



# SO CAL ARN Chapter NEWSLETTER

April 2025  
Volume 32 Issue 6

## Message From Your Chapter President, 2024-2025

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



Dear SoCal ARN Members,

Spring is here! I hope this season brings you joy, renewal, and meaningful time with family and friends. Whether planning a local adventure, traveling abroad, or simply enjoying a well-deserved staycation, this is a special time to reconnect and recharge.

Over the past three months, your Southern California Chapter Board has been hard at work developing several exciting educational initiatives:

1. **Free Webinar on Artificial Intelligence (AI)** – We recently hosted a complimentary session for our chapter members focusing on the role of AI in mobility and patient care. As this technology continues to evolve, we felt it was important to explore its potential impact on rehabilitation nursing.

2. **Annual CRRN Bootcamp** – Mark your calendars! Our CRRN Review Bootcamp will be held on April 11, 2025, at Rancho Los Amigos. This is a great opportunity for those preparing to sit for the CRRN certification exam.

3. **Legislation Webinar with NorCal Chapter of ARN** – We're excited to once again collaborate with the Northern California Chapter for an informative session on legislative updates in rehabilitation nursing. This webinar will take place on May 10, 2025.

Additionally, we're thrilled to announce a first-ever postcard mailing to all SoCal ARN Chapter members! This initiative aims to create a more personal connection with our members and guide you to our official website: <https://socalarn.nursingnetwork.com>. There, you'll find information about the chapter, details on upcoming webinars, conferences, and events, and ways to stay connected and engaged.

We look forward to your continued participation and hope to see you at one of our upcoming chapter activities!

Warm regards,

Izzah S. Panganiban BSN RN MAN CRRN  
President, Southern California Chapter  
Association of Rehabilitation Nurses  
<https://socalarn.nursingnetwork.com>

## 2024-2025 Chapter Board

### President

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

### Vice-President

**Adnan Haidar**, MSN, RN, CRRN

### Secretary

Elizabeth Roberson, RN, CRRN

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

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Elaine Morris, BSN, RN, CRRN

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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

#### DATE

#### EVENTS

August 11-13, 2024	• ARN Conference (San Antonio TX)
September 2024	• Board Meeting, 9/7/2024
	• Webinar/Membership Drive/Community Service/Fundraising Event
October 2024	• Release of Newsletter/Update from the President
October 5, 2024	• SO CAL ARN Annual Educational Conference & Business Meeting (MemorialCare Rehabilitation Institute, Long Beach Medical Center)
October 23, 2024	• Board Meeting
October 26, 2024	• Community Service: Cancer Walk
November 16, 2024	• Community Service: Giving Farm
December 7, 2024	• Winter Networking Lunch & Educational Event, Centre for Neuro Skills, Encino
January 2025	• Release of Newsletter/Update from the President
February 5, 2025	• Webinar: AI In Action - Transforming Patient Mobility & Care Through Smart Technology
March 1, 2025	• Board Meeting
March-April 2025	• Release of Newsletter/Update from the President So Cal ARN
April 11, 2025	• Annual CRRN Bootcamp, Rancho Los Amigos, Downey
May 2025 (TBD)	• Webinar: Health Policy Update (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	• Summer Social (Venue TBD)
July 24- August 2, 2025	• ARN Annual Conference (Phoenix, AZ)
October 18, 2025	• 2025 Annual SoCal ARN Conference & Business Meeting, stay tuned for details!





**Winter 2025 Webinar  
“AI In Action:  
Transforming  
Patient Mobility and Care  
Through Smart Technology”  
February 5, 2025**

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

We are all aware that the advent of artificial intelligence has changed healthcare forever. Each day, we hear about the newest and latest advances to assist patients with a disability or chronic illness. The use of AI may enhance mobility and function to support better patient outcomes, which can lead to an improved quality of life.

On Wednesday, February 5, 2025, we were so grateful to Dr. Philip Requejo, CEO and Director of the Southern California Spinal Cord Injury Model System (So-Cal-SCIMS), for presenting an informative one-hour webinar that highlighted the innovative work that integrates rehabilitation engineering and biomechanics in developing technologies to improve mobility for people with SCI, stroke, cerebral palsy, and traumatic brain injury.

Dr. Requejo was a dynamic speaker who shared his insights into how AI will continue to impact further research in improving mobility and patient care. We all walked away in awe of the fantastic work and research that is currently going on, and we look forward to what the future might look like! Thank you, Dr. Phil!

**AI in Action: Enhancing Patient Mobility and Health Monitoring with Smart Technologies**

**RANCHO** Research Institute  
<https://www.ranchoresearch.org>

Presented to:  
Southern California  
Association of  
Rehabilitation Nurses  
(ARN)

Presented by:  
Philip S. Requejo, PhD  
Chief Executive Officer  
<https://www.ranchoresearch.org>

**RANCHO LOS AMIGOS**  
HOSPITAL AND REHABILITATION CENTER



# CELEBRATING CERTIFICATION DAY



On March 19, 2025, California Rehabilitation Institute proudly celebrated National Certified Nurses Day by recognizing their 32 CRRN's for their dedication, expertise, and commitment to excellence in rehabilitative care. Earning the CRRN credential is a testament to their advanced knowledge and passion for helping patients regain independence and quality of life.

Thank you to all our CRRN members for being leaders in the field and for the incredible impact you make every day!

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

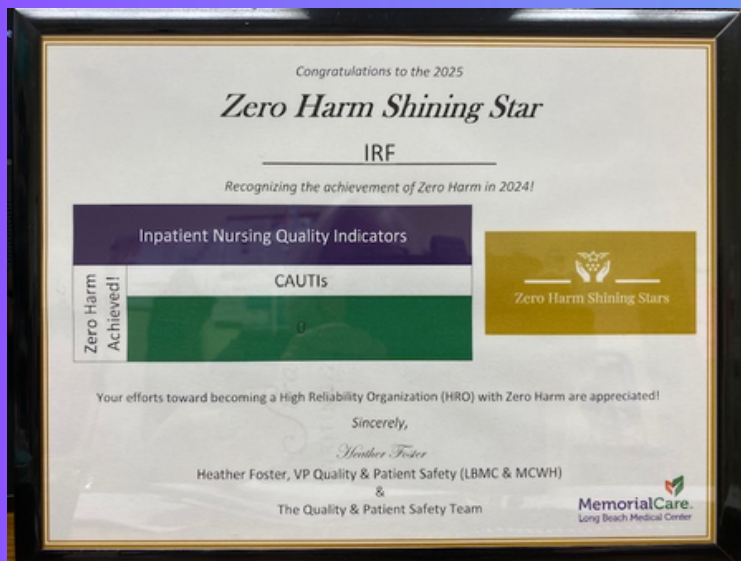
# CELEBRATING CERTIFICATION DAY



**Rancho's 2025 Certified Nurses Day  
High Tea**



# CELEBRATING RECOGNITION



## Inpatient Rehabilitation Facility Long Beach Medical Center

The IRF recently received recognition for the Zero Harm Shining Star.

Having had no CAUTI for the past four years, the IRF is focused on judicious catheter use, proper insertion and maintenance techniques, and timely removal, along with implementing robust infection prevention practices. Congratulations to the IRF team!!!



## by Yvette Trigueros, BSN, RN, CRRN , WCON

Congratulations to Rancho Los Amigos National Rehabilitation Centers' 2024 Quarter 3 & 4 DAISY Award recipients, Cynthia Tellez and Gisele Sloniak, both CRRN rehabilitation nurses! As many of us know, DAISY, an acronym for Diseases Attacking the Immune System, is a foundation that honors nurses providing extraordinary care to patients and their families. It is an award given to nurses who provide compassion and kindness to their patients, like the nursing care given to the DAISY Foundation family member, Patrick Barnes, during his last days.



Cynthia Tellez, RN, CRRN

Cynthia Tellez, RN, CRRN, has held multiple career hats, such as phlebotomist, home health nurse, and aesthetic nurse. She has been at Rancho for the past 11 years and has participated in the Quality Safety and Outcomes Council and Practice Council. She is currently active as a Union Steward, Daisy award coordinator, clinical coach, and chair of the Labor Management Committee. Cynthia is a stroke rehabilitation nurse and was nominated for the Daisy Award by a patient and his wife, who believed Cynthia "surpasses all the expectations and more". The couple stated, "She was always attentive and showed support when I was so clouded and dealing with my stroke." I felt "like I was in a 5-star hotel". "She is the best Nurse, and it shows in her work ethic. She is the reason why there should be a paid Nurse Holiday". Cynthia is also a proud mother of 4, and grandmother of 4, with one more coming soon in September!



Gisele Sloniak, RN, BSN, PHN, CRRN has also held multiple career hats as a pre-school teacher, school administrator, holds a business degree, and has experience as a wound nurse. Fun facts are Gisele is fluent in 3 languages and plays guitar. Gisele has a compassionate heart to those in need and provides help to others including her elderly landlord and most recently to her friend who just delivered a baby girl! Gisele has worked at Rancho for the past 9 years and is a unit skin/wound champion, Quality Academy graduate, and clinical coach. Gisele works on the stroke rehab unit and was nominated for the Daisy Award by a former patient who stated, "from the day you admitted me, I always felt so genuinely cared for". "Thank you [for] genuinely caring." "You always came to check on me even when I was not assigned to you. This showed how much you truly care. Thank you for being such a caring and loving Nurse. You are a true angel!"

Congratulations again to Cynthia and Gisele! As rehabilitation nurses, you both have showed compassion and exceptional care to those affected by disability and chronic illness. We are proud you are a part of the CRRN family!



Gisele Sloniak, RN, BSN, PHN, CRRN

# Members

## IN THE SPOTLIGHT

SUBMITTED BY **FATIMA VILLACRUZ**



**Victor Paolo, BSN, RN, PHN, CRRN**

Victor Paolo Victor has been recognized as Nurse of the Year for outstanding contributions to rehabilitation nursing. With a passion for patient-centered care, he had dedicated 3 years to helping individuals recover from injuries, surgeries, and chronic conditions, fostering independence and improving quality of life. Currently serving at Rancho Los Amigos National Rehabilitation Center, he is known for compassionate bedside care, leadership, and commitment to innovative rehabilitation strategies. His expertise spans post-surgical recovery, neurological rehabilitation, and mobility training, making a significant impact on a patient's journey to recovery. Beyond clinical excellence, he is a mentor to new nurses, an advocate for patient rights, and an active contributor to rehabilitation research and best practices. His dedication has not only earned him this prestigious award but also the admiration of his colleagues and patients alike. Through tireless dedication and a heartfelt commitment to nursing, he continues to inspire and elevate the field of rehabilitation nursing.

**Congratulations, Victor Paolo Victor!!!**



# 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/>







JOIN US FOR A WEBINAR AND LEARN  
ABOUT LEGISLATIVE UPDATES THAT IMPACT  
THE ROLE OF A REHABILITATION NURSE

# NAVIGATING HEALTH POLICY AND ADVOCACY



**Saturday, May 10, 2025**

**10:00 - 11:00 am**

**1.0 CEU CA Board of Registered Nursing**

**#007495**

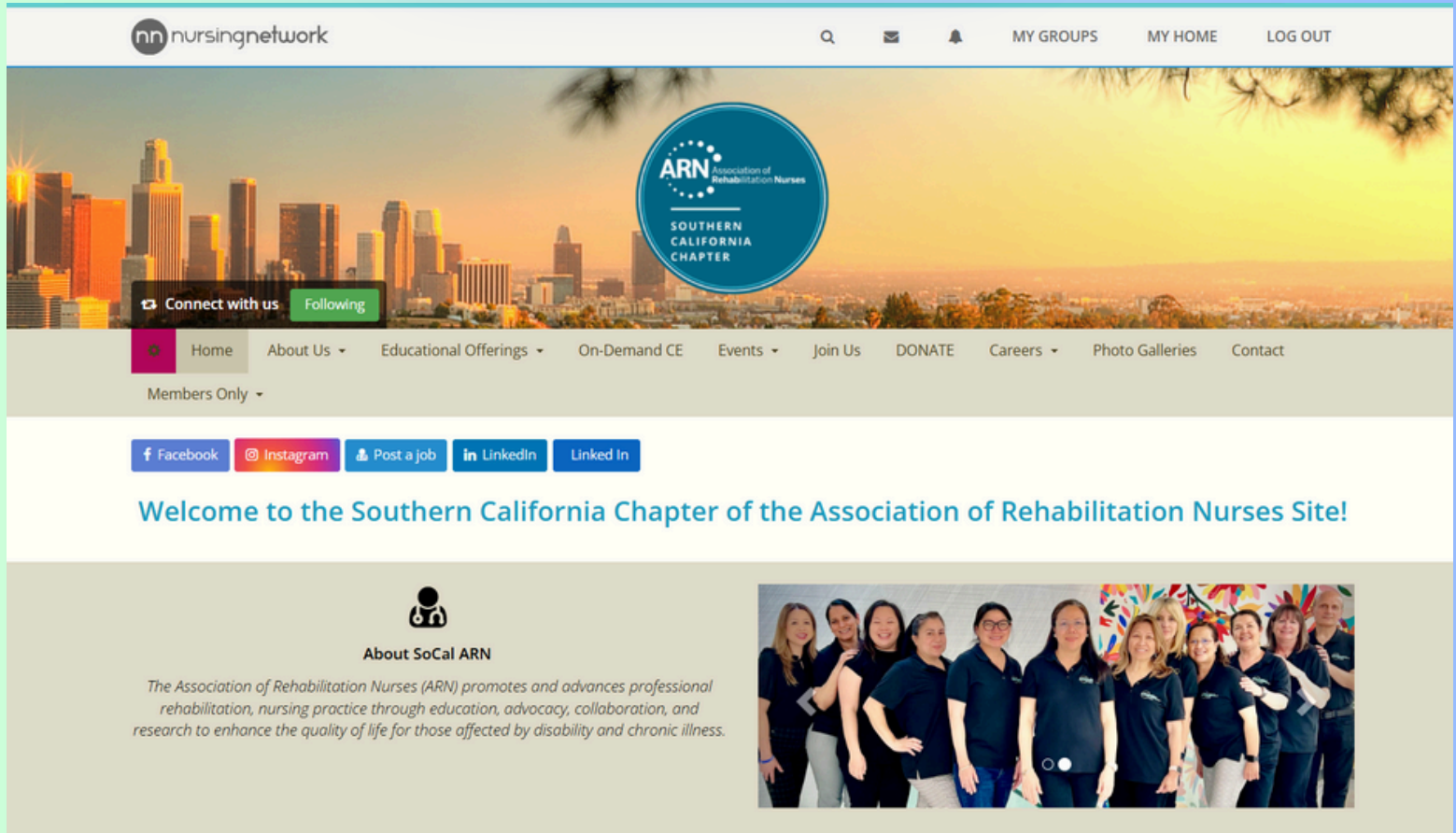
**Speakers:**

**Jeremy Scott, MA**

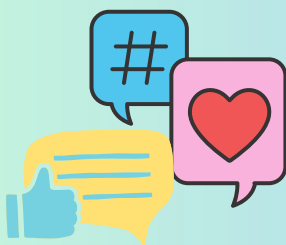
**Michaela Hollis, MPH, BS**



# SoCal Website!



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



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advance your rehab nursing practice



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