



SO CAL ARN Chapter NEWSLETTER

October/November 2025
Volume 32 Issue 8

Message From Your Chapter President for 2025-2026 Adnan Haidar, MSN, RN, CRRN



Dear ARN SoCal Members and Friends:
I hope this message finds you well and thriving in your professional and personal lives. I am grateful to connect with you all today through our quarterly newsletter. It's my honor to share with you some of our activities and achievements, along with our plan for the months ahead.

Over the past few months, our chapter has achieved big milestones that reflect the strength and dedication of our members. As many of our board members, interns, and dedicated chapter team attended the ARN conference in-person in Phoenix, Arizona, we were honored to receive the Chapter of the Year Award for Large Chapters!

This recognition speaks volumes about our collective commitment to excellence. In addition, members of our board showcased our commitment to the safety of our rehabilitation patients through a podium presentation that highlighted evidence-based fall prevention initiatives.

We also hosted a vibrant meet and greet dinner with members of the Northern California chapter, strengthening collaboration across the state.



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In addition to these accomplishments, our chapter has continued to make an impact on our community through service. On August 23rd, we volunteered with Life Rolls On in Huntington Beach, and on September 27th, others supported the Spinal Cord Injury (SCI) program at Rancho Los Amigos. We look forward to participating in upcoming volunteer opportunities, including the pediatric carnival and others as they become available. I am deeply inspired by the dedication of our SoCal ARN members.

Our chapter was in full gear in preparation for our SoCal ARN annual conference, which was held on October 18th at MemorialCare Long Beach Medical Center. We are grateful to MemorialCare Rehabilitation Institute for partnering with us again. It was a great opportunity to meet, connect, and learn. I hope you were able to join us for engaging and informative sessions that were presented throughout the day.

As we look ahead, our chapter remains committed to fostering professional growth, encouraging advocacy, and expanding our impact across Southern California.

I encourage each of you to take on an active role in our chapter, whether that means attending events, volunteering your time, or encouraging colleagues to join us. Your involvement is what makes this chapter strong and dedicated.

Let's continue to build on our momentum and lead with purpose and compassion. I look forward to seeing many of you at our upcoming events and working together to make this year even brighter.

With appreciation and enthusiasm,

Adnan Haidar, RN, MSN/ADM, CRRN
President, Southern California Chapter
Association of Rehabilitation Nurses
<https://socalarn.nursingnetwork.com>



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!

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2025 SoCal ARN Conference and Business Meeting

Submitted by: Elaine Morris, BSN, RN, CRRN

☀️ 2025 SoCal ARN Conference & Business Meeting: A Day to Remember! ☀️

The energy was electric at the Annual SoCal ARN Conference and Business Meeting co-sponsored by the MemorialCare Rehabilitation Institute at Long Beach Medical Center, held on October 18, 2025, at the beautiful Houssels Forum! From 8:30 AM to 4:30 PM, the event brought together passionate professionals from rehabilitation hospitals across Southern California for a day of learning, networking, and celebration.

With 40 enthusiastic registrants, 6 amazing speakers, and 14 incredible vendor sponsors, the conference kicked off with a warm welcome from SoCal ARN President Adnan Haidar, setting the tone for an inspiring day.

🖋️ Keynote Speaker Spotlight:

We were honored to host Dr. Susan Charliefue from Craig Hospital in Denver, Colorado, who delivered a powerful and thought-provoking keynote titled *"Aging Isn't a Dirty Word."* Her insights resonated deeply with attendees and sparked meaningful conversations.

💡 Dynamic Presentations Included:

- Tatyana Gurvich – Polypharmacy and the Older Adult
- Gina Powley – Incontinence Management for the Older Adult
- Dr. Freddi Segal-Gidan – The Aging Brain
- Yvette Trigueros – Aging Skin and Spinal Cord Injury
- Stella Rollog – Effective Diabetes Management for the Older Adult

Each speaker brought a wealth of knowledge, empowering attendees with practical strategies and fresh perspectives.



2025 SoCal ARN Conference and Business Meeting

Submitted by: Elaine Morris, BSN, RN, CRRN

Business Meeting Highlights:

Midday, the Chapter gathered for its annual business meeting, led by President Haidar. A major highlight: The SoCal ARN Chapter was honored with the prestigious “Best Chapter of the Year” award at the National ARN Conference in Arizona!

 Huge congratulations to our dedicated board members for their tireless efforts in advancing rehabilitation nursing education and certification for our members.

Fun & Festivities:

The afternoon featured a lively stretch break, exciting opportunity raffle giveaways, and delicious meals sponsored by our generous partners:

- Breakfast sponsored by CNS and Hollister
- Lunch sponsored by Amity Home Care and Summer Breeze Health Care Hospice
- Sweet Treats sponsored by Freedom Equity Group (banana fritters – yum!)
- Raffle Prizes donated from Continuity Care Home Nurses, Inc. (\$100 prize!) and Paramount Beds (\$50 prize!), plus amazing gifts donated by our board members.

Looking Ahead:

This year’s conference was a resounding success, filled with learning, laughter, and lasting connections. We’re already counting down the days until next year’s event – and we can’t wait to see you there!



2025 SoCal ARN Conference and Business Meeting

Submitted by: Elaine Morris, BSN, RN, CRRN



2025 ARN Annual Conference

Several members from the Southern California Chapter proudly attended the 2025 Association of Rehabilitation Nurses (ARN) Conference, held in Phoenix, Arizona, from July 31 to August 2, 2025. It was an energizing gathering of rehabilitation professionals from across the nation—sharing knowledge, best practices, and a collective passion for advancing the field of rehabilitation nursing.

A true highlight for our chapter was receiving the 2025 Largest Chapter Award! This recognition reflects the dedication, growth, and strong engagement of our members, who continue to uphold excellence in rehabilitation nursing. The energy, commitment, and collaboration within our chapter continues to inspire the entire ARN community.

Congratulations to all SoCal ARN members for your unwavering dedication, teamwork, and advocacy on behalf of our patients and the profession. Together, we continue to make a difference—one patient, one nurse, and one achievement at a time.



MEMBERS IN THE SPOTLIGHT



**DEEPA KANNAMPUZHA,
MSN,RN,CRRN,FARN,NE-BC**

**CONGRATULATIONS TO CHAPTER MEMBER,
DEEPA KANNAMPUZHA,
FOR RECEIVING THE PRESTIGIOUS DISTINCTION
AS A FELLOW OF THE
ASSOCIATION OF REHABILITATION NURSES (FARN)
AT THE 2025 ANNUAL ARN CONFERENCE
IN PHOENIX, ARIZONA!
WE ARE SO PROUD OF YOU DEEPA!!!**

Serving the Community:

Life Rolls On Event

Submitted by: Elaine Morris, BSN, RN, CRRN



The SoCal Chapter volunteered at *Life Rolls On*, “They Will Surf Again.” in Huntington Beach, CA, on August 23, 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, including early morning setup, registration, hospitality, athlete support, photography, medical tent, and afternoon breakdown & clean-up. In Water: from deep water, mid water, and shallow water. The SoCal Chapter Board and some members once again volunteered for this noble event. Izaah volunteered at the Registration, Elaine and Philip volunteered at the Medical Tent, Deepa, Fatima, Liz, and Adnan volunteered in the shallow water, together with Long Beach Memorial therapists. What an incredible day! It was a pleasure to volunteer for this amazing event.

Spinal Cord Injury Games 2025: A Celebration of Strength, Sport, and Community

Submitted by: Fatima Villacruz, DNP, MBA, MS, RN, CRRN

On September 27, 2025, the Rancho Los Amigos National Rehabilitation Center in Downey, California, hosted the inspiring Spinal Cord Injury Games 2025, a day dedicated to adaptive sports, empowerment, and community connection. Organized by the Rancho Foundation, the event welcomed wheelchair sports enthusiasts, first-time participants, families, and supporters for a vibrant celebration of inclusive athleticism and camaraderie. The event was free for all participants and featured a diverse range of activities designed to promote physical wellness, build confidence, and foster social engagement among individuals living with spinal cord injuries. From competitive wheelchair sports to interactive challenges and family-friendly zones, the SCI Games offered something for everyone. Held in alignment with Spinal Cord Injury Awareness Month, the Games also served to raise public awareness about spinal cord injuries and advocate for improved care, accessibility, and research. The atmosphere was energized by the support of dedicated volunteers, generous sponsors, and healthcare professionals who contributed to making the day a success.

On-site registration made participation easy, and the Rancho Foundation encouraged sponsorships to help fund over 30 patient programs and services throughout the year—ensuring continued support for the spinal cord injury community beyond the event. The Spinal Cord Injury Games 2025 stood as a powerful reminder of resilience, inclusion, and the transformative impact of adaptive sports.





Los Angeles
ARN Association of
Orange County Rehabilitation Nurses

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EARN IT. USE IT. KEEP IT.

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CRRN Bootcamp 2026
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APRIL 10, 2026
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CENTER

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- ✓ PRACTICE QUESTIONS AND TEST TAKING STRATEGIES
- ✓ 7.0 CEU CREDITS (LA/OC ARN California BRN Provider #07495)

FOR MORE DETAILS
<https://laocarn.nursingnetwork.com>

A circular inset image showing a person's hands holding an open book, with various papers, a pen, and a coffee cup on a desk in the background.

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

Hot Topics & Updates In Rehabilitation Nursing

We are starting a new feature...



**This quarter's newsletter highlights
the latest regulatory changes for
inpatient rehabilitation facilities (IRF)
and the impact of ARN chapter leadership.**



By Stephanie Lim CMS Fiscal Year 2026 Update

CMS FY 2026 IRF Final Rule: What It Means for Us on the Floor

CMS has once again handed down its yearly “thou shalt” in the form of the IRF Final Rule for FY 2026. Yes, it’s a lot of numbers and acronyms — but beneath the policy-speak are changes that directly affect our work, our patients, and (let’s be honest) our sanity. Here’s the breakdown, translated into rehab-nurse speak:

Payment Updates: A Little More in the Pot

The base payment rate is going up by 2.45% (from \$18,907 to \$19,371). Not exactly a lottery win, but hey — every bit helps.

But if your IRF doesn’t meet the Quality Reporting Program (QRP) requirements, you lose two percentage points. Think of it as CMS saying, “document it, or lose it.”

Why it matters: While the extra dollars might help with resources, the real takeaway is that solid documentation and compliance keep money flowing. Sloppy charting = financial penalty.

Case Mix & Length of Stay Tweaks

CMS is using 2024 claims data and 2023 cost reports to retool case-mix weights and average lengths of stay. The labor-related share stays the same at 74.4% (no surprises here).

Why it matters: Even small shifts in case-mix weights can change how patients are classified and reimbursed. Translation: your accuracy in assessments and coding matters more than ever.

Outlier Payments: Fewer Patients Will Qualify

The outlier threshold is dropping by 16.4% — from \$12,043 to \$10,062. That means fewer cases will hit the “extra reimbursement” mark.

Why it matters: Complex cases may feel just as complex, but the financial cushion won’t be as generous.

Quality Reporting Program (QRP) Changes: A Bit Less Paperwork (Finally)

CMS is retiring COVID-19 vaccination measures (both staff coverage and patient “up-to-date” tracking).

Four social drivers of health (SDOH) items are being removed from the IRF-PAI: Living situation, two items on food security, and utility access.

By Stephanie Lim



From Overwhelming to Easy: Chapter Leadership Simplified 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**

CELEBRATING RECOGNITION

REHAB WEEK CELEBRATION AT MEMORIALCARE LONG BEACH MEDICAL CENTER

Submitted by: Elaine Morris, BSN, RN, CRRN

Recovery Journeys Recognized at the Annual Rehab Reunion

The Inpatient Rehabilitation team at Long Beach Medical Center hosted its sixth annual Rehab Reunion during Rehabilitation Week, welcoming patients, families, and staff to celebrate progress and milestones in recovery.

The event recognized the team's commitment to helping patients regain independence and quality of life. Written messages collected from attendees reflected themes of gratitude, perseverance, and encouragement, serving as a reminder of the impact of their work. It was great to see and connect with former patients and their families.



CELEBRATING RECOGNITION

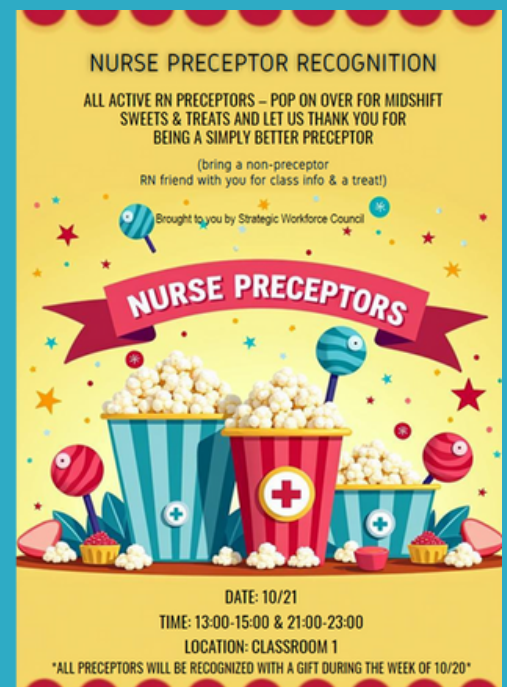
NURSE PRECEPTOR'S WEEK CELEBRATION AT LONG BEACH MEDICAL CENTER

Submitted by Elaine Morris, BSN, RN, CRRN

PRECEPTORS HELP NEWCOMERS THRIVE THROUGH MENTORSHIP AND SUPPORT. ON OCTOBER 21, 2025, LONG BEACH MEDICAL CENTER AND MILLER CHILDREN'S & WOMEN'S HOSPITAL CELEBRATED THEIR NURSING PRECEPTORS FOR THE CRITICAL ROLE THEY PLAY IN SHAPING CONFIDENT, CAPABLE NURSES.

PRECEPTORS ASSIST NURSING STUDENTS, NEW GRADUATES, AND NURSES TRANSITIONING INTO SPECIALTY AREAS. THEY OFFER EMOTIONAL AND PROFESSIONAL SUPPORT DURING A VULNERABLE TRANSITION AND CHALLENGE PRECEPTees TO THINK CRITICALLY, PRIORITIZE CARE, AND MAKE INFORMED DECISIONS.

NURSE PRECEPTORS WERE TREATED WITH POPCORN AND CARNIVAL-THEMED SNACKS DURING DAY AND NIGHT SHIFTS.





Join us for delicious food, fun games, and great company

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to register, please visit
socalarn.nursingnetwork.com





**SoCal ARN invites you to a
Webinar**

MOBILITY ASSESSMENT TOOLS FOR THE BEDSIDE NURSE

BMAT
1



BMAT
2

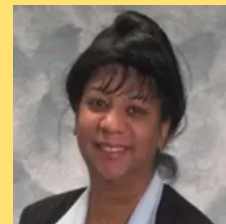


BMAT
3

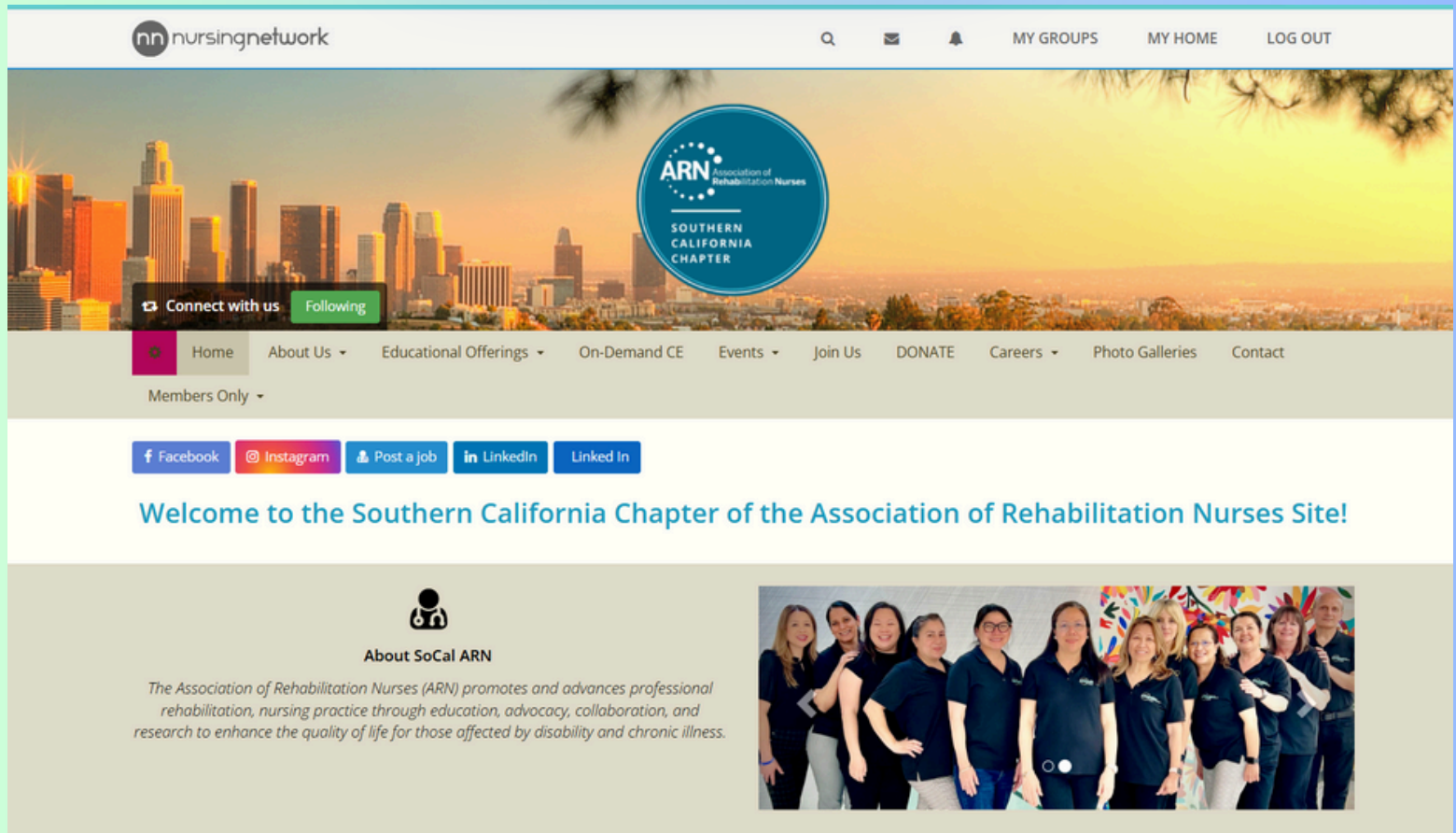


**WEDNESDAY,
FEBRUARY 11, 2026
6:00-7:00 P.M.**

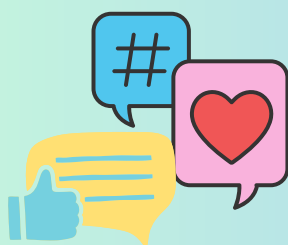
**PRESENTED BY:
DR.TONY HILTON,
DRPH, MSN, RN,
FNP, CRRN, FARN**



SoCal Website!



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