



SO CAL ARN Chapter NEWSLETTER

July 2025
Volume 32 Issue 7

Message From Your Outgoing Chapter President for 2024-2025

Izzah Panganiban, BSN, RN, MAN, CRRN



Dear ARN SoCal Members and Friends:

As I conclude my term as President of the ARN SoCal Chapter, I want to take a moment to reflect with gratitude and pride on this incredible journey we've shared over the past year—we navigated challenges, celebrated milestones, and continued to elevate the voice and value of Rehabilitation Nursing in our region.

It has truly been an honor to serve as your chapter president. I am deeply thankful for the opportunity to lead such a passionate, dedicated, and inspiring community of rehabilitation nursing professionals. Your support, collaboration, and trust have meant the world to me, and I will carry the memories and lessons from this experience with me always.

I am so proud of what we have accomplished together as an organization this past year, and I want to highlight just a few of the many achievements:

1. **We expanded access to professional development** by offering engaging educational webinars and in-person learning events that empowered our members to grow and stay current in our ever-evolving field.
2. **We strengthened our community outreach and advocacy efforts**, building meaningful connections with local healthcare partners and raising awareness for the critical role rehabilitation nurses play in patient care recovery.
3. **We welcomed new voices and faces into our chapter**, growing our membership and fostering a more diverse and inclusive environment that reflects the communities we serve.

These accomplishments are not mine alone, they are a testament to what we can achieve when we come together with shared purpose and passion. I have full confidence in our incoming leadership and know that the chapter is in good hands. I am excited to see how ARN SoCal will continue to evolve and thrive in the years ahead and I look forward to supporting the next generation of leaders as they take our chapter to even greater heights.

Thank you again for this unforgettable experience and for all the ways you continue to inspire me.

Warm heartfelt gratitude,

Izzah S. Panganiban BSN, RN, MAN, CRRN

Immediate Past President, Southern California Chapter
Association of Rehabilitation Nurses
<https://socalarn.nursingnetwork.com>



SO CAL ARN Chapter NEWSLETTER

July 2025
Volume 32 Issue 7

Message From Your New Incoming Chapter President for 2025-2026

Adnan Haidar, MSN, RN, CRRN



Dear fellow SoCal ARN members:

I'm honored for the trust you have placed in me to lead this organization for the upcoming 2025-2026 year. It's a responsibility that I will not take lightly.

First and foremost, let me express my gratitude to the outgoing chapter president, Izzah Panganiban, for the exceptional efforts she has put into the team throughout the year. She has connected with team members individually and as a group to ensure that the chapter stays on track to achieve its goals.

For the upcoming year, the chapter will continue to work collaboratively in alignment with the ARN strategic plan of Engagement, Visibility, and Knowledge and Practice by:

1. Expanding our outreach to other rehabilitation facilities in Southern California to increase membership and participation in chapter activities.
2. Helping to advance the knowledge of rehabilitation nurses by promoting CRRN certification and continuing to provide the training tools through the CRRN boot camp, webinars, and free CEUs for our members.
3. Increasing our community engagement through volunteer activities in events at rehabilitation facilities such as Roll Around the Ranch "Stroke Fair," SCI fair, and Brain Injury Fair at Rancho Los Amigos, or in the community, such as Sidewalk CPR and Life Rolls On. Please continue to check our Nursing Network website for updates on these and other events to keep you connected and engaged.

Additionally, the upcoming ARN conference will be held in Phoenix, Arizona from July 31st to August 2nd, 2025. Hope to see you there.

Warmest Regards,

Adnan Haidar, RN, MSN, CRRN

President, Southern California Chapter
Association of Rehabilitation Nurses
<https://socalarn.nursingnetwork.com>

Congratulations to our new 2025-2026 Chapter Board Members!



We also want to announce our newly elected candidates for 2025-2026. Congratulations and wishing all the best in their new role!!!

Thank you for taking the time to vote for our 2025-2026 Southern California ARN Candidates these past weeks. We greatly appreciate your participation.

As we transition into the new election year, we want to thank our Immediate Past President, Izaah Panganiban, for her outstanding leadership and dedication during 2024-2025. "Thank you, Izaah!"

We would like to now welcome Adnan Haidar as our Chapter President for 2025-2026!



Adnan Haidar, MSN, RN, CRRN



**President Elect:
Fatima Villacruz, DNP, MBA,
MS, RN, CRRN**



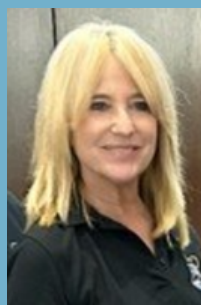
**Secretary:
Paddy Higgins, MN, RN,
CRRN-retired, CNS, PHN, FARN**



**Treasurer:
Deepa Kannampuzha, MSN,
RN, CRRN, NE-BC, FARN**



**Board Member-At-Large:
Geraldine Gutierrez,
BSN, RN, CRRN**



**Board Member-At-Large:
Lynn Wetherwax,
MSN Ed, RN, CRRN**

2025-2026 Chapter Board

President

Adnan Haidar, MSN, RN, CRRN

Vice-President

**Fatima Villacruz, DNP, MBA, MS, RN,
CRRN**

Secretary/Communications/ Website Moderator

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

Treasurer

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

Immediate Past President/Historian

Izaah Panganiban, BSN, RN, MAN, 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

Lynn Wetherwax, MSN, RN, CRRN

Program Liaison/Newsletter

Elaine Morris, BSN, RN, CRRN



(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 to help with chapter activities. If you are interested or just want to give feedback, we would love to hear from you!

Follow us on social media!
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www.linkedin.com/in/laocarn
www.instagram.com/laocarn





SO CAL ARN CHAPTER

CALENDAR OF EVENTS

2025-2026

<u>DATE</u>	<u>EVENTS</u>
January 2025	<ul style="list-style-type: none">• Release of Newsletter/Update from the President
February 5, 2025	<ul style="list-style-type: none">• Webinar: AI In Action - Transforming Patient Mobility & Care Through Smart Technology
March 1, 2025	<ul style="list-style-type: none">• Board Meeting
March-April 2025	<ul style="list-style-type: none">• Release of Newsletter/Update from the President So Cal ARN
April 11, 2025	<ul style="list-style-type: none">• Annual CRRN Bootcamp, Rancho Los Amigos, Downey
May 10, 2025	<ul style="list-style-type: none">• Webinar: Health Policy Update (Partner with another organization)
May 2025	<ul style="list-style-type: none">• Annual Voting For New Board Members
July 2025	<ul style="list-style-type: none">• Release of Newsletter/Update from the President
July 1, 2025	<ul style="list-style-type: none">• Official start of tenure new So Cal Officers for 2025-2026
July 24- August 2, 2025	<ul style="list-style-type: none">• ARN Annual Conference (Phoenix, AZ)• Summer Social (Venue TBD)2025
August 2025	<ul style="list-style-type: none">• Annual SoCal ARN Conference & Business Meeting, MemorialCare Long Beach
October 18, 2025	

***Check out the newsletter articles of community events we have participated in!**

Congratulations to our 2025-2026 Board Interns!



Lelani Rocafort, BSN, RN, CRRN



Chelsea Sebastian, MSN, RN, CRRN



Cynthia Hernandez, BSN, RN, CRRN



Victor Paolo Victor, BSN, RN, PHN, CRRN

We are thrilled to announce and congratulate our 2025-2026 Board Interns! This distinguished group of individuals has been carefully selected for their exceptional talents, dedication, and potential to contribute meaningfully to our organization's mission. As Board Interns, they will have the unique opportunity to gain invaluable insights into our governance processes, develop leadership skills, and work alongside seasoned board members on strategic initiatives. We are confident that their fresh perspectives and innovative ideas will enrich our board's efforts and drive our organization forward. Welcome aboard, and we look forward to witnessing the positive impact you will undoubtedly make!



CRRN BOOTCAMP 2025

Submitted by: Lynn Wetherwax

Our CRRN Bootcamp was held on Friday, April 11, at Rancho Los Amigos National Rehabilitation Center. This year, the event gathered over 37 registrants, 12 vendors, and 9 speakers for a rather ambitious 8-hour day where we prepared rehab nurses for the CRRN certification exam. Experienced Rehab nurse experts presented information from each CRRN certification nursing domain that participants may be tested on in the exam. Domain 1 covered Nursing Models and Theories, which was presented by Paddy Higgins, and Izzah Panagaban, Domain 2 covered Functional Health Patterns that was presented by Lynn Wetherwax, Deepa Kannampuzha, Vicky Alvarenga, Adnan Haidar, and Yvette Trigueros, Domain 3 covered The Function of the Rehab Team and Transitions of Care that was covered by Elaine Morris and Paddy Higgins, and Domain 4 which was covered by Stephanie Lim, and Fatima Villacruz. At the end of the day, we discussed tips/tricks for test taking and did a 75 multiple-choice test review game where contestants were on teams to rally their teammates for the correct answer. The game participants all went away with Starbucks gift cards!

Throughout the day, there were opportunities to visit our vendors, learn about products that rehab nurses often see in their facilities, and talk with some vendors from local colleges about advanced nursing degree programs. Our vendors included: Hollister, who provided us with yummy breakfast burritos, and Coloplast, EHOB, B-D, Wellspect, CNS, West Coast University, Mobility Pros, Amity Home Care, Continuity Home Care Nurses, and Rise Point Academic Partnerships. We are grateful for all the continued support from our vendors, who each helped to fund this annual program.

Overall, the participants provided positive feedback and feel better equipped with practical strategies and resources to confidently pass the CRRN certification exam.



**Registrants, Speakers, & Vendors
Annual CRRN Bootcamp Event
April 11, 2025**



Save the Date!
Next year's CRRN Bootcamp
will be held on Friday, April 10, 2026!

"Navigating Health Policy and Advocacy", Webinar - Joint effort with the Northern California Chapter, May 10, 2025 Submitted by: Paddy Higgins

The Southern California and Northern California Chapters of the Association of Rehabilitation Nurses joined forces, on May 10, 2025, and were proud to offer a legislative update to nurses practicing in all rehabilitation settings. We were honored to have two wonderful presenters, Jeremy Scott, MA, and Michaela Hollis, MPH, BS, both advocates for ARN in Washington, D.C.

During this one-hour educational offering, each covered the basics of the legislative process and the state of the current government in Washington, DC, and our nation. As rehab nurses, we need to be good stewards and advocates for those with disability or chronic illnesses. We were grateful to these wonderful speakers, along with the 21 who registered from across the country, to join us in hearing how to navigate the ever changing health policy arena in our country and within various rehabilitation settings.



Jeremy Scott, MA



Michaela Hollis, MPH, BS

Advances in Wound Healing

Presented by Solventum Products

June 10, 2025

Submitted by Yvette Trigeros

The Southern California Chapter of the Association of Rehabilitation Nurses was pleased to hold a FREE dinner and educational event sponsored by Solventum (previously known as the 3M Healthcare Co.). This networking event took place on Tuesday, June 10, 2025, from 6:30-8:30 PM, at Aim Living Services in Long Beach, CA. We are grateful to Mary Ann Frauenholz Zawalski, MSN, RN, CWS, PHN, a clinical wound care clinician, who highlighted all negative wound pressure therapy dressing options for wound healing that could be utilized across the continuum of care from acute care, to post acute rehab, to home health. Thank you also to Cris Cunanan, Solventum Account Manager, who demonstrated the usage of all products, including several new dressings that did not require cutting!

It was an opportunity to meet new and old colleagues in rehabilitation nursing. Fifteen nurses were able to join us from surrounding facilities that included MemorialCare Long Beach, Rancho Los Amigos, California Rehabilitation Institute, and Huntington Memorial. Each participant enjoyed a delectable spread of food and refreshments while learning more about advances in wound healing. They also got to participate in fun opportunity drawings for some fantastic prizes. Our thanks again to Solventum for sponsoring this great educational and social event!



Join us for an upcoming
Dinner and Educational
Event sponsored by





EVENT HIGHLIGHTS:

**Learn about Products to
Promote Wound Healing**

Networking
Enjoy meeting up with new and
old colleagues in rehabilitation
nursing.

Delicious Food
Enjoy a delectable spread
of food and refreshments
throughout the event.

Raffles
Participate in our raffles
for some fantastic prizes



WITH LIMITED SEATS
REGISTER BY JUNE 4, 2025



<https://localarnnursingnetwork.com>

10
JUNE

6:30 PM-8:30 PM

**AIM LIVING
SERVICES**
5555 E. STEARNS ST.
SUITE 103
LONG BEACH, CA 90815

Vendor Sponsored Event, June 10, 2025



Serving the Community: *Roll Around the Ranch* Submitted by: Vicky Alvarenga

ROLL AROUND THE RANCH

Health Fair, Kid's Run, 1k & 5k

MAY 17TH 7:30AM-12PM	RANCHO LOS AMIGOS NATIONAL REHABILITATION CENTER 7601 IMPERIAL HWY. DOWNEY, CA	FREE ENTRY
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Presented by the Rancho Los Amigos Foundation

ROLL, RUN, OR WALK!
7-9 AM - REGISTRATION
9:15 AM - 1K AND 5K
10:15 AM - KID'S FUN RUN
11:00 AM - AWARDS & ENTERTAINMENT

Scan the QR Code to Register or go to:
www.RanchoFoundation.org/RAR



*To request reasonable accommodation, contact the ADA Coordinator's Office at (562) 385-7428 or by email at access@rha.org 5 days in advance.

 @ranchoamigos

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7601 Imperial Hwy, Downey, CA 90242 TTY: (562) (385) 6400



The SoCal Chapter volunteered at *Roll Around the Ranch* on Saturday, May 17, 2025.

The Rancho Los Amigos “Roll Around the Ranch Health & Wellness Fair” is an annual event that aims to promote health awareness and an active lifestyle in our local community. The first event took place in 2007, with a vision to create a venue where individuals of all abilities can engage in physical activity, celebrate their accomplishments, and learn about healthy living. Each year, the event welcomes more than 500 participants, volunteers, and community sponsors. With support from our community, we have been able to offer a fun-filled morning of race activities, live entertainment, motivational speeches, and a health fair free of cost to those who pre-register.



Serving the Community:

Life Rolls On Event

Submitted by: Elaine Morris



The SoCal Chapter volunteered at *Life Rolls On* “They Will Surf Again” in Santa Monica on June 21, 2025, helping individuals with various disabilities catch the waves of their lives.

Life Rolls On - They Will Surf Again is more than just an event; it's a movement, a community, a family. Founded by 3x World Adaptive Surfing Champion and 6x US National Adaptive Surfing Champion Jesse Billauer. *Life Rolls On* is dedicated to improving the quality of life for people living with various disabilities. 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. Believing that adaptive surfing, skating, and fishing could inspire infinite possibilities beyond any disability.

There are various volunteer roles, on Land: From early morning set-up, registration, hospitality, athlete support, photography, medical tent, afternoon breakdown & clean-up. In Water: from deep water, mid water, and shallow water. The SoCal Chapter - Izaah volunteered at the Registration, Elaine volunteered at the Medical Tent, Yvette, together with her two sons, volunteered in shallow water. What an incredible day it was and a pleasure to volunteer for this amazing event!

Hot Topics & Updates In Rehabilitation Nursing

We are starting a new feature...



**This quarter's newsletter
will highlight
what's happening in the
Veteran's Health Administration!!!**



History of Rehabilitation Nursing in the VA

By Geraldine Gutierrez

The history of rehabilitation nursing in the Veterans Affairs (VA) system began after World War I, when many Veterans returned with serious injuries. The Veterans Bureau, established in 1921, later became the Veterans Administration in 1930, laying the groundwork for Veteran health care services.

Following World War II, the VA saw a substantial increase in demand for rehabilitation due to complex injuries like spinal cord injuries, amputation, and traumatic brain injuries. Specialized VA medical centers were established, and in 1946, the Prosthetic and Sensory Aids Service was created to enhance rehabilitative care.

The Korean War and Vietnam War increased the necessity for rehabilitation services, prompting further growth in the 1960s and 1970s, when rehabilitation nursing became recognized as a distinct specialty. By the 1980s and 1990s, training programs and certifications for rehabilitation nurses were well established, and the VA made significant contributions to research in the field.

Today, rehabilitation nursing is a crucial part of the VA health care system, offering comprehensive care for Veterans with various disabilities and chronic injuries. Serving as an Infection Preventionist at the VA Greater Los Angeles Healthcare System's Acute Rehabilitation Unit, I have the privilege of working alongside dedicated professionals who are committed to the health and well-being of Veterans. It is deeply rewarding to witness the resilience and progress of Veterans as they overcome significant challenges and regain their independence. Their recovery highlights the importance of our work.

References:

U.S. Department of Veterans Affairs. "VA History." <https://www.va.gov/HISTORY/>
VCU Social Welfare History Project. "U.S. Department of Veterans Affairs: A History." <https://socialwelfare.library.vcu.edu/federal/u-s-department-of-veteran-affairs/>

Our Veterans Health Administration Safe Patient Handling and Mobility (SPHM) Journey

By Tony Hilton, DrPH, RN, MSN, FNP, CRRN, FARN

National Program Manager

Safe Patient Handling and Mobility (SPHM)

Occupational Safety, Health, and GEMS (10NA5B)

Healthcare Environment and Facilities Programs (HEFP)

Veterans Health Administration (VHA) Central Office, Washington, DC.

“I see the future of our veterans and their families living life to its fullest as they choose. Let’s get them moving everywhere with the support of SPHM technology. Not just in hospitals and care facilities, but where they live their lives! At home, on airplanes, ships, cruises, buses, trains, hotels, and dream vacation spots. Let’s help them get back to the ski slopes, water sports, and any recreation events that bring joy, meaning, and quality of life to them. Let’s get them to their community parks, malls, churches, and restaurants of their choice by maintaining and improving their mobility and using appropriate assistive technologies to support them.

Remember our brave women who may be mothers living life with their children and families everywhere and our brave veterans who want to go back to the work environment and/or back to school to advance their careers. The sky is the limit, so let us give our vets the wings they need to fly with Safe Early and Continuous Mobility (SECM) NOW! And let’s do so in ways that keep our healthcare workers safe as well. The real test of our success as a healthcare system is measured at home and in the community where our Veterans and those who care for them live.

Will we choose evidence-based practice for our Veterans and those who care for them today? It’s time to live SECM for everyone everywhere!

Tony Hilton, DrPH, RN, MSN, FNP, CRRN, FARN

Phone contact (909) 283-2933

OUR NEWEST CRRNS!!!



VIOLETA ESMERALDA, BSN, RN, CRRN
PROVIDENCE ST. JUDE



IVAN LOUIS NICHOLSON,
BSN, RN, PHN, CRRN
WEST LA VAMC



JIAN KENNETH ARAGON, RN, CRRN
CALIFORNIA REHAB



JOSE LOZANO, RN, CRRN
RANCHO LOS AMIGOS



KARLA CALDERON, BSN, RN, CRRN
RANCHO LOS AMIGOS



JAMIE JO, BSN, RN, CRRN
RANCHO LOS AMIGOS



HAZEL DE LEON, RN, BSN, CRRN
RANCHO LOS AMIGOS



OLIVIA SA RAZA, BSN, RN, CRRN
RANCHO LOS AMIGOS



SINISHA PAUL, BSN, RN, CRRN
RANCHO LOS AMIGOS



Members IN THE SPOTLIGHT SUBMITTED BY PADDY HIGGINS



Elaine Morris, BSN, RN IV, CRRN

Elaine Morris has been recognized as the 2025 Nurse of the Year for Nursing Excellence at the Rehabilitation Institute at MemorialCare Long Beach for her outstanding contributions to rehabilitation nursing. She was presented with this award in May 2025 for her work exemplifying New Knowledge, Innovation, and improvements.

Elaine was recognized under the Magnet Model (American Nurses Association), which encompasses components of **transformational leadership, structural empowerment, exemplary professional practice, and new knowledge, innovation, and improvements**. Elaine exemplifies these principles in her everyday work and dedication as a clinical educator, demonstrating leadership and profound commitment to excellence in every aspect of her professional role.

Congratulations, Elaine!!!

Members IN THE SPOTLIGHT SUBMITTED BY ELAINE MORRIS



Philip Villanueva, BSN, RN III, CRRN

Philip Villanueva has been recognized as the 2025 Nurse of the Year for Nursing Excellence, for his outstanding contributions to rehabilitation nursing, at the Rehabilitation Institute at MemorialCare Long Beach. He was presented with this award in May 2025 for his work exemplifying *Transformational Leadership*, a component of the ANA Magnet Model.

Philip received this recognition for his outstanding leadership within the Inpatient Rehabilitation Facility (IRF), active involvement on hospital committees, and dedication to advancing his professional growth through graduate nursing education. His influence exemplifies the essence of transformational leadership, empowering those around him to lead with integrity and purpose.

Congratulations, Phil!!!

Members IN THE SPOTLIGHT SUBMITTED BY ELAINE MORRIS



John Pham, BSN, RN

John Pham has been recognized as a “Rising Star” during the Nurses Week celebration at MemorialCare Long Beach Medical Center for his outstanding contributions to rehabilitation nursing on the facility’s Inpatient Rehabilitation Facility (IRF).

John has built a positive rapport with his patients and the IRF team. He exemplifies autonomy, supports organizational goals, advances the nursing profession, and enhances professional and community goals.

Congratulations, John!!!

Members IN THE SPOTLIGHT SUBMITTED BY FATIMA VILLACRUZ



Victor Paolo Victor, BSN, RN, PHN, CRRN

DOWNEY – Rancho Los Amigos National Rehabilitation Center (RLA) celebrated more than 650 nurses during Nurses Week, held May 6–12. The week-long celebration highlighted the invaluable role nurses play in the recovery process as Rancho patients work to restore their health, rebuild their lives, and rediscover hope after life-altering injuries or illnesses.

Each year, the RLA Nursing Department selects one individual as Nurse of the Year. On May 6, that honor was awarded to Victor Paolo Victor, a dedicated rehabilitation nurse at Rancho Los Amigos.

Victor, BSN, RN, CRRN, was recognized for his outstanding contributions to rehabilitation nursing. With a passion for patient-centered care, he has spent the past three years helping individuals recover from injuries, surgeries, and chronic conditions, fostering independence and improving their quality of life.

Victor is known for his 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 each patient's journey toward recovery.

Beyond clinical excellence, Victor mentors new nurses, advocates for patient rights, and contributes to rehabilitation research and best practices. His dedication has earned him not only this prestigious award but also the deep respect and admiration of his colleagues and patients alike.

Through tireless devotion and heartfelt commitment, Victor Paolo Victor continues to inspire and elevate the field of rehabilitation nursing.

CELEBRATING

RECOGNITION

SUBMITTED BY VICKY ALVARENGA

Nomination for Judith H. Stanton Memorial Distinguished Nursing Award

Nominee's name: Adnan Haidar

Position/Title : Nurse Manager, Stroke/Neuro Rehab service

Mr. Adnan Haidar started his carrier as a Registered Nurse I at RLA Pediatric unit on January 3, 2000. He transitioned to Stroke Rehab service on June 2003 as a Registered Nurse I position. From there, he promoted step by step to Registered Nurse II in June 2007, then to Supervision Staff Nurse in May 2010, then to Nurse Manager/ Interim Nurse Manager in April 2020.

Since he joined RLA as Registered Nurse I, everyone who knew him mentioned that he not only participated in patient's care but also actively participate in unit-based quality improvement project, work collaboratively with the staff members of the unit to enhance patient care.

He brings his clinical experience, administrative experience in every step of his carrier. Mr. Haider also achieved Master of Science in Nursing Administration from University of Phoenix in January 2018. Theoretical experience adds to his practical administrative experience.

Mr. Haider initiated multiple projects in the Stroke Rehab Service to improve patient satisfaction. One to the project called: "Sweet Dream". The aim of this project is to allow patient uninterrupted sleep from 10 PM to 6 AM if there is medically stable. Implement this project by coordinating with physician/providers to adjust medication timing to window of 6 AM to 10 PM, coordinating with nurses and nursing assistance to have assessment, medication administration and nighttime vital check around 10 PM, coordinated with facility management to reduce the environment disturbance such as noise from the door closing. Sweet Dream project really make patient to have good sleep at night and able to participate more in rehab on the following day. Now this project is spreading to other rehab services.

Independent trail project is one the successful project that initiated in the Stroke Rehab Service. When the patient is meeting independent functional level, therapists coordinated with nursing to initiate independent trial in the patient's room. Patient is monitored by day and night shift nursing outside of therapies hour to ensure patient is safe to perform their functional need independently. This project also improves patient outcome. Now this project is also spreading to other rehab service


Mr. Haider is also leading the Fall Committee as a chair. He actively implemented projects that resulted in as significant decrease in the incidents of fall.

During year 2023, JPI 2 North was converted to Rehab unit with adding one more stroke rehab team. Patient care in rehab cannot be implemented with nursing care only, he collaborated with multidisciplinary team members in that converting process. Now successfully 2 North become one of Rehab Unit and RLA can be able to accepted more patient for rehabilitation.

Mr. Haider continuously apply his knowledge and skills, demand high performance standards and expectations aligned with the mission, vision, and values of our healthcare organization.



**ADNAN HAIDAR, RN,
MSN, CRRN**


May Su Kyi
03/25/2025

Save the Date *Summer Social*

THIS AUGUST 2025

STAY TUNED FOR THE ANNOUNCEMENT
THROUGH NURSING NETWORK!



presents their

**2025 Annual Education Conference
& Business Meeting**

Navigating the Intersection: AGING WITH A DISABILITY

SATURDAY, OCTOBER 18, 2025

8:30 - 4:30 PM

**Co-sponsored by MemorialCare Long Beach Medical Center
Inpatient Rehab Unit**

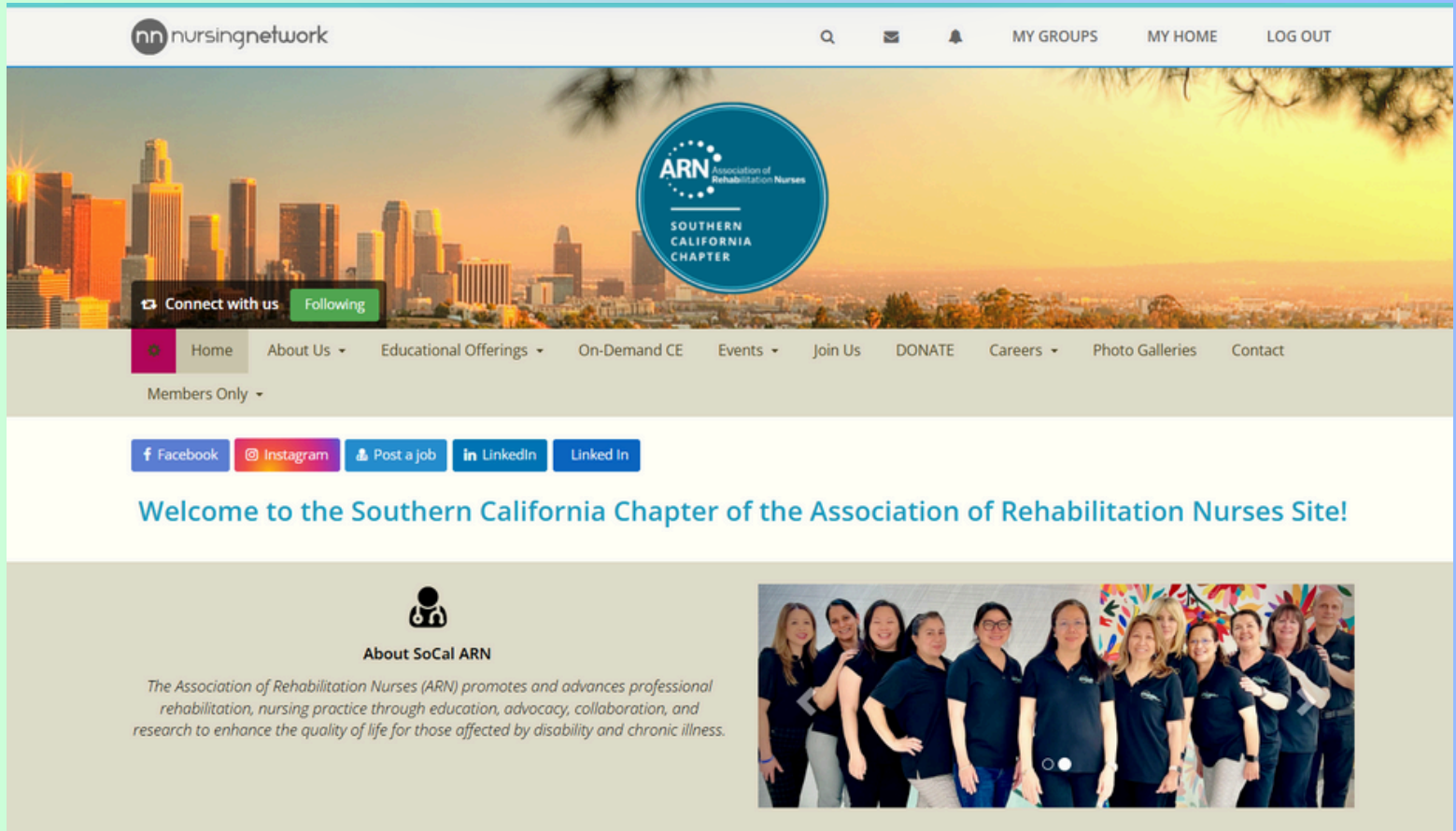


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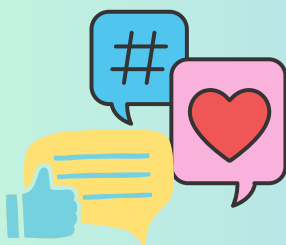


**6.0 CEUCABoardofRegisteredNursing
#007495**

SoCal Website!



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From Overwhelming to Easy: Chapter Leadership Simplified

Submitted by: The ARN Chapter Support Committee

Leadership in professional organizations can often feel intimidating, especially for busy rehabilitation nurses. To address this, the Association of Rehabilitation Nurses (ARN) Chapter Support Committee hosted a webinar titled “From Overwhelming to Easy: Chapter Leadership Simplified”, offering practical strategies to make chapter leadership more accessible, manageable, and rewarding.

The session emphasized the power of shared leadership. When roles and responsibilities are clearly defined and distributed—such as in the Arizona Chapter’s 12-member board - volunteering becomes less about heavy lifting and more about meaningful contribution. Volunteering not only supports the chapter’s success but also boosts personal and professional growth.

Flexibility is key. Quarterly board meetings, micro-volunteering, and task delegation can prevent burnout and encourage more members to get involved. “Don’t turn anyone away,” presenters urged. “People need to feel valued and that they belong.”

To grow membership, the committee recommended targeting CRRN candidates, reaching out to local facilities and nursing schools, and hosting outreach events. Collaborations between chapters, like the Texas Tri-Chapter Social, demonstrate how sharing resources and events can strengthen community bonds and expand opportunities for engagement.

Step Up, Stand Out, Make a Difference!

Your time, your talent, your voice—they matter. When you volunteer with your local ARN chapter, you’re not just filling a role—you’re shaping the future of rehabilitation nursing. Whether it’s helping at an event, sharing your ideas, or joining a committee, every action you take strengthens our community and advances our mission.

You don’t need a title to lead—just a willingness to get involved.

Join us. Volunteer today. Be the reason our chapter thrives.

Stephanie Lim, RN, MSN, CRRN, NI-BC
Southern California Chapter Director-at-Large
ARN Chapter Support Committee Co-Chair

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

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