

MAY 2022



the PULSE
NEWSLETTER



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UPCOMING EVENTS

OneBlood Drive
Thursday, May 26, 2022
10 AM – 3 PM

Mental Health Awareness Month

*“Not all pain is physical
and not all wounds are
visible”*



ROLLER COASTER

by BRANDON SHADEED | LMSNA President, Cohort 29

Roller coasters! How many of you have been on a roller coaster? Well, personally I love roller coasters. However, I like to think of life as an amusement park. You may ask of all things why an amusement park. Well, amusement parks all have things we love and they also have things we don't enjoy. For instance, many of us love the food, games, and even the rides. Many of us do not enjoy the prices, how long the rides are and the weather has a big factor on how we believe the day will continue.

I like to think of our nursing school journey as a roller coaster. Throughout life, you will have many ups and downs such as a roller coaster does. We are currently on one of the fastest roller coasters of our lifetime. The struggles of studying, the hours of stress, and the countless sleepless nights are part of a steep slope on our ride. The ups are endless, such as, caring for our patients, passing our exams, and making lifelong friends along the way.

Although it may seem like this roller coaster is never-ending it is just the start of a lifelong ride. Nursing is truly a work of heart! The process to get to where we want may be challenging and once we get there it may seem like we are on a loop but we have to remember why we chose this field.

***“Nursing
is truly a
work of
heart.”***



PICNIC PROJECT DONATIONS

It's that time of year for spring cleaning, and a perfect opportunity to donate your new or clean and gently used items to the Picnic Project! The Picnic Project is a nonprofit organization located in the heart of Downtown Sanford that provides hundreds of food items, clothing items, and hygiene items to the community.

In partnership with ECPI, AdventHealth, and the Seminole County Health Department, the Picnic Project also provides health-related and supportive services to those in need. The LMSNA is collecting donations including but not limited to:

- **clothing**
- **blankets**
- **ponchos**
- **soap/body wash**
- **deodorant**
- **haircare items**
- **mouthwash**
- **toothpaste**
- **toothbrushes**
- **lotion**
- **diapers**

The LMSNA will be bringing items to the Picnic Project monthly, and every little bit helps! You can rest assured that your donations and involvement will make a difference, so be sure to stop by the library and drop off your items.

We are grateful for anything you can offer or contribute.



“Get involved and together, we will Shine As One.”



2022 SPECIAL OLYMPICS VOLUNTEER OPPORTUNITY

Want to be a part of making history while also giving back to your community? The 2022 Special Olympics USA Games will be the largest humanitarian event ever held in Florida and they need your help! Events are scheduled for **June 5-12, 2022** at various Disney venues including the ESPN Wide World of Sports Complex. Many different roles are needed with volunteer shift selection available to work around your busy school schedule.

If you are interested, ACT NOW to register – Volunteer Orientation will be held on May 14, 2022 in the morning at the Arena at the ESPN Wide World of Sports Complex. If you are unable to make this orientation date, don't let it discourage you from signing up! Attendance for this orientation is encouraged but not mandatory for volunteers. The session will be recorded, and volunteers will be able to pick up their items on other dates in late May and early June. Please see below for information and the link to register.

“By celebrating Special Olympics athletes accomplishments both on and off the playing field, we become champions for a more inclusive world. Get involved and together, we will shine as one.” – The 2022 Special Olympics USA Games

Visit volunteer.2022usagames.org for specific volunteer registration information and download the USA Games app to learn more.



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*“The best preparation for
tomorrow is doing
your best today.”*

-H. Jackson Brown, Jr.