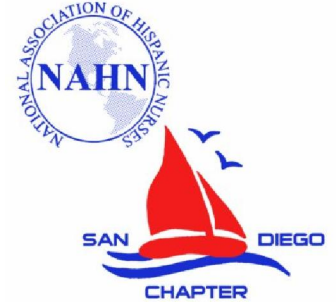




San Diego National Association of Hispanic Nurses

SDNAHN

Las Noticias, February 2011



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,
March 12, 2011
8:30 – Noon at
Alvarado Hospital
6th Floor Classroom
6655 Alvarado Rd
San Diego, 92120
CEU presentation will
be on the National
Children's Study &
"Eating Healthy for
Busy Professionals by
Samantha Hua, a
holistic health coach.
Chapter meetings are open to
the public. There is no
charge to attend, 1 CEU
provided. Breakfast included.

PRESIDENT'S MESSAGE

Hello everyone and I hope that you are off to a happy, healthy and stimulating new year. This photograph was taken across the street from the Castillo de Sebastian in Old San Juan Puerto Rico. We had just ended 2011 Presidents' Retreat. The island is lush, the ocean water is clear and warm, old San Juan is so picturesque with the cobblestone streets, the music playing and the plazas lit up with colorful lights. We tried some of the local cuisine, like Puerto Rican Lasagna (no noodles in this dish), and a local beverage called a "coquito", quite tasty.



The meetings were interesting and informative. It is amazing how active some of the chapters are, and especially the San Diego chapter. We accomplished so much last year, culminating with the 2010 Scholarship Fundraiser. Not only did we award \$10,500 in scholarships, but also raised enough to award the same in 2011, thanks to the amazing teamwork of many members.

The TEAM (Together Everyone Achieves More) acronym is a very powerful one because when team members work together for the good of all, everyone achieves more. At the Presidents' Retreat, our continuing education presentation included an exercise on working as a team. We were divided up into groups, and given the assignment of reading, critiquing and rewriting the NAHN Mission Statement, which had not been updated in over 10 years. As soon as the team finished, we joined the whole group to read our version, then the work began... remember the room was full of educated, experienced, strong minded nurse leaders. We came away with several versions of an updated mission statement for the Board to review.

The presentation on teamwork caused me to reflect on our chapter and all the presentations we participated in last year. We were able to contribute to all these events because of the teamwork of our members. I am proud to be a member and representative of this TEAM and I look forward to working with all of you this year.

We are off to a busy year. Please look at the list of volunteer opportunities; it will take many of us to meet the requests. I will leave you with a quote, "One person can make a difference, and everyone should try." — [John F. Kennedy](#)

Monica Garcia, MSN, FNP

A Woman's Heart Health

February is a time to discover more about heart health, especially a woman's heart. Heart disease used to be considered a man's disease, but it is the number one killer of women. More women will die of heart disease than all cancers combined, current figures are one in four women will die of heart disease or stroke. If you are Hispanic, these numbers change to one in three. Not the best odds, but there are things you can do to protect your heart.

Heart disease is a general term that most commonly refers to coronary artery disease. Coronary artery disease is a hardening and narrowing of the arteries that supply the heart with blood and nutrients. This is caused by an accumulation of plaque- a combination of cholesterol, fat, calcium and other substances, on the coronary artery walls. As plaque clogs these arteries it becomes more difficult to deliver the oxygen and nutrient rich blood that the heart needs to keep beating effectively.

What can you do to proactively keep your heart healthy? There are so many things women, and men, can do to take care of their heart. These include losing excess weight, becoming more physically active, quit smoking, controlling high blood pressure, lowering cholesterol levels and if applicable, managing diabetes. These lifestyle changes are especially important for Hispanic women who generally have a higher incidence of high blood pressure, obesity, diabetes and metabolic syndrome.

Certain risk factors are out of our control, such as a family history of heart disease or your age. The age risk factor for women generally starts at 55, about the same time women develop other heart disease risk factors and have gone through menopause. During menopause estrogen levels drop, decreasing the protective effect on the heart they once had. Interestingly, studies investigating hormone replacement therapy (HRT) have not shown it to be protective against heart disease. Recent research by Dr. John Teeters at the University of Rochester Medical Center has shown that the age risk factor for Hispanic women is 10 years earlier than Caucasian women, regardless of menopause status.

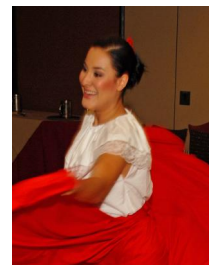
Women should talk with their doctors to determine their risks for heart disease and how to reduce or control these risks. For more heart health information visit the National Heart Lung and Blood Institute at www.nhlbi.nih.gov

Stacey Penney-Nationally Certified Lifestyle & Weight Management Coach, Personal Trainer & Health Promotion Specialist LightBridge Hospice & Palliative Care, Community Outreach

Sources: http://www.nhlbi.nih.gov/health/public/heart/other/hhw/hdbk_wmn.pdf

American Heart Association, American College of Sports Medicine

<http://www.ilacc.org/gored/GoRed-HispFacts.pdf>The information contained here is for informational purposes. Consult your healthcare provider before starting an exercise program.



Congratulations to our 2010 Scholarship Winners!!



From Left >>Right: Lisa Duncan, RN MSN Treasurer; Bea Lizarraga, University of Phoenix; Christine Lopez, RN, University of San Diego; Eliane Ali, Asuza Pacific University; Jeannette Martinez, San Diego City College; Joan Almerol, Southwestern College; Alexia Hollins, LVN, San Diego City College; Claudia Guzman, University of San Diego; Joana Eckard, Grossmont Health Occupations Center; Sophia Jimenez, Southwestern College; Sandra Ulibarri, San Diego City College; Ana Luisa Cruz, Southwestern College; Monica Garcia, RN, MSN, NP, President.

Claudia Jimena Guzman – University of San Diego

I was raised in Antofagasta, Chile. I came to the US when I was 12 years old. I have a B.S. in Biology (Magna Cum Laude & Phi Beta Kappa) from SDSU. I have worked in a multicultural community clinic for 18 years. Currently, I am a graduate student in the USD MEPN Program. I will graduate in May 2011 with an R.N. degree and a Master's degree in Clinical Nursing.

Alexia Karin Hollis, LVN – San Diego City College

My community involvement includes volunteering with SDNAHN at community health fairs, and with The Thousand Smiles Foundation. I have also spent time volunteering as a nurse in a dialysis clinic in Chiapas, Mexico. All of which, I enjoy tremendously because it makes me feel more connected with the people in my community. After receiving my Associates Degree in Nursing I plan on making SDNAHN proud and continuing on to receive a Bachelor's in Nursing.

Joan Almerol – Southwestern College

I am in my second year of the nursing program at Southwestern College. I have a wonderful son that keeps me running everyday and family that is very supportive of me. The nurses at the hospital have taught me much about how to better care and be compassionate with their patients. They show me first hand the characteristics of a good nurse and what being a nurse is all about. I believe that to be a truly great nurse, someone must love what they do and care for their patient's and act as their advocate to get them back in good health. I would like to travel to see the beautiful world after finishing my school.

Joana Eckard – Grossmont Health Occupations, LVN program

Joana will be graduating from the LVN program in January 2011. She enjoys spending time with her wonderful husband, David, their beautiful daughters, and two grandchildren. Joana's future plans include pursuing her lifelong dream of becoming a RN/BSN starting in the Fall of 2011.

Sophia Jimenez – Southwestern College

Hi, my name is Sophia Jimenez; I am currently a nursing student at Southwestern College. I plan to continue my education once I get my RN. My past job experiences have taught me that knowledge is a key factor in healing and self-caring. So, the more I learn, the more I can pass on to my patients. As a mature student I am proof that it is never too late to pursue your dreams.

Jeannette Martinez – San Diego City College

My name is Jeannette Martinez. I am proud to be a second year nursing student at San Diego City College. It is an honor to be part of the San Diego National Association of Hispanic Nurses. I enjoy participating in health fairs and volunteering my time in community events.

Sandra A. Ulibarri – San Diego City College

I believe it is important to “give back” to our community. I am currently a first year nursing student at San Diego City College. I have been a volunteer at Fresh Start Surgical Gifts® for almost two years and worked full-time at a long term care facility as a CNA (Certified Nursing Assistant). I have seen first hand how a team of caring health professionals can make a positive difference in people’s lives. Becoming a registered nurse will give me the opportunity to “give back” in kind.

Eliane “Lee” Ali – Azusa Pacific University

I believe this about nursing, my love affair with the nursing profession arose early in my life but, I was not consciously aware of it until later, at a more mature age. I am now 34 years old and a nursing student. It has not been an easy effort, but with perseverance and extraordinary will, I have managed to arrive at this stage of my career aspirations. I thank the San Diego National Association of Hispanic Nurses for encouraging my ambitions.

Christine Lopez, RN – University of San Diego

I am a wife, mother of four, and a registered nurse since 2005. I currently work at Sharp Chula Vista in the emergency department. I am currently chair of the ED’s Clinical Practice Council and I am a full time student at the University of San Diego. I plan to receive my BSN in December 2010 and my MSN in May 2011. My special interests include community outreach and volunteer work. I would like to raise awareness of the tremendous need we have to Hispanic nurses and develop some sort of mentorship program to enhance our nursing practice.

Ana Luisa Cruz – Southwestern College

I am extremely honored and grateful to receive this award. Becoming a nurse has been a lifelong dream for me and my hard work is paying off. As a nurse, my goal is to provide the best care possible and to further my education. It is never too late to follow your dreams and to set a good example for others. I work as a CNA and the best part of my job is being able to communicate with ill patients who cannot speak English. My goal is to become a diabetic educator.

Cabiria “Bea” Lizarraga, RN – University of Phoenix

Cabiria Lizarraga RN manager at Grossmont Hospital worked for Grossmont for 23 years. Graduated from Southwestern College over 20 years and decided to go back to school for my BSN at UOP. Would like to continue and schooling to get my MSN. I am on the board of directors for Neighborhood Health Clinic for 2 years to help the underinsured and non insured.

SDNAHN Activities



Above: Paloma & Monica at president's retreat.



NAHN's Chapter Presidents Meeting with board of directors.



Above: SDNAHN January meeting, sponsored by LightBridge Hospice.

"Baby Shower" to benefit Family Health Center's Baby Boutique.



November Scholarship Gala. Left: Members Pablo Velez & Bel Gastellum with guests.

Right: Members Joseph Atkins & Iris Rosario-Atkins.





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 - Personal care and grooming
 - Emotional support and guidance
 - Healing Touch and Aromatherapy

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SDNAHN January General Meeting Highlights

On January 8th, we held our first general meeting of the year. It was a cold morning for those members that attended the meeting, but worth the trip. We had a presentation by Elizabeth Santillanez, M.P.A., who is with the UCSD Moores Cancer Center. The title was, "Addressing Cancer Disparities in Latino and other Ethnic and Underserved Communities". She was accompanied by Olga Sanchez, a promotora, who is active in the community teaching participants how to read food labels eat healthier, and lower their risk of cancer and other chronic diseases. Our sponsor was LightBridge Hospice, with Stacey Penney arranging everything for us, and she is contributing an article on women's health to this newsletter. We had our annual gift exchange, which is always fun. See pictures below. We held a "baby shower" for the Baby Boutique at Family Health Centers of San Diego, the program encourages attendance of appointments with boutique dollars for shopping.



November Gala Highlights

As all who attended are aware, SDNAHN held its annual scholarship awards presentation this past November 13th. This was the 12th consecutive year in which our organization has fulfilled its mission to assist 11 worthy nursing students, at all educational levels and from various schools, in achieving their professional goals.

The theme of this year's event was "Mapping a Better Future Together" and this year, for the first time, our event was held at the beautiful new Alumni Center at San Diego State University, where guests were welcomed by Congressman Bob Filner and treated to a presentation by the South Bay Dance Academy.

Our keynote speaker was Pilar de la Cruz Reyes, MSN, RN, Director of Diversity for the California Institute for Nursing and Health Care and Project Leader for the Coalition for Nursing Careers in California.

We're pleased with our success in raising enough to award \$10,000 for our 2011 Scholarship Fund and we will look forward to seeing all of you at next year's event.

Save the dates...

***February 4-5, 2011 1000 Smiles trip** to Ensenada to assist with cleft lip & palate repairs. Contact Lydia @ lystewart@att.net for info or Thousand Smiles Foundation website for application.

***February 9, 2011: Kaplan College Resource Day**, 10a-1p, 9055 Balboa Avenue, Kearny Mesa. Opportunity to publicize our organization, pass out info cards regarding meetings & recruit new members. Email SDNAHN@yahoo.com if you can represent us.

***February 16, 2011: Student Volunteers Wanted Escondido Union High School District, Healthcare Academy, Healthcare Career Day**. Talk to students about nursing as a career. From 3p-6pm. Felipe Gutierrez is going present & would like another nurse member & students to go with him. Is hoping to reach out to the male audience especially. They will be filming portions of the presentation. Email Felipe at flipperg@Cox.net

***February 16, 2011: The University of San Diego's Hahn School of Nursing and Health Science** invites you to Spring 2011 Employment Fair from 1:30p -3p. In the School of Nursing, Rm. 106. Email Sarah if you would like to participate @ sarahbabini@gmail.com

***March 5, 2011: Women's Resource Fair** in Golden Hall at 202 C Street, downtown San Diego, from 8:00a to 4:00p. You can volunteer for 2-4 hours. Please RSVP to Felipe Gutierrez @ flipperg@cox.net and let him know if you are available, and what hours. Last year we checked blood pressures on over 300 women, and there were over 800 adult attendees.

***March 26, 2011: San Ysidro Health Center @Comprehensive Health Clinic Kick Off for the Free Saturday Health Screening Clinic** from 8a-12noon. Free blood pressure screenings for the community. Please email SDNAHN if you can volunteer. Anyone interested in being the lead at this event? Let us know.

***2011 Diversity Day at UCSD on Monday April 4, 2011** at the Hillcrest Campus and Friday, **April 29, 2011** at the East Campus. Many participants from different agencies. The hours are 11a-1:30pm. Please email SDNAHN if you can volunteer.

***May 6 & 7, 2011 Thousand Smiles trip** see entry at top of page for information.

Why Volunteer?

Because one person can make a great difference...

I just wanted to share a wonderful opportunity to anyone that may be interested. A group of doctors and nurses get together about twice a year, on a Saturday (all day), hop on a van and drive down into Tijuana to an area known as La Gloria. They visit a little orphanage there and provide medical care (physicals, acute care, referrals as needed, etc) free of charge to children, ranging in ages from infants to adolescents. These kids come from all walks of life.

I've volunteered for this twice already, and it is truly a wonderful experience.

If anyone is interested in volunteering to go to the La Gloria orphanage, please let me know so that I can forward your name & contact information to the physician who coordinates the trip (Dr. Spencer Rickwa). He will then contact you and let you know when you can join the next trip, depending upon how big the group is at the time.

Please contact me through SDNAHN. ~ Robert Lemos, RN



Qué Pasa? Corner

Monica Garcia & Paloma Garza travelled to Puerto Rico recently to attend their annual NAHN President's Conference. They stayed at the all inclusive Gran Melia Resort and worked very hard for all the members of SDNAHN.

Imelda Iribe, RN has finished the nurse refresher course at Kaiser Permanente. It was a very rich experience for her. Everyone at KP was very helpful and supportive.

Esther Morales has completed her graduate program!!!! She appreciates the nurses who participated in her research and made her graduation possible.

Sophia Jimenez & Ana Cruz will graduate from the Southwestern College Nursing program in May!

Tonie Brown will finally retire in May after a long career. She currently teaches at Grossmont Health Occupations Program. She has many, many plans for her retirement.

Yolanda Arroyo recently went to Acapulco with her family. She also greeted the New Year on avacation with her extended family, dancing, eating and having a wonderful time.

Maria Luisa Gutierrez will have her BSN this year!!!

Sarah Babini and her husband Daragh extended their family this year!! They adopted 2 cats!!!

Syliva Ford started a new job at the VA Medical Center in La Jolla. She is the new Hemodialysis Unit manager. She also started teaching at United States University as a classroom instructor and teaches Med-surg leadership.

Melanie Cabazas Phipps-Morgan had a great time celebrating the holidays with her daughters, Ariana & Ilana, and her parents in Phoenix. She will then start to gear up for her upcoming semester as a doctoral student at the University of New Mexico.

After 11 years and 240,000 miles, Paloma finally broke down and bought a new car.

November Gala Speakers

Dr. Ben Medina & SDNAHN President Monica Garcia; Congressman Bob Filner; Key note Speaker Pilar Dela Cruz Reyes; Master of Ceremony, Felipe Gutierrez.



A New Grad's Perspective

I was hired at Kaiser Permanente as an LVN on 6/22/09 shortly after I graduated from the Southwestern College LVN to RN Step Up Program. I figured it would be one way to “get in the door,” so to speak, as I made the transition to RN, once I passed the NCLEX. I passed the my boards in September of that year and then applied for over 100 RN positions. After a year of persistence, patience and dedication, I finally got hired in the New Grad RN Residency Program in September of 2010. It is a one year program. The objective is to expose and train the new grad in the outpatient setting. So far, I have been introduced to the RN role in the primary care setting in several areas: Module Team Leader, Telephone Advice (also known as Tele-Nursing/phone triage), Nurse’s Clinic, Flu Vaccination Center, and currently Cold & Flu Tele-Nursing, where I will remain until Spring of this year. I will also work in other outpatient areas, including the Emergency Department during my year of training. I look forward to absorbing as much experience and knowledge as I can, so that I, in turn, can be the best nurse I can be, all the while contributing to the mission of Kaiser’s nursing services.

I am proud and excited to have been given the opportunity to move forward in my nursing career. As of today, I have been a nurse for 18.5 years, and yet, I feel as if I’m barely warming up! I have a long career road ahead of me and I feel butterflies in my stomach as I contemplate the many opportunities for growth, both professionally and personally, awaiting me in the future. I guess I can say I have come a long way: born and raised in New York City (Brooklyn and Queens), having joined the US Navy where I served as Hospital Corpsman for 5 years, settling down in San Diego with my wife and two daughters, and recently having gone back to school to earn my RN degree. I am very proud to say that I represent two minority groups within the nursing profession; as both a male nurse and Latino (Bilingual/Bicultural).

Thank you for allowing me to share my perspective as a New Grad RN.

Sincerely,

Robert Lemos



Monica & Paloma at Puerto Rico's El Morro during NAHN's Annual President's Conference. Left: Paloma with Jose Alejandro, NAHN's president-elect and Claudia Tomkins, McClellan Chapter president. Right: Monica at El Morro.



Monica & Paloma in Puerto Rico: *La Isla del Encanto*



November Scholarship Gala Photos



“Mapping a Better Future Together”

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 rates to NAHN Annual Conference
- 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. Phone: (619) 261-5769.



Welcome to our new and reinstated members



Diana Alvarez
Armida Balderrama
Tatiana Yalitt Church
Ann C. Durnham
Rebecca Duran-Ojeda
Veronica Delabarre
Sarah Friendenberg
Maria Luisa Gutierrez
Claudia S. Gonzalez
Sister Mary Krista Ramirez

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.



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

San Diego National Association of Hispanic Nurses

BOARD OFFICERS

PRESIDENT: Monica Garcia, MSN, FNP (619) 504-0425 sdnahn@yahoo.com

VICE PRESIDENT: Joseph Atkins, BA sdnahn@yahoo.com

SECRETARY: Sarah Babini, RN, MSN

TREASURER: Lisa Duncan, RN, MBA

DIRECTORS

(North) Yolanda Arroyo, RN de_yola@yahoo.com

(South) Iris Rosario, RN

Sylvia Ford, RN, MSN

Juan Bartolome, RN, PhD

APPOINTED COMMITTEE CHAIRPERSONS

EDUCATION/MEETINGS: Iris Rosario

SCHOLARSHIP: Paloma Garza, sdnahn@yahoo.com

SCHOLARSHIP DINNER Co-CHAIRS: Paloma Garza and Joseph Atkins

NEWSLETTER Co-EDITORS:

Felipe Gutierrez, (619) 254-1728, newslettersdnahn@gmail.com

COMMUNICATIONS/COMMUNITY OUTREACH:

Paloma Garza, (619) 339-4241, sdnahn@yahoo.com

WEBSITE:

Paloma Garza, (619) 339-4241, sdnahn@yahoo.com

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



ADVERTISING

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.

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

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.



P.O. Box 83881
San Diego, CA 92138-3881

ADDRESS CORRECTION
REQUESTED

PLEASE FORWARD