



SO CAL ARN Chapter NEWSLETTER

October 2024
Volume 32 Issue 4

Message From Your

New Chapter President, 2024-2025

Izzah Panganiban, RMT, RM, RN, MAN, CRRN



President's Message:

Hello everyone,

This summer has been exceptionally warm, and I hope you all had a wonderful time vacationing with family and friends. I've been quite busy this year, balancing work, personal activities, and our ARN chapter's events!

As we progress through the year, rehab nurses across the country are working diligently to uphold the pride of our specialty. The past few months have been particularly eventful. We celebrated the 50th anniversary of ARN during its annual conference in Texas, and our chapter enjoyed a memorable Summer Social with a river cruise and dinner at River Walk in San Antonio, Texas.

Additionally, August brought a fantastic volunteer opportunity with the Life Rolls On Foundation in Huntington Beach, where spinal cord injury patients had a thrilling day surfing with their loved ones. Our chapter is gearing up for the annual educational conference on October 5 at MemorialCare Long Beach Medical Center. This year's focus will be on holistic rehabilitation nursing practice. I encourage all Southern California rehabilitation nurses to join our chapter and be a part of our growing community. Let's celebrate the upcoming holidays with our educational event and Winter Social in December. I look forward to seeing you at our future events!

Best regards,

Izaah S. Panganiban, BSN, RN, MAN, CRRN

Association of Rehabilitation Nurses

Southern California Chapter

Board Member – President

<https://socalarn.nursingnetwork.com>

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2024-2025 Chapter Board

President

Izaah Panganiban, BSN, RN, MAN,
CRRN

Vice-President

Adnan Haidar, MSN, RN, CRRN

Secretary

Elizabeth Roberson, RN, CRRN

Treasurer

Deepa Kannampuzha, MSN, RN, CRRN,
CNML, NE-BC

Immediate Past President/Newsletter

Elaine Morris, BSN, RN, CRRN

Board Members at Large

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CRRN

Victoria Alvarenga, MSN, RN, CRRN, CNS

Stephanie Lim, RN, MSN, CRRN

Geraldine Gutierrez, RN, BSN, CRRN

Fatima Villacruz, BSN, RN, MSN, CRRN

Program Liaison

Lynn Wetherwax, MSN, RN, CRRN

Communications/Newsletter

Paddy Higgins, MN, RN, CRRN-retired,
CNS, PHN, FARN



(From left to right) Geraldine Gutierrez, Deepa Kannampuzha, Stephanie Lim, Yvette Trigueros, Izzah Panganiban, Elaine Morris, Elizabeth Roberson, Lynn Wetherwax, Fatima Villacruz, Victoria Alvarenga, Paddy Higgins, Adnan Haidar

Get involved!

The chapter is dedicated to doing the same -refreshing our efforts to serve our members and communities, and reconnecting with all of you.

The Chapter Board is seeking members who want to help in chapter activities. If you are interested or just want to give feedback, we would love to hear from you!

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Annual ARN Conference 2024 San Antonio, Tx

The Association of Rehabilitation Nurses (ARN) celebrated its 50th anniversary of at this year's conference held in San Antonio, Texas from August 10-13, 2024. Many of our Southern California (SoCal) Chapter members joined the celebration by attending the conference and sharing experiences and ways to resolve common challenges in our practice. Our chapter has significant involvement in conference activities through presentations, recognitions, media interviews, and participation in social events.



During the conference, our own Chapter President, Izzah Panganiban, received the 2024 Direct Patient Care Award.



SoCal Board Member, Yvette Trigueros, also received the 2024 Patient Advocacy Award.



SoCal Treasurer, Deepa Kannampuzha, shared her project done at Rancho Los Amigos National Rehabilitation Center regarding ways to reduce workplace violence. The presentation had great attendance and engagement.

Annual ARN Conference 2024 San Antonio, Tx



During the conference, SoCal Board Member, Fatima Villacruz, participated in an ARN media interview.

Sharing research studies, evidence-based projects, and the availability of cutting-edge technology in the rehab field, in addition to listening to motivational speeches, were all important parts of the conference.

The other important aspect of the conference, that we all looked forward to at such an event, was the human connection and building friendships. We had time to participate in joyful events such as a boat ride, the San Antonio Riverwalk, celebrating our colleague's birthday to the sound of a Mariachi band, and taking memorable group pictures during the conference. It was a fun learning event for all who attended!



CELEBRATING REHAB WEEK



Nursing & Ancillary Staff at MemorialCare Long Beach Rehabilitation Institute celebrated their 5th Annual Rehab Reunion with an Ice Cream Social on September 19, 2024 with former patients and their families!

Hope the team where you worked celebrated too!!!

Celebrating **PRECEPTORS WEEK**



Nursing Staff at MemorialCare Long Beach celebrated and recognized the invaluable contribution of their Preceptors from October 7-10, 2024, with popcorn and treats.

Hope the team where you worked celebrated too!!!

*Annual So Cal APRN
Conference
October 5, 2024*

ReNew Nurse



Empowering Holistic Rehabilitation Nursing Practice

Another Successful Annual Chapter Conference!

This year's 2024 Annual Southern California Chapter Conference & Annual Business Meeting was held on Saturday, October 5, 2024, at Long Beach Medical Center. We were most grateful to MemorialCare Rehabilitation Institute for co-sponsoring this event. The conference had 39 registrants, 6 expert speakers, and over 14 supportive vendors. Our theme this year was ReNew Nurse: Empowering Holistic Rehabilitation Nursing Practice. Paddy Higgins got us started off with a great review of holism, related nursing theories, comparison to our Rehabilitation Nursing Competency Model, and a presentation on the latest trends in Holistic Care. Next, we heard an inspiring presentation from Reverend Megan Visser on putting Spiritual back into Holistic Care. She was followed by a very informative presentation on the importance of nutritional health and lifestyle changes by Brianna Hudson and Sarah Osterman. After a delicious lunch and a visit to our great vendors, we heard a comprehensive summary of chapter business activities for the past year from our Chapter President, Izzah Panganiban. The afternoon was filled with two more great presentations, first by Raquel Ravaglioli on the transformational use of music therapy in rehabilitation and other healthcare settings. Our final speaker, Guadalupe Barrios, discussed Social Determinants and How to Address Transparency in setting up successful rehabilitation programs with our patients and their families. All, in all, it was a very fun learning day and a chance for many of us to socialize together again. Thanks again to everyone on the So Cal ARN Conference Planning Taskforce for putting together yet another successful conference! Bravo!!!



Empowering Holistic Rehabilitation Nursing Practice

SO CAL ARN CHAPTER

CALENDAR OF EVENTS

2024-2025

DATE	EVENTS
August 11-13, 2024	• ARN Conference (San Antonio TX)
September 2024 (TBD)	• Webinar/Membership Drive/Community Service/Fundraising Event (Partner with another Organization)
October 2024	• Release of Newsletter/Update from the President
October 5, 2024	• SO CAL ARN Annual Educational Conference & Business Meeting (held at MemorialCare Rehabilitation Institute, Long Beach Medical Center)
November 2024 (TBD)	• Webinar/Membership Drive/Community Service/Fundraising Event (Partner with another Organization)
December 7, 2024 (Tentative)	• Winter Social (Venue TBD)
January 2025 (TBD)	• Release of Newsletter/Update from the President
February 2025	• Webinar/Membership Drive/Community Service/Fundraising Event (Partner with another Organization)
April 11, 2025 (Tentative)	• So Cal ARN Annual CRRN Bootcamp
May 2025 (TBD)	• Webinar/Membership Drive/Community Service/Fund Raising Event (Partner with another Organization)
May 2025	• Annual Voting For New Board Members
July 2025	• Release of Newsletter/Update from the President
July 1, 2025	• Official start of tenure New So Cal Officers for 2025-2026
July 12, 2025 (Tentative)	• Summer Social (Venue TBD)
July 2025	• ARN Annual Conference (Phoenix, AZ)

Members

IN THE SPOTLIGHT

SUBMITTED BY ELAINE MORRIS

I've had the pleasure of knowing and working with Jen Jacobs for nearly fifteen years. In that time, I have been fortunate enough to see her grow as a person and a professional. Through her hard work, Jen has transformed from a passionate and dedicated rehab registered nurse into her recent well-deserved promotion as a Clinical Operations Manager. I'm very proud of the person she has become while being a valuable member and leader of the acute Rehabilitation unit. Jen joined the acute rehab team in 2010. She was a staff registered nurse when she began her journey in the rehab unit. Her passion for rehab immediately made a difference with her peers and patients. In 2013, she became a certified Rehabilitation RN. In 2015, she joined the leadership team for assistant unit Managers and was quickly promoted to assistant unit Manager for IRF. Jen is a world-class leader and a Daisy recipient for Management Excellence. Jen has earned every promotion and award that she has received. She received an assistant unit Manager award in 2019 and a Simply Better Award in 2023 from colleagues, patients, and the Simply Better Recognition Committee. She has a wonderful relationship with the team, and we appreciate her hard work and dedication she put into our team's success. Working with her has been an honor, and I look forward to continuing our journey together!

Jen Jacobs, BS, MSN, CRRN
MemorialCare Long Beach Medical Center
Inpatient Rehabilitation Facility
Clinical Operations Manager



Members

IN THE SPOTLIGHT

SUBMITTED BY STEPHANIE LIM

We are thrilled to celebrate Karen Santos, BSN, RN, CRRN, who has truly stepped out of her comfort zone and taken on incredible leadership roles within our team at the California Rehabilitation Institute. As a charge nurse, Karen has been instrumental in leading initiatives to reduce CAUTI on the SCI unit, a project she proudly presented as a poster at the recent ARN conference in August 2024. Her dedication was also pivotal in guiding the SCI team through our successful CARF survey. Now, she's embraced a new challenge as the interim manager of the SCI unit, showing her unwavering commitment to excellence in patient care and leadership. Congratulations, Karen, on your remarkable achievements!!!



Karen Santos, BSN, RN CRRN
California Rehabilitation Institute
Staff RN

Members

IN THE SPOTLIGHT

SUBMITTED BY STEPHANIE LIM

We're excited to celebrate Miguel Hernandez, BSN, RN, CRRN, for recently earning his Certified Rehabilitation Registered Nurse (CRRN) certification in June 2024! Miguel started his journey at California Rehabilitation Institute as a new graduate nurse, and his dedication and passion for patient care has been evident from day one. Over these past couple years, Miguel has worked tirelessly to grow as a rehab nurse, consistently honing his skills and advancing in his career. His recent achievement of earning his CRRN and his success in moving up the Clinical Ladder, and taking on more responsibility as relief Charge Nurse, and presenting on the welcome panel at this year's ARN conference, are a testament to his hard work and commitment to excellence. We are proud to have Miguel on our team and look forward to his continued contributions to patient care, our chapter and the field of rehabilitation nursing!!!

Miguel Hernandez, BSN, RN, CRRN
California Rehabilitation Institute
Staff RN





Save the Date!

**So Cal ARN
Winter
Networking Lunch
&
Educational
Event**

**Sponsored by
the Centre
for Neuro Skills**

Saturday, December 7, 2024

Stay tuned for further details!

LIFE ROLLS ON – THEY WILL SURF AGAIN

BY ELIZABETH ROBERSON

On Saturday, August 24, 2024, the Life Rolls On—They Will Surf Again Event took place in Huntington Beach, just north of the pier at 6th St and Pacific Coast Highway. Despite an overcast start, the day transformed into a beautiful celebration of resilience, fellowship, and possibility. The sight of adaptive surfers embracing the freedom of the ocean was not just inspiring, but a testament to the impact we can make when we come together.

Supported by a dedicated network of volunteers, healthcare workers, and the LROhana community, the event proved that when people come together, anything is possible—with ten teams, over 450 volunteers, and 121 adaptive surfers, the day showcased the true power of collaboration. Each surfer was supported by a team of 30 to 40 volunteers—10 on land and 25 to 30 in the water—who worked tirelessly to ensure their safety and success. All participants were provided a light breakfast, a delicious lunch, and generous hydration as the event ran from 6 a.m. (setup) to 4 p.m. (breakdown).

A special thank you goes out to my SoCal ARN colleagues, Izzah Panganiban and her daughter Mekayla, as well as Adnan Haidar and his daughters Leila and Lindsey, for joining me in making this day memorable for all the adaptive surfers. Corina James-Scribner also came to support us. Go, Red and Aqua teams!

Life Rolls On - They Will Surf Again is more than just an event. It's a movement, a community, a family. A heartfelt mahalo to Jesse Billauer for his unwavering dedication to the spinal cord injury and disabled communities. Through his leadership and vision, Life Rolls On has become a place where people of all abilities can challenge their limits and discover new possibilities. Jesse has sparked hope, built confidence, and inspired countless individuals to believe that the impossible can become possible. You, our community members, volunteers, and supporters, are an integral part of this family.

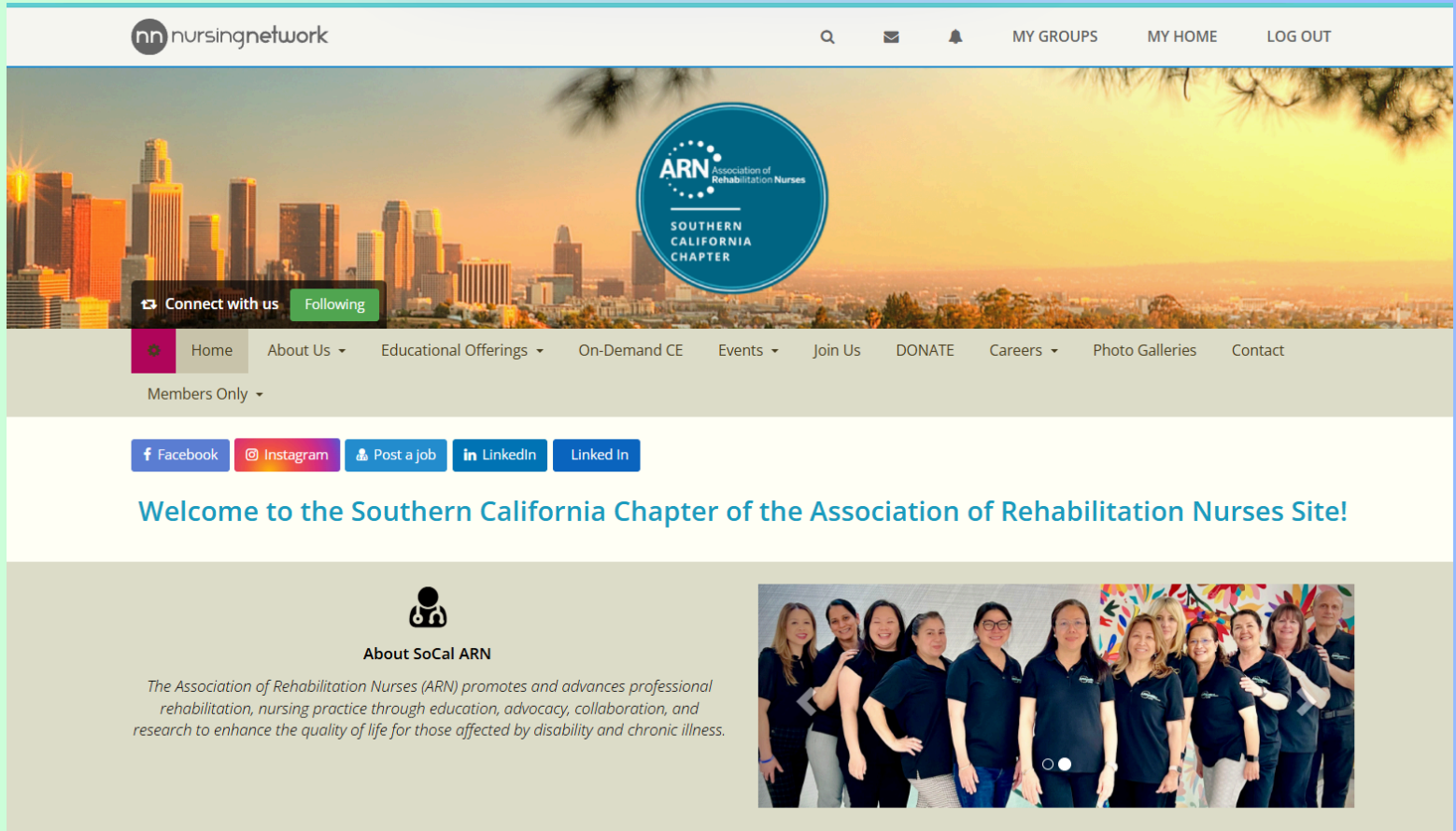
Through adaptive surfing, skating, and fishing, Jesse and Life Rolls On have shown us that there are no limits to what can be achieved when we come together with love, support, and a shared belief in one another.

What an incredible day! I encourage everyone to come out and volunteer next year! Go, SoCal ARN nurses!!! Rehab nurses rock!!!

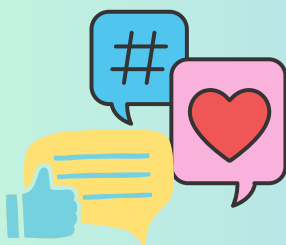
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SoCal Website!



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