

South Carolina Nurses Foundation (SCNF)



Jason R. Thrift, Ph.D., RN, CHSE, De Anna L. Cox, DNP, APRN, FNP-BC

Spring is just around the corner, and visions of greenery, flowers in bloom, lush lawns, and birds singing are all revitalizing. The Spring semester is going strong, so things are beginning to take shape for SCNF for a bright spring ahead. Student nurses, nurses, and nurse practitioners are working diligently, whether for learning or serving. Now more than ever, they need your support to achieve their goals. SCNF will be engaging in multiple ways to award and provide scholarships to individuals seeking support to achieve their goals.

The Palmetto Gold Gala will be held on Saturday, April 26, 2025. At least 15 students will receive scholarships, while 100 nurses will receive recognition for their efforts across South Carolina. The Palmetto Gold Gala is an

annual event recognizing the excellent work nurses and student nurses provide for patient populations across South Carolina. The event will be held at 6:30 PM on that Saturday at the Columbia Metropolitan Convention Center. However, the opportunities to raise funds for nurses and student nurses does not stop there. With Nurse's Month coming, multiple opportunities will provide a means to support those goals. Midlands Gives Day will be held during Nurse's Week on Tuesday, May 6, 2025 and provides the first chance for donors to help nurses and student nurses. The Nurses 5K will be held in Columbia, SC, on Saturday, May 24, 2025. This collaboration between SCNF and SCNA hallmarks how the members of the organizations hope to provide individuals with awards to help them reach their

goals and improve the community health of diverse populations. During this time, SCNF will also send out the call for nominations for the Nurses Care Scholarships, which are open until June. Look for nomination information to come later on in the spring. To learn more about Palmetto Gold, the Nurses 5K and registration, and Nurses Care Scholarships, please visit our social media pages or our website at www.scnursesfoundation.org.

Caring for others requires learning more, and learning more requires caring more. If we strive to help individuals realize their dreams and ambitions of becoming nurses or advanced practice nurses, we can give to a common need that supports us all. We can help them overcome obstacles, be bold in our endeavors, and allow compassionate



 **CAROLINA EAST**
HEALTH SYSTEM

Thinking about becoming a CRNA?

Let us help!

Now offering a stipend option for current students, along with a sign-on bonus and loan repayment assistance upon graduation. Additionally, bonus and loan repayment options are available for new graduate CRNAs!

Scan the QR Code for more information



Speak with a recruiter today!
 252-633-8846

 jobs.carolinaeasthealth.com/crna

people who gracefully serve others every day to achieve their goals. Our humanity is what drives us to care for others more than we care for ourselves.

South Carolina (SC) needs more nurses. Nurses need scholarships. Becoming a nurse or advanced practice nurse takes massive effort financially, physically, and mentally. Earning a nursing degree at various levels has multiple commitments of years of education: RN and BSN can take 2-4 years; Advanced practice degrees add 2-3 years; Doctor of Nursing Practice (DNP) and Doctor of Philosophy in Nursing (Ph.D.) degrees add another

1-6 years of education. With more highly educated nurses, patients receive better care. SCNF's mission is to provide scholarships for nurses and to ease the burden of the cost of an education. Now is the time to consider giving to the SCNF. You can donate in various ways. The SCNF social media accounts link back to the main website, where a donate button can be found. The license plate initiative shows everyone you are a nurse, with proceeds from the license plates supporting Nurses Care Scholarships. Just Cause Apparel gives 50% of the profits on scrubs sold to the person's charity of choice to assist nurses and

nursing students with scholarships. Choose SCNF as the cause of choice, and they will handle the rest. Bequeathments from estates and "Friends of the Foundation" donations help offset the cost of running SCNF. The Board of Trustees for SCNF are volunteers. We understand how hard nurses work. SCNF is working hard to help nurses, but this cannot be done without you! We want to help people pursue their goals. Remember: SC needs nurses, and SCNF needs donations to give nurses and student nurses more scholarships. Please donate today! ■



Budgeting Tips for Nurses

Member Benefit Focus from Laurel Road

How to budget as a nurse. Find quick budgeting tips based on your income and savings goals.

<https://www.laurelroad.com/nurses/how-to-budget-as-a-nurse/>

For a list of all SCNA Member Benefit check out <https://www.scnurses.org/page/SCNAMemberBenefits>



SCNA & SCNF 5K Run/Walk Celebrating Nurses' Month May 24, 2025

The South Carolina Nurses Association and the South Carolina Nurses Foundation are exciting to partner in our 2nd Annual Nurses 5k Run/ Walk during Nurses' Month on May 24, 2025, in the Forest Acres area of Columbia, SC.

Fellow nurses, it is no secret that we are committed to our work by caring for everyone around us all the time. We are sometimes challenged with taking care of ourselves in a way that encourages healthy lifestyle habits. We all know the saying "we must put the oxygen on ourselves first, in order to provide the oxygen to others." In our line of work, it is necessary for us to take the time to care for ourselves physically, mentally, and spiritually.

Register to participate in the SCNA & SCNF Nurses' Month 5K Run/Walk May 24, 2025, by going to <https://www.strictlyrunning.com/gpuilreg-8l.asp> or use the Register QR code.

REGISTRATION



VOLUNTEER



Volunteers Needed to Assist with The SCNA & SCNF Nurses' Month 5K Run/Walk May 24, 2025

We are asking for volunteers with experience in organizing a run/ walk to join this committee. If you are interested in volunteering to help us organize this event, please complete this online form <https://www.scnurses.org/page/5KRunDevelopmentCommitteeInterest> or use the Volunteer QR code to let us know you can help.



SCNA Calendar for Meetings and Event

Be informed with what is going on at SCNA by checking the calendar often. https://www.scnurses.org/events/event_list.asp or use the QR code.

