



# SO CAL ARN Chapter NEWSLETTER

January 2025  
Volume 32 Issue 5

## Message From Your New Chapter President, 2024-2025

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



## President's Message:

Welcome to the New Year!

Reflecting on 2024, serving as your President has been an incredible journey. Your unwavering trust and commitment have driven our organization's success, and I am thrilled to continue this journey together in the year ahead.

Thank you to all our chapter members for your exceptional contributions and support. Our collective efforts have been the cornerstone of our achievements. As we enter the new year, let's fortify our chapter, support one another, and empower those rehab nurses aspiring to become certified.

From all of the Southern California Chapter board members, I wish you a Happy New Year filled with joy and success!

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

Association of Rehabilitation Nurses

Southern California Chapter

Board Member – President

<https://socalarn.nursingnetwork.com>

[melizzahp@gmail.com](mailto:melizzahp@gmail.com)

M 909.455.7873



## 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

Yvette Trigueros, BSN, RN, WOCN, WCC,  
CRRN

Victoria Alvarenga, MSN, RN, CRRN, CNS

Stephanie Lim, MSN, RN, CRRN

Geraldine Gutierrez, BSN, RN, CRRN

Fatima Villacruz, DNP, MBA, MS, RN,  
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 purpose of the Southern California Chapter of ARN (SoCal ARN) is to represent and promote the objectives of ARN within its boundaries. SoCal ARN is committed to its members and the sharing of resources that promote the value and importance of rehabilitation nursing.

Our 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!

### Follow us on social media!

[www.socalarn.nursingnetwork.com](http://www.socalarn.nursingnetwork.com)

[www.facebook.com/laocarn](https://www.facebook.com/laocarn)

[www.linkedin.com/in/laocarn](https://www.linkedin.com/in/laocarn)

[www.instagram.com/laocarn](https://www.instagram.com/laocarn)



# SO CAL ARN CHAPTER CALENDAR OF EVENTS

**2024-2025**

## **EVENTS**

**August 11-13, 2024**  
**September 2024**

**October 2024**

**October 5, 2024**

**October 23, 2024**  
**October 26, 2024**  
**November 16, 2024**  
**December 7, 2024**

**January 2025**

**February 5, 2025**

**March 1, 2025**  
**March-April 2025**

**April 11, 2025**

**May 2025 (TBD)**

**May 2025**  
**July 2025**

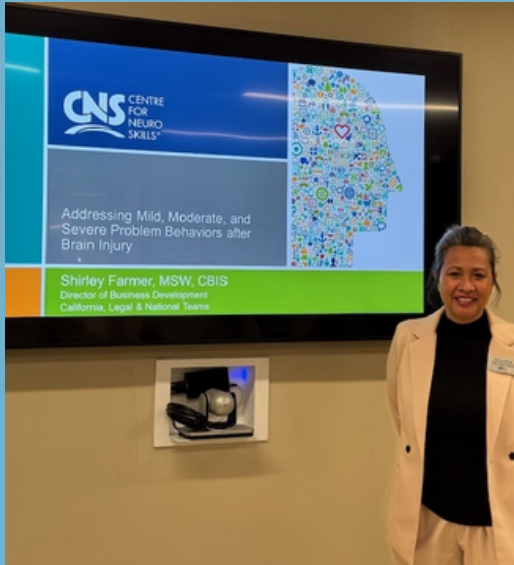
**July 1, 2025**

**July 12, 2025 (Tentative)**  
**July 24- August 2, 2025**

- ARN Conference (San Antonio TX)
- Board Meeting, 9/7/2024
- Webinar/Membership Drive/Community Service/Fundraising Event
- Release of Newsletter/Update from the President
- SO CAL ARN Annual Educational Conference & Business Meeting (MemorialCare Rehabilitation Institute, Long Beach Medical Center)
- Board Meeting
- Community Service: Cancer Walk
- Community Service: Giving Farm
- Winter Networking Lunch & Educational Event, Centre for Neuro Skills, Encino
- Release of Newsletter/Update from the President
- Webinar: AI In Action - Transforming Patient Mobility & Care Through Smart Technology
- Board Meeting
- Release of Newsletter/Update from the President So Cal ARN
- Annual CRRN Bootcamp, Rancho Los Amigos, Downey
- Webinar: Health Policy Update (Partner with another organization)
- Annual Voting For New Board Members
- Release of Newsletter/Update from the President
- Official start of tenure new So Cal Officers for 2025-2026
- Summer Social (Venue TBD)
- ARN Annual Conference (Phoenix, AZ)



# Winter Networking Lunch and Educational Event



On Saturday, December 7, 2024 we had the good fortune of being invited to tour the Centre for Neuro Skills in Encino. The event was free and included a wonderful tour, lunch, education, and comradery amongst rehabilitation nurses and other professionals dedicated to the care of those recovering from brain injury (BI) and stroke. We will be forever grateful to Alexandria Clark for hosting this and Shirley Farmer for her excellent presentation on mild, moderate, and severe behavior challenges after a BI.





# CELEBRATING HOLIDAYS



**Long Beach Medical Center and Miller Children's & Women's** recently held their annual Holiday Employee Celebration Luncheon on December 11th. The event brought together staff to enjoy a well-deserved break filled with seasonal treats, a delicious meal, and some holiday fun (raffles, photo boot).



Staff at **MemorialCare Long Beach Medical Center Inpatient Rehabilitation Unit** celebrated their Annual Christmas Ornament Decorating with patients and their families! During this festive activity, the IRF team served delicious cookies and warm cider and played holiday music. Each patient also received a gift blanket!

**Hope the team where you worked celebrated too!!!**

# So Cal ARN Community Participation

*Annual Team Spirit Long Beach  
5K Cancer Walk  
October 26, 2024*



Chapter Members: Elaine Morris, BSN, RN, CRRN & Liz Roberson, RN, CRRN



# Giving Farms Participation

14325 Goldenwest St. Westminster,  
California  
November 16, 2024



## *Building a Sustainable Farm to Feed Those in Need*

Several staff from MemorialCare Long Beach Rehabilitation Institute, including chapter members Elaine Morris and Sheila Lee, participated in a fun day of organizing pumpkins and cultivating strawberries. A most worthy way to give back to the community!







## SOCAL ARN CHAPTER WINTER 2025 WEBINAR:

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# “AI IN ACTION: TRANSFORMING PATIENT MOBILITY AND CARE THROUGH SMART TECHNOLOGY” WEBINAR

05 FEB, 2025  
6:00 - 7:00 PM

PLEASE JOIN US FOR AN INFORMATIVE WEBINAR FROM ONE OF THE TOP REHABILITATION RESEARCH SCIENTISTS, DR. PHILIP REQUEJO, PHD, WHO WILL DISCUSS THE LATEST INNOVATIVE RESEARCH BEING DONE TO IMPROVE THE LIVES OF THOSE WITH DISABILITIES.

- REGISTRATION IS FREE FOR ALL ARN MEMBERS
- \$20 FOR NONMEMBERS.
- ONE CEU WILL BE AWARDED AFTER FULL PARTICIPATION AND EVALUATION COMPLETION.
- 1.0 CEU CREDIT TO ATTENDEES
- ACCREDITED BY THE CALIFORNIA BOARD OF REGISTERED NURSING, PROVIDER #007495.
- REGISTER ONLINE AT [SOCAL ARN](https://www.socal.arn.org)



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Information:

[www.socal.nursingnetwork.com](https://www.socal.nursingnetwork.com)





# Save the Date



Ready to be a  
**CRRN?**

SPACE IS  
LIMITED.

## CRRN Bootcamp 2025

Early Bird Registration by March 15

**APRIL 11, 2025**

**7:30 AM - 5:00 PM PT**

RANCHO LOS AMIGOS  
NATIONAL  
REHABILITATION CENTER

- ✓ INTENSIVE 8-HOUR IN-PERSON REVIEW SESSION
- ✓ PRACTICE QUESTIONS AND TEST TAKING STRATEGIES
- ✓ 7.0 CEU CREDITS (LA/OC ARN California BRN Provider #07495)



FOR MORE DETAILS

<https://socalarn.nursingnetwork.com/>



# Members IN THE SPOTLIGHT SUBMITTED BY ELAINE MORRIS



**Jen Jacobs, Clinical Operations Manager**  
of the Inpatient Rehabilitation Facility at Long Beach Medical Center,  
recently completed the Nurse Leadership Academy Program on  
December 12, 2024, which was offered by MemorialCare  
to aspiring Nurse Leaders.

Congratulations, Jen Jacobs  
on this prestigious accomplishment!!!



# Our Newest CRRNs!!!



Patrick Lam, BSN, RN, CRRN  
Acute Rehabilitation Unit  
VA Greater Los Angeles Healthcare System



Ferdinand Padilla, BSN, RN, CRRN  
Brain Injury Pediatric Rehabilitation Unit  
Rancho Los Amigos

**Congratulations to the following RNs from  
Rancho los Amigos National Rehabilitation Hospital  
who passed their CRRN examination in December 2024:  
Chelsea Sebastian, Paulina Gonez, Ferdinand Padilla,  
and Tyrine Degamo.**

**Achieving this certification is a testament to  
your passion and expertise in the field. Well done!**



**Chelsea Sebastian, BSN, CRRN**



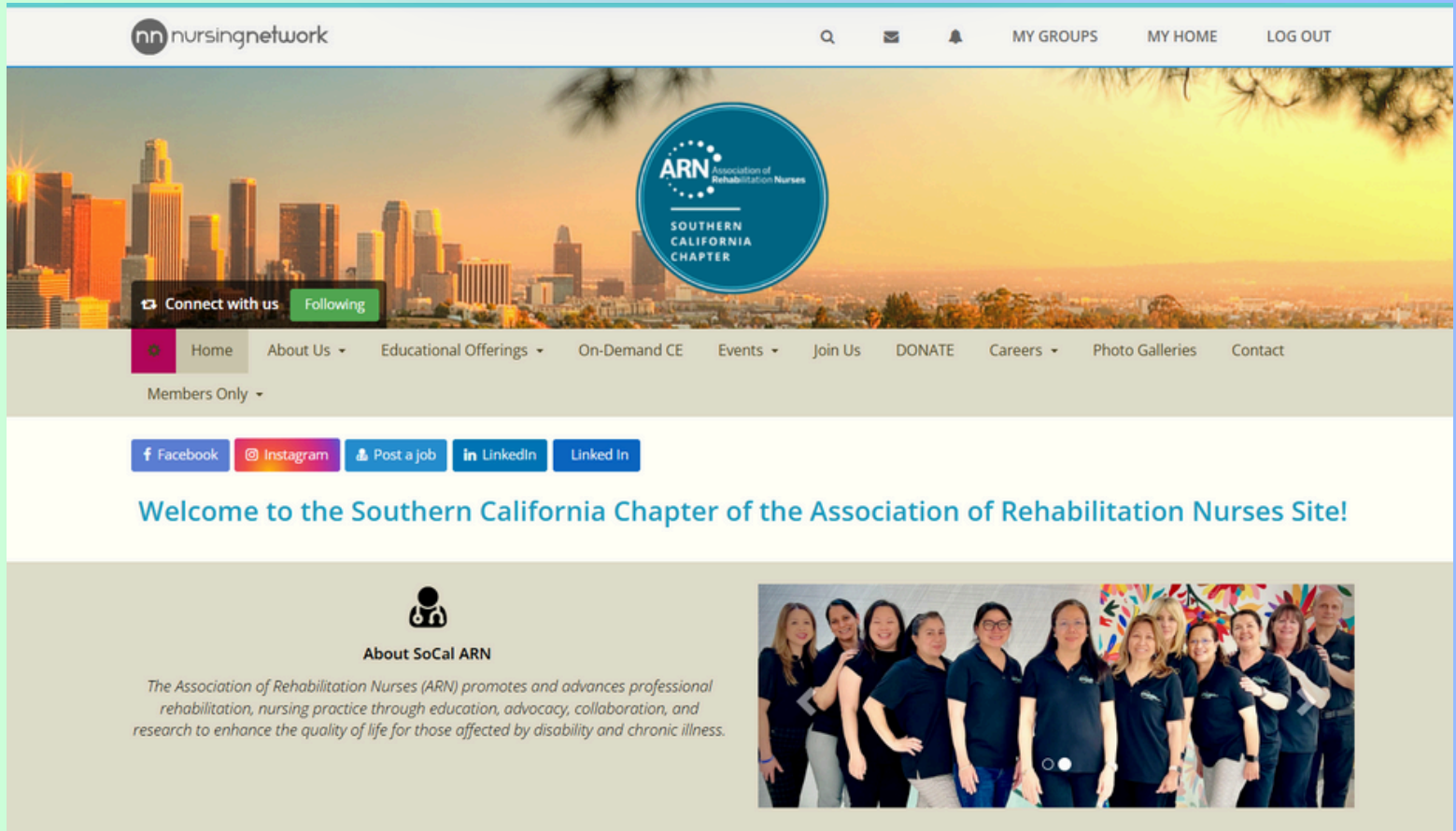
**Paulina Gonez, BSN, CRRN**



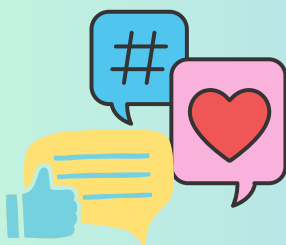
**Tyrine Degamo, BSN, CRRN**

***Excellent!***

# SoCal Website!



[Check out our website at  
https://socalarn.nursingnetwork.com/](https://socalarn.nursingnetwork.com/)



Follow us on social media!  
[www.socalarn.nursingnetwork.com](http://www.socalarn.nursingnetwork.com)  
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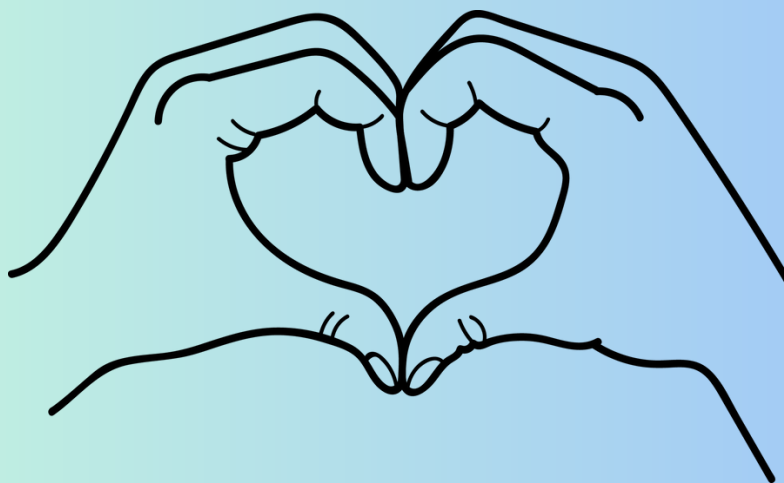




## *A Message of Concern*

To our fellow members and website followers,  
On behalf of the entire So Cal ARN Board of Directors,  
we are tremendously saddened by all of the devastation  
caused by the recent wildfires here in Southern California.  
Please know that we are thinking about you and your families  
and sending concern & prayers to all that have been affected.

Please continue to stay safe.



Want to donate to those affected  
by the horrific wildfires?

Check out these trusted resources from  
the Better Business Bureau (BBB):  
[https://give.org/news/trusted-charities-  
supporting-southern-california-wildfire-relief](https://give.org/news/trusted-charities-supporting-southern-california-wildfire-relief)

The Southern California Chapter of ARN  
has donated \$500 to  
the American National Red Cross  
to aid the fire victims.

We stand with you at this time of need.





# HAVE YOU SEEN THE LATEST ARN RESOURCES?

## **Online education**

to enhance your knowledge and  
advance your rehab nursing practice



**ARN**  
**FOUNDATIONS**

Enroll in the full curriculum  
or select modules to round  
out your rehabilitation  
nursing knowledge.

**LEARN MORE**

<https://learn.rehabnurse.org>

