

The Final, FFF of 2015

December 4th:

The last FFF of 2015 was held at York Hospital. Students and faculty engaged in more casual activities including the game “Guess That Fact” hosted by our very own Dr. Lowe. Each student and faculty member was encouraged to submit one interesting fact about him or herself. All students then went on a “discovery hunt” attempting to figure out which fact aligned with which student. Needless to say, laughter ensued. The atmosphere was fun and light and gave current students the opportunity to converse and relax before finals and the Christmas break.

In This Issue

2015 FFF.....	1
Class of 2017: Half Way Dinner	2
CRNA week.....	3
SOFA GALA.....	4-5
Get To Know.....	6
Assembly.....	7
Babies!!!.....	8
Wellness.....	8
Mark Your Calendars.....	8



Class of 2017: Half Way Dinner

Congratulations to the Class of 2017!

You are HalfWay there!!!

To celebrate the Class of 2017's Half Way Day, faculty, staff, and alumni held a celebration dinner at the Country Club of York. A wonderful buffet was served. The Half Way Dinner provided the Juniors with a relaxing evening to talk and reminisce. SOFA members Katie Jensen and Jeremy Bullock also attended and surprised the Juniors with a little extra financial support to help along the way. What a wonderful evening! Thank you to SOFA, faculty and staff of the Nurse Anesthesia Program for making the evening an enjoyable one.





2016 CRNA Week

CRNA week was celebrated with the NAP taking a little (or very long) trip to Johnstown for our very own version of "FLIP THIS HOUSE" (thank you Adrienne Domanico for the name). The Goal? To donate our time and make improvements to the house that is provided for our students while they are in Johnstown. Additionally, many donations were received from current and former students, faculty, and alumni. A lot of work was done for the benefit of future students at Johnstown. Thanks to everyone who participated and donated!!



SOFA GALA FUNDRAISER

The 2nd annual SOFA Foundation Gala was held on Saturday, March 5, 2016 at the Country Club of York. This 2016 kickoff event was a huge success! The SOFA Foundation is the York College of Pennsylvania/WellSpan Health Nurse Anesthetist Program's very own alumni initiated and managed nonprofit foundation that's sole purpose is to support the education of future nurse anesthetists in the YCP/WH NAP.

Amy Crerand Reed '14, once again led the Gala planning. Thank you Amy for all your hard work and dedication that makes this fundraiser a huge success. The two main fundraising events were a silent auction and keys for education. The silent auction was managed by JJ Cards & Toys to include personal and corporate donations, as well as one of a kind sports and movie memorabilia. Other must haves were personal art works from our very own Jim Crowley and fellow Harrisburg Camera Club members. The keys for education was also a huge success. Thank you to students Roman Supan, Amanda Moore, Lindsay Sentz, Adrienne Domanico for selling every last key for the surprise package of a weekend at the Finger Lakes in upstate New York.

We were fortunate to have over 120 friends, family, faculty, and fellow alumni who attended and helped make this event so successful. One third of the program's alumni attended, making this quite the reunion! Several students in attendance were sponsored by faculty and alumni. Additionally, there were many local staff members from PinnacleHealth, York Memorial, Hershey Medical Center, Holy Spirit Hospital, York Hospital, Lebanon VA, and Good Samaritan. What an amazing crowd!!

This fundraising event has enabled the SOFA Foundation to support current students in numerous ways. This year SOFA was able to award each junior a didactic excellence scholarship. SOFA also provided selected junior and senior students scholarship money for exemplifying clinical and professional excellence. Additionally, the SOFA foundation will continue supporting expenses at the annual Alleghany Anesthetist education conference, graduation dinner, half-way day dinner, and summer orientation picnic. SOFA also has assisted students with their travel to conferences and clinical sites all around the country. Thank you to our family and friends for supporting this great cause to provide educational scholarships and funding to these students. It is only with the continual support of our friends, family, and community that we will continue to support our future anesthesia providers. Look forward to seeing all of you at the next SOFA Foundation Fundraiser!

Katie Sullivan Jensen, MS, CRNA, '11

SOFA Foundation Treasurer

A special thanks to the following volunteers, who assisted in making the 2016 GALA a special one.

Matt MacDonald '18

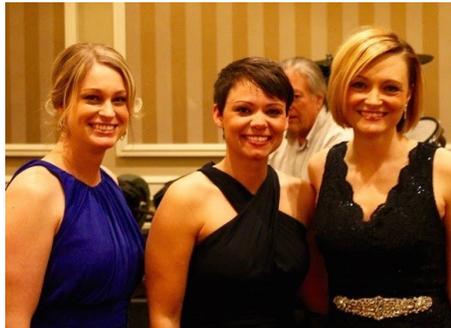
Cara Butler '18

Lauren Reynolds '17

Amanda Derby '16



Pictures on page 5



Get to Know: Amy Reed '14

Welcome back, new faculty member and alumni, Amy Reed '14!!!

Question 1. What inspired you to teach?

I do not have a riveting story about one particular teacher who inspired me because in reality, I've been blessed with an abundance of influential instructors and an incredible support system from my family and friends. It is the collective of all these individuals that inspires me to teach. My hope is to be that instructor and support system for someone else.

Question 2. What are your hobbies?

My favorite hobby is long-distance running. I am running my 10th marathon next weekend in Virginia and I even convinced my husband to train and run it with me! The Ironman Triathlon is on my bucket list too, but swimming in open water makes me really nervous!

Question 3. Are you married? Have children? Any pets?

Married: Yes. Chris & I got married the weekend before my anesthesia class' halfway dinner!

Children: No. Perhaps that is because of all the labor epidurals and C-sections I've done!

Pets: Not at the moment. Chris wants a midnight blue Great Dane. I'm not sure if I would be walking the dog or the dog would be walking me.

Question 4. What are some words of advice for students?

- A positive attitude and good work ethic will get you further than a poor attitude and an IQ of 140.
- Be the student that you would want if you were the preceptor.
- Anesthesia school is temporary - pain for permanent happiness!
- If you are struggling, please say something to someone.

Question 5. Are you pursuing your PhD and where?

I am currently pursuing a PhD in Nursing at Catholic University in Washington, D.C. I even have another nurse anesthetist in my class along with nurses in a variety of specialties ranging from NICU to Forensics.

Question 6. What are my hopes for the program?

You may not be able to appreciate it right now, but once you are working, you'll fully grasp the quality of this program. My hope is that the program continues to adapt with the ever changing healthcare field while maintaining its standard of excellence.

Question 7. What are my favorite places to travel?

I've been fortunate to travel to many places in the U.S as well as internationally. If I am going to travel, I want to go to places where I have never been before. Last spring, I travelled the Rhine and Moselle Rivers with my husband through Switzerland, France, and Germany which was beautiful. My most favorite travel memory to date was last September when Chris and I travelled from Las Vegas to the Grand Canyon on Route 66 on a motorcycle. We went 800 miles in one day...it was incredible!



Senior Students Attend Assembly of School Faculty

Amid an array of colorful umbrellas, cowboy boots, and the ambiance of the River Walk Alyssa Jensen, Julie Linton, and Dr. Lowe were able to participate in the AANA Assembly of School Faculty in San Antonio, Texas. The conference was held February 25-27th and brought together faculty and students from anesthesia programs across the country.

Alyssa and Julie were able to be a part of the student mentoring program, which paired them each with a program director. Alyssa worked with our friend and neighbor Dr. Mike DeBroeck from the Excella Health program, and Julie was matched with Dr. Kathleen Piotrowski from the University of Arizona.

The conference was a great opportunity to learn about the current issues in anesthesia education, to meet and network with people from other programs, and to reflect on our program. It was helpful to be there with Dr. Lowe so we could take what we had learned in the sessions and discuss how our NAP could benefit.

One highlight for our students was being introduced to Jim Walker, who is the program director at Baylor and former AANA President. Dr. Walker was incredibly gracious to spend some time talking with us about our career goals and how best to achieve them.

The weekend was also highlighted with a lot of fun. Caroline and Lauren Lowe came along, and Caroline thoroughly enjoyed staying in a hotel with no brothers. Alyssa and Julie were able to get last minute tickets into the San Antonio rodeo. It was Alyssa's first rodeo and quite the cultural experience! Thankfully she had our resident farm girl by her side. Alyssa repaid the favor by teaching Julie how to use Snapchat and Uber, although those lessons are still ongoing. The Lowe family made it to the rodeo the following night to see the finals of the bull riding and catch Chris Stapleton in concert.

A huge thank you is in order to SOFA for sponsoring Alyssa and to WellSpan Health for sponsoring Julie so they could attend this conference. It was an incredible opportunity, and one that made a lasting impact on these future CRNAs.





Babies!!!



Anne Parson

"My husband John and I welcomed our first baby on September 29th, 2015. Our little girl is named Abigail Marie Parson.! She was 7lbs 8 oz and 19" long. It was a rough and long labor and I appreciated Jon and Mike (students) stopping in and checking in on me. Goes to show that the YCP NAP fosters caring and competent students! "



Roman Supan

"Hudson Joseph Supan was born on November 14th 2015 at 13:12 at Harrisburg Hospital. Baby and mother both did wonderful through the whole laboring process. He is now 4 months old and is smiling, laughing and rolling over. He has brought so much joy to his mother Kelly and I."

WELLNESS TIPS

Did you know??

Essential oils from flowers, leaves, bark, and fruit can all have an impact on our physical and mental health.

Tired of listening to negative news stories?

Instead of watching 15 minutes of your favorite news programs, why not take 15 minutes to engage in mindfulness and or stress/relaxation exercises. Just 15 minutes of quiet mediation can lead to better cognition and overall better feelings of well-being.



Mark Your Calendar

- New Student Orientation — April 29th, 2016
- PANA @ Hershey — April 28th -May 1st, 2016
- Student Presentation and FFF — May 6th, 2016
- Graduation Dinner and Convocation — May 13th, 2016
- Commencement Ceremony— May 14th, 2016
- Student Presentation — June 10th, 2016
- Revolution Game — June 30th, 2016
- Student Presentation — July 15th, 2016
- Annual NAP Picnic — July 16th, 2016
- Student Presentation and FFF — July 28th, 2016
- SOFA Symposium — September 19th, 2016



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Questions? Comments?
Suggestions?
News? Call us at 717.815.6550