



SDNAHN

San Diego Chapter National Association of Hispanic Nurses



LAS NOTICIAS

Our Mission

To serve the nursing and health care delivery needs of the Hispanic community and the professional needs of Hispanic nurses through the improvement of the quality of culturally sensitive health and nursing care for Hispanic consumers and by providing equal access to educational, professional, and economic opportunities for Hispanic nurses.

Next

SDNAHN Chapter Meeting
Saturday, January 8,
8:30 - Noon at
Tri-City Medical Center
4002 Vista Way
Oceanside, CA 92056
Speaker
Elizabeth Santillanez,
Comprehensive
SDSU/UCSD Cancer
Center Partnership
Chapter meetings are
open to the public.
There is no charge to
members. Non-
members may donate
\$10 for CEU credits.
Breakfast included.

President's Message

Change is a measure of time and, in the autumn, time seems speeded up. What was is not and never again will be; what is is change. *Edwin Way Teal, American naturalist*

It is already September and where has the year gone? We have certainly accomplished a lot!

For the first time in our chapter's history, our November Gala and Scholarship Dinner will be held at the San Diego State University Alumni Center on November 13. The SDSU Alumni Center is a particularly appropriate venue in which to award our nursing student scholarships in addition to being a very nice environment for the celebration. Members, once again, we need your support for this to be another successful scholarship fundraiser. We are awarding \$10,000 in scholarships this year. We invite you all to attend and please do invite your coworkers, friends, and family, too. If you cannot attend, consider sponsoring a student, donating a raffle item, or making a donation towards the scholarship fund. We all remember our time as nursing students with the demanding course load, the long hours, and the expensive textbooks and tuition. Our future nurses need our financial support and encouragement now.

We have been actively involved in several community health fairs. The First Annual Coca Cola Dia De La Mujer was held at the Los Angeles Convention Center on August 29 and we helped the Orange County and Los Angeles NAHN chapters teach self breast exams. Thank you to Lola West, Rosy Alfaro, Iris Rosario, and Paloma Garza for volunteering their Sunday to travel with me to LA. We have two health fairs coming up, both on September 25th. The Tri-City Nursing Guild is sponsoring the "Free Diabetes Awareness Event" and Family Health Centers is holding the annual "Vive Tu Vida" at Chicano Park. If you are interested in volunteering, please contact us at sdnahn@yahoo.com or (619) 261-5769 for more information.

We have joined with the Association of School Nurses and Sanofi Pasteur to kick off the Voices of Meningitis Campaign which seeks to raise awareness of meningococcal disease and vaccination for preteens and teens within San Diego including San Diego's Spanish-speaking communities. Christina Guzman has volunteered to be our spokesperson for this campaign and she and I participated in a training session to gain awareness of the issues. On September 7, Christina was interviewed on "San Diego Hoy con Tatiana Martinez" (AM 1420 Radio Mexicana) and emphasized that 11-19 year olds are those at highest risk and should be vaccinated. Thank you, Christina!

As your president, I was invited to attend the opening ceremony of the National Black Nurses Association's National Conference on August 5th here in San Diego. It was a lovely ceremony and the conference room was full with members from all over the country. During the introductions, I was asked to stand to be recognized as a representative of a SDNAHN, a sister nursing organization with whom the San Diego Black Nurses Association

Continued next page...

President's Message, continued...

works closely. Several of our members, including Eliane Ali (Lee) and Melanie Cabezas Phipps-Morgan, attended the full educational conference. On September 11th several of us also attended the Philippine Nurses Association of San Diego's Annual Scholarship Dinner.

I hope to see you on November 13th at the SDSU Alumni Center. We will begin the evening by mingling and munching hors d'oeuvres followed by a wonderful gala of dinner, entertainment, awards, and dancing.

🍷 *Monica Garcia, MSN, FNP*

SDNAHN 12th Annual Scholarship & Fundraiser Dinner "Mapping a Better Future Together"

The planning for our annual November Gala and Scholarship Dinner is in full swing. This year's celebration fund-raiser will be held on **Saturday, November 13** from 5:30 - 11:00 pm at the San Diego State University Alumni Center on the campus of SDSU located across the street from the Viejas Arena. Our theme this year is "Mapping a Better Future Together." The keynote speaker will be Pilar De La Cruz, RN, MSN, of the California Institute for Nursing & Health Care Diversity Advisory Committee. We also have planned wonderful dancers and other entertainment as well as a combination menu of beef and fish or vegetarian. The guests of honor will, of course, be this year's scholarship winners! Celebration and dancing will follow the awards.

Sponsor intentions should be purchased by **October 18**. Individual reservations are \$50 per person (\$60 for non-members, \$40 for students). Group reservations are also available. This year, we are offering the opportunity to place commemorative messages in the dinner program for \$25. Please make checks for reservations and commemorative messages payable to SDNAHN Scholarship Fund (IRS Tax ID: 30-0285918) and mail to SDNAHN, P.O. Box 83881, San Diego, CA 92138 with an email or call to let us know the names of your guests. More information on reservations may be found on our website at sdnahn.org or by calling (619) 261-5769. We look forward to seeing you.

🍷 *Paloma Garza, RN, MPH*



Student Nurse Scholarships

SDNAHN is proud to announce the availability of \$10,000 in nursing education scholarships this year. Criteria includes enrollment or acceptance by a LVN, RN, ADN, BSN, graduate, or post-graduate nursing program. The application due date is **October 1** and awards will be granted at our November 13 Gala and Scholarship Dinner. For an application, please see <http://www.sdnahn.org/id7.html>. If you have any questions regarding the application or criteria, please don't hesitate to contact us at sdnahn@yahoo.com or call (619) 261-5769. Good luck!

🍷 *Paloma Garza, RN, MPH*

Save the dates...

Sept. 25: Logan Heights Family Health Center's Annual Vive Tu Vida! Get Up! Get Moving!

National Alliance for Hispanic Health, 9 am - 1 pm at Chicano Park, San Diego. We have participated in this event for the last several years by interpreting glucose screenings and reading a LOT of BPs, so it's nice to have about 8+ volunteers to do shifts. Please email sdnahn@yahoo.org if interested in volunteering.

September 25: "Free" Diabetes Awareness Event: Living a Better Life. Sponsored by the Tri-City District Nursing Guild. 10 am - 3 pm. Higher Dominion Worship Center, 2136 Industrial Court, Vista, CA 92081. We are expecting between 200-250 attendees and will be reading blood pressures. We will also have a table for information on SDNAHN to promote nursing and need 4-6 volunteers for this event. If interested, please contact Yolanda Arroyo at d_yola@yahoo.com

September 25: Infertility and Pregnancy Loss: Getting Your Patients the Emotional Help They Need. Hosted by the UCSD Maternal Mental Health Clinic and The Center for Reproductive Psychology. Register online at www.regonline.com/IPL0 or call (888)229-6263/(858) 534-3940. UCSD Skaggs School of Pharmacy Auditorium, 8 am - 5 pm. 7 CEUs.

Sept 30 - October 5: Five Day Comprehensive Diabetes Education and Clinical Management Program. Scripps Whittier Diabetes Institute, 9894 Genesee Ave, La Jolla, CA. 92037. For questions/registration, please call (858) 626-5696 or email whittiereducation@scrippshealth.org. 35 CEUs.

October 13 : Equal Opportunity Day Diversity Summit and Awards Luncheon: Creating the Next Generation of Inclusion Professionals. Urban League of San Diego. For reservations, please contact Kea Hagan at (619) 266-6265 or kea@sdul.org

October 27: "Meet the Pharmacist" health screenings, Kimball Senior Center, 1221 D Ave, National City, 91950 from 9 am - 2 pm. We need volunteers to read blood pressures. Lunch provided. If interested in participating, please email sdnahn@yahoo.com

November 5 - 6: Thousand Smiles Foundation/Fundacion Mil Risas. For more information, please contact Lydia Stewart, (619) 806-9176, lystewart@worldnet.att.net and check out their website at <http://www.thousandmiles.org/>

November 6: Annual Sharp HospiceCare Conference "Integrating the Medical, Ethical and Philosophical Aspects of End-of-Life Care" 8 am - 3 pm at San Diego's Paradise Point Resort and Spa. Register by calling 800-827-4277 or visit <http://www.sharp.com/classes/end-of-life-care.cfm>. 5 CEUs. (Note: Sharp HospiceCare is recruiting bilingual nurses for hospice care. If interested, please contact Monica Esquer at (619) 667-1982.)

November 13: SDNAHN Gala and Scholarship Dinner. 5:30 pm - 11 pm. SDSU Alumni Center. For directions, check the [SDSU Alumni Center](http://www.sdsu.edu/alumni) website. Please make your reservations by October 18.

December 7: SDNAHN Executive Board Meeting. All members welcome. Alvarado Hospital, 6 - 8 pm.

January 8: SDNAHN Chapter Meeting for all members. See newsletter cover for more information.

January 13 - 14: End-of-Life Nursing Education Consortium (ELNEC): Advancing End-of-Life Nursing Care. Hosted by University of San Diego, Palomar Pomerado Health, and the National ELNEC. Four ELNEC curricula will be taught simultaneously: ELNEC-Core, ELNEC-Critical Care, ELNEC-Geriatric, and ELNEC-Pediatric Palliative Care. To register online, visit www.aacn.nche.edu/ELNEC and/or contact Pam Malloy at pmalloy@aacn.nche.edu. 12 CEUs. Conference will be held on University of San Diego campus.



SDNAHN Annual Picnic,
July 2010



1st Annual Health &
Community Summer
Expo, Chula Vista

Qué Pasa? Corner

Martha Villamar and Berenice Villanueva are students at United States University, National City and plan to graduate in January, 2011. Berenice writes, “I am a physician in Mexico and this is my first SDNAHN meeting. I really liked all the information and dynamism!”

Robert Lemos just landed a position at Kaiser as a new graduate RN. He writes, “Today is my first time here at a chapter meeting and I look forward to attending and becoming an active member. I’ve been a nurse now for about eighteen years (five as a navy corpsman and thirteen as an LVN). Thank you for welcoming me!”

Maureen Armas-Wess writes, “Hello. I just moved to San Diego and have been an RN-BSN for three years and work for Kindred Longterm Acute Care. I would like to expand and work with children and families with private care. I have a public health degree. I’m grateful to have met you all. Thank you.”

Eliane Ali (Lee) is a nursing student at Azusa Pacific University and plans to graduate RN-BSN in April 2011. She learned about SDNAHN from her participation in the recent Thousand Smiles Foundation clinic and writes, “So here I am and very proud to serve the Hispanic community. Thank you for welcoming me!”

Rocio Santana writes “I got a beautiful English Bulldog named Brandy! My very first puppy.”

Sylvia Ford (née MacManus) was inducted into Sigma Theta Tau International on July 24, 2010. Sylvia was also a Finalist in the California Nurseweek Excellence Awards in the category of Management. Congratulations, Sylvia! In July, Sylvia participated in a video project with Pilar De La Cruz-Reyes, Diversity Director for the California Institute for Nursing & Health Care, on the motivation to pursue nursing and the drive to persevere.

Paloma Garza has been elected NAHN Treasurer. Congratulations, Paloma!

Melanie Cabezas Phipps-Morgan, “I plan to visit my daughter, Ilona, who is studying in New Zealand this semester. She survived the recent New Zealand earthquake (7.1 Richter scale) but is still feeling aftershocks.”

The Rotary Club of Mission Valley, CA has chosen **Lydia Stewart** as Rotarian of the Year. Congratulations, Lydia!



Sylvia Ford (left),
California Nurseweek
Excellence Awards
Finalist in Management
Los Angeles, August
2010



Lydia Stewart, Rotarian of the
Year

Having a good time at the SDNAHN
Summer Picnic, July 2010

Join Us!

By becoming a member of SDNAHN, you join an organization with the passion and desire to make a difference in our community as well as have a voice in improving the nursing profession.

Membership in the San Diego National Association of Hispanic Nurses includes:

- CEUs at no cost for chapter-sponsored presentations.
- Special membership rates to SDNAHN and NAHN
- SDNAHN newsletter and the official journal of NAHN, *Hispanic Health Care International*, which provides information on the latest research on Latino health care issues, information on professional events, opportunities for employment, education and scholarships, community, local chapter and NAHN activities, and membership achievements and recognition.
- Networking among other Hispanic/Latino nurses, health care providers, and business organization for professional development.
- Promotion of the Hispanic/Latino professional image, leadership, and visibility through partnering and collaboration in health care community activities.

Help make a difference by joining now!

Our "Membership" link may be found on our website at San Diego, National Association of Hispanic Nurses, www.sdnahn.org. Or, call us at (619) 261-5769.



Welcome to our new and reinstated members



Juan Bartolome
Rebecca Duran-Ojeda
Sylvia Ford
Imelda Iribe
Robert Lemos
Jorge Lopez
Ester Morales
Maria Parra
Melanie Cabezas Phipps-Morgan
Gloria Quintana-Bennett

Professional Development Funds Available

Would you like to attend the next NAHN National Conference in Las Vegas in July? SDNAHN is setting aside \$1,000 yearly from the scholarship fundraiser for member professional development. Those with active SDNAHN memberships are eligible for funding of almost any activity to enhance your work-related knowledge, such as travel, review classes, and certification exam costs. The amount of funding available is dependent on the number of requests received. Please submit your application (available at www.sdnahn.org) to any Board Member for consideration at a bi-monthly Board meeting. The due date for receipt of the application is one week before the Board meeting.



Dia de la Mujer,
Los Angeles,
August 2010

SDNAHN Annual Picnic

SDNAHN members and their families held their annual picnic celebration on July 10, 2010 at the Chula Vista J Street Park for a time of fun and relaxation. The great turnout also provided a wonderful opportunity to meet and greet new and long-standing members. The air was filled with the sound of childrens' laughter and the delicious aroma of carne asada and other tasty foods catered by Mr. Javier Rubio. Johnny Vasquez, a new member to SDNAHN who just completed his LVN studies, and his guest Danny Gomez graciously organized the kids' games, which quickly evolved into games for everyone. Board member Lisa Duncan participated in the sack race and won second place-- what stamina and fun! Mrs. Iris Rosario, always one to utilize every chance to recruit new SDNAHN members, was hard at work ensuring that everyone felt welcome.

SDNAHN members work hard throughout the year to raise scholarship funds for nursing students, as well as working with other health care organizations to identify health care issues, develop and implement health care solutions for our communities, and form educational partnerships to attract and retain Hispanic nursing students. Taking a break to just have fun was the right prescription to help us gain new energy and propel us to continue to give our best to our communities. Hope to see you all again next year!

🌀 *Maria G. Robles, RN, BSN, CDE*



1st Annual Health & Community Summer Expo

Hello, my name is Robert Lemos and I am a new member of SDNAHN. I volunteered for this year's 1st Annual Health & Community Summer Expo sponsored by the Chula Vista Physicians Group on Saturday, July 17. This was my first introduction to our local chapter and I met Chapter President Monica Garcia and Committee Chair Iris Rosario as well as several other members. I must say, I was warmly welcomed by all and it was as if I had been a longstanding chapter member all along. I felt like I belonged there and was proud to represent Hispanic nurses ready to serve our community.

Our booth was set up to perform blood pressure screenings for the health fair attendees which ranged from children to adults. We also provided attendees with health related information. It was inspiring to see many different representatives in the healthcare field participate in this event. Thinking back, I wish I had taken advantage of getting a free back massage! However, I did take the time to donate blood at the San Diego Blood Bank Mobile.

It was very nice to get together with colleagues, meet people from the community, and represent the Latino nursing profession. I look forward to volunteering for next year's event if I have the opportunity to do so.

🌀 *Robert Lemos, RN, ADN*



Nurse Residency Program

Hello! My name is Rosy Alfaro and I am a 2009 SDNAHN Scholarship recipient and member. I am also a senior nursing student at California State University, San Marcos. Fellow SDNAHN members Lola West, Angelica Marin, and I have been accepted to Palomar Pomerado Health's "New Graduate Nurse Residency Program," a joint program of Palomar Medical Center and Pomerado Hospital. We are very excited and honored to be a part of this yearlong program of clinical and lecture instruction which will grant us the opportunity of continued employment upon completion. This brings me peace of mind when I consider the current job market for nurses in San Diego and the overall economy nationwide. As a senior nursing student nearing graduation day, I have researched internships, externships, and employment positions. Unfortunately, San Diego hospitals do not seem to have adequate funding for externships and new graduate programs, or may simply be in the midst of a hiring freeze. However, I have remained optimistic and continue to be active in student and professional nursing associations, nursing conventions, and community volunteering in the effort to market my future as a professional nurse. I believe that after the rainfall comes the rainbow.

Since being designated as a Magnet public health system in 2008 by the American Nurses Credentialing Center, Palomar Pomerado Health has partnered with California State University, San Marcos to reach their goal of providing nursing excellence. The granting of Magnet status places Palomar Pomerado Health in a distinguished group that represents only five percent of all hospitals nationwide that have achieved Magnet designation and indicates a very high level of quality and professionalism of patient-centered nursing care. Their "New Graduate Nurse Residency Program" is just one of many components of that effort.

If you are interested in knowing more about Palomar Pomerado Hospital's New Graduate Nurse Residency Program, please see <http://www.pph.org/PPHContentPage.aspx?nd=569>

🔗 *Rosalinda Alfaro, Student Nurse*



NAHN National Conference Transforming Policy to Support Healthy Communities for Latinos

The 35th Annual Conference of the National Association of Hispanic Nurses was held this year in Washington, DC on July 22 - 24, 2010 with the theme "Transforming Policy to Support Healthy Communities for Latinos." SDNAHN members Monica Garcia (President), Paloma Garza (past President) and I were in attendance. The numerous sessions included Cultural Competency, Health Literacy, Hispanic Nurse Anesthetists, Education and Outreach programs, and Childhood Obesity Prevention. There was a particular emphasis on the need for additional nurse practitioners, especially with the new health care legislation that will require health insurance coverage of those who were previously uninsured. Hispanic nurse practitioners will be needed to fill the gap.

It is important that we become aware of the policies made at the local, state, and national level that directly impact nurses as well as our neighborhoods and communities. We had the opportunity to speak to a legislative aide for Congresswoman Lucille Roybal-Allard who advised us that, as the voices of Hispanic nurses, we have a personal and professional responsibility to meet with our representatives to suggest solutions for accessing health care and improving the health of our communities. Congresswoman Roybal-Allard represents the 34th Congressional District of California, a vibrant, diverse area encompassing urban downtown Los Angeles and suburban communities with a largely Hispanic constituency.

Oh, and we had time for fun, too! Our congratulations to Paloma on being elected Treasurer of NAHN.

🔗 *Iris Rosario, SDNAHN Board Member*

Thousand Smiles Foundation and SDNAHN

SDNAHN nurses Yolanda Arroyo, Chris Bajkiewicz, Alexia Hollins, Lydia Stewart and I participated in the Thousand Smiles volunteer mission to perform corrective surgery for children with cleft lip and palate deformities on Aug 6 and 7th in Ensenada, Mexico. Our SDNAHN nurses were involved in the full range of nursing care, including setting up hospital and staff admissions, and providing pre-op, PACU, and post-op care. It was a great team atmosphere that left us all with a wonderful feeling of good works done.

Thousand Smiles is a non-profit organization focused on care of children in Mexico who suffer from lack of dental care and from maxillo-facial deformities such as cleft palate. Please join us! Bus trip to Ensenada leaves at 6am Friday morning and returns late Saturday night. Cost: approx \$100 for hotel, bus and food. The next clinic is scheduled for November 5 - 6, 2010. Licensed RN's and LVN's are always needed and bilingual ability is not required. For more information, please contact Lydia Stewart, 619-806-9176, lystewart@worldnet.att.net and check out <http://www.thousandsmiles.org/>

☞ Sarah Babini, RN, MSN



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If you are interested in becoming part of the **Rady Children's** family, we invite you to explore our current nursing openings.

For more information or to apply, visit our Web site at www.rchsd.org or www.PedsRN.com. If you have any questions, contact our Nurse Recruiter Laurice Flasnack via email: lflasnick@rchsd.org.

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Linda Ingalls,
Scripps registered nurse and
aspiring vocalist

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Lourma Tiongson,
Scripps registered nurse
and mother



Charles Brooks, Scripps registered
nurse and avid bicyclist



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San Diego Chapter of the National Association of Hispanic Nurses

For the calendar of national events, check the National Association of Hispanic Nurses website at NAHN.

For San Diego Chapter events, go to www.sdnahn.org or contact us at **619-261-5769**, email at sdnahn@yahoo.com

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If interested in joining any of these standing committees, please contact us at sdnahn@yahoo.com. Volunteers are always welcome!



ADVERTISING

Advertisement donation per issue:

Full page ads (8 x 11) \$250

Half page ads (7 x 5) \$125

Quarter page ads (4 x 6) \$75

Business card ads \$35

The SDNAHN newsletter is published three times annually in winter, summer, and fall for San Diego NAHN members, community health care organizations, California NAHN chapters, potential new members, nursing schools, and our supporters. If your organization is interested in placing an advertisement, please note the following:

Full amount is required prior to placement.

Send advertisement in any electronic or print format via post or email four weeks in advance to: SDNAHN, PO BOX 83881, San Diego, CA 92138-3881.

Email: sdnahn@yahoo.com, Attn: Newsletter Ads, Phone: (619) 261-5769.

Three month advertisement on our website is included.



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