

WKU BSN KANS

NEWS Fall 2016



Need to Know Info: WHAT IS KANS?

- The **National Student Nursing Association (NSNA)** is YOUR **national** pre-professional nursing organization. - <http://www.nsna.org/>
- The **Kentucky Association of Nursing Students (KANS)** is the **state** level group. <http://mykans.org/index.html>
- And **WKU BSN KANS** is our **local** chapter. We are student led & student focused with faculty support.

KANS/NSNA MEMBERSHIP:

NSNA membership, which includes State KANS membership is encouraged (but not required) for all students. Join online at:
<http://www.nsna.org/Membership/StudentMembership.aspx>

Membership is \$35/year. To run for office or be a class representative in WKU KANS students must be members of NSNA. Students may participate in WKU BSN KANS meetings and service events without being a member; however NSNA/KANS membership can only be listed on your resume if you officially join and pay dues.

PARTICIPATION REQUIREMENTS:

All nursing students must participate in a minimum of **1 meeting and 1 service event per semester.**

***4th sem.** meeting & service event requirements will be met as part of your classes but students are always welcome to participate in additional meetings/events (looks great on resume!)

*KANS requirements are waived for students repeating a class during the semester they are repeating.

These minimal participation requirements are mandatory to meet the BSN program goals of encouraging service and professionalism.

But why just do the minimum? We encourage you to participate in any & all KANS opportunities for further self-development.

Participation looks great on your resume! You can use WKU's SEAT (Student Engagement Transcript) <http://wku.edu/academicaffairs/ee/seat.php> to keep an online record of your participation. When you reach 4th semester you have will this info to transfer to your resume.

MEETINGS:

Meetings provide you with information about nursing careers & professional issues. At least 3 meetings will be held each semester and will include chapter business and speakers.

Sign in sheets for each semester will be used to track attendance. It is **YOUR** responsibility to attend at least 1 meeting & to sign in. Please plan ahead.

SERVICE EVENTS:

Service events give you a chance to get involved with medical and health events in the community. Event opportunities will be posted on the WKU BSN KANS Facebook site, in MCHC classrooms, and emailed out to the bsngeneric list serve.

It is the **YOUR** responsibility to select an event, sign up as directed, and submit a WKU BSN KANS service event form. The form must be signed by an event representative and handed in with your final clinical evaluation to the instructors of the following classes:

1st semester – Physical Assessment

2nd semester - Med Surg I

3rd semester – Med Surg II

*The service event form is posted on the "BSN Orientation" & "BSN Prelicensure Student Info" Bb sites under KANS tab.

CLASS REPS:

Each semester will have KANS representatives. One KANS rep from each semester will attend each meeting. Semester rep responsibilities are to keep their classmates informed about what's going on with KANS.

MORE INFO: For questions about WKU BSN KANS Contact KANS officers, reps, or faculty advisors.

KANS Cares - Spring Community Involvement Projects:

September

CCK (Center for Courageous Kids) Drive

Items needed for the Pharmacy are:

Quart or Gallon Size Zip-lock bags

Clorox Wipes

Non-sterile Latex Free Gloves

Disposable Cold Packs

Donation Box on 2nd floor at Ms. Mayes desk



**BE THE CHANGE
YOU WISH TO
SEE IN THE
WORLD!**

GANDHI

October

Rivendell Clothes Drive

This month bring new or gently used clothes for ages

5 yrs -18 yrs, Male or Female.

Shoes, Sweatshirts, Sweatpants are appreciated (no hoodies please). Undergarments may be donated but must be new. All clothing should be modest and age appropriate.

Donation Box on 2nd floor at Ms. Mayes desk



November

School Nurse Supplies Drive

We will be donating items to the nurses in our local schools to use to care for the children. Several of you have been there for clinicals and know this is a big need. They said they could really use:

Latex free bandaids

alcohol wipes

guaze

Kleenex (tissues)

soft peppermints (for kiddos with a cough)

Lysol (sanitizing) wipes

Donation Box on 2nd floor at Ms. Mayes desk



KANS Spooky Store Fundraiser

In the MCHC Lobby

**Get a costume or festive décor
Great prices!**

**We will be selling Halloween/Fall items
on the following days (or until we run out):**

Mon., Sept 26th 11:30am-12:30pm

Tues., Sept 27th 11:30am-12:30pm



How to sign up for KANS events:

WKU BSN KANS uses SignUp.com to organize many of our activities.

Most (but not all) of our events are on this site. Here's how it works in 3 easy steps:

1) Click this link to see WKU KANS activity signups on SignUp:

<https://signup.com/group/1038065500066>

2) Review the activities listed and choose the one(s) you like.

3) Sign up! It's Easy!

Check out this video tutorial on how to use SignUp.com:

<https://www.youtube.com/watch?v=XUFby8xIKTI&feature=youtu.be>



Anytime during semester

New Beginnings Therapeutic Riding

Location: Pine Springs Stables, 600 Bill Ferguson Rd., Bowling Green, KY

Contact: Mrs. Jackie Reynolds, NBTR director

Check out the website for this facility that allows children with disabilities to develop motor, cognitive, and social skills through interaction with horses.

<http://www.nbtr-bq.org/>

They welcome nursing students to work one on one with the students that come to ride. There is a volunteer orientation which is required that lasts 2 hours. They usually do these the last Monday of the month but they are also willing to hold a special one for nursing students if there is enough interest.

SIGN-UP: Contact Mrs. Reynolds directly for more info: jreyn40212@aol.com

(270) 202-9114 or (270) 777-3600



Various Mondays and Fridays this semester

Peer Mentoring

Time: vary per day (see below)

Location: Clinical Skills Lab MCHC Rm 2241-2243

Event Contacts:

Lori Fox, WKU BSN faculty and 1st sem. KANS advisor & Michelle Dille, KANS VP

This service activity is available ONLY TO 2nd, 3rd, and 4th semester students who are interested in mentoring 1st Sem. Fundamentals students. You will come to open labs (various dates and times) and help students to prepare for fundamental skills nursing checkoffs. Your encouragement will help foster a relationship with 1st semester nursing students.

Shifts:

Mondays 3:30 pm – 4:30 pm

Fridays 11:30 am – 1:30pm or 1:30pm-3:30pm

(# of students and skill focus needed varies by day, see SignUp)

SIGN-UP: on SignUp.com <https://signup.com/group/1038065500066>



9/17/16 (Sat.)

Down Syndrome of South Central Kentucky Buddy Walk

Location: Bowling Green Ballpark, Hot Rods Stadium, 300 8th Avenue
Bowling Green, KY 42101

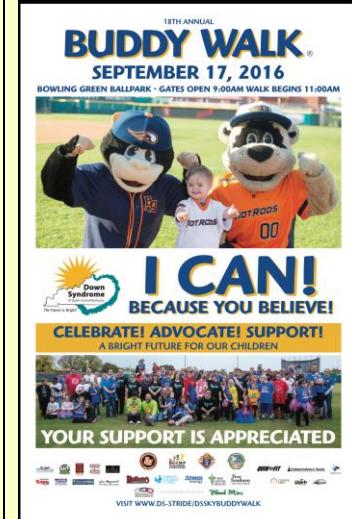
Event Contact: Kim Link, WKU BSN faculty

The Buddy Walk is a great event that raises money to provide year-round services for individuals with Down syndrome and their families, some of whom several of you met at the Buddy House! Students will help monitor children's activities and may also be asked to participate in the Buddy Walk. Wear your WKU polo or KANS t-shirt. Parking is free in the parking garage right beside the ballpark. Check in by going to the volunteer table and letting them know you are a nursing student.

Email Dr. Dawn Garrett-Wright with [questions dawn.garrett@wku.edu](mailto:dawn.garrett@wku.edu)

Shifts: 8:30am to 10:30am or 10:30am to 12:30pm

SIGNUP: on SignUp.com <https://signup.com/group/1038065500066>



9/28/16 or 10/26/16 or 11/30/16 (last Wednesday of every month)

Salvation Army Warren Co. Food Distribution

Time: 8am-noon

Locations vary, BG area, Ms. Hanson will send email.

Event Contact: Heather Gordon, Salvation Army

Volunteers are needed to man the registration table, pack food, and carry it to individuals/families cars.

Up to 20 students needed.

Wear casual clothes. A WKU or nursing t-shirt would be great!

SIGNUP: on SignUp.com <https://signup.com/group/1038065500066>

RSVP by noon on the MONDAY before the distribution.



10/1 (Sat.)

Center for Courageous Kids 6K Run and 1 Mile Walk

Time: Registration 7am, walk/run begins at 8am

Location: Covington Woods Park/Paul Walker Golf Course, 1044 Covington Avenue, Bowling Green, KY

Event Contacts: Kaitlyn Walley (4th sem.) kaitlyn.walley793@topper.wku.edu or Courtney Swindle (2nd sem.) courtney.swindle810@topper.wku.edu

WKU discounted registration fees: \$10 for Walk & \$15 for Run. WKU students will walk or run together with the kids/campers. WKU nursing students Kaitlyn and Courtney are organizing our SON team. Must signup online by 9/19. Use discount code "WKU4KIDS". Wear a WKU or nursing t-shirt. Pick up packet and t-shirt the Fri. night before the race 3pm-6pm at Griff's Deli.

When Registering, make sure to select the **TEAM** ticket option, and not the individual to receive your discount. The promo code for the TEAM – 6K RUN is **WKU4KIDSRUN** If you are participating in the TEAM-WALK the promo code is **WKU4KIDSWALK**

SIGNUP: Here is the online registration

link: www.2016courageouskidsrun.eventbrite.com

Deadline for registrations to ensure a race t-shirt – **September 19th**. (We of course are taking registrations up until the day of race, but after September 19th, the t-shirts will be on a first come first served basis due to quantity)



10/11/16 (Tues.)

STT & KANS Blankets for Hospice Event

Time: 5 pm – 7 pm

Location: MCHC 2271

Event Contacts: Dr. Liz Sturgeon, WKU BSN Faculty liz.sturgeon@wku.edu

Kappa Theta chapter of Sigma Theta Tau (International Nursing Honor Society of Nursing) is teaming up with WKU Nursing students to make fleece tie blankets to donate to Hospice patients. Charge is \$5 per person and includes dinner from Moe's and blanket making supplies.

***Note: Students must sign-up so we can get a count for blanket supplies and food.

SIGN-UP: On Signup.com <https://signup.com/group/1038065500066>



Sigma Theta Tau International
Honor Society of Nursing®



10/14/16 (Fri.)

WKU CEC's Special Needs Summit

Times: 9a-3pm

Location: Knicely Conference Center, 2355 Nashville Rd.

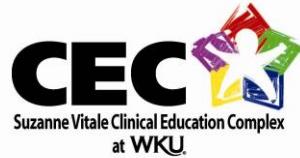
Bowling Green, KY 42101

Event Contact: Contact Shannon Sales, Family Resource Director at WKU CEC 270-745-2419 shannon.sales@wku.edu for question not answered on web page below.

The Special Needs Summit is an event for parents, caregivers, professionals, staff, and students who have an interest in the special needs community. Workshops will be offered on various topics relating to special needs such as nutrition, behavior therapy, and occupational therapy. The keynote speaker is Amalia Starr, motivational speaker and author of "Raising Brandon: Creating a Path to Independence to Your Adult "Kid" with Autism & Special Needs".

SIGN-UP: For online registration or more info. visit www.wku.edu/summit

Cost is \$20 for students. This is a longer event that would be an awesome addition to your resume if you are interested in working with children.



10/14 (Fri.)

WKU Relay for Life – School of Nursing Team

Time 6 pm-9pm

Location: WKU's South Lawn, 1 Big Red Way, Bowling Green, KY 42101

Contact:

Deanna Hanson, WKU BSN faculty, KANS advisor

WKU SON has a team. There is no fee to walk but participants are encouraged to collect donations. Wear a WKU or nursing t-shirt. More info:

<https://www.wku.edu/wkurelay/> Contact Ms. Hanson or Ms. Fox for questions

deanna.hanson@wku.edu

lori.fox@wku.edu

SIGN-UP:

http://main.acsevents.org/site/TR?fr_id=71494&pg=personal&px=9515160



Help support our team - order this Relay t-shirt for only \$12. See Kristy Mayes, 2nd floor SON desk, for an order form.

10/23 (Sun.)

Medical Center Expectant Parent Fair

Location: MCHC Auditorium

For info on this community event see website:

http://www.mcbg.org/internal/wellness/Community_Events/Expectant_Parent_Fair.aspx

Shifts Available:

11:30am-1:30 pm (5 students) to help with event set-up and hosting visitors

1:30pm-3:30pm (5 students) to help hosting visitors and event break-down

Dress will be business casual with closed toe shoes and either hose or socks with name tag. (School of Nursing polo and kakhi or black pants will work.)

SIGN-UP: on VolunteerSpot

SIGN-UP: On Signup.com <https://signup.com/group/1038065500066>



10/29 (Sat)

Light up the Night – Hospice of Southern Ky fundraiser

Location: Highland Stables, 1301 B Hunts Lane, Bowling Green, KY

Shift: 4:45 pm – 10 pm

Event Contact: Angie Geron, Hospice of Southern Ky volunteer coordinator.

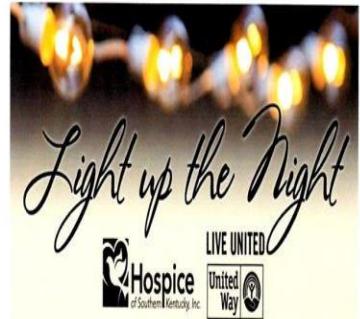
Office: 270-782-3402 Cell: 270-779-9204

They need volunteers to help serve a family style meal. **PLEASE WEAR A WHITE SHIRT & BLACK PANTS.** Students get to eat the leftovers :) Tyrone Dunn and the Kinfolk will be playing during the event so you'll get to enjoy the music.

<https://www.facebook.com/events/116497895363232> Students last year really had fun at this event. Call Ms. Geron for any questions: 207-779-9204

(10 volunteers needed)

SIGN-UP: on SignUp.com <https://signup.com/group/1038065500066>



Additional events may be added throughout the semester.

But don't wait till the last minute!



Upcoming Meetings:

NOTE: Socializing and snacks start 15 min prior to meetings.

Monday, Sept 26th

3:30 pm – 4:30 pm

MCHC Room TBA

KANS & KNA

Ryne Wilson, WKU 4th Sem. nursing student – Ryne is on the KY state KANS Board and will give you info on your state organization.

Kim Bourne, RN – This WKU faculty member and current local KNA chapter president will share what being an active member of your professional organization can do for YOU.



DATE TBA

(expect a Tuesday in Oct.)

3:30 pm -4:30 pm

MCHC Room TBA

Street Drug Update

Matthew Travis from the Drug Task Force will be speaking on current problem drugs. This is helpful to nurse as we see drug affected patients in all areas of nursing.

Wednesday, Nov. 2nd

3:30 pm -4:30 pm

MCHC Room TBA

New Graduate Panel

We've invited recent BSN graduates back to MCHC for an informal panel discussion. They were students like you in the past couple of years! They'll share their thoughts on job hunting, the NCLEX, being a new nurse, and answer your questions.