

SDNAHN

San Diego National Association of Hispanic Nurses

August 2013

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www.sdnahn.org

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August President's Message

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The National Association of Hispanic Nurses (NAHN) celebrated its 38th annual conference in New Orleans, LA "Creating the Vision, Shaping the Future". It was wonderful to see old and new faces and see the motivation, dedication, and inspiration that all our members have. We are all united in our quest to achieve equality in healthcare through the elimination of healthcare disparities and quality of care for all. This year NAHN awarded over \$300,000 in scholarships to dedicated and deserving members.

Our chapter has been busy volunteering in the community; the Women's Resource Fair, San Diego Dia De La Mujer and Muevete U.S.A. just to name a few. I applaud and thank you for your continued commitment to the communities you serve and know that together we can soar to decrease healthcare disparities.

I am proud to announce that this year we will be celebrating our 15th annual scholarship gala, "Celebrating Our Joy in Nursing" on October 12 at the Hilton Harbor Island Hotel. We will be awarding several scholarships to college and university students. Visit our website, purchase a ticket and help spread the word about our gala. We need your support to make this as successful as last year.

The Institute of Medicine (IOM) Report on the Future of Nursing details recommendations that will help our Nation prepare professional, licensed nurses to take on leadership roles at the hospital, the boardroom and within the political arena. Moreover, the IOM Report details that the baccalaureate degree will be the most converted degree to springboard the nurse's career path. It will be just the beginning as more nurses will be needed to fill advanced practice nurse roles for faculty and researcher positions.

This year members of SDNAHN will elect a new board of directors. Members are encouraged to contact Paloma Garza if they would like to nominate a director.

Best Regards,

Cabiria (Bea) Lizarraga, RN, BSN, MSN (s)
Chapter President

Muevete USA™ Project

June 2013

Contributed by Paloma Garza

On June 15th, SDNAHN held its second Muevete USA event at St. Rita's Catholic Church. The event, attended by over 60 people is a community-based program founded on the Michelle Obama "Get up Get Moving" initiative to bring awareness to and prevent childhood obesity. Muevete USA hopes to bring that program to the Latino Community.

The children moved through stations and were educated on reading food labels, reviewing the "My Plate" eating guide by the USDA. They learned about healthy snack choices and making smarter eating decisions. The physical activity area where kids participated in a sack race, did zumba dancing and balloon races was by far favored by all the participants.

The program was sponsored by the National Association of Hispanic Nurses and the Coca-Cola Foundation. Twenty chapters nationwide held Muevete USA programs, including Washington DC, New York City, Michigan, Phoenix, Los Angeles, San Francisco, Philadelphia, and others.

Watch the video:

<http://www.youtube.com/watch?v=3-me7yX0e7A&sns=em>



Annual Summer Picnic

Contributed by Christina Guzman

On Saturday July 13, 2013, SDNAHN held its annual picnic at Ski Beach - from 10am to 2pm. It was a beautiful sunny day. There was an excellent member turnout, including new members who brought their families. A special shout out to the Executive Board who worked tirelessly to make this picnic possible.

Just like last year, there was a high turnout of children and the Jumper was a definite favorite! There was delicious food, plenty of drinks to keep the attendees hydrated, and fun games for entertainment. The kids and adults really enjoyed the potato sack race! Congratulations to Laura Gonzalez, our SDNAHN member who won a free ticket to the Scholarship Gala simply by attending the picnic. The Gala will be on October 12th, 2013 at the Hilton Hotel, 1960 Harbor Island Drive, San Diego Ca. 92101. Looking forward to the next picnic!



MANA 2013

Contributed By Magda Angel

On Saturday, April 20, 2013, SDNAHN partnered with MANA along with many dedicated volunteers and sponsors to close the gap on health care disparity among the underserved San Diego community, especially Latino women. During this year's 11th annual Dia de La Mujer Latina health fair, SDNAHN nurses had the pleasure of serving over 100 women who visited the SDNAHN table. Attendees received blood pressure checks, BP interpretation, and education on healthy lifestyle changes; as well as information related to health care resources. For many volunteers this was their first volunteer experience, motivating and inspiring them to participate again. At this event, over 800 individuals received medical screenings, 100 healthcare providers participated, over 100 dedicated volunteers attended, and 20 health-screening tests were offered. Together we can continue to close this health care disparity in communities throughout San Diego. A special thanks to SDNAHN members who volunteered their time. Looking forward to next year's Dia de la Mujer Latina Health fair.



Minority Nurses Conference

Contributed by Monica Garcia

Excitement was in the air as nearly 150 minority nurses gathered together on Saturday May 11, 2013 at Scripps's Mercy Hospital in San Diego, California to attend the conference, "Empowering Minority Nurse Leaders – Breaking the Concrete Ceiling". This was a joint effort sponsored by the San Diego Black Nurses Association, Inc., San Diego National Association of Hispanic Nurses and the Philippine Nurses Association of San Diego County, Inc. This was the first time that this type of joint event took place in the San Diego area.

The attendees were welcomed by their chapter presidents from each of their local nursing organization. Bea Lizarraga, President of the San Diego National Association of Hispanic Nurses served as Mistress of Ceremonies for the morning sessions and welcomed the attendees along with Sharon Smith, President of the San Diego Black Nurses Association, Inc. and Erlinda Ortin, President of the Philippine Nurses Association of San Diego County, Inc.

Mary Dickow, Executive Director of the California Action Coalition was the keynote speaker. She shared information on the important role that minority nurses can and will play in the future of nursing. She addressed the real need for more minority nurses and encouraged the attendees to get involved and take an active leadership role. She noted that this type of seminar needs to occur across the state.

The nurses also heard from the Presidents of their national nursing associations. Dr. Jose Alejandro, President of the National Association of Hispanic Nurses shared his path to the top and presented ideas on the importance of mentors. The Reverend, Dr. Deidre Walton, President of the National Black Nurses Association spoke about the influence of networking when trying to move to a leadership position. She encouraged the minority nurses to not be afraid to tackle difficult assignments that would bring them recognition for future success. Lourdes Nisperos, Vice-President of the Philippine Nurses Association encouraged the attendees to work hard, never give up on their dream and shared the importance of empowerment. All three speakers shared strategies on how to overcome barriers and challenges in moving up the career ladder.

The afternoon mistress of ceremonies was Lourdes de Perio who introduced the afternoon speakers. Dr. Ora Valentina Robinson, a professor at CSU San Bernardino. She presented information on empowerment and role conflict. She shared strategies to help minority nurses face the challenges placed before them and how to address and overcome the role conflict sometimes encountered by minority nurses trying to climb the administrative ladder. Pilar De La Cruz Reyes, Dean of the School of Nursing at United States University presented the statistics as far as the number of minority nurses in San Diego and Imperial Counties. She shared ideas on how to promote our future nurse leaders and introduced the "SOY" concept of "Supporting Our Young" nurses. She spoke about how the time for minority nurses to stand up and be counted is now, that in order to get more minority nurses; we need to have more minority nurse role models, and shared ideas on how to utilize their talents to advance their careers.

Minority Nurses Conference



IN MEMORIAM:

SDNAHN and its members mourn with all PNASD members for the loss of their beloved President Erlinda Ortin. Our sincerest sympathies and condolences go out to our colleagues.

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Women's Resource Fair 2013

Contributed by Felipe Gutierrez

On March 9th, SDNAHN joined hundreds of other organizations at this year's 24th Annual Women's Resource Fair. We provide services to over 180 Women participants through our booth. The following is a write up by the Women's Resource Fair Medical Committee Task Force:

"More than 500 women and 100 children and teens attended the 24th Annual Women's Resource Fair on March 9, 2013, and received medical, legal and social services from more than 100 organizations." Of the 180 served by us:

- 95 (53%) – were Hispanic Of the 95 Hispanics
- 9 (9%) – Were taking B/P medications
- 8 (8%) – Had a history of Cardiac and/or HTN
- 10 (12%) – Had a B/P result of 140/90 or >

Thanks to all the members and nursing students who helped out, this event would not have been possible without you. We were not as busy this year however that was good because it gave us an opportunity to spend more time with each participant and give them our full attention.



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Que Pasa Corner

I have some news to share; I have been inducted to Nu Upsilon Chapter of the Honor Society of Nursing, Sigma Theta Tau International. I have also been accepted into the MSN, CNS program at Grand Canyon University, my classes start in late August. Thanks, Sophia Jimenez

Loredana Hrib got a job at Sharp Grossmont Hospital!

Felipe was accepted into the PhD Nursing leadership program at UCLA, he will start school this fall and his area of study is early intervention and screening of alcohol abuse patients who present to the emergency room



Felipe was married on July 19th to Jeffrey Gazaway, his longtime companion of 18 years. They had a commitment ceremony 16 years ago on June 27th.



Alexia graduated from her BSN program this past June.



Joe retired!! Dreams do come true!!!!



Yolanda's new granddaughter, Natalie, is 3 months old! Yolanda has been vacationing on Hawaii, Las Vegas, and Arizona.



Lydia Stewart's granddaughter graduated from USMC 4th Recruit Training Battalion at Parris Island, SC.



Lee is going to Fiji for another dream vacation!!



Next Board of Director Meeting

- **October 7 @6pm – Alvarado Hospital**
- **December 9 @6pm – Alvarado Hospital**

General Meeting

- **September 14 from 9am – 12noon – Alvarado Hospital**

SPEAKER: Christian B. Ramers, MD, Family Health Centers of San Diego, "HIV Basics"

- **November 9, 2013 – from 9am – 12noon – Alvarado Hospital**

SPEAKER : TBD

Meeting Location

**Alvarado Hospital
6655 Alvarado Rd
San Diego, CA 92111
6th Floor classroom 1-2
Parking behind the hospital is validated**

SDNAHN Board of Directors

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Webmaster: Lorena Perez BSN, RN, PHN; Paloma Garza MPH, RN FNP-C

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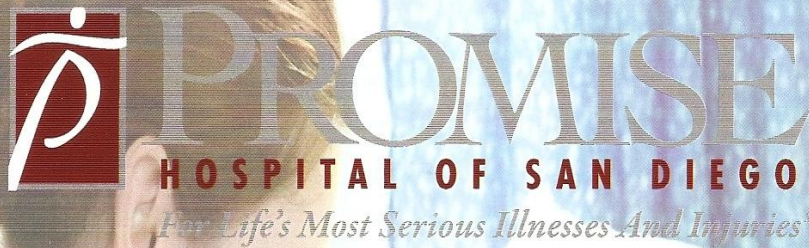
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Mirna Martel Cavanagh, RN

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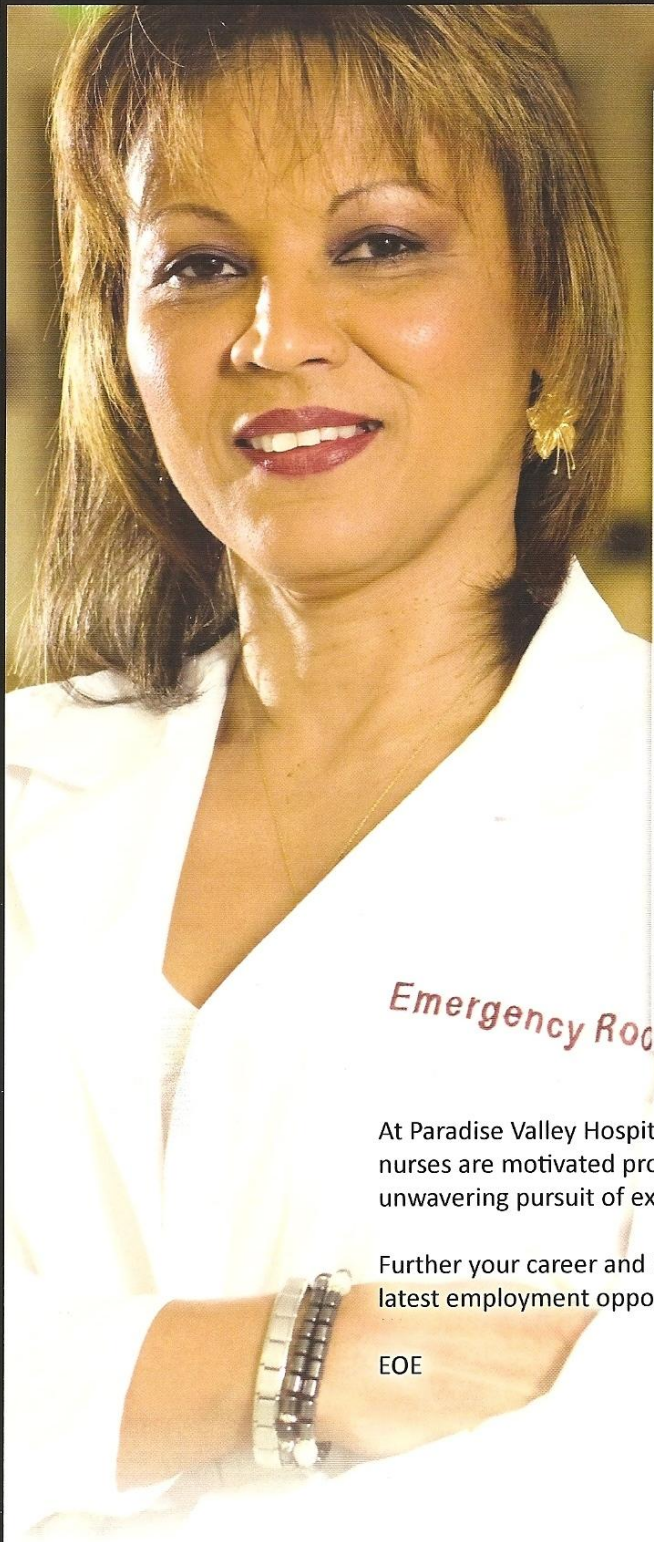
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