

The Shift Report

Our Newsletter has a Name!

As many of you know, a change-of-shift, bedside, or handoff report is a critical part of nursing. The information we obtain through this report is crucial and helps us to care for our patients safely. We have decided to name our monthly newsletter *The Shift Report* because the communication between us, your board of directors, and you, CNSA members, should be similar to that of colleagues working together to ensure the best patient care. Like a shift report, CNSA's monthly newsletter provides important information that can help you grow as nursing students. We hope you enjoy reading, and as always, please reach out to us with any questions.

Community Health

Mental Health Awareness

Mental health is becoming a more discussed subject, yet many people keep their struggles with mental health hidden. We have heard your stories and are proud to share this video with you. You are not alone!



May Tool Kit

Mental Health Awareness



In this toolkit:

1. Anxiety
2. Depression
3. Substance Use Disorder
4. Resources

This month we have a toolkit for **Mental Health Awareness**.
Click below for more information:

[Mental Health Awareness](#)

2020 - Year of the Nurse and Midwife

To celebrate the World Health Organization honoring 2020 as “Year of the Nurse and Midwife”, we will be taking time to highlight a nurse each month who has made an impact on the world of nursing.



"I have learned to live each day as it comes, and not to borrow trouble by dreading tomorrow." - Dorothea Dix

Dorothea Dix

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In honor of Mental Health Awareness Month, we are highlighting Dorothea Dix for the month of May. To learn more about Dorothea Dix [CLICK HERE](#).

Get Your CNSA Apparel!

Graduation Cords: \$15/each



Pins: \$6/each
[CLICK HERE](#) to order!

We have opened an online store.
[CLICK HERE](#) to shop!



Celebrate your Accomplishments! Order yours today!

Leadership Update

We wanted to inform all members about some leadership changes. Effective April 27, 2020, Karolina Gasamanian has resigned as President of the CNSA Board of Directors. We thank Karolina for her service and commitment to CNSA. We wish her the best in her future endeavors. Andrew Rohrer, Vice President, will assume the role as President for the remainder of the 2019-2020 term. We would like to announce the other transitions that have been made in the restructuring of the Board. Caeli Matanky was nominated for and elected by the Board to the position of Vice President. Reilly Butler was nominated for and elected by the Board to the position of Secretary/Treasurer. Kaitlin Suchanek was nominated for and elected by the Board to the position of Community Health Director.

UPDATE

CNSA 2020 Annual Convention

After much consideration and in light of the current situation, the CNSA Board of Directors has made the decision to shift the CNSA 2020 Annual Convention to our first ever entirely virtual meeting.

Important Information and Updates

TBD
CNSA Virtual Annual Convention

