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HELLO NEW JERSEY NURSING STUDENTS

As the summer ends and another school year begin, we must focus on upcoming events. The Board Members of NJNS have been busy planning our annual COSP (Council of School Participants) event. We recognize the nursing profession is subject to evidence base practice therefore, this year's theme for COSP is **"Increasing Your Strength in Nursing Leadership: Evidence Based Practice."** This is a great opportunity for students to explore evidence base in the nursing profession. Please join us on Saturday, October 11, 2008 at 9:00 AM at Capital Health System in Trenton, lunch will be provided. A scholarship will be awarded to one lucky student, must be present to win. Don't forget to preregister. Preregistration is easy, go to njnsinc.org and complete the online form. ☺



Sarah Lelion

Sarah Lelion
08-09 Pulsebeat Editor/PR Director

HELLO TO ALL DEANS AND FACULTY MEMBERS

The 57th NJNS, Inc. Annual Convention planning is underway. The theme for the convention is **"Leadership: Exceeding Your Horizon."** Today's nursing students will be tomorrow's nurse leaders.

Due to the overwhelming student participation at the 2008 convention, we are expanding the number of focus sessions for our fellow nursing students. Therefore we will require numerous volunteer speakers for this event.

Don't miss the opportunity to help shape the character of New Jersey nursing students.

If you would like to participate in this event on February 19, 2009, please download the speaker form at www.njnsinc.org or email me at 2ndVP@njnsinc.org.

Thank you for your consideration and continued support. ☺

Regina Adams
2nd Vice President
NJNS, Inc.

COSP COUNCIL OF SCHOOL PARTICIPANTS

presents

Increasing Your Strength in Nursing Leadership: Evidence Based Practice

DATE: October 11, 2008
TIME: 9:00 AM-1200 NOON. Lunch to follow.
LOCATION: Capital Health System
446 Bellevue Ave
Trenton, NJ 08618
FEE: \$5 with Pre-Registration/ \$10 without Pre-Registration.
Admission fees will be collected at the door.

HOW TO REGISTER:

Pre-register online on our website: www.njnsinc.org
Or fax registration form to: 609-883-5343 attn: Regina Adams, 2nd Vice President
Or email registration form to: 2ndVP@njnsinc.org

DEADLINE FOR PRE-REGISTRATION IS SEPTEMBER 26, 2008. NO EXCEPTIONS!

A SCHOLARSHIP WILL BE AWARDED TO ONE LUCKY PARTICIPANT

GREAT DOOR PRIZE GIVE AWAY

MUST ATTEND ENTIRE EVENT TO QUALIFY FOR SCHOLARSHIP & DOOR PRIZE
(Please Print)

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ FAX: _____

EMAIL ADDRESS: _____

NSNA MEMBERSHIP NUMBER: _____

BREAK THROUGH TO NURSING

Welcome back fellow nursing students! I hope you are refreshed and ready to jumpstart your fall classes with enthusiasm! I spent part of my summer brainstorming ways to reach out to all of the people who may have not yet realized that NURSING is the profession for them! Considering the many facets, specialties, and potential to collaborate a nursing background with: education, law, administration, forensics, travel, sales, and consulting just to name a few, I can't help but think that almost anyone could find their niche in a nursing career.

I have been utilizing internet networking sites like Myspace and Facebook to gather ideas for my Break Through to Nursing platform. My classmates and I decided that the best way to "break through" to populations normally atypical of the nursing field would be to provide more exposure and more information. I have plans of mingling with many campus students still undeclared in their major, and even more that are disgruntled or unfulfilled in their declared major. I intend on reaching populations other than college students by submitting articles to publications that seemingly have nothing to do with nursing, yet can ultimately be connected because nursing encompasses such a vast network.

In order to provide more exposure and more information I NEED YOUR HELP! I would love to have personal testimonials of people that stumbled upon nursing uncharacteristically, or why nursing just seemed to be the fit for you. Please tell me about your journey or contact me with suggestions to Break on Through with Nursing! I look forward to hearing from you...Thanks ☺!



Leeihnae' Reese

Leeihnae' Reese
NJNS, Inc.
Break Through to Nursing Director
btn@njnsinc.org
leeihnae.reese@yahoo.com
www.myspace.com/fortheLoveofskittles
www.facebook.com

MISSION

Our goal as an organization is to help mold the future professionals of the nursing field. Only through involvement can we implement change. You are the future leaders of the nursing profession. Professionalism and Leadership begin here with NJNS, Inc! ☺

HELLO! On behalf of the New Jersey Nursing Students, Inc. (NJNS), your state organization under the National Student Nurses' Association (NSNA), I would



Deyanira Zarza

like to welcome you back to school and congratulate you on your decision to begin, or continue, your nursing career. I commend you and wish you nothing but the greatest success. I hope the semester is off to a good start for all.

I know the start of a new semester brings on the stress of having to pay tuition and buy more books. Let NJNS help you with that burden. Please join us for our wonderful COSP (Council of School Participants) event which will be held October 11th at 9am at Capital Health System in Trenton. Come make it a day of learning, fun, and maybe even go home with door prizes such as an iPod and or a scholarship.

The 2008-2009 board of directors are already hard at work planning and organizing the 57th annual convention to be held at the Trump Taj Majal in Atlantic

City. We have been able to expand our room allotment and also our exhibit hall. What does this mean for our students? This means more exhibitors, more focus sessions, and also an area for convention attendees to sit and eat lunch. If you haven't become a member yet, now is the time to do so at <https://nsnamembership.org/>

Here is a list of the exhibitors that have already signed on for the convention:

- After College
- Atlantic Health
- Bank of America
- Bloomfield College Division of Nursing
- Felician College
- Hospital Newspaper
- Hurst Review Services
- Meds Publishing
- Monmouth University
- New Jersey League for Nursing
- New Jersey State Nurses Association
- Pinnacle Health System
- South Carolina Hospital Assoc.
- Southern Ocean County Hospital
- Sylvia Rayfield & Associates Inc.
- The College of New Jersey
- Thomas Edison State College School of Nursing
- Unlimited MedSearch
- Virtua Health



This year while in nursing school, I encourage you to ask questions, join organizations, and take on leadership roles, as well as allowing yourself time to cultivate and develop your interests outside of studying. Best wishes for the upcoming school! Hope to see you all at COSP and the 57th annual convention. 🍷

Sincerely, Deyanira Zarza, RN
President, New Jersey Nursing Students, Inc.

ATTENTION POTENTIAL EXHIBITORS & SPONSORS!

NJNS is writing you to announce exhibit and sponsorship opportunities at our 57th Annual Convention, February 19th and 20th, at the Trump Taj Mahal in Atlantic City. Our target audience consists of nursing students and educators,



Amy Skapyak

nursing schools, hospitals, administrators and faculty, staff nurses, and the like. With over 3,000 participants from across the state and beyond, the NJNS Convention is a prime opportunity for you to promote your organization and connect with others. Our conventions have been very successful due to the excellent support we have received from exhibitors and sponsors in the past.

Exhibitor space is sold on a first come, first serve basis when the registration is received with payment. A tabletop and lunch will be provided. Vendors may place an ad in our program booklet, make a donation, or sponsor an event such as the Deans and Directors Luncheon and other convention events.

Detailed information including rates, schedule, exhibit space, and registration will be posted online, www.njnsinc.org, at the end of September. Make sure to check back to take advantage of this dynamic marketing opportunity.

We would be honored for your organization to be apart of NJNS 57th Annual Convention. We welcome your participation and look forward to hearing from you soon. If you have any questions, please contact Amy Skapyak, 1st VP at 1stVP@njnsinc.org or 609-638-0300. 🍷



A Publication of New Jersey Nursing Students

The Pulsebeat, a publication of the New Jersey Nursing Students (NJNS), welcomes unsolicited manuscripts and suggestions for articles. Manuscripts can be up to 750 words, either typed double spaced on white paper or sent on 3-1/2" disk, MS Word, spell checked, singled spaced with only one space after a period. Please send one hard copy for review, no faxes will be accepted. Authors names should be placed after title with credentials and affiliation. Please send a photograph (preferably B&W) of yourself. All articles submitted to and or published in *The Pulsebeat* may not be reprinted w/o the expressed permission from the author. The author retains the primary ownership of any articles submitted or printed. All accepted manuscripts may undergo editorial revision to conform to the standards of the newsletter or to improve clarity. *The Pulsebeat* is not a peer reviewed publication.

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For further information re: advertising space please call NJNS (609) 883-5335.

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POSTMASTER—send address changes to NJNS, 1479 Pennington Road, Trenton NJ 08618-2694.

NAME _____
ADDRESS _____

A HIGHLIGHT FROM THE 2008 ANA HOUSE OF DELEGATES



The proposed amendment to the bylaws of ANA were to set aside a director position for a newer nursing grad who had been out of nursing school 5 years or less at the time they run for office. I felt that this is a very vitally important position to make on the board so that ANA can have the voice of the newer nurses heard; so that we have a place at the table. I stood at the HOD before all those nurses and I said, "I am speaking in favor of amendment 9C adding a seat on the ANA Board for a new graduate. We have seen you support for newer nurses, you gave us a standing ovation here today, but we need this change to allow us a place at the table on this national level.

We have a new perspective that needs to be shared because we are the future of ANA and this future needs a place at the table now and what a wonderful way to foster our growth as the new generation to lead ANA into the future. Now some may be concerned that we lack the necessary experience, but I can assure you that those who will seek this position, like those standing here with me today, are very qualified to provide a voice to the new nurses' perspective in this organization. I close with a quote from John F. Kennedy, "There are risks and costs to a program of action. But they are far less than the long range risks and costs of comfortable inaction." Thank you." Given by Jennifer Tucker and supporters at the 2008 ANA HOD bylaws forum.

I am very happy to report that the amendment passed and there now will be a place for a new graduate on the board.

If anyone wishes to contact me: jrmt2083@gmail.com 🍷

Jennifer Tucker BSN, RN

The New Jersey State Nurses Association



proudly supports the RNs of tomorrow

Whether you are interested in workplace safety, continuing education, or legislative action, NJSNA is involved.

Here's YOUR opportunity to be involved too!

Broaden and enhance your nursing knowledge and your career opportunities... all while enjoying significant members-only discounts on a wide variety of services and products.

NJSNA ...

Your voice in Trenton
Your advocate in practice
Your best source for continuing ed programs

JOIN TODAY!



New Jersey State Nurses Association
1479 Pennington Road
Trenton, New Jersey 08618
Tel: 609.883.5335
Fax: 609.883.5343
www.njsna.org

CALENDAR OF EVENTS

September 8, 2007

NJNS Board Meeting

October 13, 2007

COSP

October 13, 2007

NJNS Board Meeting

November 10, 2007

NJNS Board Meeting

February 21-22, 2008

NJNS 56th Annual Convention at Trump Taj Mahal

You are all welcome to attend our NJNS board meetings the second Saturday of the month. ☺

We are thrilled to announce our latest partnership with MEDS Publishing!

MEDS PUBLISHING—In our continued mission to bring added value and services to our members, New Jersey Student Nurses Association is thrilled to announce our latest partnership with MEDS Publishing, the leading provider of cutting-edge nursing education resources.

Through this exclusive partnership, NJNS members will receive customized Preferred Member cards which entitles them to a 30% discount on all purchases made through MEDS Publishing—online store.

MEDS Publishing combines the most effective learning methodologies with the latest technological advances to prepare nursing students for the NCLEX from day one of nursing school. MEDS—impressive line of products includes online programs, software, DVD's, video tapes, CDs, audio tapes, books, workshops, and live reviews. For more information on MEDS and its products visit <http://www.medspub.com>.

To receive your Preferred Member card, please contact NJNS today! ☺

THE NORTHEAST LEADERSHIP CONFERENCE 2008

The NorthEast Leadership Conference 2008 at Mt. Sinai Medical Center in NY proved to a great experience for all who attended. As a new member of NJNS, I was very unclear of my role as a community health director.

How can I connect the body of student nurses and the community? I heard many different ideas from schools all over the eastcoast. They have put time and effort into projects, community health screenings, and recruitment for the NSA. I was motivated to work harder to support the NSA and tell many more students about how important it is to be involved in a professional organization. Thank you to the NJNS committee who sent all the board members to the conference! ☺

Elizabeth McFetridge
Community Health Director



Elizabeth McFetridge

SUSAN G. KOMEN RACE FOR THE CURE

Susan G Komen Race for the Cure in Philadelphia raised over 3.7 million dollars!! This money will be used for grants for non-profit organizations and hospitals. These grants are used for early detection and treatments for both men and women affected by breast cancer. I was one of the 40,000 who walked/ran on May 11th to support the foundation in the fight for breast cancer. It was a great opportunity and raised my awareness for early detection and prevention such as monthly self breast exams and yearly mammograms for women over forty.

If you have any questions or would like to know more, email me at communityhealth@njsinc.org ☺

Elizabeth McFetridge
Community Health Director



Elizabeth McFetridge

BECOME A MEMBER

To become a member of NSNA & NJNS please visit the membership area of NSNA's web site at <https://nsnamembership.org/>

FEATURED MONTHLY AWARENESS TOPIC

September

National Alcohol and Drug Addiction

Recovery Month

Substance Abuse and Mental Health Services Administration
 (800) 729-6686
 (240) 276-2750
 (240) 276-1630 Fax
 info@samhsa.gov
 www.recoverymonth.gov
 Materials available
 Contact: Consumer Affairs

October

National Breast Cancer Awareness Month

National Breast Cancer Awareness Month

Board of Sponsors
 nbcamquestions@yahoo.com
 www.nbcam.org
 Contact: Cynthia Church

November

National Alzheimer's Disease Awareness Month

(800) 272-3900
 (866) 699-1246
 info@alz.org
 www.alz.org
 Materials available

UPCOMING EVENTS

Announce events that are happening at your school!

Here is your forum to share news, increase fundraising and awareness, and promote events!

Nursing Spectrum and Nurseweek's Career Fairs:

- September 9, 2008, Mt. Laurel, New Jersey
- September 11, 2008, New York City
- October 11, Edison, New Jersey

See list of exhibitors and other opportunities at <http://events.nursingspectrum.com/Expo/>

NJNS Council of School Participants:

Increasing Your Strength in Nursing Leadership: Evidence Based Practice

October 11, 2008

9:00AM-12:00PM, Lunch to follow

Capital Health System

446 Bellevue Ave

Trenton, NJ 08618

\$5 with Pre-Registration, \$10 without

Pre-Registration

NSNA Mid-Year Conference:

John Ascuaga's Nugget Casino Resort

Reno, Nevada

November 13-16, 2008

<http://www.nсна.org/meetings/midyear.asp>

2008

september

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>Labor Day</i>	2	3	4	5	6 NJNS Board Meeting 10 AM
7	8	9	10	11	12	13 NJNS Board Meeting 10 AM
14	15	16	17	18	19	20
21	22 <i>First Day of Autumn</i>	23	24	25	26	27
28	29	30				

2008

october

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 NJNS Board Reports Due
5	6	7	8	9	10	11
Fire Prevention Week						
						NJNS Board Meeting 10 AM
12	13 <i>Columbus Day Observed</i>	14	15	16	17 <i>National Mammography Day</i>	18
19	20	21	22	23	24 <i>United Nations Day</i>	25
National Health Education Week						
26	27	28	29	30	31 <i>Halloween</i>	

2008

november

SUN	MON	TUE	WED	THU	FRI	SAT
						1 NJNS Board Reports Due
2 <i>Daylight Savings Time Ends</i>	3	4	5	6	7	8 NJNS Board Meeting 10 AM
9	10	11 <i>Veteran's Day</i>	12	13	14	15
16	17	18	19	20 <i>Great American Smokeout</i>	21	22
23	24	25	26	27 <i>Thanksgiving</i>	28	29
30						