CSULB CNSA

Board Meeting Agenda

Sunday, September 10th 2017 at 5pm

CSULB Nursing Department Room 66

# **Call to Order at: 5:10pm**

1. **Opening**
2. **Roll Call**
   1. Do we have a quorum? **Yes!**
      1. 50% plus one of the voting membership
3. **Guest Announcements:** 
   1. Ana Acaylar, CNSA Convention Director.
      1. Convention information: <http://www.cvent.com/events/2017-cnsa-convention/event-summary-d7ea74547a35408fa638a6b1c728f6e0.aspx>
      2. Prezi Presentation: <http://prezi.com/axd4qbqgychy/?utm_campaign=share&utm_medium=copy>
      3. [cnsaconventiondirector@gmail.com](mailto:cnsavicepresident@gmail.com)

* **Annual convention will be in Pomona, CA October 6-8 Friday-Sunday**
* **National will be in San Diego Sometime in November**
* **CNSA.org homepage for more information**

1. **Success Stories:** 
   1. White Coat Ceremony-**A success!**
   2. Start of the semester
2. **Executive Officer and Advisor Reports**
   1. *President*—Shealyn Engfer
      1. Thank you all who helped with the last few events.
      2. Nursing Apparel/ Merch
         1. Sell in October-

* **In the Student Center. Date to be determined.**
  + - 1. Next time – Jackets
    1. Next Meeting, October 1st
* **Going to first of each month now**
  + 1. Monthly Faculty meetings, someone from the board needs to attend
    2. Third Wednesday of the month from 1300/1330 to 1500
* **Angel needs someone to help cover-Dania volunteered**
  + 1. Talent Show
       1. Who wants to take this on?
* **We are looking for someone or a group to plan**
  1. *Vice President*—Dania Al-Itani
     1. Please send me your sign in sheets. I haven't received any yet for any event that took place over the summer. Without them, students will not get credit for volunteering. **PLEASE PLEASE send them over :)**
     2. To make it even more convenient, you can text me a picture of the sign in sheet. [7143131775](tel:(714)%20313-1775)
     3. **We're switching over to one sign-in sheet template.** I emailed it out to directors/e-board. If you need it, let me or Shea know. Please do not use a random sheet of paper. If you forgot to print one for your event, you can find extra in the learning center when the semester starts.
     4. I'm excited to meet/work with everyone. As always, I'm an email away.
  2. *Treasurer*—Pnina Olkha
     1. Current Balance $6,304.14 (9/6/17)
     2. Petty Cash Box $206.36 (9/6/17, counted by Shealyn)
* **Send Pnina a text or email if you are needing to put money in Petty Cash Box** 
  + - 1. Mo still collecting for sales and membership
* **Take a photo of receipt for reimbursements to keep your own record and contact Pnina about the process**
  + 1. Budgets Approval
       1. Committees must get budget approved to host October meetings.
  1. *Secretary*—Katrina Bessem
  2. *Student Advisor*—Jalyn Alexander
  3. *Cheerleader*—Jamie De Luna
  4. *Mascot*—Dr. Anita Fitzgerald
* **Exciting News! Governor of Florida sent out appeal to bring nurses to help with hurricane and 2,000 nurses volunteered within 24 hours!**
* **CNSA convention or National-ASI or Sigma Theta Tau can help cover costs of students wanting to go**
  1. *Faculty Advisor*--Sharon Konrad
     1. The CNSA Convention is in Pomona from Friday, October 6 - Sunday, October 8, 2017. The convention will help you maximize your nursing school experience, build your leadership and communication skills, land your first job as an RN, and effectively use your voice in the legislative process. You also have the opportunity to interact with industry partners, participate in the House of Delegates and receive resume advice from a nurse leader. We should have as many people go as possible and CNSA should pay for the registration fee. Volunteers will be needed to manage white coat ceremony for upcoming nursing students.
* **At USU students can make posters for CNSA for the Nursing Buildings in free time**
* **Healthy Lifestyles Program-Professor Konrad and Dr. Fitzgerald sent out schedules. Open to all students in the nursing program. Schedule is posted on Beachboard. [Email is csulbselfcare@gmail.com](mailto:Email is csulbselfcare@gmail.com)**
* **University Art Museum Collaboration will be offering FREE fresh produce on the 2nd Monday of every month for students that are food insecure.**
* **October 9th, 2017 will be the next date 11am-1pm**

* + 1. Flu shot clinic
* **Monday October 16th 9am-2pm**
* **Wednesday October 25th 9am-2pm**
* **Thursday November 16th 9am-2pm**
* **We need help with flu shot clinic in from of Bookstore Vending area**
* **Need help preparing for flyers to pass out to as many departments on campus as possible**
* **Healthy Campus 2020-Trying to get 50% of our campus Vaccinated-Currently at 6%**
* **Send Professor Konrad an email if interested in volunteering** 
  + 1. **Parliamentary procedure booklets are order and to be kept by CNSA to review**
* **Angel will keep booklets and make poster to aid understanding**

1. **Director Reports**
   1. *Legislative Director*—Angel Martinez
      1. No Updates!
   2. *Membership Director*—Joshua Ysip
      1. If your classmates want to join, please direct them to Joshua or if you get membership forms/money from your classmates please give them to Joshua
      2. joshysip@yahoo.com
   3. *Public Relations Director*—Diana Huynh
      1. Send Diana information about your events so he can post them on our social media accounts. (dianaahuynhh@gmail.com)
      2. If you have photos from events send to Diana
      3. All club accounts have been updated
      4. Send her photos of you and your nursing friends to post on the CNSA social media!

* **Email Diana if you have an event and she will help post on social media**

1. **Committee Reports**
   1. *Fundraising* — Director: Lisa Marie
      1. **Chipotle on 11/1/17 from 5-9pm fundraising event**

* **50% of the proceeds will benefit our club!**
* **Anyone can be a part of it, not just CNSA!**
* **Chipotle on Ximeno St. Near Traffic Circle**
* **Need to make posters and spread flyers**
* **If you don’t have a flyer state you are with CNSA** 
  + 1. Buffalo Wild Wings
* **Working on fundraising event** 
  + 1. Angels game
* **Waiting for response**
  + 1. **Email or text Lisa fundraising ideas**
  1. *Student Support*— Director: Raeanne Estrade-Covarrubias
     1. Coffee hour:
* **Goal is to plan a Monday/Wednesday twice a month**
* **Starting 9/18 approximately 1pm after Self-Care Event**
* **(People can head to Self-Care event before)**

; Budget $50 initially and then $20 following

* **Motion passed for $50 initial budget and $40 monthly**
  + 1. Student mixer: On 9/13 unless a weekend is preferred then 9/15; Budget $250
    2. Bowling at the Beach: On 9/27; Budget $400 (See Mentorship)
* **Will be combining Student Mixer and Bowling at the Beach**
* **Possibly a Monday or Thursday**
* **Need to do more research before voting on a budget** 
  + 1. Monthly signs in the SON ie: welcome, awareness, inspirational quotes, finals week
* **Students can help make posters for these monthly themes**

 [**September** – National Childhood Obesity Awareness Month](https://healthfinder.gov/NHO/SeptemberToolkit.aspx)

 [**September** – Fruits & Veggies – More Matters Month](https://healthfinder.gov/NHO/SeptemberToolkit2.aspx)

 [**October** – National Breast Cancer Awareness Month](https://healthfinder.gov/NHO/OctoberToolkit.aspx)

 [**November** – American Diabetes Month](https://healthfinder.gov/NHO/NovemberToolkit.aspx)

 [**December 1** – World AIDS Day](https://healthfinder.gov/NHO/DecemberToolkit.aspx)

* **New Idea! Possible Dog Beach Clean Up. Part of Community Service.** 
  1. *Mentorship*— Director: Lauren Graziano/ Osa Obayagbonna
     1. Email Lauren and Osa: [csulb.cnsa.mentorship@gmail.com](mailto:csulb.cnsa.mentorship@gmail.com)
     2. Matching will start later in Aug
     3. Mentor/Mentee event closer to start of fall semester
     4. Mentor pairings have been sent out and that they should be meeting/contacting with their mentees in about two weeks.
     5. Careplan Workshop $50 budget
* **Motion to approve budget- Discussion: We can’t eat in computer lab so no budget needed. Motion not passed.**
* **October 26th 3:30-4:30 in Computer Lab** 
  + 1. Combo event: Bowling Mixer
       1. Budget $400
* **Going to combine with student mixer/bowling event mentioned by Reanne**
* **Might qualify for financial help from ASI**
* **New Idea! Park meet up idea toward end of semester with mentors and mentees**
  1. *Professional Growth and Development*— Director: Diane Rodriguez
     1. Needs 1-2 recruits to help with advertising, great opportunity for resume building!
        1. New Committee Member
           1. Zarliza [zarlizamiguel@gmail.com](mailto:zarlizamiguel@gmail.com)
     2. [rodriguezdianev@gmail.com](mailto:rodriguezdianev@gmail.com).

Events:

* + 1. How to Get a Job Workshop
       1. Budget:
  1. $50 for 5x $10 Starbucks “Thank You” gift cards for graduated students who volunteered their time for this event.

i. $50- for food for attendees.

* **Wednesday October 4th from 5-6:45 pm.**
* **Motion to approve Budget of $100**
* **Discussion: Food will not require that much money**
* **Motion passed as amended for $70 total**
  + 1. Resume Workshop

1. Budget:
   1. $50- dollars for 5-6x $10 Starbucks “Thank You” gift cards for attending professors.
   2. $50 for food for attendees.

* **Friday October 13th from 4-6 pm**
* **Motion to approve budget of $70 passed**

3. Mock Interviews

1. Budget: $10 gift card to professor
   1. $50 Starbucks "Thank You" gift cards for 5 attending professors views

* **Motion to approve budget of $50 passed**
  1. *Community Service*— Director: Amy Ruiz
     1. Ideas:
        1. Ronald McDonald House, participating in 5K walks (walking and first aid centers), volunteering with Meals on Wheels, Special Olympics, food drives, etc.

**LOTS OF GREAT IDEAS AHEAD!**

**OC Brain Tumor Walk**

* **Can join Professor Konrad’s Team for Walk**
* **Saturday September 16 Angels Stadium**
* **0730 Registration**
* **Walk starts 0830**
* **$20-25**

**Susan G Komen Walk for Breast Cancer**

* **Sunday September 24th**
* **Need exact number of students walking**
* **Will have specific time when number confirmed**

**Ronald McDonald Volunteer Opportunity**

* **Waiting for response**

**Alzheimer’s walk October 14th**

* **In contact with representative**
* **Helping with water stations, and other assisting** 
  + - 1. Skills Lab volunteering
* **Need volunteers to help first semester students!**
* **Professors asking for students to help out and volunteer to encourage students and give student perspective**
* **Sign in Sheet in Learning Center Binder**
  1. *Breakthrough to Nursing & Pre-Nursing*— Director: Farah Llanes, Jennifer Thurber, and Kourtney Gomez
     1. New E-mail for Breakthrough to Nursing- CNSA.PreNRSG@gmail.com
     2. Week of Welcome
        1. Have flyers with workshop dates, email,etc.
     3. Pre-Nursing Workshops (2)-Weeks 4 and 5
        1. May need members of CNSA to help answer questions after
     4. Pre-Nursing Mixers (1)-after the workshops
        1. One with CNSA members and one without (only Pre-Nursing)
* **Planning to have one mixer later this semester for pre-nursing students**
* **Were successful getting people to join Facebook page by speaking to chemistry class! Yay!**
* **Were successful with people joining at Week of Welcome! Yay!**

**Workshop –Information Session**

* **This Tuesday 9/12/17 Holding a workshop 5:30-7:30 pm KIN room 059**
* **Nursing students can come around 6pm to volunteer to help answer questions**
* **Motion to approve $20 budget passed** 
  1. *University Involvement*—Tony Nguyen and Katie Wischer
     1. BP Event (Manual or Electronic) and educate students how to manage and what interventions are appropriate to lower or maintain BP. This would be during the CHHS health fair which for our committee is our biggest event. We would need some nursing students to volunteer for this event for 30 minutes to 1 hour at a time to educate on HTN and take students BP.

**Cost: Manual: Free, if we bring the sphygmomanometers that we already were required to buy. If we make a poster, maximum $10.**

* **Need nursing student volunteers**
* **3 tablets and 1 booth**
* **Events will be some time this semester -Date Pending**
* **Joshua volunteered to help with stress relief** 
  + 1. Consequences of Sugar Consumption Info Poster. Similar to attached photo. This could be another sector of the CHHS health fair. We could also add what an excess amount of sugar can lead to DM and ebesity and educate students on type two diabetes. Focuss should be on type

**Cost: Approx. $20 or less.**

* + 1. Ways to Reduce Stress Info Ad Poster/Event. As nursing students we are constantly stressed. We can plan a night where we teach students about stress reduction methods, the resources on campus (CAPS, The learning center, etc.) and have others share their stress reduction tips. This can also be another portion of the CHHS health fair.

**Cost: Approx. $20 or less (for healthy snacks that may help with stress and staying focused when studying and to create a poster for the fair).**

4. CHHS student council starts their meetings next week September 15th at 10am. Normally meetings will be held on the 2nd and 4th Friday's of the month in the USU.  
5. There are multiple open positions for CHHS student council.

1. **New Business**
   * 1. **Company**: Givebutter - a social crowdfunding platform for student orgs and nonprofits ([https://givebutter.com](https://givebutter.com/))  
        **Position**: Givebutter Ambassador  
        **Responsibilities**: Persuade students, friends, and groups on campus to fundraise on Givebutter (for philanthropy, trips, events, etc.)  
        **Compensation**: Up to $2,000 cash and lots of swag  
        **Timeline**: September 2017 - December 2017  
        **Time Commitment**: Check-in once per week via an online portal (5-30 mins / week)  
        **How to Apply**: Visit <https://givebutter.com/spreadthebutter> and fill out the short form at the bottom. Interviews are conducted on Snapchat (you'll send us the answers to three short questions, and we will follow up with you shortly after), check out the link to learn more.
     2. College of Health and Human Services Student Council needs your help in seeking new board members for this upcoming year. All positions are available and anyone can run for a position. Our student council meetings are every 2nd and 4th Friday of the month at 9:30am in the USU. Please inform your fellow members or friends from your organization about CHHSSC. If anyone is interested or if there are any questions, please email me at [atilanolalo@gmail.com](mailto:atilanolalo@gmail.com)
        + 1. If interested, email [csulb.cnsa.pres@gmail.com](mailto:csulb.cnsa.pres@gmail.com) for an email forward with a description of each position available.

**Old Business:**

1. Adjournment at: **6:22pm**
2. Next Meeting October 1st

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