

SPECIAL
POINTS OF
INTEREST:

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Minnesota Vitals

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Welcome!

On behalf of the Minnesota Student Nurses Association Executive Board we would like to welcome you to the 2011-2012 school year. We are very excited to be apart of your nursing journey! As a board we have been busy planning our annual convention which will be held Saturday February 4th, 2012 in Rochester, MN! While the location may be a tad bit difficult for some, we promise it will be worth your while. We are in close contact with the Mayo Clinic to bring you the best of the best in the medical field.

This September we hosted the Council of Student Leaders (COSL) event at the MNA offices in St. Paul, MN to give school leaders the chance to brainstorm ideas as well as learn how to

expand their local SNA chapters. We were pleased with the turnout and hope many of your attend next year as well!



MSNA Executive Board at the 2011 NSNA Annual Convention in Salt Lake City,

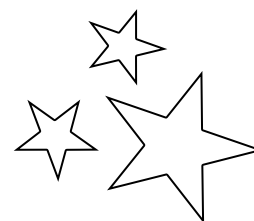
In national news our president Ashley Mulvihill attended the NSNA mid-year convention in Memphis, TN to learn how we as a board can better assist you all

as the state chapters and nursing students in the future! We look forward to hearing all about her trip!

Please take some time our of your day to read through this newsletter as we have tried to bring information to you that you can relate to and please do not hesitate to contact us with any questions or concerns.

Sincerely,

MSNA Executive Board 2011-2012



Announcements

Our main event is our annual convention coming up on Saturday February 4, 2012. It is being held in Rochester, MN at the Kahler Grand Hotel. Please check the website for registration information, registration is available! With that we will also be holding elections for the

board members at that time! For those interested in running for the board there will be a form available on the website to fill out and turn into us!

The "School Spotlight" section is new this year in the newsletter and if anyone has something their

school has participated in please send us the story so we can "spotlight" you in the upcoming newsletters. Send all submissions to

communication.msna@gmail.com

Thank you!!!

Self-Care/Stress-Management



Stress is a normal reaction to the demands of life. Nursing school can be quite demanding, therefore it is

important to take care of yourself. If the body remains at high levels of stress, serious health problems will

likely cause negative impacts on your health, relationships, and quality of life.

First, identify stress triggers and think of ways to start dealing with them. This may be a simple as

taking a walk or leaving a loud room. However, sometimes you will have to learn specific stress-relief

techniques such as mindfulness, meditation, and yoga. Often the reduction of stress takes practice, but

in the long run it will be beneficial on your overall functioning. Do not feel as if you are alone in stress

management because support can be available from family, friends, and healthcare work-

ers.

Stress will not disappear from your life. Therefore, it is important to learn how to manage it effectively with a specific technique that works for you!

Share with us what you do to “de-stress” and your tips can be included in the next “Minnesota Vitals” newsletter!

“The needs of the patient come first.”

-Mayo Clinic Philosophy

Mayo Clinic
in downtown
Rochester,
MN



2012 Annual MSNA Convention

On Saturday, February 4th, 2012, we welcome all nursing students to attend the Minnesota Student Nurses Association (MSNA) Annual Convention. The theme is the “Heart of Nursing” and the MSNA board would like to ask what that means to you? Also, where is your heart in nursing? Indeed, the root value of working successfully in the nursing profession is to have the heart & passion to care for patients. The nursing profession is unique in that it allows us to provide care in a variety of ways for wellness. On behalf of the board, I would like to offer insight on what the Annual Convention will offer you in honoring & fostering what the heart of nursing is & is transforming to be in the upcoming years.

Before I offer insight to about the Annual Convention, I would like to tell you about my experience at the 2011 Annual MSNA convention & how it has affected my heart &

passion for the nursing profession. On a whim I flew off my seat at the 2011 MSNA convention during election time and found myself running for convention chair. As stated in a recent movie I saw “We Bought A Zoo,” 20 seconds of courage is all it takes and it could change your life forever. I never knew how that 20 seconds of courage could have put me in the position I am in today planning your upcoming 2012 Annual convention with my outstanding team of board members, or let me have all the experiences of networking with several different professional nurses, and meeting nurse and nursing students all over the United States. Therefore, what I am asking of you is take 20 seconds of courage put yourself out there and attend the 2012 Annual Convention, you never know you may have the opportunity to make huge difference in the nursing profession, for students, nurses, and mostly importantly your

patients.

The “Heart of Nursing” is something that as a future nurse, one should reflect upon. It is of the utmost importance that you as a student nurse take the opportunity to embrace & engage in, especially at the Annual Convention. During the Convention there will be the passionate speaker, Joanne Disch, who has given her heart to the nursing profession in. A guest panel from a variety of nursing specialties will be available to offer testimony on how they have given their hearts to nursing. In addition, there will be resume review session, and Convention Hall vendors where there will be job recruiting & NCLEX educational materials & resources.

The MSNA Executive Board looks forward to seeing you at the 2012 Annual Convention.

Whitney Jack—Convention Chair

Meet the MSNA Executive Board 11-12



**Amanda Bentz—
South Regional
Director**

My caring and compassionate nature has drawn me toward a nursing career since a young

age. I am very excited to graduate from Winona State University-Rochester in May 2012 with a Bachelor's of Science in Nursing. I grew up in a small town in southern Wisconsin, but I am very excited to see where nursing takes me (wherever I can get a job!). I plan on going back to school to become a nurse midwife or

women's health nurse practitioner. I am serving as the South Regional Director on the MSNA Board. I am also currently working on an Honors project regarding cultural competence in nursing students. I enjoy coffee, traveling, chapstick, desserts, stargazing, and naps!

I was born and raised in the Twin Cities but my career with the military has had me living in multiple states across the country as well as overseas. I have been a Medic for the MN Army National Guard for almost 6 years and have had one tour in Iraq. I have always known I have wanted to be a nurse. My father was a Paramedic for many years and passed

his fascination for the human body on to me. I am currently in a bachelor of nursing program at Herzing University in Crystal, MN and my graduation date is August 2013. I also serve as the Northern Regional Director for the MSNA as well as being the Treasurer of the class of 2013's fundraising for our senior relief trip to Costa Rica.

**Jodie Brueske—
North Regional
Director**

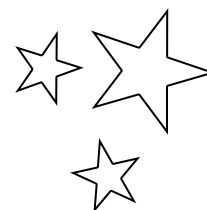


School Spot Light

The Student Nursing Association of Anoka Ramsey Community College in Cambridge went above and beyond their goals by raising over \$900 in connection with New Pathways in the "Box City" fundraiser. While raising money can be tough, some students and family members spent the night

sleeping in a box to experience where their money was going. Box cities are generally found in large suburban cities where the homeless gather into a community and unfortunately live in boxes. Not only did these students help out the homeless but they also donated 37 pints of blood during their blood

drive. Thanks for all you do at Anoka Ramsey CC! Your actions are truly making a difference!





Don't hesitate to contact us with questions, comments or concerns; that is what we are here for!
Also check out our website at www.minnesotasna.org

"Like" us on [Facebook](#) too!

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Interested in Joining?

There are plenty of perks to joining NSNA/MSNA!

By becoming a NSNA member you are automatically considered a member at the state level! While there is an annual fee to becoming a NSNA member, in return, members receive numerous discounts, a copy of Im-print Magazine (official NSNA newsletter) every other month, as well as the option to run for the state or national board.

counts, but you also have many opportunities to network with others throughout the state as well as the country.

For more information and to join NSNA/MSNA please check out the [NSNA membership website](#).

Not only do you receive dis-



Nurses Station



"My husband does most of the cooking now. My family got grossed out when I gave a sponge bath to our Thanksgiving turkey."

"When you're a nurse you know that every day you will touch a life or a life will touch yours." -Author Unknown