



# LA NAHN CONNEXION

**Newsletter Editors**

Sylvia S. Estrada, WHCNP

Angelica Flores, BSN

## President's Message



I hope that this newsletter finds you all very well. The end of the year is a time to reflect on what we have done and where we would like to go JUNTOS. Just to give you an annual recap, we had our

Spa Day Fundraiser on Sunday, September 19<sup>th</sup> where we were able to raise \$500. On October 16<sup>th</sup> I attended Orange County NAHN's "Cultural Diversity in Healthcare Conference" where the speakers did an amazing job educating the audience. It varied from a lawyer who discussed how to protect ourselves, a physician discussing our obese children and the keynote speaker did an amazing job discussing the importance of getting involved at the higher level including government to help represent our GENTE. Here at LA-NAHN we have ended the year with our annual Scholarship Dinner. This year it was a Halloween theme to do something different (pictures from this event is on page 21 of the newsletter). I personally was invited to be a panelist at California State University, Fullerton on November 9<sup>th</sup>. The discussion was "Compassionate Care to a Diverse Community". I was able to introduce NAHN to them and discuss that taking a class on diversity is not enough to be culturally competent.

One must be interested and sensitive to the patient's needs emotionally, spiritually, and physically. The best education is at our patient's bedside not just a textbook. On November 18<sup>th</sup>, Secretary Angelica Flores and I attended a job fair at the Long Beach Convention Center to help spread the awareness of our organization. There were a few new grads looking for jobs. My advice to those of you who may not be finding employment is to take this time to seek your advance degree (s).

For the coming new year, the board would like to see our membership increase. We are currently having a contest, "Free With Three" to see who brings in three new members (please see ad on page 19 of the newsletter). The winner of this contest will be receiving a free registration to this years 16<sup>th</sup> Annual Educational Conference which will be on Friday March 4, 2011 at the California Endowment Center. This year's topic is "Mental Health Issues for the Latino Community Across the Lifespan". If you have never attended a conference let me tell you have missed out on a great event. Our conference is very informative and gives you are great opportunity

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**Special points of interest:**

- Please visit our website for additional information on local chapter events [www.lanahn.com](http://www.lanahn.com)
- Please submit any articles, job announcements, special events, etc. that you feel are of interest to share with other chapter members to Sylvia Estrada, LA NAHN Newsletter Editor at [estradasrnp@hotmail.com](mailto:estradasrnp@hotmail.com)

## President's Message Continued from Page 1

to network and socialize. In today's economy, networking is a huge advantage to being a member of NAHN just for that one reason. We really need everyone's help in recruiting sponsors for the conference. Sponsors are how we finance our scholarships. So if you can please hand a sponsorship packet to any corporation, business, school, etc., it doesn't have to be nursing; it could be any other profession who would benefit from our outstanding conference, this would greatly be appreciated.

The other exciting event is National Conference which will be in Las Vegas from July 19<sup>th</sup>-22<sup>nd</sup> at the Flamingo Hotel which has been newly remodeled. Room rates are \$89. A pre-conference will be held on the 19<sup>th</sup> and your registration fee will also include your gala ticket. This year's theme is Health Care which is a hot topic nowadays. We hope to draw a large crowd of membership support from our LA chapter for this event. Just a friendly reminder that

Angie Millan, as national president, will be overseeing this conference. Who doesn't love Vegas...after all "what happens in Vegas, stays in Vegas."

I want to THANK YOU from the bottom of my heart for taking the time and money to be an LA NAHN member. I hope to see you all at some of our upcoming events for 2011. I guarantee you that you will not be sorry. I wish you all a Merry Christmas and a Happy New Year...Les Deseo Una Feliz Navidad y Prospero Año Nuevo. May your Holiday Season be the best one EVER. May 2011 bring you all your hopes and dreams.

Sinceramente,  
Kathy López MSN. PHN. RN  
LA NAHN President

# Welcome New LA NAHN Members



Oscar Cairolí  
Juan Gutierrez  
Lessly Macias  
Michelle Martinez

### October

Magdalena Bessera  
Patrice Ceballos  
Ana Corona  
Pamela Flores Ham  
Erika Gonzalez

Eva Kaplan  
Sylvia Magallon  
Ana Mercurio  
Julia Robles  
Esmeralda Trujillo

### September

Eduardo Ramos  
Martha Ramos  
Maria Salazar  
Monica Tharasri

Ana Trejo

### November

Maria Alcantara  
Lee Montesinos  
Anissa Perez  
Sandra Robles  
Irma Scheib

# Health For All: L.A. & the U.S.-Mexico Border

By Maria Elena Ruiz, PhD, RN, FNP-BC



The United States-Mexico Border Health Commission (BHC) was established 10 years ago by agreement between the Secretary of Health and Human Services of the U.S. and the Secretary of Health from Mexico. The BHC is comprised of the Secretaries of Health, the chief health officers of the 10 border states, plus prominent community leaders, health professionals and researchers representing both nations.

The BHC annual meeting was most recently convened July 19-21 in El Paso, Texas. I was honored to have been invited to participate in the annual meeting (including the gala dinner hosted by Kathleen Sebelius (U.S. Secretary DHHS) and Dr. Jose Angel Cordova Villalobos (Secretario de Salud de Mexico). Although this was well planned, highly stimulating research based 3-day commission meeting, the daytime meetings were open to the public, establishing a binational community atmosphere.

As nurses and Hispanics closely aligned to our communities, we know that the issues confronting the U.S.-Mexican border region are not constrained by any border. As health professionals and community leaders, we continuously advo-

cate for reducing disparities and the improvement of health for all.

## U.S.-Mexico Border Region

The following provides some helpful information about the U.S.-Mexico border region and the work of the BHC.

### The U.S.-Mexico Border

- 80,000 people cross the border legally each day
- 2,000 miles in length
- 62 miles north and south (of the U.S.-Mexico border)
- Includes 4 U.S. states (48 counties); and 6 Mexican states (80 municipios)
- 

### Healthy Border 2010 Initiative: Overarching Goals

- To improve the quality of life and increase the years of healthy living
- To eliminate health disparities

The Health Border 2010 initiative considers the 25 U.S. Healthy *Gente* objectives and 46 health indicators from Mexico; including 20 common measures. These are grouped into 11 common areas; each noted with general objectives for improving health outcomes.

1. Access to Health Care-including primary care or basic health care services
2. Cancer-focused on reducing breast cancer and cervical cancer mortality
3. Diabetes-reducing hospitalization and mortality rates
4. Environmental Health-improving neighborhood

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# Health For All: L.A. & the U.S.-Mexico Border

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- access to sewage disposal and reducing hospital admissions for acute pesticide poisoning
- 5. HIV/AIDS-reducing incidence
- 6. Immunization and Infectious Diseases-expanding childhood immunization rates, and reducing the incidence of hepatitis and TB
- 7. Injury Prevention-reducing childhood injuries and associated mortality rates and mortality from motor vehicle accidents
- 8. Maternal, Infant and Child Health-improving prenatal care access, reducing teen pregnancy rates, and reducing infant mortality due to congenital defects
- 9. Mental Health-reducing suicide associated mortality
- 10. Oral Health Care-Improving access
- 11. Respiratory Diseases-reducing asthma associated hospitalizations

- Immunizations
- Child and adolescent health
- Maternal Infant Health
- Injuries
- Environmental exposures-pesticides

## Concluding Thoughts

### LA NAHN Call to Action

Do you see any differences between the health risks and needs of the border region and the Los Angeles area?

Are the goals of the BHC any different from NAHN's?

Can you name the 10 border states?

How will you be involved?



## Ongoing Research, White Papers and Future Work:

### Focus Areas for 2010

- Obesity and Diabetes
- Continue data gathering, collaborations, and research for improving health outcomes

### Ongoing Work

- TB

## Massage and Nursing by Reina F. Polanco, RN



Growing up in a household where chronic pain was a part of life due to both osteo and rheumatoid arthritis taught me to appreciate the great value of an ancient old therapy—massage. Thanks to this

worldwide treatment that Hippocrates, the father of medicine, recommended daily, both my grandmother and mother experienced a better quality of life. My eventual formal training in massage only added to their relief as well as my own. I'll never forget helping my abuelita to fall asleep after a back rub towards her end of life or how my mom looked forward to her comforting massages during her recent fight against pancreatic cancer.

There are many reasons to love massage. Here are a few reasons why: it's non-invasive, good for all ages (even babies like soothing touch), increases circulation, decreases stress, relieves muscle tension and stiffness, and best of all it feels great! Research funded by the NIH's National Center for Complementary and Alternative Medicine continues to study its numerous positive effects. As long as no contraindications exist, massage can complement wellness routines considerably.

Along with massage, nursing has been a strong interest of mine since I can remember. I would accompany my mother and grandmother to their medical appointments. I was the young interpreter who translated information about symptoms and drugs. But, it was the exceptional nursing care I witnessed in a pediatric oncology unit as a teen that made me say, "I want to do

that!"

Now it's my turn to be the nurse. I'm excited to be joining a profession that has traditionally incorporated alternative and complementary therapies like massage, music therapy and guided imagery. Theorist Martha Rogers presented the idea of a person as a whole, unitary human being. It was a nurse, Dolores Krieger, PhD, RN, who in the 1970s co-created Therapeutic Touch, a type of energy bodywork. Bringing my massage skills to nursing will give me a more integrative, holistic view of patients and their loved ones too. Whether it's a listening ear I may provide or encouragement of self-care, I will forever put into practice the central values of mind, body and spirit health.

Reasons to love massage...it's non-invasive, good for all ages, increases circulation, decreases stress, relieves muscle tension and stiffness and best of all it feels great!

Currently, I work at two different locations offering massage. The first is a chiropractic office in the city of Walnut. I enjoy working with Dr. Wolfgang Shane and helping his patients feel better whether they are recovering from an injury, dealing with chronic pain or simply want to relax. In addition, patients here have the added benefit of getting chiropractic treatment. The cost of a one hour massage is \$45 and Dr. Shane is a provider for over 50 different insurance companies. For more information, please contact:

Shane Chiropractic  
20803 Valley Blvd., Suite 103  
Walnut, CA 91789  
(909) 598-2111

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## Massage and Nursing Continued from Page 5

[www.painremover.com](http://www.painremover.com)

I also work at The Spa at Pacific Palms Hotel and Conference Center in the City of Industry. I had the pleasure of meeting NAHN members here during the 2007 annual conference. One of the nurses I massaged was kind enough to give me a souvenir bag (which was great for clinicals) with NAHN literature after she learned I was a nursing student. Thanks to this conference, I joined a fantastic organization. It was meant to be.



The Spa at Pacific Palms is now operating out of its beautifully remodeled spa suite and salon. Guests looking for a quick

escape can appreciate this luxurious setting that also offers a relaxation room, jacuzzi and steam room. Even better are the new prices! Beginning November 1, The Spa lowered treatment rates over 25%. The new price of a 50-

minute signature massage is \$70. For more information, please contact:

The Spa at Pacific Palms  
Pacific Palms Hotel & Conference Center  
One Industry Hills Parkway  
City of Industry, CA 91744  
(626) 810-4455  
<http://pacificpalmsresort.com>

Reina is a LA NAHN student member who also participates in our mentorship program. She graduated from Mt. SAC Nursing Program in June 2010 and held off taking NCLEX to take care of her mother. Her mother lost her battle against pancreatic cancer on 9/13/10. Reina took her NCLEX and passed her test in November (I am sure her mom was looking down from heaven and was very proud of her).

## Pearls for 2011 by Kelly Guzman, RN, MS



Throughout the year I find some great tips, quotes and pearls of wisdom to incorporate into my life. I thought I'd share a couple of them with you and I hope they help you as they have helped me!

Set Goals! Write them down and ensure they are measurable and attainable.

I think everyone should have stretch goals, but make them realistic so that you are motivated to achieve them. *Goals are only wishes unless you write them down!*

Pursue what you love! Passion is an incredible motivator. It fuels focus, resilience, and perseverance.

Don't procrastinate! Break down big tasks/jobs into manageable pieces and work on them every day. Be sure you are clear about the deliverable or

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## Pearls for 2011 Continued from Page 6

end product by discussing the project with the project owner or your boss. Do the hardest work first!

Plan shorter and more effective meetings! Meetings don't have to be in one hour increments!

Only allot as much time as needed for each task. Create an agenda and distribute ahead of time to minimize surprises. Start meetings on time (even if you if key people are missing.)

Take regular renewal breaks. Relaxing after in-

tense effort not only provides an opportunity to rejuvenate, but also to metabolize and embed learning.

Best wishes to everyone for an amazing 2011.

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## Changing Tides: The Emergence of Latino Nurse Leadership

by Virginia Montez-Ochoa, BSN, CRNI, WCC



The social climate of the United States has taken a major change in its cultural make up. This change has led to the need for culturally competent nursing leadership roles and a change in how we deliver healthcare to the general population.

It is critical that as our future Latino/Hispanic nurse leaders emerge into the current healthcare venue, we recognize the need to educate and develop them. Integrating concepts of cultural competence together with current leadership theories, they can be effective leaders and providers in today's highly cultural settings.

As cultural nurse leaders emerge in healthcare, it is vital that their leadership style is adequately addressed in our schools of nursing. This paper will address one type of leadership style necessary to lead and deliver care to our changing cultural patient population. The Latino/Hispanic pop-

ulation is currently the largest minority group and the fastest growing group within the United States and these numbers are expected to greatly increase with the Census of 2010 (United States Census, 2000).

We are now seeing the increasing presence of Latino nurses in leadership roles, allowing a new and changing direction in the delivery of healthcare. Because of this increase, the numbers of Latino nurse leaders will both lead and manage a diverse workforce who is caring for a patient population who is also diverse (De Leon Siantz, 2008). To have our nursing leadership reflect this fact is the goal of the future. Our schools of nursing need to focus on these underrepresented groups for the next generation of nurse educators, researchers, health care providers, and organizational and public policy leaders. Thus, there is top priority for the strategic planning in making sure that diversity and cultural competence is included in our educational plans for our future nurse leaders and educators (De Leon Siantz, 2008).

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# Changing Tides: The Emergence of Latino Nurse Leadership

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## Understanding the cultural disparity in our schools of nursing

It is noted by Casin, Bond, Gleason-Wynn, Cogan, Travino, Lopez (2008) that between July of 2004 and July 2005, the Hispanic population growth of the United States accounted for almost half of the total population growth of 28 million. That is a 49% representation of the fastest growing cultural group and the largest minority group in the United States (Casin et al, 2008). As illustrated by these statistics, it is assumed that there is a direct relationship between the disparity of Latino RN and American RN leaders. Integrating concepts of cultural competence together with current leadership theories, they can be effective leaders and providers in today's highly cultural settings. Our current academia needs to provide the type of leadership training that is essential for our emerging Latino nurse force.

## Combining Transformational Theory and Latino Tradition in Educating our Future Nurses

There has been a recent endeavor to add courses in cultural nursing into the curriculum of our schools of nursing. We have seen an increase of cultural nursing courses added to both entry-level nursing courses as well a graduate studies in recent years. Most of these courses have been geared toward delivering cultural competent care to our cultural populations, but when considering the needs of the emerging Latino nurse, our educational system still needs to make every effort in integrating the concepts of transformational theory with the present Latino customs.

According to Northouse (2007), transforma-

tional leadership is a good fit for today's workforce. There is a focus on leading by the use of the leader's charismatic personality traits, which encourage the follower to emulate the leader. This style uses the leader's influence in order to motivate the follower into accomplishing beyond their usual productivity. It is an inspiring method of leadership that uses the leader's same beliefs and values in order to inspire their subordinates.

Kouzes and Posner in Northouse (2007) identified approaches to transformational leadership. This style consists of five fundamental practices that get followers to accomplish extraordinary tasks done. *The first is*

*that these leaders model the way*, in other words, they need to be clear about their values and philosophy, and express it to others. *Second, the effective leader inspires a vision that guides the follower's behaviors towards a goal.* The leader listens to other's dreams and visions and shows them how to attain those goals. *Thirdly, they challenge the process.* They are willing to change the status quo by their willingness to innovate, grow, and improve. They learn from their mistakes along their way. *Forth, they enable others to act.* They build trust and collaboration with the group, listening to other points of view with dignity and respect. *Lastly, they encourage the heart.* They reward others for a job well done by using rituals and authentic celebrations in praise, which shows appreciation and encouragement to others. Developing strategies should be aimed at integrating the transformational model of leadership into the Latino culture of our future leaders and

Our current academia needs to provide the type of leadership training that is essential for our emerging Latino nurse force.

## Changing Tides: The Emergence of Latino Nurse Leadership

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caregivers.

These approaches to a transformational leadership style can be incorporated into the traditional beliefs and cultural system of the Latino nurse through careful and strategic planning by our colleges and universities. These basic ideologies and attributes of transformational leadership are already present in many of the Latino cultural ways of life, but with careful planning they can be renovated into application of the Latino nurse's professional practice. This is a sizable undertaking when breaking down those deeply engrained customs that often have created barriers to advancement in academia.

### Reaching Out to the Latino Nurse

A strong effort needs to be forthcoming in an attempt to reach out to both recruit and retain our Latino nurses. Our institutions of higher learning need to form a strategic plan to both recruit our future nurse leaders and to promote them into the ranks of leadership. Combining the cultural belief system of the Latino student into the curriculum of our schools of nursing will encourage their entrance into the health care field. In addition it will add a cultural viewpoint and perspective into the curriculum of our schools of nursing. This move will provide that the needs, feelings, and voices of the Latino nurses are heard and understood (Bayard et al, 2008).

## Nurses Embrace Social and Digital Media Resources

From Johnson & Johnson *NursingNotes* October 2010

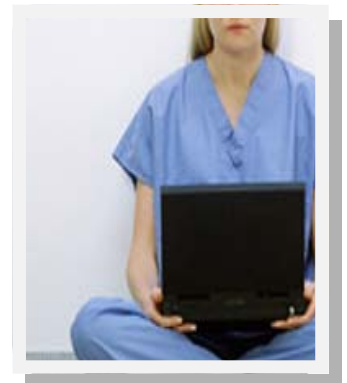
Patients are not the only ones with a presence online, according to Manhattan Research's *Taking the Pulse @ Nurses* study. Nurses are also taking an interest in social media and are becoming digitally savvy.

While the vast majority of nurses who are online use social networking sites for personal reasons, Manhattan Research recently reported that approximately three out of four nurses in the United States recommend health-related websites to patients. Nearly all nurses use the Internet in between patient consultations and often recommend online resources to their patients, thus impacting their patients' healthcare decisions.

When researching information for their patients, nurses turn to a mix of online resources, such as blogs, conferences, drug references, healthcare professional portals, search engines, podcasts, phar-

maceutical websites, sales representatives, continuing education and many more. Nurses as a group also view e-newsletters as a credible source of information.

"Nurses using social media sites have the opportunity to share information and network with professionals from diverse disciplines," said Teresa Heithaus, RN, MSN, staff development instructor, coordinator of



Recent studies and research indicate seasoned nurses and new nursing students are finding practical uses for social and digital media in schools and workplaces.

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## Nurses Embrace Social and Digital Media Resources

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nursing online education, Staten Island University Hospital. “New graduate nurses and nursing students are also using medical applications such as Epocrates on their smartphones to quickly access clinical information because it is efficient and readily available. Younger nurses today are savvy when it comes to using digital and social media tools. Educators are beginning to add more online learning programs to their curricula and offerings.”

According to the Journal of Medical Library Association 53 percent of nursing schools use Web 2.0 tools, such as blogs, wikis, videocasts and podcasts in their curricula. Based on the results in the study, a greater percentage of nursing schools use Web 2.0 tools in their cur-

ricula compared to medical schools, but medical school students use social media tools for personal use more than nursing school students. The JMLA study also found that 58 percent of nursing schools planned to implement Web 2.0 tools in their curricula during the last school year, compared to half of all medical schools.

“Many nurse educators don’t possess social networking or web-based skills to engage their students in this media. Several nursing organizations recognize this and are offering courses on this subject. At my institution we are beginning to hold workshops to provide our educators with the skills they need to begin to teach and build in this venue,” said Heithaus.

## Recent Research About Nursing

From Robert Wood Johnson Foundation Website [www.rwjf.org](http://www.rwjf.org)

### Recent Nursing School Grads Struggling to Find Jobs

A new survey by the nonprofit California Institute for Nursing and Health Care finds that 43 percent of recent nursing school graduates in the state have been unable to find jobs in the profession.

The top two barriers to employment reported by the nurses who had not found jobs were that employers were not hiring nurses who had no clinical experience and that there were simply no positions available.

The Institute pointed to the economy as a key factor in the findings. “Overall, the state vacancy rate is down to about 3 percent in hospitals, which is pretty low,” said Deloras Jones, R.N.,

executive director of the Institute. “That’s because there are experienced nurses out there hospitals are able to hire. We talk about the nursing work force as being elastic. When the economy is good, nurses work less. When the economy is bad, nurses work more.” She continued, “Experienced nurses have taken jobs we expected new nurses to go into, but we expect that to change very rapidly when the economy improves.... A shortage looms in front of us as the aging work force retires.”



## In Nurses We Trust From December 2010 Gallup poll



Nurses outrank all other professions in Gallup Organization's annual honesty and ethics survey.

Published: Dec 07, 2010

In a new Gallup poll, eight in 10 Americans rate the honesty and ethical standards of nurses as high or very high, making nursing

the top-ranked profession for the 11th time in the last 12 years. Medical professionals accounted for three of the top five spots in Gallup's annual "Honesty and Ethics" survey, with military officers, druggists or pharmacists, grade school teachers and medical doctors occupying the second through fifth rankings.

Not only did nurses lead the field, they led by a significant margin, finishing 8 percentage points ahead of the next closest profession. That wide margin has

also been a constant in the survey in recent years: Nurses finished first by 17 points in 2009 and first by 14 points in 2008.

Nurses were first included in Gallup's annual survey in 1999, and have captured the top spot every year since, except once. In 2001, Gallup added firefighters to the list on a one-time basis to gauge public support for the profession in the wake of the September 11, 2001, terrorist attacks. They finished first at 90 percent, with nurses occupying the second spot at 84 percent, that year.

Bringing up the rear in the survey this year were lobbyists (7 percent high or very high), car salespeople (7 percent) and Members of Congress (9 percent).

Results for this Gallup poll are based on telephone interviews conducted Nov. 19-21, 2010, with a random sample of 1,037 adults, aged 18 and older, living in the continental U.S., selected using random-digit-dial sampling.



## Movie Review by Sylvia S. Estrada, RNP

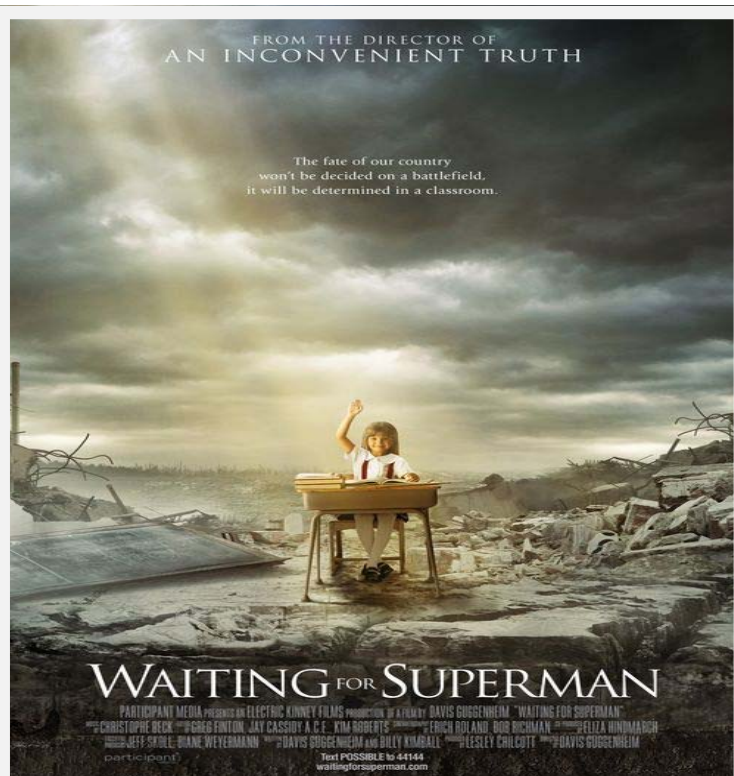
I hardly ever have the time to go out to see a movie at a local theatre. So when I decide I want to go, I make sure it's a movie well worth my time and money. I have recently seen two movies and I left the theatre happy that I had made the time to

see it.

The first movie is Davis Guggenheim's "Waiting for Superman", a hot-under-the collar documentary about the failings of our American school system. The title may not suggest any education related matter but the introduction at the beginning of the film explains this. Geoffrey Canada, a

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## Movie Review Continued from Page 11



ting ready for school. Their heartbreaking interviews reveal they want to be a vet or a nurse (this one touched my heart) or “a recorder-like you guys.”

The film includes a series of animated episodes explaining the decades of flatlining in our national reading and math scores; America’s low standing compared with other countries; the high dropout rate in urban public high schools; and the teachers’ tenure system guaranteed by union contracts. The animators mock the way principals rotate lousy teachers within a given district, in a cynical shuffle known as the Dance of the Lemons, the Turkey Trot, and Pass the Trash. I think Guggenheim has brilliantly shown us the problems, be it uncharismatic and uninspired teachers, parents who don’t motivate their kids hard enough, or a government system that multiplies itself like bad bacteria. Because the schools they hope to enter choose their new enrollees not by testing but by lottery, the futures of these five kids and hundreds of thousands of other kids—their careers, income levels, social standing—depend on which ball falls into a hole. Pure chance will determine whether the answer is BINGO! Or doom.

What I found in this movie was that it starts conversations, debates, and arguments— to get people to think about a very crucial problem whose solution has eluded our current government and parents for the past half-century. It left me engaged and enraged—as captivating as any Superman movie, and as poignant as a child’s plea for help. I highly encourage you LA NAHN members to view this movie and I hope as parents or advocates for our future students that you take an active role in helping to change our current educational system in this country.

teacher from New York explains how whenever we’re in trouble, specifically this nation’s public education system, we look to the sky for Superman to come and save us but he’s not going to come. And that harsh truth presents itself again at the end of this movie. The movie starts off as director Guggenheim narrates how he drives past three L.A. public schools and drops off his kids at an expensive private school. He highlights how upper-middle class Americans like him have the resources to get their kids a good education and how our current public school system has failed a large majority of our kids.

He then follows five children: Bianca, in kindergarten, and Francisco, a first grader, both applying to the Harlem Success Academy; two fifth-graders, Anthony in Washington, DC, and Daisy in East Los Angeles; and the lone white child, Emily, an eight-grader in Silicon Valley. We see these kids at home, working and get-

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# Movie Review Continued from Page 12



The second movie was more entertaining but I also learned a lot about Judaism in viewing this foreign film. **Nora's Will** is a Mexican Jewish comedy like nothing I've seen before. It is a truly unique tale about lost faith and eternal love from writer/director Mariana Chenillo.

Nora had a plan. When Nora dies right before Passover, Jose her ex-husband,

who also happens to live in the apartment building right across the street from Nora, is forced to stay with her body until she can be buried properly. He soon realizes he is part of Nora's plan to bring her family back together for one last Passover feast, leading Jose to re-examine their relationship and rediscover their undying love for each other.

The film was named **Mexico's Best Picture of the Year**, taking home seven Mexican Academy Awards. (Mariana Chenillo is the first female director ever to win Mexico's Best Picture award.) What I enjoyed most about the film was the love story underneath the tragic life circumstances of depression and suicide and how one can find humor in challenging situations such as death.

# Announcements



# Congratulations



Congratulations to the following Nursing Students who have passed their NCLEX.

- Ana Evelyn Ponce
- Israel Gonzales
- Reina Polanco



Please notify us of your recent graduation or passage of NCLEX. Share your accomplishment with your fellow LA NAHN members.

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# Congratulations

## 2010 LA NAHN Scholarship Winners

Esmeralda Trujillo  
Glendale School of Nursing  
Associate Nursing Degree (ADN)

Iliana Andrade  
University of California, Los Angeles  
Master of Science in Nursing (MSN)

Marie Kreimann  
University Of Phoenix  
Master of Science in Nursing (MSN)

Janet Weir  
University of California, Los Angeles



Announcement from Teresa Arellano: My son was married this November prior to being deployed to Afghanistan. Please remember to pray for our troops safety.

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# Announcements Continued from Page 14

## Charles R. Drew University of Medicine and Science



### MERVYN M. DYMALLY SCHOOL OF NURSING

**NOW ACCEPTING APPLICATIONS  
FOR THE ENTRY LEVEL MSN PROGRAM and  
THE FAMILY NURSE PRACTITIONER TRACK**

#### **MSN PROGRAM**

CDU invites applications for the five-semester, full time program leading to a master of science degree in nursing. Upon completion of program requirements students will be eligible to sit for the NCLEX and Clinical Nurse Leader (CNL) examinations.

**Qualifications:** Qualified applicants must be non-nurses who hold a bachelor's degree in any field of study, with an earned 3.0 GPA on a 4.0 scale.

#### **FNP TRACK**

The Family Nurse Practitioner (FNP) Master of Science in Nursing prepares graduates to sit for the FNP national certification examinations through the American Nurses Credentialing Center (ANCC), or the American Academy of Nurse Practitioners (AANP).

**Qualifications:** Applicants to the FNP Track must be licensed to practice as registered nurses in the state of California, hold a baccalaureate or higher degree, and have recent clinical experience.

**For more information and Admission Requirements visit:** [www.cdrewu.edu/school-of-nursing](http://www.cdrewu.edu/school-of-nursing) or  
Email: [mmdson@cdrewu.edu](mailto:mmdson@cdrewu.edu)

**Applications:** Interested candidates should apply online at  
[www.cdrewu.edu/school-of-nursing](http://www.cdrewu.edu/school-of-nursing)

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## Announcements Continued from Page 15



### THE HISPANIC COLLEGE FUND ANNOUNCES THE OPENING OF SCHOLARSHIP APPLICATIONS

Applications will be available online from Nov. 15, 2010 to March 1, 2011



WASHINGTON (Nov. 23, 2010) – With Hispanic students being part of the largest minority group in the United States and only 13 percent earning a college degree, it is important for the Hispanic College Fund to provide resources for students to pursue higher education and professional careers. The Hispanic College Fund announced the opening of scholarship applications, which are available online from Nov. 15, 2010 through March 1, 2011 at <http://scholarships.hispanicfund.org>. Scholarships range from \$500 to \$10,000 and will be awarded for the 2011-2012 academic year.

To be eligible to apply, students must fulfill the following requirements\*:

Be of Hispanic background

Maintain a 3.0 Grade Point Average (on a 4.0 scale)

Be a U.S. citizen, permanent resident, or have graduated from high school in the U.S. after attending at least 3 years

Reside in the U.S. or Puerto Rico

Plan to enroll in a fulltime undergraduate, and in some cases graduate, program for the 2011-2012 academic year at an accredited college or university in the U.S. or Puerto Rico.

Demonstrate financial need

\*Some scholarship programs may have additional eligibility requirements

“We encourage students to take advantage of this opportunity to pursue their college dreams,” said Lindsay Bernsten, director of college programs for the Hispanic College Fund. “We seek young leaders who are committed to their education, communities, and becoming professionals. The simple act of applying for a scholarship is the first step in showing commitment and leadership.”

Committed corporations such as Google, the J. Willard and Alice S. Marriott Foundation, Ford Motor Company Fund, CareFirst BlueCross BlueShield, United Health, Darden, Computer Packages, Inc., and many others, are providing scholarships through the Hispanic College Fund.

“In today’s challenging economy, it is critical to provide resources for students to achieve higher education so that they will be prepared to create a stronger America,” said Dr. Carlos Santiago, chief executive officer of the Hispanic College Fund.

**Continued on Page 17**

## Announcements Continued from Page 16

utive officer of the Hispanic College Fund. “Thanks to the commitment and generosity of many corporations, hundreds of deserving students will be receiving scholarships this year.”

Launched in 1993, the Hispanic College Fund scholarship program identifies the nation’s most promising Hispanic college students and rewards their academic achievement with educational scholarships. As of 2010, the Hispanic College Fund has awarded nearly \$15 million in scholarships to over 5,400 students.

### About the Hispanic College Fund

Founded in 1993, the Hispanic College Fund is a non-profit organization based in Washington, D.C., with a mission to develop the next generation of Hispanic professionals. For 17 years, the Hispanic College Fund has provided educational, scholarship, and mentoring programs to students throughout the United States and Puerto Rico, establishing a career pipeline of talented and career-driven Hispanics. The Hispanic College Fund annually awards millions of dollars, impacting thousands of students through high school to college to career. HCF has been recognized by USA Today as one of the nation’s top 25 charities and has twice received Charity Navigator’s top four-star rating for fiscal responsibility. In 2010, the College Board recognized HCF for program innovation.

### \*Real Estate Update\*

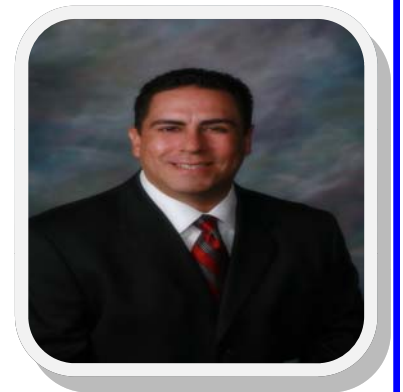
Thinking of buying or selling your property? Now is a great time to buy. We have great programs for First Time Home Buyers.

- Prices are more affordable and interest rates are still low.
- If you have equity, you may be looking to refinance to lower your interest rate and payment.

You may also be able to reduce your term and pay off your home sooner.

As an RN and a member of LA NAHN, I will donate a portion of my commis-

sion to the LA NAHN Scholarship Fund. Call me for a no obligation, no hassle consultation.



Jorge Garcia, RN

So Cal Real Estate & Loans

DRE 01302529

Cell: 909-519-2292

Email: garciasells@live.com

## Announcements Continued from Page 17



### Improving lives, one student at a time...

Join Concorde Career Colleges, a nationally recognized for-profit education company, as we prepare committed students for a successful career in a nursing profession, through high caliber training, hands on experience and student support. Our



faculty gives students more than just knowledge and technical skills; they instill integrity, discipline, team work, and the drive that define today's professionals. We like to call it healthcare education with a purpose.

**Vocational Nursing Instructors Needed!**  
**Full Time and Part Time Positions Available**  
**San Bernardino, California**

**\$2,000 Sign-On Bonus!**  
**After 90 days of employment. Must start by January 10th.**

#### Responsibilities include:

- Provide instruction to Vocational Nursing classes.
- Adherence to applicable accreditation commission standards or agencies regulations, the school policies and procedures, and the department's curricula.
- Monitor student progress, conduct student orientations and advise students throughout the program.
- Assist with on-going review and development of curricula in the department and make suggestions per policy.
- Attend orientations, staff meetings, and faculty meetings as scheduled.

#### Requirements:

- License in good standing in the state of California to practice registered nursing.
- Minimum of a BSN.
- Minimum of 4 years clinical experience in the last 5 years.

**Apply Online!**  
<http://jobs.concorde.edu/>

We offer a competitive benefits package to support our associates; medical/dental/vision, 401K retirement plan, paid holidays and education reimbursement! EOE.

## Announcements Continued from page 18

# LA NAHN Membership Campaign “Free With Three”

Member Get a *\*New Member\**  
Recruit 3 *\*new members\** and receive your  
**16th Annual Educational Conference**  
**Registration FREE!**

*Los Angeles Chapter  
National Association  
of Hispanic Nurses*



For additional questions please  
contact Sylvia S. Estrada at  
estradasmp@gmail.com

For membership form or educational  
conference information log onto our  
website: [www.lanahn.com](http://www.lanahn.com)

### Eligibility:

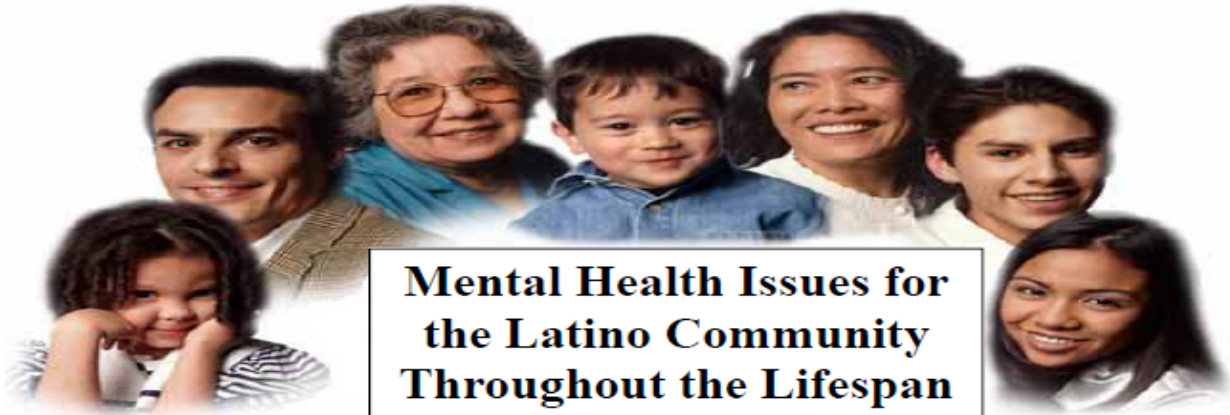
- Current LA NAHN members are encouraged to seek out *\*new members\**
- *\*New Member\**: Eligible referrals include all first time members and anyone whose LA NAHN membership has not been active for at least one year
- When you have referred 3 *\*new members\**, provide us with their names to receive credit. Email information to Sylvia S. Estrada at [estradasrnp@gmail.com](mailto:estradasrnp@gmail.com)
- All 3 *\*new members\** must join LA NAHN by March 1, 2011 and membership fees are to be received for recruiter to get their free registration

## Announcements (Continued from Page 19)



### National Association of Hispanic Nurses Los Angeles Chapter

# Save the Date



### Mental Health Issues for the Latino Community Throughout the Lifespan

Date: Friday, **March 4, 2011** (Please Note the New Change in Date)  
Time: 8:00AM-5:00PM  
Location: California Endowment Center  
Los Angeles, CA 90012

**Join LA NAHN for our 16th Annual Educational Conference.  
We will address mental health issues affecting our Hispanic  
Community.**

For conference information contact:

Angelica Flores at (562) 355-3137

Mario Chavez at (818) 970-9258

Sylvia Estrada at (310) 801-0761

For details visit [www.lanahn.com](http://www.lanahn.com)

# Scholarship Gala 2010



LA NAHN Board Members: L to R: Kelly Guzman, Diane Sanchez, Kathy Lopez, Angelica Flores, Sylvia Estrada, Sergio Aguirre, Mario Chavez



**National Association of Hispanic Nurses Los Angeles  
Chapter**

**P.O. Box 91714**

**City Of Industry, CA 91745**

**Phone (626) 533-1644**

**Visit our website**

**WWW.LANAHN.COM**



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**Kelly Guzman, RN, MS**