

Nursing



Science Society

Welcome Back!

Wednesday, September 14th, 2016

7:00pm – McLaughlin Hall



Nursing Science Society

Agenda

1. Welcome Address from Nursing Science Society President
2. Guest Speakers
 - Cam Yung, Queen's University Rector
3. Executive Council Report
 - a. Welcome Package
4. Reports by Members
 - a. Summer Workings
 - b. Forecast for the Future
5. Discussion Period
 - THANK-YOU NOC!
 - Alumni Words of Wisdom, Event by Alexandra and Brooke
 - Requests for Guest Speakers
 - Interprofessional Dodge ball Cup with Medicine and Rehab
6. Adjourn

Welcome Home, NSS!

NSS '16 Team:

We hope that each of you has enjoyed a wonderful, fulfilling summer and that you are excited for the extraordinary year that lies ahead. We are so excited for the opportunity to work with you all for another semester. We accomplished an unimaginable amount of positive change and gave back a lot to not only the Queen's Nursing Community, but also the Queen's Community in our first term together, and we have no doubt that the semester ahead will be even greater!

Best,
Alexandra, Courtney & Ruixi





Our Mission Statement

The Nursing Science Society is committed to providing Queen's Nursing Students with unique out-of-classroom opportunities that not only enhance professional development, but also support the foundations of healthcare leadership & innovation. It is the aim that these experiences will empower nursing students to inspire positive change throughout their healthcare careers.

NSS Vision

The Queen's University Nursing Science Society (NSS) has been founded upon the pillars of leadership, tradition and care.

The Nursing Science Society represents all undergraduate Queen's Nursing students to the School of Nursing, the University, the Kingston community, and various nursing organizations.

The NSS consists of elected student representatives and hired individuals who meet on a bi-weekly basis to discuss issues concerning students and to maintain communication between all six classes of nursing.

Our student leaders strive to help provide Queen's nursing student with unique opportunities that foster their professional development, strengthen their health & well-being, ignite their ability to give back to worthy causes, and encourage their growth as Undergraduate students.

NSS aims to develop students' professional careers by organizing career workshops, skill-building courses, student-run conferences, and maintaining communication between the Registered Nurses Association of Ontario and the Canadian Nursing Students' Association. The NSS plans many nursing-specific and campus-wide events. We work passionately to organize nursing orientation week, formal dances, interfaculty nights, spiritwear orders, and stress-busting events. We also work to give back to the Kingston community by organizing several charitable events that benefit local organizations and raise awareness for worthy causes.

With respect to student governance, NSS advocates for students on the Queen's Alma Mater Society, the School of Nursing Academic Council, the Faculty of Health Sciences Faculty Board Executive, and many other committees amongst

the University. It is the goal to always serve each of these governing bodies with the best interests of nursing students at heart and in mind.

Important Contact Information

President	Alexandra Palmeri	president@nss.queensu.ca
Vice-President, University Affairs	Courtney Middegaal	vpua@nss.queensu.ca
Vice-President Operations	Ruixi Sheng	vpops@nss.queensu.ca

Senator	Taylor Ramsay	senator@nss.queensu.ca
Academics & Career Coordinator	Sam Weatherhead	academics@nss.queensu.ca
Social Issues	Diana Capano	social_issues@nss.queensu.ca
Events Coordinator	Maya Sumaida	events@nss.queensu.ca
Canadian Nursing Students' Association Delegates	Sarah Webb & Kelsey Nolan	cnsa@nss.queensu.ca
Kingston Nursing Student Conference	Oliva Owsiany	knsc@nss.queensu.ca
Nursing Orientation Week	Bryn Rahusaar Routeledge	nursingorientation@ams.queensu.ca

Nurs'17 Class President	Kelsey Elchuk	12kle1@queensu.ca
Nurs'18 Class President	Brianna Sitwell	13bs66@queensu.ca
Nurs'19 Class President	Cortnie Lortie	14cll4@queensu.ca
Nurs'20 Class President	TBA	TBA
AST'17 Class President	Ashley Poffenroth	9ap61@queensu.ca
AST'18 Class President	TBA	TBA

Information on Elections & Interns

Election and Intern packages will be released shortly within the upcoming week (Goal: September 15th). Stay tuned and keep an eye out on your Nursing Year Facebook page and the NSS Facebook page for more information regarding application timelines, etc.

Congrats to NOC/AST NOC on a fantastic O-Week 2016!

A very big shout-out to Head Cape Bryn and the rest of her amazing crew consisting of NOC and Capes, as well as AST NOC Maya, Liv, Marlies, and Sarah. Nursing Orientation Week 2016 would not have been as big of a success if it wasn't for all of your hard-work, organization, enthusiasm, and dedication. The executive council enjoyed popping by to various events and taking it all in for themselves. Again, the biggest thank-you goes out to all of you for putting in your best effort and welcoming the new nursing students of 2020 and 2018 into their nursing family! Thank-you for a job well done. We are so proud and your leadership does not go unnoticed.



Meeting Dates & Locations

This year we are having the majority of our meetings in either Mclaughlin hall or Wallace. The last meeting of every semester will be held in the beautiful Wallace Hall in the John Deutsch University Centre.

Please mark your calendar accordingly for these mandatory bi-weekly NSS meetings. Failure to attend more than 2 meetings will warrant a inquiry by the Executive team. If you are in a position where you must miss a meeting, it is your duty to make all three members of the Exec aware of this within a reasonable amount of time.

Fall Term Meetings:

Date	Location
September 14 th , 2016	Mclaughlin Room, JDUC
September 28 th , 2016	Mclaughlin Room, JDUC
October 12 th , 2016	Mclaughlin Room, JDUC
October 26 th , 2016	TBA
November 9 th , 2016	Mclaughlin Room, JDUC
November 23 rd , 2016	Wallace Hall, JDUC

Winter Term Meetings:

Date	Location
January 11 th , 2017	Mclaughlin Room, JDUC
January 25 th , 2017	Mclaughlin Room, JDUC
February 8 th , 2017	Mclaughlin Room, JDUC
March 8 th , 2017	Mclaughlin Room, JDUC
March 22 nd , 2017	TBA
April 5 th , 2017	Wallace Hall, JDUC

Meeting Etiquette and Guidelines

- 1) Reports sent to president@nss.queensu.ca and vpua@nss.queensu.ca by the **Saturday @ 5pm (No late reports will be accepted! ... Please do not be late!!)** before the Wednesday in which meeting takes place (Saturday will be used instead of Sunday. Rationale: clinical placements are heavy at the beginning of the week leading up to meetings, thus making it more challenging to compile docs in short period of time.
 - Purpose of reports: To update assembly on what you've been working on. To report on any external committee meetings you attend.
 - Formatting: Typed and saved as a word doc. Any motions can be typed into a word document as well. Be sure to save these pieces to your personal computer!
- 2) Guest speakers will be present at beginning of meeting. Please ensure laptops are closed, and undivided attention is given. A maximum of 2 guest speakers will be allowed at each Assembly, unless otherwise agreed upon by all Assembly members.
- 3) Meetings will begin promptly at their scheduled time. Pro Tip: It is always a good goal to arrive 5 to 10 minutes early to get settled (AND GRAB SNACKS).
- 4) Remember to raise your placard to be added to the Speaker's list. Wait for a nod or thumbs up to confirm the speaker has acknowledged you.
- 5) Robert's Rules and formal business etiquette recommend members to state their name and title, and stand when they wish to speak- let's try this out and see how it goes! I think this might be a great way to build our public speaking comfortability and professional development. J
- 6) Attendance: Constitution states that no member may miss more than 2 meetings in a given year for unexcused reasons. This will warrant a meeting with the Executive Board. Having said that, illness and otherwise deemed extenuating circumstances will not contribute to this. In the event that you find yourself in a situation related to the latter of this point, you are encouraged to email or call **Alexandra Palmeri (905-213-9167), Courtney Middegaal (519-441-0911), or Ruixi Sheng (613-890-3884)**. Our door, line, and inbox are always open for each of you!!

Keeping Track

Keeping track of your service to NSS is not only a great way for you as an individual to be inspired by your work, but also but those around you and all those to follow to experience the same. Your reports are likely going to be your best aid to keep track of your work. These will be helpful at the end of the semester when you are asked to submit a little summary of the semester. Being nursing students, especially, we think this will be an excellent way for us each to practice self-reflection, and find joy in our service together!

Expectations for reports are as follows:

- First and foremost, they are delivered on time via email
 - Georgia, 12pt. Font
 - Clearly organized and fluid with use of underlined subtitles and bullet points
- If you have nothing to report for the upcoming meeting, please do not disregard sending in a report because you had nothing to say. Still send in something that is worthy for discussion whether it be a new recipe that you tried, or how someone was able to make your day!

Below you will find a handy guideline as to when reports are due in the Fall Semester.

Reports are due on:

Date:
Saturday, Sept. 24 th , 5:00pm
Saturday, Oct. 8 th , 5:00pm
Saturday, Oct. 22 nd , 5:00pm
Saturday, Nov. 5 th , 5:00pm
Saturday, Nov. 19 th , 5:00pm

NSS Email Accounts

For all matters pertaining to NSS, your official email addresses shall be used. Class presidents are permitted to use their personal Queen's addresses. As a general note to all: remember to use Georgia 12 font, a signature at the bottom of your email, and an NSS banner on all emails (sometimes the banner can be tricky depending on which computer you use, but do your best to include this wherever possible). Please refer to any email Alex, Courtney or Ruixi have sent you as a guideline.

External Committees

Membership for external committees from last semester will continue into this semester. Please email Alex to re-confirm which committees/external bodies you have been a part of, in addition to the name/title & email of your main contact for this/these group(s).

NSS Office

Our office is located in Rm. A610 on the 3rd floor of the Queen's Centre. The Executive will discuss office hour sign-up for the semester at our first meeting. Office space will be available for sign-up. Office hours will fall under two categories: open and closed. Open hours will be those in which students at large are welcome to come visit you to discuss an advocacy issues or to learn more about the NSS. Closed hours will be for recurring meetings with the groups or committees you oversee. Office space is intended for professional use only. A lockbox will be available on the door to the office. Its combination is _____. Cogro gift cards will be stored in the office. Members are permitted to use these cards to purchase 1 (one) regular sized beverage from the Common Ground. Receipts must be filed for every purchase to be reviewed by the Vice President of Operations regularly.

A General “How-To” Guide for Assembly Meetings:

1. Guest Speakers
2. Approval of the agenda – Be sure to read it in advance. If something is missing, you can do so during this point!
3. Approval of the minutes – The minutes from the previous meeting will have been circulated, so give them a good read. If there are any inaccuracies, please identify them at this time.
4. Member's Reports- Also give these a read beforehand to see what your peers have been working hard at, or where you might be able to offer support, or even a *pat on the back*. Please feel free to give a verbal on what you're most excited about: projects, progress, triumphs, whatever you'd like!
5. Question period – A time to ask questions about anything in the reports, or that has been mentioned up to this point!
6. New Business – Please do your best to email motions to the President and VPUA when you send in your member's reports. This is when the motions will be presented, debated, and voted upon.
7. Old Business – Here, we have the second reading and voting up motions that were passed at the meeting preceding the current one. Once a motion passes it's second reading, it will be written into constitution by the NSS Senator.
8. Discussion Period – This is the part of the meeting where you can bring up any new projects that will need follow-up. For example, you might wish to talk about an event you are planning and throw a few ideas onto the table for feedback.

How Our Crest Came to Be:

Established in Fall of 2013*, the Nursing Science Society crest brings together the very elements that define what it means to be a part of the Nursing Science Society: leadership, tradition, and care.

Located at the top of the crest, you see the “Florence Nightingale Lamp.” It was made most prominent during the time of the Crimean War, when Florence Nightingale circulated wards filled with wounded soldiers to ensure that they were well. Just as her lamp lit up the dark and gloomy nights, she lit up the lives of those she cared for. It is because of her dedication and selflessness that Florence Nightingale is an inspiration to nurses everywhere. Her leadership is a beacon of hope for nurses who face challenges every day.

On the right is the “Caduceus”, a symbol representing the tradition of medicine. It is important to note that we only see half of this figure. This is attributed to concept of nurses being life-long learners. We are rooted in our journey here at Queen’s University, and what we will make of it is yet to be discovered.

Next, we see the “Three Crowns.” These crowns represent the “Three C’s of Nursing” by Lynda Hall. Lynda was an advocate for the critically ill and developed this theory of care in the 1960s. The Three C’s of Nursing are core, cure, and care. Core represents the person or patient whom nursing care is directed towards. Cure is the attention given to patients by healthcare professionals, as well as the treatment focus. Care is the comfort measures used to meet the needs of patients. It is through the understanding of these values that nurses are able to provide quality care.

The quote that drapes across the crest reads “Vincat Scientia Morbos.” This is Latin for “conquering disease through knowledge.” As leaders in healthcare, we are called to a battle each and every single day. We brave each new day with leadership- working to advocate and respect the needs of our patients. We brave each new day rooted in tradition- continuing the legacy of the valiant health care professionals before us. We brave each new day with the passion to care- understanding that our work will never be finished, but our impact will be boundless.



***This crest represents who we are. We are the Nursing Science Society!
Leadership, tradition, and care are the defining elements
of the NSS. Together, we strive to represent, inspire, and
assist our students to the highest degree possible.***

We encourage you all to reach out to any the members on the executive team, as well as one another for any support and guidance you may need throughout the semester! We will work together to ensure that you are each supported, and empowered within your positions. It is our goal to make certain that you each feel well-adjusted to your positions once again, and are able to achieve a comfortable sense of balance.

Remember to earn your responsibility each and every day, reach out for help when needed, take care of your own health and well-being, and shoot beyond the stars.

Throughout the year, you are all encouraged to maintain open communication with one another. We had an incredible first semester together, and I cannot wait to see what we accomplish this semester. It is important that we all strive to be patient, honest, and optimistic with our efforts. Always remember that we are a team, and like our favourite quote from HSM states, "WE'RE ALL IN THIS TOGETHER!"

Vincat Scientia Morbos,

**Alexandra Palmeri
Courtney Middegaal
Ruixi Sheng**



Nursing Science Society

Meeting Minutes

Date: September 14th, 2016

Attendance

Exec:

Courtney Middegaal
Alexandra Palmeri
Ruixi Sheng
Maya Sumaida
Taylor Ramsay
Bryn Rahusaar
Sam Weatherhead
Liv Owsiany
Sarah Webb
Kelsey Nolan

Class Presidents:

Brianna Sitwell
Ashley Poffenroth
Kelsey Elchuk
Cortnie Lortie

Class Council Orientation – 6:15pm

- Signing contract
 - o Two contracts will be signed
 - One will be kept with the executive board
 - The other will be kept with the class council
 - If not all of council is present, please bring the signed contract to one of the executive board as soon as possible
- Funding Initiative Cheques to be picked up in the end of the meeting for each class council. Will be put towards class-specific initiatives
- Discussion of Ideas for the year:
 - o Year II:
 - Allie is organizing a running club
 - Fundraising: back to school bundle with merchandise
 - Audrey: Intramural signup
 - Dodgeball tournament in November
 - Events: Wine and Cheese and welcome back

- Year III:
 - Stethoscope order
 - Class events
 - Still in the midst of planning
- Y4 – Emily Young
 - Organizing the formal/yearbook/pinning committees
 - Meetings planned for next week
- AST4
 - Social with the AST 3 to get to know them better
 - In the works:
 - Monthly bottle drive (last Sunday of every week)
 - Rotating of how many bottles
- Fundraising Breakdown:
 - Year 2:Frosh Uniforms
 - Year 3: Scrubs & Stethoscopes
 - Year 4/AST 4: Jackets & Jacket Vars

This breakdown is to be used year to year to ensure fairness and equal opportunity for classes to host major fundraisers.

General Assembly - 7pm

- Guest Speaker: Cam Yung
 - Always available to speak
 - Office is located on the first floor of JDUC
- Going over the welcome package
 - NSS Exec goes through details of the package and allows time for questions
 - Please note to submit agenda Saturday by 5 pm
- Reports
 - Ashley Poffenroth
 - Class calendar: contact Ashley if you would like to have the exact format for the term calendar
 - Careers launch: Anyone who went last year, please contact Ashley for feedback
 - Taylor Ramsay
 - Reorganizing NSS Constitution to make it more user-friendly
 - Working on bylaws manual
 - Kelsey Nolan
 - CNSA conference
 - Planning for the future: National Nursing Appreciation Week
 - November 13th – 19th
 - Sam Weatherhead
 - Careers Fair: Stay tuned, tentative date: November
 - Resume Workshop: In collaboration with Alex Palmeri & career services
 - Maya Sumaida
 - Mural Inquiry – NSS mural to be painted this semester
 - Collaboration with the Engineers
 - Halloween Underground event (??)
- Discussion Periods
 - HOCO Alumni Event by Alex Palmeri & Brooke Brimmer
 - “Alumni Words of Wisdom”

- Signups of recent graduates
 - Q&A Panel: Recent graduates speaking about their experience
 - Alex is working on organizing Interprofessional Dodge ball cup with Rehab & Med Schools
 - Idea of continuity
 - Big Prize: Banner/cup that needs to be defended (Kelsey)
 - Organization
 - Interfaculty: Mixer that night or dinner
 - Teams will be by faculty
 - Timing
 - Beginning to middle of November
 - Collaboration with National Nursing Student Week
 - Pick and choosing of events??
- Guest Speaker Ideas
 - New grad
 - Patients/substantial injuries
 - CEC Speakers for recent grads
 - Jenny Medves & Cheryl Pulling
 - Laurie Gecke-Kerr
 - Any suggestions feel free to shoot any of the executive board an email
- Question Period
 - Transition Period
 - Emphasis on the new contract of transition packages
 - Study Buddies to be hosted this semester
 - Awaiting Brooke's documents as last year was our first run of the program