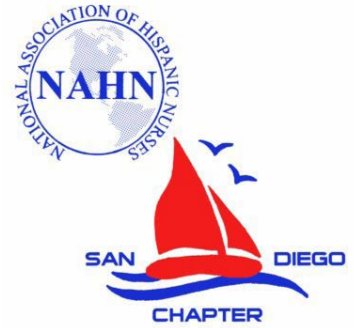


SDNAHN
San Diego Chapter
National Association of Hispanic Nurses
LAS NOTICIAS
PARA LA PRIMAVERA 2008!



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NEW Board Members

President: Paloma Garza, RN, MPH, FNP-C
Vice President: Monica Garcia, MSN, NP
Secretary: Fabiola Carapia, RN
Treasurer: Marisol Balistreri, RN, BSN
Directors:
 (South) Iris Rosario, RN
 (North) Yolanda Arroyo, RN
 (East) Kimberly Palacios, LVN, BSHA
 (West) Lydia Stewart, RN
Co-Editors:
 Paloma Garza, RN, MPH, FNP-C
 Felipe Gutierrez, RN, FNP, CMSRN
Past Presidents:
 Maria Robles, RN, BSN, CDE
 Felipe Gutierrez, RN, FNP, CMSRN
 Lydia Stewart, RN
 Anita Holt, RN, MSN
Founder: Tonie Brown, RN, MA

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www.sdnahn.org

Get information on upcoming events, scholarship opportunities, plus much more.

CALL US AT:
 619-370-4541

sdnahn@yahoo.com

PRESIDENT'S MESSAGE BY PALOMA GARZA



May is the month which we celebrate Nurses Day, and let all nurses know how important they are to the community. As I think about all the good works that the members of this organization have done I have to feel proud to be a part of such an amazing group of individuals.

We have been busy this year. We helped organize the ADA's 3rd Annual Feria, participated in the Annual Women's Resource Fair, took part in the PNASD's 1st Annual Health Fair at Our Lady of Mt. Carmel Parish in Poway, attended Tri-City Medical Center's Diversity Fair, have given talks at several schools promoting nursing as a career,

and are participating in the Thousand Smiles Foundation May 2008 clinic in Ensenada, where children with cleft palates receive free surgery.

We still have many projects in the works. We are going to participate in Representative Mary Salas' 2nd Annual Women's health Fair in June as well as helping to plan the "Vive Tu Vida" health fair sponsored by San Ysidro Health Center. It's only 6 months until our Annual Fundraiser and Scholarship Dinner and already the planning is underway. The work never stops!

I hope all of you plan to save the date on November 15. This is the 10 year anniversary of our November dinner and we plan to make it a very special event.

And finally, to all the nurses everywhere, especially the ones that make the extra effort to make a difference in their little corner of the world, a great big THANK YOU!!!



To all of you who "make a difference every day"

— Happy Nurses Day!
 From the executive board of SDNAHN

FROM THE EDITORS

SAVE-THE-DATE

November 15th, 10th annual SDNAHN Scholarship Dinner

SDNAHN Annual Summer Picnic, July 12th in Chula Vista

Sylvia MacManus' grandfather celebrated his 101st birthday on April 19, 2008.



Feliz Cumpleaños Abuelito!

WE VALUE YOUR INPUT!

Tell us about career/Health fairs that might be of interest to other members. We will help you get the word out. On a personal note tell us about your accomplishments, awards received & news about your life that you may want to share!

sdnahn@yahoo.com

MONICA GARCIA, SDNAHN VICE PRESIDENT



It has been a busy month, that just seemed to fly by. On April 16th, I was asked to speak to students that were attending the Access Program in Linda Vista. These are kids that have not graduated from high school, are being prepared for the GED and are being guided into a field that they show interest in. I spoke for an hour about nursing and the opportunities that are available in this wonderful field. I discussed the requirements and the various degrees and what they meant.

I made a connection with them, when I began to share true stories of patients that I had cared for. Trauma stories are exciting and usually capture the listeners' attention, but I also told them a story that still brings tears to my eyes, and was touched to see that it affected them as well. It was about 5 a.m., when we received the call that the medics were bringing in a 72 year old female in CPR status. While the team continued CPR, I happened to look over and saw an elderly male (the patients' husband) looking in the window, watching us, I asked the ER doc if it was okay to bring him in so that he could watch us, and be with his wife. I brought over a couple of folding chairs and placed them at the foot of the gurney, and sat down next to the man, explaining what we were doing. That is when he began to tell me that in one month they would be celebrating their 50th wedding anniversary. "She is my high school sweetheart you know, we met when we were juniors in high school", he said.

This is the second group of teenagers that I have spoken to during the month of April. The others are in the CHAMPS program. I have given out my SDNAHN business card, and hope to receive a phone call, from one of them accepting the invitation to come to one of our meetings. If no call comes, I will continue to speak and hopefully influence or inspire at least one Hispanic student to enter the nursing profession, for we are sorely underrepresented.

I also attended my yearly summit for work, with Johns Hopkins and PBG (Pepsi) from Somers, New York. We meet in Baltimore, and review and plan how we can keep the PBG employees healthier. I was very surprised that I was given a performance award. It is a lovely blue glass award with white lettering etched into the glass. It is so nice to be recognized, we should do it for one another more often. What a month! If I don't see you at the next meeting, Happy Nurses Day! Spread the word of this wonderful organization that we all belong to, Monica

SAVE THE DATES!

General meetings for all members:

May 10, 2008
September 13, 2008
08:30 am to 12:00 noon

Board Meetings:

All Members are invited to attend

June 3, 2008
August 5, 2008
October 7, 2008
December 2, 2008
6:00 pm to 8:00 pm

All general meetings will be held at:

Alvarado Hospital
6655 Alvarado Road
San Diego, CA. 92120-5208
Classrooms 1-3
1st floor, main hospital building
Free parking in the structure

All Board meetings to be held at:

Scripps Mercy Hospital
4077 Fifth Ave
SD, CA, 92103
Room: Ed center 1 lower level
Parking free on 6th avenue, must cross
bridge; otherwise must pay for parking.

QUE PASA CORNER - WE ARE PROUD OF YOU!

- ◆ Former scholarship recipient Minerva Connor gave birth to her third child, and has recently started employment at Sharp Chula Vista. We welcome Minerva into the nursing workforce.
- ◆ Fabiola Carapia recently completed her BSN studies from USD. Strong work!
- ◆ 2007 Scholarship recipient Bel Gastelum was recently named NURSE OF THE YEAR at Sharp, Chula Vista! Hurray!! Awesome job Bel!!!!
- ◆ Lydia Stewart's granddaughter, Lydia, was chosen among her peers at her middle school to attend the Presidential inauguration in Washington D.C. In January 2009.
- ◆ Luz Gracia was inducted into Sigma Theta Tau on April 12, 2008, she was nominated by her USD professor.
- ◆ Sarah Babini recently returned from a trip to the San Blas Islands off the coast of Panama. Her mother lives on a sailboat and Sarah swam, practiced her Spanish, and saw her first SHARK!
- ◆ Felipe Gutierrez was published in *Critical Care Nursing* April-June 2008 for his EBP project on reducing falls in a step down unit/Definitive observation unit.
- ◆ Alexia Hollis passed her LVN boards on the very first try—good work and well deserving. Next RN, MSN, PhD.
- ◆ Kimberly Palacios purchased a new/used 2007 Yukon Sports Utility Vehicle. For rides contact Kimberly!
- ◆ Helen Pallares-Janiec was selected over 5000 applicants to volunteer at the U.S. open golf championship held in June 2008 at Torrey Pines. She will assist disabled spectators to the golf course.
- ◆ Maria & Iris have volunteered at the St. Pius Church in C.V. as parish nurses. They do B/P checks, established a walking program, and have provided several health related classes to the parish. They also provide information in Spanish.
- ◆ Congratulations to Iris Rosario, RN, from Sharp Chula Vista Medical Center's radiation oncology department. Iris was nominated by a former Sharp Chula Vista patient to receive the KXYX 96.5 FM and Azusa Pacific University School of Nursing CARE Award. Iris was always there with a maternal caring for her patients.



COMMUNITY HEALTH GROUP a locally based 100,000 member HMO, and recipient of several awards for best workplace in San Diego, has an immediate opening for:

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For consideration, please mail your resume to COMMUNITY HEALTH GROUP, Human Resources Department, 740 Bay Blvd., Chula Vista, CA 91910, fax to: (619) 476-3819, e-mail: hr@chgsd.com.

THE PEOPLE, THE PLACES, AND THINGS TO DO WITH SAN DIEGO NAHN 2008

COMMITTEES

- **Community Outreach/Recruitment & Retention**

Responsible for promoting good will between the organization and the public. This committee will organize events, keep track of members attendance at functions. Promote the organization in the community. Co Chairs: **Maricela Thompson***, **María Robles**; Members: **Luz Gracia**, **Bel Gastelum**, **Rosie Arreguin**, **Lydia Stewart**, **Sara Hernandez**, **Sylvia Hardy**.

- **Education/Meetings**

Responsible for ensuring there is an educational speaker at every meeting and a sponsor for breakfast as well as setting up meetings. Chair: **Iris Rosario**; Members: **Yolanda Arroyo**, **Monica Garcia**, **Helen Janic**, **Marisol Balestreri**

- **Scholarship**

Responsible for reviewing scholarship applications, and deciding which applicants will be awarded. The Chair will be responsible for sending out applications to area schools, reviewing applications and coordinating scholarship committee members. The chair will also contact all applicants of the decision of the committee via email, phone, or US mail no later than seven days from the date of selection.

Co-chair: **María Robles**, **Monica Garcia**; Members: **Marlene Ruiz**, **Felipe Gutierrez**, **Iris Rosario**.

- **Scholarship Dinner**

Responsible for organizing annual dinner in November, ensuring that all potential scholarship sponsors and members are contacted regarding their support and making all the arrangements and contacts regarding the event. The chair will be responsible for coordinating and delegating duties and calling the necessary meetings. Chair **Open**; Members: **Iris Rosario**, **María Robles**, **Lydia Stewart**, **Felipe Gutierrez**, **Kimberly Palacios**, **Bel Gastelum**, **Luz Gracia**, **Sara Hernandez**, **Sylvia Hardy**, **Maricela Thompson***, **Lydia Stewart**, **Elena Cardenas.***

- **Communications**

Ensures good communication within the organization, supports SDNAHN by handling phone calls, organizing phone campaigns, mailings, etc. Chair: **María Robles**; Members: **Alexia Hollis**, **María Cristina Guzman**, **Fabiola Carapia**, **Sylvia Hardy**.

- **Newsletter Editors**

Responsible for developing and distributing SDNAHN's newsletter three times a year. OPEN **Felipe Gutierrez will mentor**

Upcoming Events and Volunteer Opportunities!

Save These Dates...

Date	Time	Location	Event
February 9, 2008	11:00am-2pm	MCRD Bayview Restaurant	SDBNA Annual Awards Event Contact Lydia Stewart
March 1, 2008	10am-2pm	Kimball Park, National City	"Feria De Salud" American Diabetes Association. Contact Iris Rosario
March 1, 2008	8:30am-4pm	SD Civic Center, 202 C St. SD, CA, 92101	Women's Resource Fair Contact Felipe Gutierrez
April 26, 2008	TBA	Our Lady of Mt. Carmel Parish, Rancho Penasquitos	PNASD, Health Fair and wellness expo. Contact Lydia Stewart



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www.rchsd.org

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Hospital
San Diego

I would like about the

Where in the world was Maria Robles? In Washington D.C.

to share with you a little great experience I had in

Washington D.C. recently. Sharp Healthcare was a recipient of the Malcolm Baldrige Award, an award given to small business, manufacturers and most recently to educational and health care organizations that deliver exceptionally high quality goods and services to the public.

I was greatly honored with a call from Sharp Rees-Stealy Vice President Vicky DeBaca to let me know that due to my leadership and high performance I was chosen to be part of a 50 person delegation to go to Washington D.C. to represent Sharp. President and CEO Mr. Michael Murphy received the Malcolm Baldrige award on behalf of the 14,000 Sharp Healthcare employees. I was overwhelmed and extremely excited to be present at this award ceremony!



It was the experience of a life time for me and I would forever be thankful for the opportunity to be part of this great experience. I'm very proud to know that other companies around the nation have seen how Sharp Healthcare, my work place of choice for the past 19 years, is one of the best in the nation.

Maria Robles with Sharp delegates at the Malcolm Baldrige Award presentation ceremony.

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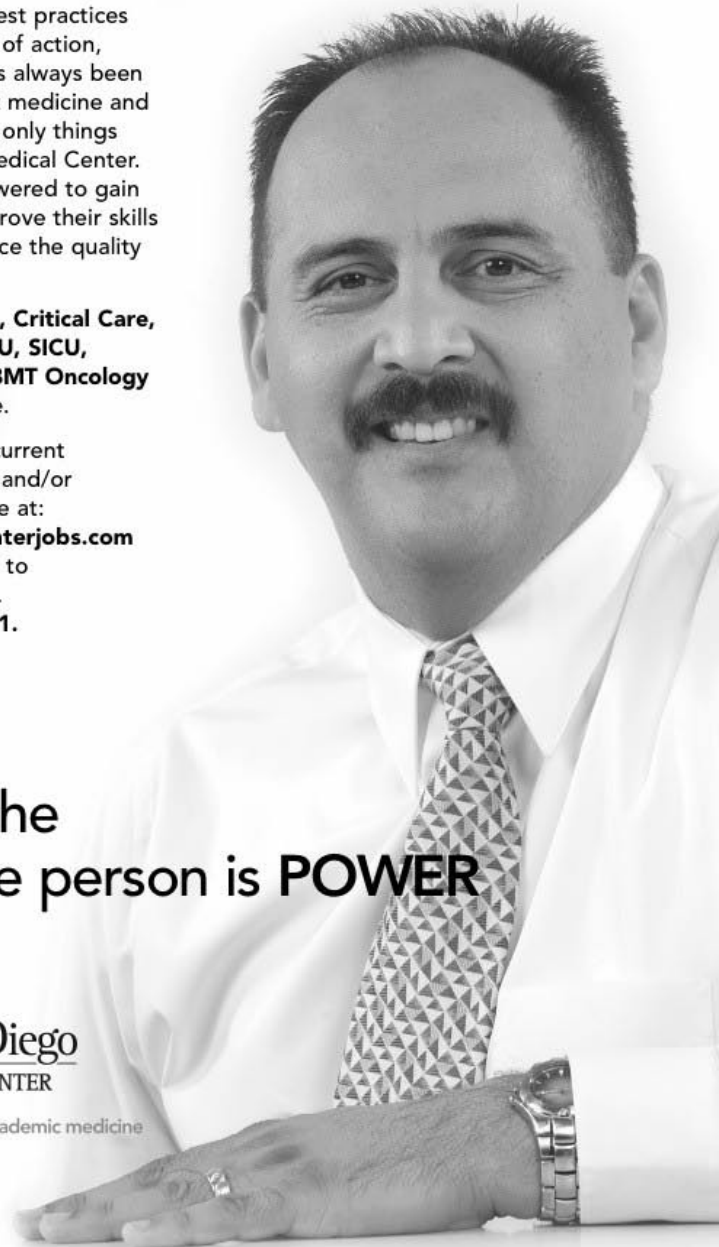
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Lydia and Yolanda with Dr. Terry Tanaka from 1000 Smiles Foundation.



SDNAHN members and Grossmont Health Occupations students at the May Women's Resource Fair at the SD Convention center.

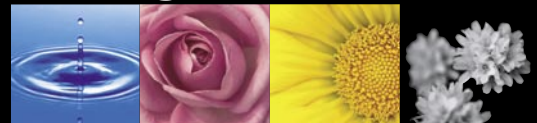


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**San Diego Chapter
National Association of
Hispanic Nurses**

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Our focus is to provide educational, mentoring, and leadership opportunities
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Please join us in honoring our recipients on:

Saturday, November 15, 2008

6:00 p.m.

Sheraton Hotel – Mission Valley

1433 Camino Del Rio South, SD, CA. 92108

The festivities will include dancers, music, and more!

For hotel directions & special room rate call: 619-260-0111

For event information:

Email: sdnahn@yahoo.com or call 619-370-4541.

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Si Se Puede!

Try the National Web site for Master calendar of chapter
events <http://www.thehispanicnurses.org/>

Business Advertisement

The SDNAHN newsletter is published three times annually—in January, May, and September. The target populations are SD NAHN members plus 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 the placement of an ad in the newsletter.
- Advertisement donation per issue
 - Full page ads (8x11) \$250.00
 - Half page ads (7x5) \$ 125.00
 - Quarter page ads \$ 75.00
 - Business card ads \$ 35.00
- Send advertisement (camera-ready or disk) or email in word format four weeks in advance to:
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San Diego, CA., 92138-3881
Email: sdnahn@yahoo.com
Attn: Newsletter Editor
Phone: 619 - 370 - 4541

NEW: Three month advertisement on our website is included



Maria, Jeffrey, Paloma, and Lydia at Jeffrey's retirement