

The Central Line

THE OFFICIAL PUBLICATION OF THE TEXAS NURSING STUDENTS ASSOCIATION

In this issue:

Volume 64, Issue

May 2013

- Meet the Board of Directors
- Message from 2012-13 President Paul Gonzales
- Submit YOUR articles and photos

Meet the 2013-14 TNSA Board of Directors

Meet the 2013-14 TNSA Board of Directors. Inside this issue, you can learn more about each of them, and how they plan to use TNSA to enhance the education experience for nursing students all around the state. Feel free to email us any time! We welcome your feedback and want to make your voice heard as the future of nursing in Texas!

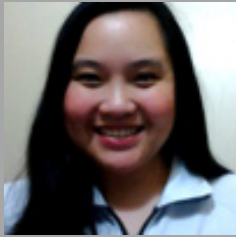


Left to Right: Shana Kubena, Auriel Vokolek, Tuyet Hoang, Susan Tran, Kathryn Mendez, Chris Rougeux, Jessica Schneider, Stephanie York. **Not pictured:** Erin Hennesay

Fall 2013 Council of Schools

Council of Schools is a weekend long seminar that includes a variety of events and breakout sessions designed to enhance your experience as a student nurse. We also like to have A LOT of fun! Maybe you want to hear about ideas for fundraising, or growing your chapter. Maybe you have decided it's time to get serious about leadership and want to take the next step. If you have given any thought to running for TNSA office, you DO NOT want to miss Council of Schools. There are also many opportunities to network, have fun with fellow student nurses from all over Texas, and of course get to know your Board of Directors! Check the next issue of The Central Line for details! – Chris Rougeux, Editor





Susan Tran
President

"It's both an honor and a privilege to have been elected as President of TNSA..."

President - Susan Tran

The One Goal

Greetings to all Texas Nursing Students' Association members and supporters! It's both an honor and a privilege to have been elected as the President of TNSA and I intend to work hard to ensure our association remains dynamic and looking forward. Paul Gonzales, our out-going President, will be a hard act to follow. Apart from guiding us all, communicating with TNSA constituents through conventions and Web, he's done an excellent job of promoting the association to thousands of people. To everybody at the state and national sphere, I

respect Paul's commitment and professionalism. Thank you Paul Gonzales for all that you have done for the association. As for my background, I am a student nurse at Texas Woman's University, Houston Campus. Also, I work as a Patient Care Assistant for Memorial Hermann, and was a Patient Care Giver for Winner's Healthcare Solutions for 3 years. I bring to the association my experience in home health, end of life care, and acute nursing. I am passionate about providing care and helping sick people heal or become better. To be on the path that enables me to com-

bine science, caring, healing, self-growth, and interaction with people is why I am pursuing the profession of nursing. With the steadfast support of Pat, Judy, and Heather; along with the diversity and depth of the 2013 Board of Directors; and the continuous support of the TNSA constituents, who are the driving force of the Association, I look to 2013-14 with much hope and inspiration. This year, I encourage everyone to do the following at your highest level: be active, create an opportunity for someone, plan, enhance your relationships, and stay communicated. These actions will lead you to the one goal and that is being the best nurse you can become.

Vice President - Kathryn Mendez



Kathryn Mendez
Vice President

My name is Kathryn Mendez. I am in a BSN program at The University of the Incarnate Word. I am greatly passionate about becoming a nurse. My clinical ventures have only solidified my enthusiasm for this profession. I attended the TNSA convention in the spring of 2013 and I truly feel blessed to have had the opportunity to meet so many new and exciting people. At the convention, I had the chance to meet my predecessor, Whitney Milburn; she encouraged my already blooming curiosity about being on the Board of Directors. I chose to run for the office of Vice President because I truly believe in the mission of the TNSA

and everything that the organization has to offer to students from across the state of Texas. I cannot wait for the opportunity to fulfill my duties as Vice President. My main goal is to increase participation at local levels. If there are any schools that do not currently have a Student Nurses' association at their local level and wish to start one up, please do! If there is any way that I can assist in this process I will be more than happy to do so. If there are any questions, comments, or concerns please feel free to contact me!

Get
Published!



- As a member of TNSA, you are shaping the future of nursing in Texas
- Let us know what is happening where you are, and what issues are important to YOU?
- Submit articles now for Fall issue!

E-mail Chris Rougeux - editor@tnsa.org



Tuyet Hoang
Secretary-
Treasurer

“...our generation of student nurses has a unique spirit of caring, change, and leadership.”



Chris Rougeux
Editor

Secretary-Treasurer - Tuyet Hoang

Fellow TNSA members, I would like to first thank everyone for attending state convention and for having faith in the newly elected board of directors to lead you through the upcoming school year. I would like to tell you a bit about myself. My name is Tuyet Hoang and I am a junior at Texas Tech Health Science Center School of Nursing in Lubbock Texas. I was born and raised in Fort Worth, Texas and moved to good ol' west Texas in 2008 upon graduating high school. At first, I

did not know what I wanted to do in school and changed my major four different times before an unfortunate event occurred in my family and led me to nursing. Since then, I have not regretted my decision for choosing nursing as a career choice. After graduation I hope to get a pediatric ICU internship somewhere in Texas but I do not know where I want to go after that. If I were to give one piece of advice to any pre-nursing students currently

involved in TNSA it would be to become more involved in your community health program. Also, you need to not expect the straight A's you are used to because nursing school is a more rigorous program than your pre-requisites and you cannot stress out about not getting a 4.0 like before. Thanks again for trusting us as the new board of directors,

Tuyet Hoang

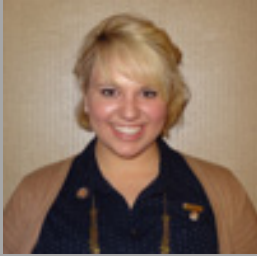
Editor - Chris Rougeux

My name is Chris Rougeux and I am a BSN student at Patty Hanks Shelton School of Nursing in Abilene, TX. I'm a junior enjoying the experience of beginning to see the world through the eyes of a nurse. It has made me a better husband, father, son, brother, and friend. My wife Brandi and I have 4 children, so first and foremost I am a family man. Of course nursing school requires multiple costume changes for both me and my family in a given day, but I wouldn't have it any other way. We work together as a team and teach our children the value, as well as the joys and the perils of choosing to embark on the jour-

ney that is known as a college education. Getting involved in TNSA and joining the Board of Directors has been a very rewarding enhancement to my educational journey so far. I have made friends and networking contacts all over the state that I otherwise may not have. Talk to any group of nursing students at a TNSA event and it won't be hard to see why so many predict that these students will be the leaders and decision makers in Texas nursing in the future. It seems to me that our generation of student nurses has a unique spirit of caring, change, and leadership. I am thrilled to be in a position to help this

outstanding group of people make their voices heard in this publication. My goal for The Central Line is to publish articles written by the board, as well as professional nursing leaders from around the state. The most important thing though, is to make the voice of the TNSA membership heard! Send us letters, articles, topic suggestions, or questions. Along with all of the new board members, I am committed to shedding light on issues that matter to the student nurse community from around the state. Please email me anytime to discuss your ideas!

editor@tnsa.org



Stephanie York
Nominating Chairman

Nominating Chairman - Stephanie York

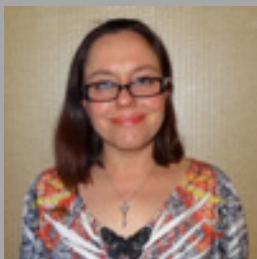
Hello to all the TNSA members. I am excited to serve as your Nominations Chairperson for the 2013-2014 term. I am originally from Arlington, Texas, home of the Rangers and now the Cowboys. As a senior nursing student at the University of Mary Hardin-Baylor in Belton, I am ending my term as Projects/

Fund-Raising Chairperson, and excited to guide someone else into this role in our local chapter. I currently work as a student nurse technician at Scott & White Memorial in Temple, Texas, in the cardiothoracic ICU. I am heading a nursing research project soon to go forward for IRB approval and hopefully completion over the summer. I

want to be an active player in our career field as a student and in the future as a professional nurse. I hope to inspire those underclassmen interested in leadership at the state level to contact me and begin preparing for the upcoming school year and next state convention in the spring.

YOU ARE A STUDENT NURSE LEADER!

Want to join the Board of Directors? Run for office at the state convention next year! Start planning your campaign NOW! Contact Stephanie York for info on getting started! nom-chair@tnsa.org



Shana Kubena
Northern Regional Director

Northern Regional Director - Shana Kubena

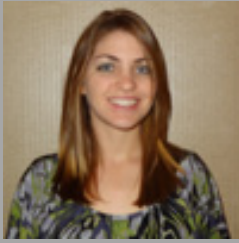
I definitely love to talk, but determining what to tell you about myself in a few short paragraphs is a tall order! I'll start off with why I am here, and why I am a part of TNSA. What I love most in life is helping others. It took me many years to discover the best way for me to do so as a profession, but nursing is definitely the perfect field for me. Being part of TNSA allows me to also help others by using my voice, especially those that will follow in my footsteps.

I attend North Central Texas College in an ADN program that is in a small

little town called Gainesville, TX. We are as close to Oklahoma as you can get without crossing the border. Our nursing program is known all throughout the county as our local Student Nursing Association is extremely active. I serve as our local Vice-President of Communications and was honored to receive the Student Leadership award as well as have our local chapter receive the Student Organization of the Year. Since my first day on campus I have been active with my local chapter. I attended the state convention in Irving 2012 my second

month in nursing school and I knew I wanted to do more than be a delegate.

I am now a 3rd semester nursing student and every day I am excited and proud to be where I am. I have 3 wonderful fur babies (dogs) that I talk about all the time. I have an amazing husband who is also a nurse. He keeps me grounded and he lets me cry on his shoulder. My goal is to be a nursing instructor one day, so working with TNSA to make my educational experience the best it can be both benefits me now and those who I hope to further mentor in the future.



Auriel Vokolek
Southern Regional Director

Southern Regional Director - Auriel Vokolek

Hello Southern Region! My name is Auriel Vokolek the new Southern Regional Director. I attend a BSN program at the University of the Incarnate Word in San Antonio, Texas. I will be graduating in December of 2013. I am interested in NICU/ neonatal nursing, along with pediatric mental health nursing. Children are

a passion of mine, because they have a unique perspective on life and present different challenges in the clinical setting. This in part is what led me to choose nursing as a career. I want to be in the role where I can proactively make a positive impact on a child and their family. Some of the things that I do outside of nursing

school include country dancing, reading fictional books, and spending time outside. I am looking forward to being in contact with all the southern region schools this upcoming year. My goal is to encourage participation and sharing of ideas and thoughts among the schools. Feel free to contact me if you have any questions!

STARTING OR GROWING A CHAPTER?

- Northern Director - *Shana Kubena***
- Eastern Director - *Jessica Schneider***
- Southern Director - *Auriel Vokolek***
- Western Director—*Erin Hennesay***

LET YOUR REGIONAL DIRECTOR HELP!

north.director@tnsa.org

east.director@tnsa.org

south.director@tnsa.org

west.director@tnsa.org



Erin Hennesay
Western Regional Director

Western Regional Director - Erin Hennesay

Hello, my name is Erin Hennesay and I have been elected to be your Western Regional Director for TNSA 2013-2014. I attend nursing school at South Plains College in Levelland, and by joining the nursing profession; I finally feel that I have chosen the right direction for my life.

I am a 48 year old mother of 4 and grandmother of 4. I love people, and really feel that helping people is one of my main purposes in life. I was a Girl Scout leader for 4 years with my 2 older daughters, and then moved to Boy Scouts with my son as den leader, Pack leader and Troop leader for 5 years. After leaving a job in

telecommunications in 2009, my husband suggested I go back to school. I took all my pre-requisite courses and then nursing school began. The very first semester I was introduced to TNSA. I wasn't exactly sure what they did, but it was an organization of nursing students, so I joined. I attended state convention in Irving in 2012 and I was hooked. I attended the national convention in Pittsburgh, PA as well. Then I realized that our organization was down to only 2 active members as the others were graduating. How did that happen? Why weren't more nursing students taking advantage of the opportunities provided

by TNSA? What could I do? I created a PowerPoint using pictures from the 2 conventions I attended and began recruiting members. Our chapter is not as active as I would like yet, but is definitely headed in the right direction. Now my goal is to help boost membership in my region. I look forward to working with all of my fellow nursing students, and working for my region to make it more active.



Paul Gonzales
President 2012-13

Your Opportunity - Paul Gonzales

Hello Texas Nursing Students' Association (TNSA) constituents. My name is Paul Gonzales, the outgoing President of TNSA. First, I want to say it has been a genuine honor to represent all of you this past year. As a fellow nursing student, I have been inspired by the level of commitment and tenacity I have seen from each of the local chapters. The work that you do for the community and the schools you represent is the reason I decided to run for office. Last year, I ran on the platform that I would help you as nursing students find your voice so that your concerns will be heard, and your dreams will become a reality. But something that I did not expect was that I would find my own voice in the process.

Nursing is the only profession that incorporates every aspect of holistic care into our practice, which is why nursing is the most trusted profession. Our practice is so wonderful, and everyday individuals in nursing make a difference in some way or another. We are the unsung

heroes whose practice is often overlooked. However as nurses, we represent the largest population of healthcare workers at 3.1 million RNs in the United States. This number is growing every day, and it only goes to show that as a profession, we have the potential to be the strongest voice. Something I encourage everyone to look at is Institute of Medicine's - *Future of Nursing* report. It is titled *Leading Change, Advancing Health*. This insightful and very progressive article puts forth concepts that recognize nursing as an integral part of the healthcare team. Phrases such as "full partners with physicians and other healthcare professionals" and "nurses should practice to the full extent of their education and training" show up in the report, and these are words that I believe are the future of healthcare. Look at this as evidence of changing times, and knowing that, I would like you to realize that you as future nurses are drifting on the precipice of change. The

time to stand up is now, and it is more pertinent than ever for nurses to become leaders and embrace these ideas that can only advance our profession. Seize this moment, for this is your opportunity.

Lastly my role as President expires this June, and I will relinquish the responsibility to the new Board of Directors of TNSA. It is bittersweet as I have all this energy that I would love to channel towards TNSA, but I know that the new board is perfectly capable of moving the organization forward. As a student, I am graduating this May with my BSN from Texas Tech University Health Sciences Center. As I move forward in my career, I will take what I've learned from this organization to continue to empower you as nurses to continue to take pride in your work. I want to take that pride and use it as the engine to drive our evolving profession forward. Because in the end, I am so proud not because of my own merits, but because of the people I represent and the work you do. So thank you TNSA.

LET'S MAKE IT OFFICIAL!

Order your official TNSA pin by mailing a check or money order in the amount of \$20 per pin to the following address:



TNSA, Inc.
P.O. BOX 763877
Dallas, TX 75376
Attn: Pat Pollock

Please include your name, address, phone number, and the # of pins you wish to or-

Our Mission Statement

To provide the highest education for student nurses while aiding in the development of the whole person. To have direct input into the standards on nursing education and influence on the education process. To model a high level of integrity among students in their dealings with people as they strive for excellence in everything they do, as it is an expectation and not a goal.

Submit your photos

TNSA Members have the opportunity to promote the image of nursing to the public and to fellow students. Email your pics and we will feature them in The Central Line or TNSA website.

Email editor@tnsa.org

