

December Newsletter



SOUTH DAKOTA
STUDENT NURSES' ASSOCIATION



Save the Date for STATE CONVENTION!

The State Convention is hosted by SDSU and will be on March 21st. The theme this year is Jumpstart Your Journey. Mark this on your calendars. This is a time to collaborate with other chapters, a time to grow as an individual, a time to learn nursing concepts and a time to make friends throughout the state. Be looking for the registration link, which will be opening soon!

JUMPSTART
Your Journey

Tie Blanket Competition for local chapters!

We would like to invite you to a competition between ALL of the South Dakota local chapters.

Winner will receive **5 free passes** to the convention!!

Contact mya.hanisch@usiouxfalls.edu with the number of completed blankets by **March 1, 2020!**

The blankets will be donated to YOUR local charities. (If you need help finding a charity to donate to contact the email above.)

Bring it on!!!

During this month...

Students kept busy with end of the year projects, papers, concept maps, and studying for final exams. Each student has worked their tail off this semester and deserves a pat on the back. YOU DID WELL! Remember, that a perfect GPA does not matter. What matters is how much YOU are learning and how much YOU are retaining. We all learn differently and we all practice nursing differently.

What makes YOU a great nurse is that YOU make a difference, YOU study efficiently, YOU care, YOU always respect the patient's best interest and that YOU be YOU in the midst of the whirlwind of emotions that a hospital encapsulates.

Take time for YOU, family and friends while on Christmas break.

(Below there is a bible verse that USF SNA's Jill Pitz provided to her students before finals. Take time to read and fill your spiritual cup up, if you so desire.)

LOVE,

South Dakota SNA

Servant Leadership

As you gather together to hear and apply God's Word, start by sharing how you were influenced by the previous study since your group last met. Use the following questions for review.

D Debrief & Interpret

- How did you apply the previous Scripture study?
- What did you learn about God as you applied the Word? What did you learn about yourself?

H Hear the Word

Nurses serve patients in the basest of ways, with ADLs or cleaning up messes from sick patients. Yet nurses are also in positions of leadership by supervising staff, planning patient care, teaching, etc. How do we balance these extreme roles in our profession while honoring the Lord?

Read Psalm 23:1-6:

- ¹ The Lord is my shepherd, I lack nothing.
- ² He makes me lie down in green pastures,
he leads me beside quiet waters,
- ³ he refreshes my soul.
He guides me along the right paths for his name's sake.
- ⁴ Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
- ⁵ You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
- ⁶ Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the Lord forever.

*Servant & leadership
are together ;)*

*my cup is empty, but where
is my strength?
Lord you are my
strength.*

Discuss:

- The author of the psalm, David, is writing about how the Lord relates to him. Re-read the Psalm, this time imagining God saying these words to you personally. How does the Lord meet your needs by how he relates to you?
- Re-read the Psalm, underlining the verbs and descriptions of leadership qualities.
- Read it again, circling the verbs and descriptions of servant qualities.
- Now think of yourself in the role of nurse:
 - How do you use leadership qualities in your role?
 - How do you use servant qualities in your role?
 - How do these qualities affect the spiritual care you give your patients?

