

SAVE THE DATE!



PLEASE JOIN US AT THE
**OHSNA ANNUAL
CONVENTION**

SATURDAY, SEPTEMBER 12TH 2020

Held at
Capital University

E Main St. & College Ave.
Bexley, OH 43209

Image Credit: Canva

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Editor: Meris Shuwarger

Contributors: Kaitlyn Cantu, Kali Clark, Miranda Cochran, Marissa Kimbler, Taylor Pellam-Obbish, Christine Smothers, Ayla Starcher, Halle Turner, Ina Verija

A MESSAGE FROM OHSNA'S PRESIDENT



Image Credit: Taylor Pellam-Obbish

Hi everyone,

I wanted to reach out and let you know that OhSNA is thinking of you during this time. The entire nation has been impacted by the COVID-19 pandemic, forcing people to experience a new way of “normal.” Ohio stands as an example amongst other states due to the leadership of our Governor, Mike DeWine, and Dr. Amy Acton. As many of you know, on March 27th, Governor Mike DeWine passed HB 197, RN, and LPN initial licensing. This law authorizes the Ohio Board of Nursing to issue licenses to practice as an RN or LPN to applicants who meet specific criteria, including newly graduated student nurses.

Soon, we will all be on the frontlines of this pandemic. Graduating and moving into the nursing role is a big task on its own, let alone starting our career amid a national pandemic. It is our responsibility to step up to our calling as a nurse to provide essential care. You are not in this alone. With over 1,300 members, OhSNA is irreplaceable in our ability to provide support and comfort. The OhSNA Board of Directors has donated the money we would have spent toward the National Student Nurses Association on the communities across Ohio, including Cleveland, Cincinnati, Toledo, and Columbus. We also donated money to Nurses Inspire Nurses, a beautiful business that sends care packages to nurses and hospital units across the nation. We gave specifically to nurses here in Ohio.

Perspective is everything as we move into a world of the unknown. Stay positive, embark on a new hobby you never had the time to try, learn how to cook homemade noodles, spend time with your family. I will be thinking of you.

With love and admiration,
Taylor Pellam – Obbish, OhSNA President

STAYING BUSY DURING SOCIAL DISTANCING

Compiled by Meris Shuwarger

The OhSNA Board of Directors wants to share with you some of the ways we are coping with the stay-at-home order!

- **Running and walking outside whenever I can!** I've always loved walking but I have a new appreciation for walking outside!
- Attempting to make as much as I can homemade. For example, my family and I had tacos for dinner the other night and **instead of store bought tortillas, we made homemade ones!** Much tastier.
- Making sure I take the time to step back from school and just enjoy having nowhere to go.
- Staying on the same school/studying schedule!
- Spending time with my dog and family.
- Taking my studies outside to get some fresh air and sunlight.
- Changing up the route we take when I walk my dog to see some new scenery. Participating in instructor-led workouts online so I can continue my fitness regimen!



Image Credit: Taylor Pellam-Obbish

- **Training some horses at home with the family when it's nice outside!**
- Jumping rope in my driveway and going on bike rides--nothing like reliving childhood memories to make me feel alive.
- Using my planner to make daily lists of 5 things to accomplish each day.
- **Making homemade pasta...YUM!**
- Allowing myself to feel my feelings, and reminding myself that they are valid!
- Enrolling in some free classes on Coursera to broaden my horizons.
- Watching a movie every night with my mom.
- Making time to read for fun every day.



Image Credit (left): Marissa Kimbler
Image Credit (right): Taylor Pellam-Obbish





OHIO NURSES

THANK YOU FOR ALL YOU DO!

As future nurses, we are so grateful to be joining the ranks of such extraordinary nurses as you and your colleagues.

We appreciate all the sacrifices you are making to care for us and keep us safe, and hope these care packages can serve as a small token of our gratitude



OHIO NURSING STUDENTS SUPPORTING OHIO NURSES

Contributor: Meris Shuwarger

During this time of great uncertainty, one thing is clearer now than ever: our lives and safety are always firmly in the hands of the unbelievably strong and diverse health professionals working across the country. This is why OhSNA looked to partner with Nurses Inspire Nurses, a company focused on supporting nurses in all roles as they give so much of themselves to the communities they serve every day. By redirecting funds that were earmarked for the NSNA convention, OhSNA was able to donate money to directly cover the cost of shipping these amazing packages to nurses right here in Ohio.

According to Nurses Inspire Nurses founder, Cat Golden, "I wanted to do the care packages because I believe nurses must take care of themselves as humans first, nurses second. When we nurture our own basic needs first we can show up in a much bigger way. These are trying times and just because you're a nurse on the front lines doesn't mean you aren't scared. If there was a way I could help nurses feel seen and heard and cared for, I knew I had to do it! I love giving gifts and this was the least we could do." OhSNA couldn't agree more with this beautiful sentiment!

Image Credit (left): Cat Golden
Image Credit (right): Meris Shuwarger

COMMITTEE UPDATE

POPULATION AND GLOBAL HEALTH

Contributor: Kali Clark



In response to the COVID-19 crisis, the Director of Population and Global Health has been working with the rest of the board of directors to come up with ways to help our communities during this time. Due to COVID-19, the event planned for educating nursing students on human trafficking and the outdoor yoga event are currently postponed until more information is released about when the crisis might end. However, continue to look for our #GreenTipTuesday posts on our Instagram @OhioSNA to learn ways to go green and help the environment. Also, a new initiative is being developed by the director of population and global health. Since this year's theme remains focused on mental and physical health, be on the lookout for new posts containing #StayFitwithOhSNA. These posts will contain fun and creative suggested work-out routines that you can do at home! All who participate can promote their own physical and mental health while also promoting social distancing guidelines to keep ourselves and our communities safe. If you have any workout routines you love and want to share, feel free to send us a direct message and we can work to incorporate them into our posts. Look for these posts soon! Lastly, the population and global health director would like to continue to ask those who can in the community to donate blood. Look for our instagram posts to see how you can donate during the COVID-19 crisis.

COMMITTEE UPDATE

COUNCIL OF STUDENT PRESIDENTS

Contributor: Miranda Cochran

The Council of Student Presidents has been sending out monthly emails to keep everyone up-to-date on things going on within OhSNA and around the state of Ohio. As the COVID-19 pandemic is shifting a lot of our activity, we are looking into ways to keep membership engaged and ensure that everyone knows how to get involved to assist with the pandemic. As always we want our members to know that we are here to help them achieve whatever their goals are for the student nurses associations. If there is ever anything that you need, please do not hesitate to reach out. If you have any donation drives, volunteering, membership activities, or any other ways in which you are helping out with the pandemic, feel free to share so we can support you and get the word out in the next update email.

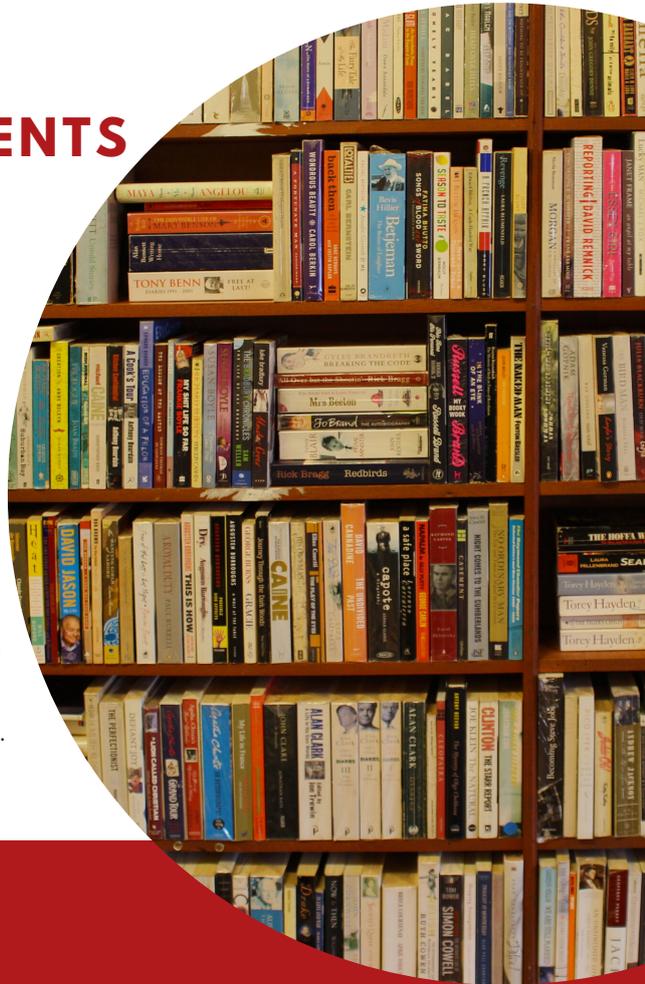


Image Credit (both): Canva

COMMITTEE UPDATE

FINANCE

Contributor: Ina Verija

The finance committee has been busy during the COVID-19 pandemic! Due to the cancellation of the NSNA annual convention, changes in the budget had to be made. The Board of Directors decided to use half of the funds we would have spent during the convention to give back to our communities. Those funds were divided equally between four cities and then put towards organizations that are making a difference, especially during these unprecedented times. The chosen organizations mostly help with healthcare or food scarcity issues. As voices of the Ohio student nurses, knowing that our desire to help others is strong, we felt that giving to philanthropic organizations and those on the frontlines was something that had to be done. The rest of the funds from the NSNA convention will partly be used for the OhSNA Annual Convention in September. Given that it is the Year of the Nurse combined with everything we are going through, we want to provide our constituents with the best event possible this fall!

OHSNA GIVES BACK PHILANTHROPIC DONATIONS

Contributor: Ina Verija

Ohio Nurses

- Nurses Inspire Nurses

Toledo

- Community Care Clinic
- Connecting Kids to Meals
- Toledo Food Bank

Columbus

- United Way

Cincinnati

- Council on Aging

Cleveland

- Metro Health Helping Hand Fund
- Eastern Cleveland Community Meal Delivery Program
- Pandemic Response Team

Image Credit (both): Canva





COMMITTEE UPDATE

MEMBERSHIP

Contributor: Ayla Starcher

While everything has been put on hold for an unknown amount of time, OhSNA is here to support and assist their members in every way possible. While we may not be able to help in person, we have continued to work with schools through virtual meetings. If you would like us to "visit" your school, let us know! We are proud to be a part of the future healthcare workers of Ohio. My goal of membership director is to help our members through this difficult time. If you have any questions, or would like to set up a meeting, please email me at ohsnamembership@gmail.com. As a thank you to all of our members, be sure to follow our social media for some exciting giveaways!

COMMITTEE UPDATE

HEALTH POLICY & ADVOCACY

Contributor: Kaitlyn Cantu

In light of COVID-19, Ohio has cancelled all in-person elections and polling locations. The deadline for voting has been pushed back to April 27th, and all voting will be done remotely. If you have yet to vote, you can request your absentee ballot here: https://www.ohiosos.gov/globalassets/elections/forms/11-a_english.pdf Absentee ballots must be requested by April 25th at the latest, and postmarked by April 27th or before. Sooner is always better in this situation!

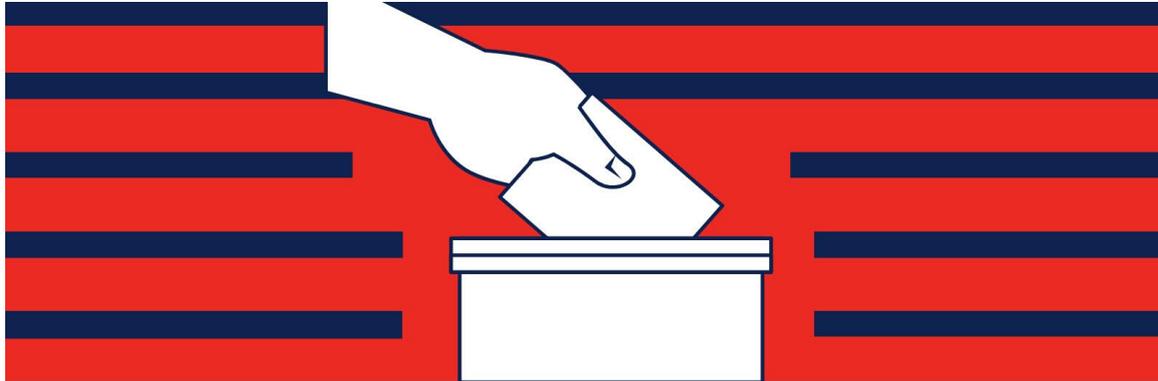


Image Credit (both): Canva

KEEPING YOU IN THE KNOW

HOW TO CAST AN ABSENTEE BALLOT

Contributor: Kaitlyn Cantu



OHIO HAS CANCELLED IN-PERSON VOTING FOR
THE PRIMARY ELECTION.

HOW TO CAST AN ABSENTEE BALLOT

Cast an absentee ballot so you can be a safe and
informed voter while social distancing during the
COVID-19 pandemic.

Contributor: Marissa Kimbler

GO TO
[HTTPS://WWW.OHIOSOS.GOV/GLOBALASSETS/ELECTIONS/FORMS/
11-A_ENGLISH.PDF](https://www.ohiosos.gov/globalassets/elections/forms/11-a_english.pdf)
TO REQUEST YOUR ABSENTEE BALLOT

VOTE EARLY AND FROM YOUR OWN HOME BY REQUESTING
AN ABSENTEE MAIL-IN BALLOT. ABSENTEE BALLOTS:

1. MUST BE REQUESTED BY APRIL 25, 2020
- AND
2. MUST BE POSTMARKED NO LATER THAN APRIL 27, 2020



Image Credit: Kaitlyn Cantu

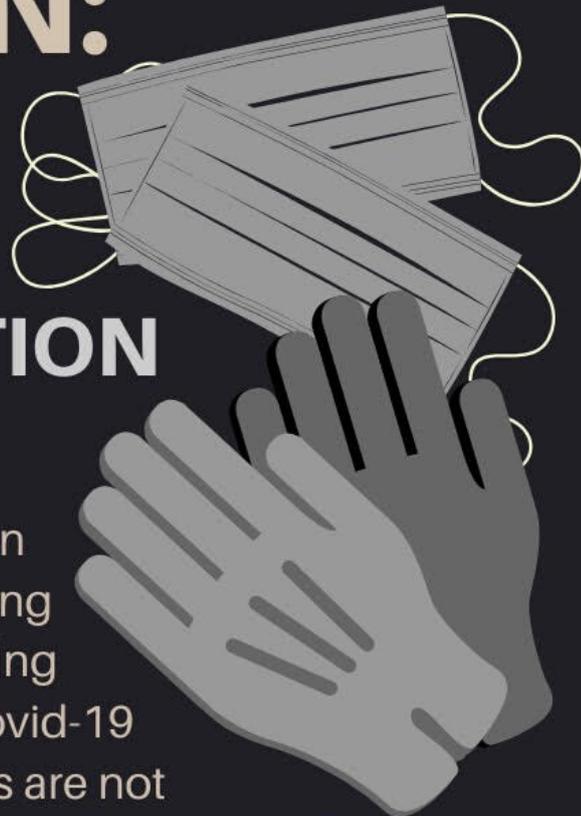
KEEPING YOU IN THE KNOW

PPE CALL TO ACTION

Contributor: Kaitlyn Cantu

CALL TO ACTION: INCREASE PPE DISTRIBUTION NOW

OhSNA
OHIO STUDENT NURSES' ASSOCIATION



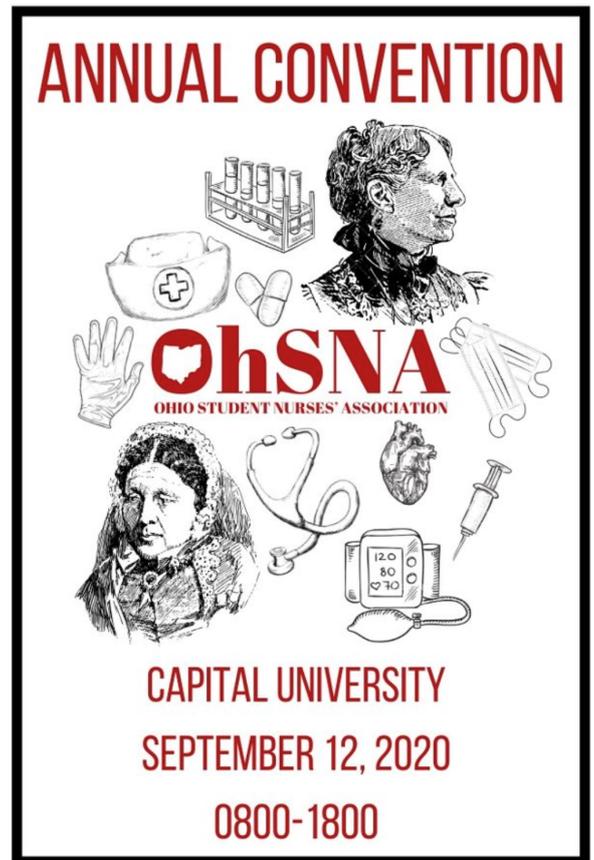
Healthcare workers on the frontlines of fighting this pandemic are being overwhelmed with covid-19 patients and hospitals are not providing appropriate or adequate PPE to prevent infection or spread. Hospitals have resorted to reusing and attempting to sterilize used N95s and surgical masks. The ANA has issued a call to action for congress to increase PPE distribution to hospitals in the US, go to the link below to tell your congress representatives that this issue is emergent! Sign here: <https://p2a.co/7Xuw9of>

Image Credit: Kaitlyn Cantu

COMMITTEE UPDATE NOMINATIONS & ELECTIONS

Contributor: Christine Smothers

It's not too soon to start thinking about your future with OhSNA! We encourage you to run for office on the Board of Directors this fall. It's an incredible experience to come together with students from all over the state to make nursing better! As an officer you will represent this statewide organization with over 1,000 members, which offers all kinds of opportunity to make a difference on a large scale. All of our positions will be open, so we encourage you to check out our website and newsletters to learn more about how OhSNA leads our community of nursing students.



OHSNA ANNUAL CONVENTION CAPITAL UNIVERSITY

Contributor: Marissa Kimbler

We have been working hard planning the Ohio Annual Convention for 2020. The theme for our convention this year is "2020 Year of the Nurse," and will take place September 12, 2020 from 0800-1800 at Capital University. We will be exploring the past, present, and future of nursing. Being able to see how far medicine has come, and where we must go next in order to meet the ever-changing needs of healthcare.

We will be having nurses from many different specialties come and present to you along with hosting an NCLEX brain bowl at the end of the day. This year we are giving you the option to order a great new T-shirt with registration. These shirts can be worn at some point during the convention, but bring your scrub pants, as we will be doing some fun hands on activities! We will also be providing Narcan training, Stop the Bleed training, and a mini simulation including the use of handwashing and PPE with your registration.

Many different medical facilities and schools will be attending the convention as well to provide you with information pertaining to further educational and employment opportunities. We hope to see you there and we will continue to stay aware and keep you updated in these uncertain times.

Image Credit: Marissa Kimbler