awareness Month

National Epilepsy Awareness Month

National Family Caregivers Month

National Healthy Skin Month

National Hospice Palliative Care Month

National Stomach Cancer Awareness Month

Pancreatic Cancer Awareness Month

Prematurity Awareness Month

World Antibiotic Awareness Week (Nov. 11-17)

World Prematurity Day (Nov. 17)

GERD Awareness Week (Nov. 17-23)

Great American Smokeout (Nov. 19)

International Survivors of Suicide Day (Nov. 21)

National Family Health History Day (Nov. 26)



HORIZON'S NEWSLETTER STUDENT SPOTLIGHT

Your passion for the nursing profession and story will have the opportunity to be published in the LASN newsletter! Thank you for exhibiting excellence in nursing and being a leader within your school's nursing program!

Please fill out the form, attach a photo of yourself to your email and answer 3-4 of the following questions regarding yourself and your experiences in nursing school. You do not have to answer every question and your answers can be as long or as short as you choose. Send submissions to lasnhorizonseditor@gmail.com

Name: _____

Questions:

1. What are some of your hobbies and interests outside of nursing school?
2. If you could invent something that would make life easier for nurses what would you invent and why?
3. Why did you choose nursing as the profession that you wish to pursue?
4. What is your secret to success in nursing school?
5. My favorite thing about my nursing school is _____. (Why do you love the school that you attend?)
6. What would be some advice that you wish to share with students considering a career in nursing?
7. What is your proudest moment or greatest obstacle that you had to overcome in nursing school?
8. What do you look forward to in the future as far as your nursing career is concerned?
9. Tell us a fun fact about yourself!

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SUBMISSIONS

Articles:

We are looking for students who want to write articles to be published in our newsletter. The article may be about nursing, healthcare, wellness, or any topic students may be interested in and learn from. If you would like your article to be published in the Horizons Newsletter, please email lasnhorizonseditor@gmail.com.

Passion Stories and Student Spotlight Stories:

We are looking for Passion Stories and Student Spotlight Stories! If you or someone you know would like to be featured in the Horizons newsletter, please email lasnhorizonseditor@gmail.com.

SNA activities with description and photos:

We know that all of our Louisiana SNAs are active as a positive impact in their communities. If you would like your SNA's activities to be featured in the Horizons Newsletter, please e-mail your pictures with a brief description of the event(s) to lasnhorizonseditor@gmail.com.



LASN MISSION STATEMENT

Louisiana Association
of Student Nurses

Our mission is to promote the health and well-being of all people by preparing future leaders and scholars in the health sciences. Louisiana Association of Student Nurses is a statewide community enabling the transition of the student to professional nursing through leadership, education, mentorship, and stewardship.