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pulsebeat



Alexandra Maye
President

My name is Alexandra Maye and I am excited and humbled to be elected as your 2017-2018 President! Since joining the board as the breakthrough to nursing (BTN) director at the 2016 convention, my enthusiasm and appreciation for the work of New Jersey Nursing Students, Inc. (NJNS) has only increased. I believe that it is so important to have an organization like NJNS that allows us to be involved on the student level and teaches us the importance of uniting as student nurses and future registered nurses (RNs). One of my favorite African proverbs, “If you want to go fast, go alone. If you want to go far, go together”, resonates with me because I think it applies to many facets of life, specifically the lives

of nurses. Nurses are the most trusted professionals in the world, according to the Gallop Poll (Norman, 2016), because we take the time to work with *each other* and other healthcare professionals *collaboratively* to get the job done.

I am a University of Maryland, College Park 2015 graduate with a bachelor of arts in Criminology and Criminal Justice. This fall I will complete my last semester at JFK Muhlenberg Dorothy A. and Harold B. Snyder School of Nursing and plan to attend a combined BSN/MSN program soon after. At JFK Muhlenberg Nursing School I serve on the Student Government Association as the student services liaison, bringing student concerns and suggestions to faculty.

I fell in love with nursing during my senior year of college during my Maternal and Child Health course at the University of Maryland. In this course, I learned how guest speaker Vickye Hayter lowered the infant mortality rate in her Santa Clara community through various interventions. That sparked my interest in pursuing a career as a public health (PH) nurse and family nurse practitioner (FNP) to actively help patients develop healthier lifestyle habits and advocate on their behalf. Nursing is a career

path where I can combine advocating for patients and healthcare knowledge with my public speaking skills and caring personality.

Aside from studying, spending time with my friends and family, and enjoying a good movie, I dedicate time to the Coalition for Plainfield Cares, volunteering at its annual Thanksgiving and Christmas dinners for needy people and the Central Jersey Alumnae Chapter of Delta Sigma Theta Sorority. I believe that it is equally important to give back to my community and volunteer whenever possible because “to whom much is given, much is required.”

As I fulfill my term duties, the exceptional, passionate board members will continue the legacy of NJNS by uniting nursing students throughout the state so we may go far and excel together. I am always open to feedback so please feel free to contact me at president@njnsinc.org with ideas or questions. Happy nursing!

Sources:

Norman, J. (2016, December 16). Americans Rate Healthcare Providers High on Ethics. Retrieved May 21, 2017, from <http://www.gallup.com/poll/200057/americans-rate-healthcare-providers-high-honesty-ethics.aspx>



Vanessa Trancoso
First Vice President

Hello, New Jersey nursing students. My name is Vanessa F. Trancoso and I have the privilege of serving as the First Vice President for the New Jersey Nursing Students, Inc. (NJNS) for the 2017-2018 year. My role involves obtaining exhibitors for the NJNS 66th annual convention. I recently graduated from JFK Muhlenberg Snyder School of Nursing where I stood with presidential honors and was awarded for academic and clinical excellence. I am currently enrolled at New Jersey City University to pursue my bachelor's of science in nursing (BSN) degree as I further my education to become an oncology nurse practitioner.

As a nursing student you build friendships that will last a lifetime, and you realize it is because of those friends that you survived nursing school. After graduation I took a well-deserved relaxing trip to Mexico with my nursing school friends.

I have always sought to have a career in which I changed lives. As an allied health student, I became familiar with the medical field and participated in Skills USA where I won 4th place in the regional competition for nursing. Shortly after that, I volunteered at The

Matheny School and Hospital where I shadowed nurses and worked with disabled and paraplegic children.

In addition to my registered nurse degree from Muhlenberg, I have a bachelor's degree in biology from Kean University. While at JFK Muhlenberg I was involved in the student government body and served as a student representative on the appeals board. While being devoted to my school and studies, I also worked part time as a patient care technician (PCT) at JFK Medical Center. Being a care technician has taught me how to be patient, caring, ambitious, and driven to assist a person back to optimal health. This opportunity has allowed me to further my skills, knowledge and experience in the healthcare setting.

During the NJNS 65th annual convention in Atlantic City in March, I was nominated as first vice president and I am beyond gratified to be a part of this organization for a second time. My goals include creating opportunities for future healthcare professionals and increasing the number of attendees at the Council of School Participants (COSP) and the upcoming convention.

Please contact me at lstvp@njnsinc.org if you have any ideas, suggestions, questions, or exhibitors for the convention.



Julie Titus
Second Vice President

My name is Julie Titus and I am pleased to be serving as the second vice president for the New Jersey Nursing Students, Inc. (NJNS) for the 2017-2018 year. I am graduating from JFK Muhlenberg Harold B. and Dorothy A. Snyder Schools of Nursing, with a diploma in nursing and from Union County College with an associate's degree. I am excited to begin my career as a registered nurse on a medical-surgical unit. I will be attending a bachelor's of nursing program this fall to continue my education and earn an advanced practicing nurse license.

In 2012, I graduated from Fairleigh Dickinson University with a bachelor's of science degree in biology. While in college, I gained many skills working as a veterinary technician. I have a strong work ethic, expert problem solving and time management skills, and most importantly, excellence as a team player. I have participated in several community based organizations including Habitat for Humanity, and a local non-profit ovarian cancer awareness group called Graceful Hope.

NJNS is a great organization for student nurses to gain knowledge about furthering their education,

career opportunities and qualifying for scholarships. This is my second term on the NJNS board; I was the membership/nominations director of the 2016-2017 term. I have experience as a NJNS convention delegate and as a monitor during the New Jersey League for Nursing (NJLN) annual convention. I am honored to be the second vice president for this year. Among my responsibilities, I am accountable to obtain the focus session speakers for the NJNS annual convention. I anticipate engaging dynamic speakers for these focus sessions so the students will have a diverse selection of topics and an enjoyable convention. I will continue to do my best and I look forward to connecting with all of you. Contact me at 2ndvp@njnsinc.org if you have anyone in mind who might be interested in speaking.



Chelsea Monteverde
Secretary

Hello! My name is Chelsea Monteverde and it is my pleasure to be serving the New Jersey Nursing Students, Inc. (NJNS) as its secretary for the 2017-2018 year. I am a rising junior at the Rutgers School of Nursing – New Brunswick and I am best known for

my passion for disaster care and health disparities. I am a Tomodachi alumni and a proud participant of its program for nursing students interested in disaster care. I will strengthen my connections with Japanese nurses I have met through Tomodachi as I study in Japan this summer through Columbia University.

I must admit, I was not always interested in nursing, or even the medical field. In fact, my original plan was to become a pilot. However, during my senior year of high school I became ill and spent most of my time in the hospital where I fell in love with my nurses and the profession. I am working my hardest to live up to the standards of the nurses who held one year of my life in their hands. I plan to one day stand among their ranks - helping others as they helped me.

Currently I serve on the executive boards of six organizations at Rutgers; each organization is very different and distinct, requiring a variety of skills. Though I served as a delegate during the NJNS convention in Atlantic City in March, this will be the first year I will serve on this board with equally passionate peers. I plan to use my skills and experiences to serve the nursing students of New Jersey to the best of my ability and represent their needs and concerns fully. Whether it is in New Jersey or elsewhere, I look forward to learn what we can accomplish as nurses united.

Contact me at chelseamonteverde@gmail.com if you have any questions.



Sonam Patel
Treasurer

Hello! My name is Sonam Patel and I am serving as the treasurer for New Jersey Nursing Students, Inc. (NJNS) for the 2017-2018 term. I hold both associate's and bachelor's degrees in psychology. I just finished my last semester at JFK Muhlenberg School of Nursing and will be graduating on June 8th. For the past two semesters I have been awarded the Connie Massari Scholarship and the JFK Auxiliary Scholarship for achieving high academic standards.

I have worked in the medical field as an emergency medical technician (EMT) for over 6 years and now work as an emergency medical supervisor (EMS). Through this career choice I fell in love with healthcare and everything that it encompassed. Over the years I have learned so much and decided that I wanted to further my career and become a nurse. Once I become a registered nurse (RN), I want to work in the emergency department (ED) and eventually work as a flight nurse.

Last year I served as the resolutions director which was an amazing experience. I decided that I wanted to stay on this board for another

year and serve as its treasurer. I am honored to serve in this position and am excited to see what this year brings. If you have any questions please feel free to reach me at sp081489@gmail.com.



Martina Achanfuo-Yeboah
Pulsebeat Editor/Publication
Relations Director

Hello! My name is Martina Achanfuo-Yeboah. It is an honor to serve as the 2017-2018 Pulsebeat editor/public relations director of the New Jersey Nursing Students, Inc. (NJNS). I am a graduate of Essex County College of Nursing; I'm transferring to New Jersey City University to attain my bachelor of science in nursing (BSN). Prior to nursing school, I worked as a nursing assistant at a local nursing home.

I enjoyed my job but noticed that I was unfilled and blind to the role of a nurse. The veil was lifted once I was employed as a nursing assistant at University Hospital in Newark. I saw that nurses were the center piece to the puzzle of patient care. Nurses connect with patients, patient families, physicians and others within the health care team. From that moment, I fell in love

with nursing and the love grew while in school. I was more than willing to learn and when the opportunity came for me to represent Essex County College as a delegate at the NJNS convention, I told myself I wouldn't let this opportunity pass. I was excited when the position for Pulsebeat editor was vacant. I knew this will be a great opportunity to improve my leadership skills and give back to the community. I am a highly focused, energetic individual who never backs down from a challenge and believes that anything is possible. With this mentality, help from board members, and support from the advisors, I know I can perform the duties of this position effectively.

Please feel free to contact me with any questions or ideas you may have at pulsebeat@njnsinc.org; your opinions and input are welcomed.



Ara Kim
Membership/Nominations
Director

Hello, New Jersey nursing students! My name is Ara Kim and it is an honor to serve as the membership/nominations director of New Jersey Student Nurses, Inc.

(NJNS) for the 2017-2018 year. I am incredibly grateful for the opportunity to be a part of an organization that is dedicated to helping the nursing students of New Jersey. I am currently pursuing a bachelor's of science degree in nursing (BSN) at Rutgers School of Nursing in New Brunswick. During my time at Rutgers University, I have been active in the Rutgers Student Nurses' Association as an academic assistant, academic assistance chair, and presently as its treasurer. My experience in these positions will help me bring fresh ideas to the state board.

As a delegate for Rutgers University New Brunswick at the NJNS convention in Atlantic City this past March, I was nominated as a member of the board. I am blessed to have the opportunity to bring change to nursing students in New Jersey. I am excited to work with other passionate board members who share the common goal of assisting nursing students to be the best they can be.

As membership/nominations director, I plan to speak with other New Jersey nursing students and educate them about this organization and the opportunities and events that they may attend for their benefit. My goal is to increase attendance at the annual NJNS convention, and at our Council of School Participants (COSP) workshop.

Once again, I would like to thank you for the opportunity to serve as the membership/nominations director this year and I am excited to see what this year will bring. Please feel free to contact me at arakatherine97@gmail.com with any questions or ideas that you may have.



Melissa Kapcsandi
Breakthrough to Nursing
Director

Hello! My name is Melissa Kapcsandi and I am honored to serve as the breakthrough to nursing (BTN) director of the New Jersey Nursing Students, Inc. (NJNS). I am currently enrolled at JFK Muhlenberg Harold B. and Dorothy A. Snyder School of Nursing and anticipate graduating in May, 2018 with a diploma in nursing and an associate's degree in science.

Throughout the years, I've volunteered in different areas which led to my strong passion to work in healthcare. In high school, I coached children and easily found connections to my coaching experiences with the growth and development of youngsters. Clinical experiences reminded me of my time as a patient, and of the phenomenal nurses who cared for me when my nightmares were a reality. More recently, I was a monitor at the 2016 New Jersey League for Nursing (NJLN) convention and a delegate for the 2017 NJNS convention, where I had the opportunity to be elected as a board member.

I've worked as a pharmacy technician for six years which

helped advance my knowledge of pharmacology, medication administration, and pathophysiology. I've also volunteered at health care fairs and clinics allowing me to practice taking vital signs for patients.

My goal this year as the breakthrough to nursing director is to promote a positive image of nursing and to increase diversity and awareness of nursing as a career choice.

Feel free to contact me at btn@njnsinc.org with any ideas or questions.



Bora Son
Fundraising Director

Hello! My name is Bora Son and I am excited to be the New Jersey Nursing Students, Inc. (NJNS) fundraising director for the 2017-2018 year. I am a 2012 Rutgers alumni with a bachelor's of arts in Communications/Public Relations and currently attend JFK Muhlenberg Harold B. and Dorothy A. Snyder School of Nursing. I'm honored to be a recipient of the 2017 National Council of State

Boards of Nursing scholarship from the Foundation of National Student Nurses' Association (FNSNA).

Upon graduation from Rutgers, I worked in the fashion industry for a few years in public relations and production. While I enjoyed the work I did, I lacked a sense of fulfillment and felt lost as to what to do in my career. Through a family member's fight with cancer, I was introduced to healthcare; thus, nursing caught my interest. After much consideration, I made a career change to nursing and I haven't looked back since! It has been a difficult transition from a corporate job to healthcare; it has been a truly eye-opening adventure.

Although I discovered my love for nursing a little later than most of my peers, I'm grateful to be making my journey through nursing school which is definitely hard work. Everything I have learned and experienced so far not only interests me but drives me to experience as much as I can and further my education. My interests lie in psychiatry, labor and delivery, and surgery but I hope my specialty will become clearer as I approach graduation. I am proud to be working toward being a respected professional nurse!

I was encouraged to attend my first NJNS convention as a delegate this year and was able to see all the hard work that the board members put forth in providing resources and knowledge for nursing students. It inspired me to run for the position of fundraising director.

Volunteering at my church for many years as a youth group counselor has given me experience and skills putting together events and fundraising activities for various causes. I plan to use my experience and work hard this year

to increase revenue for NJNS so that it can promote more opportunities for its members.

I am very excited to be a part of this board and look forward to contributing and growing with NJNS! Please feel free to contact me at fundradising@njsnainc.org with any ideas or questions you may have.



Kerry Conboy
Legislation Director

Hello! My name is Kerry Conboy and I am the 2017-2018 legislation director for New Jersey Nursing Students, Inc. (NJNS). I started my nursing journey at Bergen Community College (BCC) where I received an associate’s degree in science. I also received an award for graduating with a 4.0 average and for being in the top 1% of my class. I knew nursing was the career for me because I have compassion for people and the satisfaction of helping others. After BCC I transferred to Felician University where I am currently a junior. I was also chosen to be a delegate at the 2017 NJNS convention in Atlantic City where I decided to run for the position as legislation director. Even with good grades I never

realized how difficult nursing school was. Nursing school is about learning how to think critically in difficult situations and after clinical hours I have the utmost respect for nurses and I am proud to have chosen this career.

As legislation director my goal is to inform nursing students of current legislation and issues and provide students with the contact information for representatives so their voices are heard. Since healthcare is in a state of flux in this country, it is imperative that nurses’ voices are heard because healthcare will affect us as nurses and citizen. I am very excited to take on this position and honored to be on a board with such talented individuals.

Please contact me at conboykerry1996@gmail.com if you have any legislative questions.



Katrina Constantinacos
Community Health Director

My name is Katrina Constantinacos and I am a dedicated and ambitious student in the Health Sciences program at Eastern International College in Bellville, New Jersey (NJ). As vice president of the

Student Council, I love to be involved where it matters most; thus, I support personal fitness and a healthy nutrition.

Growing up in rural NJ, I enjoyed hiking, exploring nature, volunteering at local fruit stands, and working as a lifeguard. While in high school I held many records in track and field. I continue to stay active in the community where I manage health fairs on behalf of Retro Fitness. I advocate for continuous personal improvement, and welcome an open dialog in academics.

In March, I attended my first New Jersey Nursing Students, Inc. (NJNS) convention in Atlantic City as a delegate for my college. I networked with future colleagues, met many representatives from colleges throughout the state, and attended lectures given by talented and accomplished individuals in the field. By the end of the convention I was excited to learn that I was elected as the new community health director!

I am thrilled to serve and look forward to the new responsibilities associated with this position. I believe in the importance of involving the community, in educating and promoting a healthy lifestyle for current and future generations, and being a good steward for this planet we all share.

If you have any community health ideas, please contact me at communityhealth@njsninc.org.



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on at New Jersey Nursing
Students, Inc.***

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