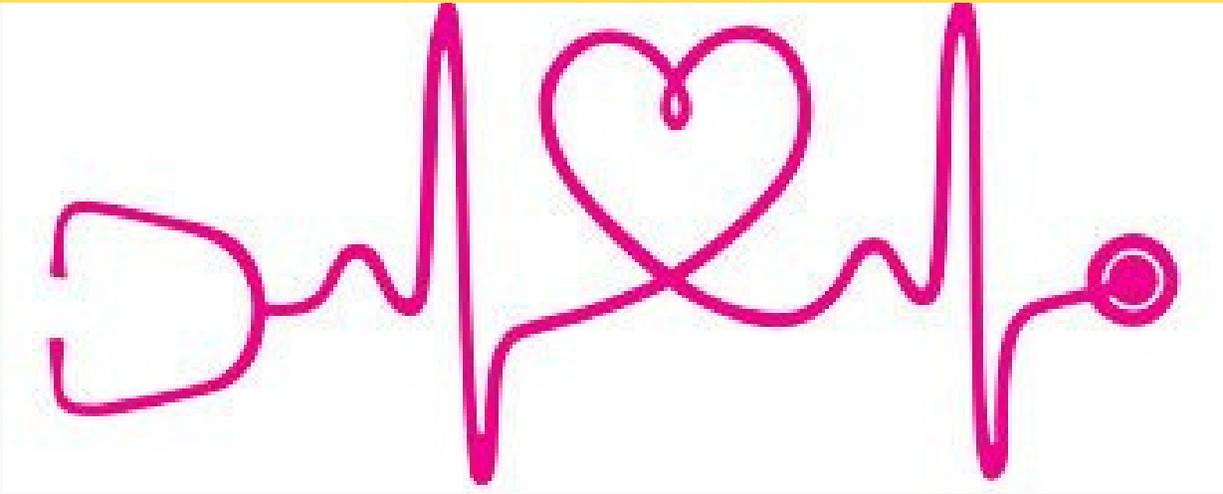


APRIL 2019

# BSNA NEWSLETTER

## APRIL 2019

Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences



### Next BSNA Meeting: May 6

### April Meeting

April 8, 2019 12:30pm, Room 141

At this month's meeting, we had Harrison Hunter and Noea Pizana from Northwestern mutual Financial Review come and speak to us about a number of topics including:

- Financial security:** money and options in the best and worst parts of life
- Saving:** having enough money saved to cover life's goals and surprises, and to help you afford a comfortable life.
- Target savings:** 20%, but you can start anywhere, even 5% is still very good!
- Financial advising:** help you prioritize goals and create a personal plan that is unique to you help you get where you want to go as efficient as possible
- Emergency fund:** enough money to cover 3-6 months without any income
- Budgeting:** (written or an app) allows you to see bad spending habits, and also allows you to start good spending habits
- Recommended budgeting app:** Mint
- Student loans:** income driven repayment plans, if you are working in a hospital or nonprofit you can qualify for the lowest payment for 10 years, and the remainder can be forgiven. Even if you are currently working in a hospital while you are still in school you can qualify for the 10 year lowest payment and loan forgiveness, and start paying off student loans early.

### April Events:

NSNA Convention in Salt Lake City, Utah April 3rd-7th

Blood Drive April 29th, 11:00-3:00, UHAL 115

Sign-ups will begin on April 15th

Toy Drive

- Thursday, April 11th 11-1:30  
Tabling at UHAL

-Monday, April 15th 11:30-1:30  
Tabling at UHAL

- April 22nd 2-4pm Shopping for Toys

-April 23rd 12pm Toy Drop off

# NSNA CONVENTION

*April 3rd-7th*



## 19 BSNA members attended the NSNA Convention in Salt Lake City, Utah April 3rd-7th

What exactly do you do at the NSNA Convention? Here are some examples:

- Nurse Blake meet and greet/dance
- breakout sessions like LGBTQ and Nursing, Emergency Medicine, American Red Cross, Career Building,
- naloxone training
- meeting hundreds of vendors at the expo center
- resume building
- key note speakers about combining innovation and nursing
- hoh
- the day would start early at 0700 with an NCLEX review and the last breakout session would end around 1745! So the days are jam packed with lots of information and networking

**Convention recap video:**

**<https://www.youtube.com/watch?v=D2-ILxqz5JU>**



# APRIL EVENTS



vitalant

Helen and Arthur E. Johnson Beth-El College  
of Nursing and Health Sciences

## Blood Drive

Give blood & help save lives with us!

**MONDAY, APRIL 29 | 11 AM- 3 PM**  
**UCCS UNIVERSITY HALL**  
**MAIN LOBBY/ROOM 115**

Please contact Vanessa Roggie at [vroggie@uccs.edu](mailto:vroggie@uccs.edu) with any questions or to make an appointment.

Walk-ins are welcome, but appointments are preferred to ensure availability.



**Please email Vanessa Roggie**  
**([vroggie@uccs.edu](mailto:vroggie@uccs.edu)) by**  
**April 15th to sign up for**  
**the Blood drive.**

**Toy Drive**  
**- Thursday, April 11th 11-**  
**1:30 Tabling at UHAL**  
**-Monday, April 15th**  
**11:30-1:30 Tabling at**  
**UHAL**  
**- April 22nd 2-4pm**  
**Shopping for Toys**  
**-April 23rd 12pm Toy**  
**Drop off**

# AWESOME MERCH!!



**BSN Stole:**  
For any student graduating in nursing from Beth-El  
Product info: stole is all white with black lettering, school logo on left side and BSN on right  
\*Font may be slightly different on final product



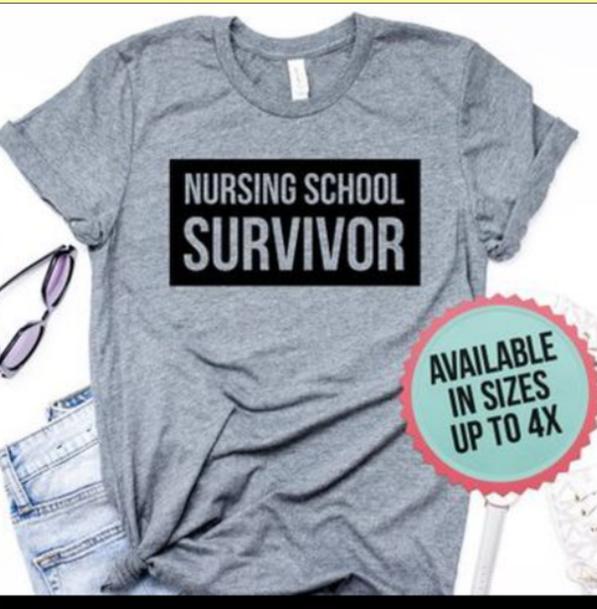
**NSNA Member Cord:**  
For any student who is a member of the national student nurse association  
Product info: cord is silver, light blue and purple with a NSNA charm  
\*This cord will not be available until April



**BSNA Cord:**  
For any student who is an active member of the BSNA  
Product info: cord is a salmon color which matches the apricot nursing tassel



Stole- \$30  
Cords- \$10  
Sweatshirt- \$25 (4 left)  
T shirts- \$5



New shirts will be sold at Pinning!  
\$15



Insight. Inspiration. Ingenuity.

What is NSNA? NSNA is a national organization of nurses, leaders, and student nurses who strive to grow in professional development and provide educational resources for members. What are the benefits of being an NSNA Member? NSNA members get special discounts on scrubs, shoes, NCLEX materials, hotels, conferences, access to educational resources and portfolio services, and more! Cost: Becoming a new member is only \$35 for one year. Want more Information? Go to <http://www.nсна.org/Membership.aspx> or email Garrett Krueger ([gkrueger@uccs.edu](mailto:gkrueger@uccs.edu))

# BSNA CONTACT INFO

BSNA Contact Info Visit the BSNA website at <http://www.uccs.edu/~bsna/> Beth-El encourages you to join the National Student Nurse Association (NSNA) at <http://www.nсна.org> Friend us on Facebook Follow us on Twitter @UCCS\_BSNA Board of Directors Contact Info: With the New Board Members Name listed below

1. President: Michael Ramirez (mramire3@uccs.edu)
2. Vice President: Shelley Lautenbach (slautenb@uccs.edu)
3. Treasurer: Montana Cookcurrent junior (mcook5@uccs.edu)
4. Secretary: Shelbie Burke (sburke7@uccs.edu)
5. Merchandise Director: Sarah Scott (sscott9@uccs.edu)
6. NSNA Coordinator: Garrett Krueger (gkrueger@uccs.edu)
7. Image of Nursing: Vanessa Roggie (vroggie@uccs.edu)
8. Student Faculty Liaison: Krissa Burdan (kburdan@uccs.edu)
9. Community Service Director: Grace Benskin (gbenskin@uccs.edu)
10. Community Health Director: Rachelle Ono (rono@uccs.edu)

Faculty Advisor: Sue Davis sdavis4@uccs.edu