



Exciting Knowledge for GANS

A Publication of the Georgia Association of Nursing Students

www.ganursingstudent.org

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Professionalism Editorial!!!

Hello Georgia Nursing Students! I am Danielle Nelson, your 2010-2011 Publications Director. I am excited about the opportunity to keep GA nursing students informed of events with the EKG Newsletters, Blast e-mails, and GANS website

(www.ganursingstudents.org). Please visit the website from time to time for updates on conventions, legislative matters, BTN and Community projects, and many others!

With the expansion of social networking GANS is preparing to reach out to **you**, and ensure that updates are convenient and easily accessible through the GANS Facebook Page! Be expecting the Facebook page to be up and running in 2011!

I would like to remind you all to remember an integral part of entering the nursing field... Professionalism. I hope that you are surviving nursing school, whether it is your first or last semester! However, as you take pictures of the memories you make over the much-needed break be sure to be conscious of the way you present yourself. Employers use social networking sites to "research" potential employees, sometimes prior to meeting you face to face; therefore, before you hit the "upload" button remember... that may be the first impression your potential employer receives!

The EKG is made for you, the future nurses of Georgia. Please send me any ideas, suggestions, a story, or an article that you would like to be in the next EKG edition at gans.ekg@gmail.com. Your involvement is very much appreciated.

President's Message:

Maggie Adamack



Hello Everyone!

I am thrilled and honored to be your new President of the Georgia Association of Nursing Students. Thank you to everyone who was able to attend the GANS annual convention in Columbus, GA, and make it a success! It has been a wonderful start to the school year. Six members from the GANS Board attended NSNA's Mid Year Conference in Cincinnati, OH, where we had the opportunity to attend workshops and meet with other states to generate ideas for our upcoming events.

Our theme this year is "Leadership Through Service: Educator. Mentor. Nurse." We hope this will inspire you to take charge and be a leader in service within your community. A great goal for the New Year is to get more involved with your school, state and national nursing associations. Nursing is my second career and getting involved in my school's student nursing program, GANS and NSNA has opened my eyes to a world of opportunities in nursing that I never knew existed. I hope to extend these opportunities to my fellow peers.

GANS has many events planned for this year, so please check our calendar periodically. I am excited and ready to hit the floor running to make this year a success! I look forward to seeing you at the upcoming GANS events and convention! Please feel free to email me at any time if you have questions or suggestions at ganspresident@gmail.com.

First Vice President's Message

Cathy Yates



Hi everyone!

First, I want to take this opportunity to thank everyone who came to the GANS 2010 Annual State Convention in Columbus, GA this year and made it such a successful event! Once again we had a very competitive game of Penny Wars and everyone had fun at our First Annual NCLEX Bowl. Way to go Georgia Baptist on your win and trophy!! I'd like to thank the GANS 2009 – 2010 Board for all of their work in putting it all together!! Also, a special thanks to Laura Lunsford, NSNA Secretary, for sharing all of her knowledge with

everyone. Our keynote and endnote speakers were a great inspiration and we are extending our gratitude to them for coming to our convention. We look forward to seeing everyone in Athens in October 2011!

I look forward to hearing from all of our schools and students on how GANS can assist them in their school and life careers. Your GANS Board cannot wait to share all of our ideas with you and hear about your thoughts. We have already met and had numerous discussions about our upcoming plans and we can't wait to hear from you. You will be hearing from our Directors concerning your school chapter and GANS. The NSNA Mid-Year Conference in Cincinnati was a great resource for all of us who went. We attended numerous workshops regarding our positions and we gleaned helpful and useful information for many other GANS Board positions.

First Vice President's Message Continued...

We have been such a busy Board already! On Saturday, December 4th, GANS hosted the annual Inner Harbour Christmas Party. Thanks so much to all who attended and, especially, to Amy Hartline, Director of Community Health for coordinating all of it. Everyone had fun! Happy Holidays to everyone and I hope your break from school is a happy and peaceful one.

I have listed only a small handful of everything that this Board wants to accomplish. Please get active and find out about your school student nurses' group or GANS. We want to hear from you! Please contact me at gans1stvp@gmail.com for any questions, comments, ideas and thoughts.

NIMS Certification

Once again at the NSNA Mid-Year Conference, GANS learned the importance of Disaster Training and Preparedness. Cathy Yates, our 1st Vice President, attended that workshop. It is vital for all of us to be prepared for any kind of a community or national disaster. We do not want to get in the way of rescue efforts and having these certifications ensures we are helping in every way possible. The NSNA Board is NIMS certified. The previous GANS board was NIMS certified, and the current GANS board is currently working on becoming NIMS certified. We would like to see all school Boards become NIMS certified. It is also a great way to educate your community about disaster training. GANS now offers a Disaster Preparedness award given to a school that is able to show how they put their NIMS certification into action! You can make this certification an event for all of your nursing or nursing-indicated students. We will be sending more information about it soon! Check out this link to get NIMS 100, 200, and 700 Certifications: <http://training.fema.gov/is/crslist.asp>. You will have to scroll down to these certifications, but it is worth your time. Many hospitals are going to require this training and if you already have it, you may be a more eligible candidate for the job.

Get Political with your State Legislators

February 17, 2011 is our Legislative Day. Please plan on attending this event and meeting your State representatives. It is on a Thursday. You can meet other nurses and learn about how local, State, and Federal legislation affects all of us. Don't keep your head in the sand. Get active and find out what your representatives are voting on or what your community needs are. Be a part of the research on an issue and help others draft bills. You can learn how to lobby for all nurses in Georgia. Don't forget to wear your white lab coat. You can sign up through your school to be one of the students that walk from Georgia State University to the Capital. More information regarding 2011's legislative platform can be found at <http://www.georgianurses.org/legislativelobbyday.htm>.

NSNA Awards and Resolutions for National Convention in Salt Lake City UT

NSNA has numerous school and State chapter awards. There are different deadlines and criteria for each. Please take the time to look at this booklet and become familiar with the awards. Georgia schools have a history of winning so please make us proud! Please apply, we have a great state, and you deserve the recognition! If there is anything that I can do to help you or your school chapter, please contact me at gans1stvp@gmail.com. http://www.nсна.org/Portals/0/Skins/NSNA/pdf/NSNA_Awards_Booklet_2010-2011.pdf

Please submit your resolutions to NSNA for the National Convention in April. GANS can help you with any wording or put you in touch with any resources we have available. NSNA resolutions must be received by NSNA at 5:00 p.m. on February 23, 2011. Send it very early so there are no issues!! I have posted a helpful link below. <http://www.nсна.org/Publications/Resolutions.aspx>

GANS 58th Annual Convention Highlights:

The GANS Convention was a blast!

With the theme, "Spring Into Nursing, Fall Into your Career," the Focus Sessions featured healthcare professionals from different fields of nursing from Forensics to OB. The speakers were all educational and encouraging. The keynote and endnote speakers were motivating. We hope to see you again in October at the 2011 GANS Convention in Athens, GA!

GANS 58th Annual Convention Awards Winners:

GANS would like to congratulate the winners at the annual convention in October. These schools and individuals were all outstanding!

Awards on state level:

Scholarships

Emily McNelly Member of the Year Scholarship 2009-2010 Winner: Crystal Webster, Georgia Baptist College of Nursing at Mercer University

Amount: A scholarship in the amount of \$250.00

About the scholarship: Emily McNelly was an outstanding nurse who was primarily responsible for establishing the Student Nurses Association in Georgia, now known as the Georgia Association of Nursing Students.

Who is eligible: This award gives recognition to the GANS member who best exhibits leadership, scholarship, advocacy, and a passion for the art of nursing. This individual demonstrates outstanding commitment to nursing, clinical practice, and professional development.

Advisor of the Year Award 2009-2010 Winner: Dr. Mary Catherine Gebhardt RN, PhD, MSN, Byrdine F. Lewis School of Nursing at Georgia State University

Amount: Advisor of the Year Award and \$200

About the Award: The Advisor the Year Award is presented to an outstanding faculty advisor who has demonstrated exceptional skills in providing guidance, advice and support to the school's Nursing Student Association.

Chapter Awards

Political Involvement Award 2009-2010 Winner: Medical College of Georgia, Athens

About the award: The purpose of the political involvement award is to educate nursing students about legislation that impacts the nursing profession, healthcare delivery, and the political process. The award is given to the school chapter that best represents the student nursing body and has the courage to stand up and speak out on a current political issue. The project should focus on letting lawmakers know what nursing students have to say about current legislation.

Financial Excellence Award 2009-2010 Winner: Macon State College

About the award: The Financial Excellence Award is given to the school chapter that has demonstrated excellence in increasing revenues, fundraising, and maintaining a balanced budget. This chapter has developed outstanding budget and fundraising activities that reflected the needs and goals of the organization for the past year.

Outstanding BTN Project Award 2009-2010 Winner: Georgia Baptist College of Nursing at Mercer University

About the award: The purpose of the Breakthrough to Nursing Award is to give recognition to a school chapter that impacts the community and the profession of nursing through a successful BTN project. Health needs know no boundaries, and all ethnicities, creeds, genders, religions, and sexual orientations need the compassionate care of nurses. Nurses must be culturally competent as well as clinically sound in order to provide the best level of total care. Recruitment of new nurses, retention of currently working nurses and mentoring relationships are all possibilities within Breakthrough to Nursing.

Community Service Project Award 2009-2010 Winner: Georgia Baptist College of Nursing at Mercer University

About the Award: The purpose of the Community Service Award is to give recognition to a student chapter that finds time to give back to the community. Nursing is a profession of compassion and caring, and nursing students have the power to positively impact the community around them. This chapter has the most profound impact on a community by promoting health or preventing illness.

Community Service Grants 2009-2010 Winners: Mercer University and Emory University

About the Award: The purpose of these grants is to provide nursing students seed money to conduct small community health projects. These projects should promote health or prevent illness and have a positive impact on the community.

Image of Nursing Award 2009-2010 Winners: Medical College of Georgia, Athens

About the Award: The purpose of the Image of Nursing Award is to promote a positive image of nursing and demonstrate a significant contribution to the public through community health projects, legislative activism, and health promotion. This award is given to the school that demonstrates appropriate use of media coverage for an event and also promotes a positive image of nursing.

Website of the Year 2009-2010 Winner: Byrdine F. Lewis School of Nursing at Georgia State University

About the Award: The website of the year award is to recognize and honor the most outstanding website produced by a nursing school. The websites are judged based on content, creativity, and showcasing of events among other things.

Newsletter of the year 2009-2010 Winner: Nell Hodgson Woodruff School of Nursing at Emory University

About the Award: It is awarded to recognize and honor the most outstanding newsletter produced by a nursing school.

Chapter of the Year 2009-2010 Winner: Medical College of Georgia, Athens

About the Award: This award is presented to a chapter that demonstrates a commitment to the nursing profession through activism, leadership, community involvement, and support of the students within the pro- gram.

Other Awards

Penny Wars 2009-2010 Winner: Medical College of Georgia, Athens

About the Award: The winner of the Penny Wars receives half of the proceeds from this event.

Best Scrapbook 2009-2010 Winner: Medical College of Georgia, Athens

About the Award: The most creative and inclusive scrapbook presented by a school at the GANS convention.

Banner Competition Award 2009-2010 Winner: Clayton State University

About the Award: The best banner created and presented at the GANS convention.

NCLEX Bowl Awards

NCLEX Bowl Competition Winner 2010: Georgia Baptist College of Nursing at Mercer University

Best Uniform 2010: University of West Georgia

Best Cheer 2010: Medical College of Georgia, Athens

Best Spirit 2010: West Georgia Technical College

Thank you to our 2010 GANS Convention Exhibitors!

Convention this year was a great success, due to the contributions of our exhibitors. As Director of Public Relations, I would like to take this time to recognize these outstanding companies for their generosity and devotion to the improvement of nursing education. These exhibitors provided sponsorship, which made our annual Convention possible. They also offered our members with the opportunity to learn, network, seek employment, and make the most of their futures in the field of nursing. On behalf of myself as well as the Georgia Association of Nursing Students, it is my privilege to extend our appreciation for your participation in the 2009 GANS Convention, as well as our hope that you will consider exhibiting with us in the future.

We extend our thanks to:

Georgia Emergency Nurses Association
Georgia Nurses Association
Assessment Technologies, Inc. (ATI)
United States Army Healthcare Team

Campus RN
Walden University
Georgia Baptist College of Nursing of Mercer University
Frontier school of Midwifery & Family nurses
UAB Hospital
Kennesaw State University, Wellstar School of Nursing
Middle TN School of Anesthesia
Grand Canyon University
Nursing Educators Consultants
Emory University School of Nursing
Samford University
I CAN Publishing, Inc.
Meridy's Uniforms
The Gideons Intl
Georgia Association of Nurse Anesthetist
Creative Uniforms
University Healthcare System
Southern Highlands Mortgage
Hurst Review services
Columbus Regional Healthcare System, Inc.
Kaplan
Georgia Association of Nurse Educators (GANE)
GANDD
Athens Regional Medical Center
St. Francis Hospital
Tanner Health System
Shepherd Center

Sincerely,
Jennifer Hunt, Public Relations Director
Georgia Association of Nursing Students

THANKS TO EKG CONVENTION PROGRAM ADVERTISERS

Resolutions Passed at the 2010 GANS Convention

Written by Natalie Henry, Legislative Director

Greetings to all! Thank you for your support as I take on the position of Legislative Director. This year at the 2010 GANS Convention in Columbus, Georgia, the following resolutions were passed:

In support of increased awareness of the healthcare issues and the need for healthcare improvements within the United States Department of Veterans Affairs for female veterans.

SUBMITTED BY: Emory Student Nurses Association

In Support of Continued Efforts and Legislation to Increase enrollment in Nursing Programs and Increase the Numbers of Nursing Educators.

SUBMITTED BY: Medical College of Georgia School of Nursing Athens (SONAT) Association of Nursing Students, Athens, GA

Resolutions Continued...

In Support of Increased Awareness of the Negative Effects of Bullying in Children
SUBMITTED BY: Kennesaw State University Student Nurses' Association

In Support of Increasing Awareness of the Growing Mental Health Facility Deficit
SUBMITTED BY: Georgia Baptist Association of Nursing Students of Mercer University

In Support of Promoting a Positive Image of Nursing Students and Nurses with Disabilities
SUBMITTED BY: The Georgia Association of Nursing Students Resolution Committee

Meet Your 2010-2011 Executive Board:



President:

Maggie Adamack, Georgia Baptist College of Nursing, Mercer University

ganspresident@gmail.com

I grew up in Woodstock, GA, and attended Georgia State University for my first degree in Spanish and International Business. I had the wonderful opportunities to study abroad in Mexico, Spain, Hungary and Czech Republic. I was also on the GSU rowing team all four years of undergrad. Before going back to nursing school, I worked at the Georgia Department of Agriculture as an International Trade Specialist for 3.5 years assisting Southern US companies export food products all over the world. I managed, coordinated and traveled to international trade shows and trade missions to Central America, South America, Europe and Asia. My love is traveling the world, interacting with diverse people, learning new cultures and helping others in any way possible. I decided to go to nursing school when I realized my prevailing passion is helping people and being able to make a difference in others' lives. Today, I am a proud student at the Georgia Baptist College of Nursing at Mercer University as well as a rowing coach at the Atlanta Rowing Club. My hobbies include cycling, rowing, snowboarding and hiking.... anything outdoors!



First Vice President:

Cathy Yates, Macon State College

gans1stvp@gmail.com

My name is Cathy Yates and I am the Vice President 2 of GANS. I attend Macon State College of Nursing and will graduate in December 2011. I am so excited about our current board and all that the previous board has left us. We have so many projects and upcoming events and we want you to participate wherever you can. My goals are to continue to make GANS the voice of ALL of Georgia's nursing students, increase participation in your local chapter and GANS sponsored events, help our Directors increase membership in NSNA and GANS, and continue our

strong leadership and recognition at the national level by writing new resolutions and winning NSNA awards. My number one priority and goal is to ensure that each Georgia nursing student becomes aware of what GANS does, what GANS can do for them and what they can do for their community and for themselves. We can be a very powerful and collective voice. I look forward to seeing you at each or many of our events throughout the year. Please let us know what your chapters are doing so we can spotlight them!!



Secretary:

Stephanie Rooney, Kennesaw State University
gans.secretary@gmail.com

First, I would like to say that I am so excited to serve as Secretary for GANS. I am looking forward to the next year; I know it is going to be a lot of fun. I am a Georgia girl, born and raised in East Cobb. I am currently attending Kennesaw State University and serve as secretary for the Student Nurses Association. I will be graduating in August and look forward to my career as a nurse. My nursing interests include the Neonatal Intensive Care Unit, Labor and Delivery, and Mother-Baby. My dream is to be a NICU nurse. I am married to a wonderful man, Steve, and we have a 5 ½ year old boy, Rylan, and a Chihuahua mix dog, Leia (yes, as in Princess Leia from Starwars). My interests include: scrapbooking, reading, tennis, and going to my son's baseball games and the Braves. Thank you for all your votes and support.



Treasurer:

Mairi Wiles, Georgia Baptist College of Nursing, Mercer University
gans.treasurer@gmail.com

Hello fellow nursing students! I graduated from Berry College in May 2009 where I majored in Psychology and minored in Business. Currently, I am a junior at Georgia Baptist College of Nursing of Mercer University. After graduation, I plan to work in Labor and Delivery while in pursuit of a DNP in Midwifery.

I am very excited about the opportunity to serve as treasurer on the GANS 2010-2011 board because it provides a way in which I can incorporate my academic past with my nursing future. In the upcoming year, I will strive to be a good steward of our funds to make sure we are being fiscally responsible to our members. I believe my past experience has equipped me to accomplish this goal. I look forward to working with my fellow board members to serve GANS members during the upcoming year.



Publications Director:

Danielle Nelson, Georgia College and State University
gans.ekg@gmail.com

Hello fellow nursing students! My name is Danielle Nelson and I am thrilled to be your Publications Director. I am currently a senior at Georgia College & State University in Milledgeville, Ga. Compassionate, caring individuals drive the nursing profession and I have wanted to join the profession since I was 12 years old. I am working towards becoming fluent in Spanish and I plan on working as a Labor & Delivery nurse.

I look forward to the next year and working with you all. Thank you for the opportunity to serve as your Publications Director. I hope to use GANS members' input to raise awareness about current GANS happenings.



Legislative Director:

Natalie Henry, Medical College of Georgia, Athens
gans.legislative@gmail.com

My name is Natalie Henry and I am so excited to be your legislative director. I'm currently a junior at Medical College of Georgia--School of Nursing in Athens. I'm a Georgia girl--I was born in Marietta, and have lived in Georgia my entire life. However, I went out of state for my core, attending Bryan College--a small, liberal arts college in Dayton, TN. I'm really

glad to be back in my home state.

Legislation has fascinated me since I first became aware of the impact it has on our lives, and that fascination became a passion at the GANS Convention this year. Political awareness is an essential part of which we are as nursing students, because it affects both our education and our future careers. As students, we have a duty to represent ourselves and the people we serve to those in leadership. Please feel free to contact me concerning any legislative issues--I would really encourage all of you to get involved through your local chapters. Thanks so much for giving me the opportunity to represent you, and I look forward to working with you this year.



Breakthrough to Nursing Director:

Simone Venning, Georgia Baptist College of Nursing, Mercer University
gans.btn@gmail.com

I am so excited about being the new Breakthrough to Nursing (BTN) Director for GANS! Currently, I am a junior nursing student at the Georgia Baptist College of Nursing at Mercer University. I am looking forward to being involved with all of the schools in the GANS family! This position will allow to me explore and become involved in the many facets of the nursing

community! My goal is to get out in the community and recruit as many people to nursing as possible. I am excited to be a part of the movement to recruit and help to retain nurses!



Community Health Director:

Amy Hartline, Kennesaw State University
gans.community@gmail.com

My name is Amy Hartline, and I am a nursing student at Kennesaw State University. My past history includes working as a Certified Surgical Technologist and Medical Office Assistant for 12 ½ years within the subspecialty of oculoplastic medicine. During that time, I realized that I not only enjoyed working in the medical field, but that I also wanted to further my education in order to broaden my base of knowledge, my scope of practice, and my skill set. Since becoming a part of KSU's nursing program, I have entered the role of Community Health Director for both the KSU Student Nurses Association and the Georgia Association of Nursing Students (GANS) because I want to make a positive impact in the community and to assist others. Outside of my current interests and commitments to school and work, I am looking forward to a long and prosperous career in the field of nursing.



Public Relations Director:

Jennifer Hunt, Georgia Baptist College of Nursing, Mercer University
gans.publicrelations@gmail.com

Hello fellow Georgia nursing students! My name is Jennifer Hunt and I am the Director of Public Relations for the Georgia Association of Nursing Students. I am a nursing student at Georgia Baptist College of Nursing of Mercer University in Atlanta. We as nurses strive to be viewed in a positive, professional and upstanding manner. Nurses are compassionate caring persons who have dedicated their lives to helping others, touching not only their patient's lives but their family member's lives as well. Not only do nurses impact patient and family lives but they also have the ability to impact their community and their society. One of my duties is it present an "Image of Nursing" award at the National Convention for the National Student Nurses' association. The theme for 2010-2011 is focused on respect, professionalism, mentoring nursing futures and compassion. As your Director of Public Relations it is my honor to work on promoting a positive professional image for the Nurses here in Georgia.



North District Director:

Justin Haggard, Kennesaw State University
gans.northdistrict@gmail.com

Hello fellow nursing students! My name is Justin Haggard and I am so excited and proud to be on the GANS Board as the North District Director! I am a senior at Kennesaw State University and can't wait to graduate in the Summer! I am the current

Breakthrough to Nursing Director at my own school and definitely like to keep myself busy. I have nursing in my blood, my mom, sister, and brother are all nurses, so nursing conversation definitely dominates family gatherings. I am from Seattle Washington and have lived in the wonderful state of Georgia for the last 6 years. I am a huge fan of communication and am very approachable, so please contact me if you need more information, have any concerns, or just plain need some help with getting your school chapter pumped about SNA. I plan to get and relay information with the schools in the North District as well as work with the other District Directors to make sure the whole state of Georgia is on the same page. Thanks again, and I am truly excited with what your new GANS Board is going to do this next year!



South District Director:

Brandy Weddel, College of Coastal Georgia
gans.southdistrict@gmail.com

Brandy Weddel is a second-career nursing student from Brunswick, Georgia. She has been involved in many volunteer, team and leadership experiences throughout her life. Currently serving as the co-president of the student nurses' association chapter at College of Coastal Georgia, Brandy balances school with work and raising her children. She is entering her 4th semester as an ASN nursing student and will graduate Spring

2011.



East District Director:

Rachel Burch, Medical College of Georgia, Athens
gans.eastdistrict@gmail.com

I am so excited to be a part of GANS! I am a first year nursing student at the Medical College of Georgia, Athens. I grew up in McDonough, GA and went to UGA for my first two years. Through a couple of great encounters with nurses in middle school and the inspiration of a few family friends, I knew at a young age that I wanted to be a nurse. My experiences of volunteering with camps have led me to believe that I want to work with kids, but I am enjoying exploring all of my options. I look forward to serving you for the next year as the East District Director!



West District Director/Chair:

BJ Wright, Georgia Baptist College of Nursing, Mercer University
gans.westdistrict@gmail.com

My name is BJ Wright and I am a student at Georgia Baptist College of Nursing of Mercer University. Also, I am the new District Director of the West District and I am extremely excited to be serving on the Georgia Association of Nursing Students Board. I look forward to meeting with all the school chapters in my district and working with them to encourage enrollment in

NSNA and GANS. The District Directors are already busy planning an amazing Council on Student Leadership event for next spring and we hope that all of you can join us! Please feel free to contact me with anything you may need and I look forward to meeting all of you over the next year!



Nominations and Elections Committee East/Chair:

Megan White, Georgia College & State University
gans.neceast@gmail.com

Hey y'all! I currently attend Georgia College & State University in Milledgeville, GA. I claim Dahlonega, GA as my home and my favorite color is purple. I am currently engaged and have a precious little black lab mix named Millie Mae. I enjoy hiking, fishing, meeting new people and mason jars. I am currently the Chapter President of GCANS until April 2010. I am an avid volunteer and am highly involved in my community. I am

excited about what this year has in store for the GANS Board and we are hoping to have the pre-slate full for Convention next year. This year the NEC hopes to increase awareness and involvement across the state. Help us achieve that goal by letting us know any questions that you have anytime. I hope that school is treating you all well. Stay positive because soon enough you'll get your life back and it will have been all worth it!



Nominations and Elections Committee West:

Anna Fields, Georgia Baptist College of Nursing, Mercer University
gans.necwest@gmail.com

Hey there! I am Anna Fields, your new NEC West! I currently attend Georgia Baptist College of Nursing of Mercer University. I was raised in South Georgia; however, I have spent the last ten years in the Athens, Georgia area. I love people, the outdoors, and sports. I am very passionate about getting involved and

helping others. My hope as NEC West is to encourage students to get involved; and more over; I hope to help students realize that even with the demanding schedule of nursing school, we can all become strong, active leaders in our profession and community. I look forward to all that the coming year has in store!



Nominations & Elections Committee North:

Stacie Manning, Nell Hodgson Woodruff School of Nursing, Emory University
gans.necnorth@gmail.com

Hi! I'm Stacie and I am the proud daughter of a nurse and the niece of two others. I was born and raised in Boston, but I'm loving Atlanta (I just wish there would be less heat). One of the things that brought me to nursing was my desire to treat people not diseases and the fact that a good nurse can make a

profound impact on a person's day. I'm excited to get to know all the different nursing schools, especially in the North District, hopefully we can build on the foundation the previous NEC left us. I would like to this opportunity to thank all the amazing faculty and my fellow classmates at Nell Hodgson Woodruff School of Nursing Emory University for all their support, I would not be here without you.



Assistant to District Directors:

Amber Conlon, Georgia College & State University
gans.asstd@gmail.com

Hello Everyone. Thank you so much for letting me represent you on the GANS board for 2010-2011. I am a senior at Georgia College and State University in Milledgeville and also the Vice President of our school chapter as well. I am looking forward to a terrific year full of great new things!



Alternate Board Member:

Machele Dunn, Brenau University
gans.abm@gmail.com

Hello everyone! I am Junior Nursing Student at Brenau University School of Nursing. This is my second career I am really excited about the 2010-2011 year and look forward to meeting you all. I am a mother to a beautiful 4-year-old girl, and in my free time I enjoy photography, singing and being outdoors. When I graduate I plan on continuing my education to obtain a MSN, and I am exploring the ideas of possibly going in to midwifery. I am looking forward to meeting potential nurse leaders!



Retired Board Member:

Chimela Njoku, Georgia Baptist College of Nursing, Mercer University
gans.retiredboardmember@gmail.com

Currently Vacant:

Second Vice-President
Nominations and Elections Committee South

If you are interested in filling one of these positions, please contact your district's NEC member for more details. Information and application can be found on the Running for Office link from www.ganursingstudents.org.



GNA Consultant:

Kay Gatins, M.N., RN, Macon State College
gnaconsultant@gmail.com



GANE Consultant:

Doreen Wagner, PhD, RN, CNOR, Kennesaw State University
gane.consultant@gmail.com



Presidential Advisor:

Lynn Waits, RN, C., FNP, MSN
Macon State College
gans.presidentialadvisor@gmail.com



Community Health Director's Message:

Hello Nursing Students,

I am very excited to have joined the Board for the Georgia Association of Nursing Students (GANS), and look forward to a successful year as your Community Health Director. I would like to encourage each of you to lead by example by becoming involved in your community. This will not only help you to capture the spirit of nursing, but it will likely inspire people around you to become involved.

As I move forward in this position, I will be providing you with ideas for community health projects, volunteer opportunities, and other ways to get involved through the GANS EKG e-blast. You may also contact me by email at gans.community@gmail.com with any suggestions, questions, or concerns that you may have. Again, I look forward to serving as your Community Health Director for the state of Georgia, and I wish you all a happy and safe holiday season!

On December 4, 2010 GANS held a very successful Christmas Party for troubled youth at Inner Harbour Youth Villages in Douglasville, GA. Inner Harbour is a level six mental health facility that includes an accredited education facility and many therapeutic options such as African drumming, equestrian caretaking, and hiking.

During the course of the party each child had the opportunity to make a homemade snow globe, to collectively create a piece of Christmas art, and to decorate (and eat!!) sugar cookies. They also enjoyed getting their faces painted, and of course, opening their Christmas gifts.

GANS would like to thank Inner Harbour Youth Villages for allowing us the continued opportunity to work with their clients. In addition, we would like to thank Toys-for-Tots, Office Max, and Office Depot for providing the Christmas gifts. Because of their support, each child received two toys and a journal. In addition, we would like to thank Kroger, Wal-Mart, and Target for providing gift cards that supported the other party activities.

Volunteer Opportunities

The Mad Housers

Help build temporary shelters for the homeless. To learn more, visit www.madhousers.org, or to sign up as a volunteer, send an email to madhousers-subscribe@yahoogroups.com.

Special Olympics 2011 Indoor Winter Games

Volunteers are needed on **1/21/11** between 11a – 11p and **1/22/11** between 7a – 10p. The games will be held in Marietta, GA. Contact Ellen Rudd at ellen1085@earthlink.net to sign up.

Are you looking for a great volunteer opportunity in your area?

Visit www.volunteermatch.org to find opportunities that match your interests and location.

Community Health Director's Message Continued...

Cost-free Ways to Contribute to the Community

- Use Goodsearch as your default search engine, and Act Together Ministries, located in Alpharetta, GA, will receive a donation for every search you do. Sign up at <http://www.goodsearch.com/>.
- Take the FreeRice quiz at www.freerice.com. For each question you answer correctly, they donate rice to the UN World Food Program.
- Help raise money for WomenHeart through Nature Made. Learn more at: http://womenheart.naturemade.com/?utm_source=WAN&utm_medium=email&utm_content=Hero&utm_campaign=NM_WomenHeart_WAN_102910.
- Send a virtual flower to a breast cancer survivor at <http://www.myspace.com/pinktogether>.
- Visit the American Lung Association at <http://www.lungusa.org/get-involved/advocate/lung-action-network/> and learn how you can advocate for clean air.

Upcoming Fundraising and Charity Endeavors

- Get started on holiday shopping! Visit <http://www.shoplungusa.org/xmasseals/index.asp> to find out about the American Lung Association Christmas Seals.
- Sign up for the Polar Bear Run in Marietta, GA on 1/22/11 at <http://www.active.com/running/marietta-ga/polar-bear-5k2kcub-runs-2011>.
- Attend the Children's Healthcare of Atlanta (CHOA) Chuckles for Children event in Atlanta, GA on 1/25/11. Visit <http://www.choa.org/default.aspx?id=7301> for more information.

Warm wishes,
Amy Hartline, Community Health Director

STUDENT NURES: WHY I CHOSE THE NURSING PROFESSION...

"I became a nurse because I love to help people. Seeing someone smile because I made a difference in their life warms my heart."

-Machelle Dunn, Brenau University

"Nursing is a field that allows one the ability to make a difference in someone else's life and I wanted to be that difference."

-Lauren McDonald, Macon State College

WHY I CHOSE THE NURSING PROFESSION CONTINUED...

As cliché as this is, I want to be a nurse because I want to help people. From previous experiences, I've learned that nurses are generally very dependable. I would like to be one of those dependable nurses for people when they are at their lowest point."

-Rachel Burch, Medical College of Georgia, SONAT

I can't imagine doing anything else with my life other than nursing. As a future holistic nurse I have the opportunity to touch the lives many people in many ways. I love people, meeting needs, and doing everything in my power to better society. As a future nurse I am so excited to meet the needs of my community in any way that I can!"

-Justin Haggard, Kennesaw State University

"I chose to become a nurse because I wanted a career that would have a positive impact on people's lives. Nursing allows me to help other people and have a career that has a focus on something other than the bottom line of a business ledger."

- Stacie Manning, Emory University School of Nursing

"I decided to be a nurse because I wanted to be a part of a profession that was built on and known for its compassion, intelligence, and integrity. I want to be a nurse because I want to make a difference in as many lives as I possibly can."

-Megan White, Georgia College & State University

"Nursing offers the best way to help others in their time of need. As a nursing working in the ER or the ICU, I encounter patients and families on the worst day of their life. By providing care for, and just being there for these individuals, I can make a horrible situation a little bit more bearable. I can go home knowing I made a difference in someone's life, if only for 12 hours."

-Josh Buchanan, Macon State College

I want to be a nurse because I love caring for people and I believe that it is important to give back to my community. I enjoy being in the healthcare field and watching how much of an effect a nurse can have on a person's life. On that same note, I love being around so many different people in the hospital and learning so much from every one of them."-BJ Wright, Georgia Baptist College of Nursing

WRITERS WANTED !!!

Tell us about your funny, embarrassing, or moments

that helped you learn and remember.

The EKG wants you to submit writing for our next publication!

Deadline: April 1, 2011

Fill out the Articles Submission Form on the EKG (Newsletter) page.

E-mail the form and your submission to Danielle @ ekg.gans@gmail.com !!!



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SAVE THE DATES

NSNA's 59th Annual Convention

April 6-10, 2011

Salt Palace Convention Center

Salt Lake City , UT

GANS COSL 2011

May 20-22, 2011

FFA-FCCLA Camp in Covington, Georgia.

NSNA Membership

You can sign up for new membership, renew your membership,
or change your contact information using NSNA's membership website.

Sign up for NSNA's Annual Convention.

<https://nsnamembership.org/>

Career Networks

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