

SO CAL ARN Chapter NEWSPLETTER

May - June 2026
Volume 32 Issue 10

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



Dear SoCal ARN Chapter Members,

As summer approaches and many of us look forward to time with family, friends, and well-deserved opportunities to recharge, It is my pleasure to connect with you through our chapter newsletter and share some of the exciting accomplishments, initiatives, and upcoming events that continue to strengthen our Southern California rehabilitation nursing community.

Over the past several months, our chapter has accomplished so much thanks to the dedication, enthusiasm, and engagement of our members. One of our proudest achievements was the successful CRRN Boot Camp, which provided valuable educational opportunities and support for rehabilitation nurses preparing for certification. The positive feedback from participants reflects our ongoing commitment to professional development and excellence in rehabilitation nursing.

Our chapter leadership continues to make an impact beyond Southern California. Several of our board members remain actively involved in national ARN committees, contributing their expertise and helping shape the future of rehabilitation nursing across the country. Their service highlights the leadership and professionalism that define our chapter.

Community service remains at the heart of our mission. Many of our members continue to participate in volunteer events and community service activities throughout Southern California, demonstrating compassion and commitment to the populations we serve. We are incredibly grateful for the time and energy our members dedicate to making a difference in their communities.

Strengthening connections with our members has also been a key priority this year. We recently launched a postcard mailing campaign to help members stay connected and direct them to our official chapter website, where they can access chapter news, educational opportunities, and

(continued)

event information. In addition, our board mailed an official introductory letter to nurse leaders across rehabilitation hospitals throughout Southern California, helping increase awareness of our chapter and foster new opportunities for collaboration and engagement.

As we look ahead, we are excited to be preparing for our annual Summer Picnic on July 18, 2026, at Heritage Park in Cerritos. This special event will provide an opportunity for members, their families, and friends to come together for a day of socializing, networking, and fun. We encourage everyone to join us as we celebrate our chapter community and strengthen the relationships that make SoCal ARN such a vibrant organization. Registration for the event is available through our Nursing Network platform at [Southern California Chapter of the Association of Rehabilitation Nurses | Nursing Network](#)

Thank you for your continued support and dedication to rehabilitation nursing. I look forward to seeing many of you at our upcoming Summer Picnic and future chapter events as we continue working together to advance our profession and serve our communities.

With appreciation and enthusiasm,

Adnan Haidar, MSN, RN, CRRN
President, SoCal ARN Chapter

ARN Philosophy Statement

Rehabilitation nursing is a specialty practice, across various settings, that focuses on helping patients with physical and/or cognitive disabilities to achieve their maximum potential and independence.

ARN's Mission

Promote and advance the rehabilitation nursing practice through professional development, advocacy, collaboration, and research to enhance the quality of life for those affected by disability and chronic illness.



Come and join us for a

summer picnic



Saturday, July 18, 2026

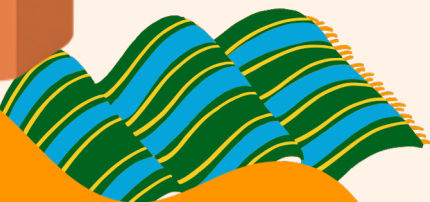
11:00 am-3:00 p.m.

Cerritos Heritage Park

Shelter #2

18600 Bloomfield Avenue

Cerritos, CA 90703



To register: scan the QR code
socialarn.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

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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

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!
www.socalarn.nursingnetwork.com
www.facebook.com/laocarn





CRRN Bootcamp

By: Elaine Morris, BSN, RN, CRRN

CRRN Bootcamp Success at Rancho Los Amigos

The Southern California Chapter of the Association of Rehabilitation Nurses (ARN) successfully hosted a dynamic CRRN Bootcamp at Rancho Los Amigos National Rehabilitation Center in Downey, California, on April 10th. The event welcomed 25 dedicated participants; all committed to advancing their expertise and preparing for CRRN certification. Eight of the Board members presented on the Domains of Rehabilitation Nursing, sharing their expertise and insights across specialty areas.

The bootcamp provided a collaborative learning environment, enriched by the support of 14 industry vendors who shared valuable resources, innovative products, and insights to enhance rehabilitation nursing practice. A special highlight of the event was the presentation of the Golden Ticket scholarships, awarded to Leslie Bainbridge and Mara Macklin. Each recipient will receive up to \$250 reimbursement to support their ongoing professional development and rehabilitation nursing education.

This successful event reflects ARN's continued commitment to fostering professional growth, supporting certification, and strengthening the rehabilitation nursing community across Southern California.



CRRN Bootcamp

By: Elaine Morris, BSN, RN, CRRN



CELEBRATING RECOGNITION

Certification Week

Certification Week Celebration at Long Beach Medical Center

Long Beach Medical Center proudly celebrated Certification Week with a fun and creative team-building activity across units and departments. This year's theme, "Wicked," brought energy, imagination, and a touch of Broadway magic to the celebration.

Each participating unit showcased its creativity by decorating boots inspired by the Wicked theme.

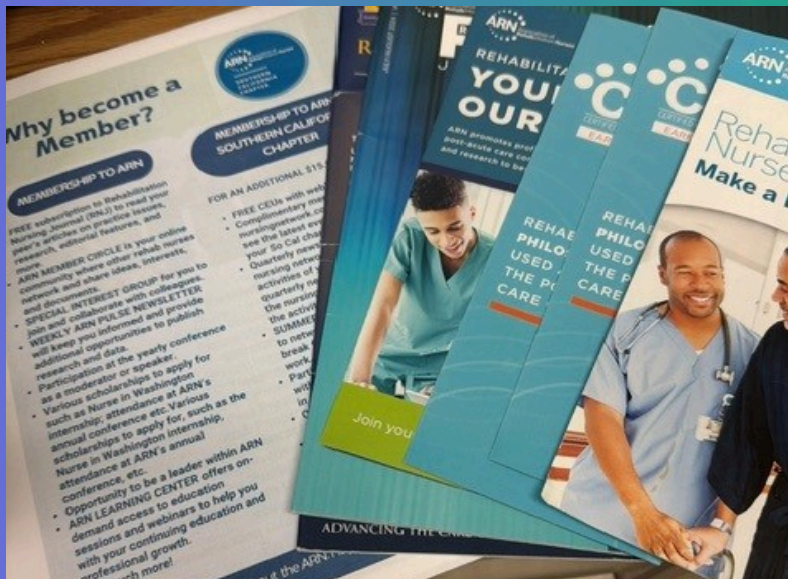
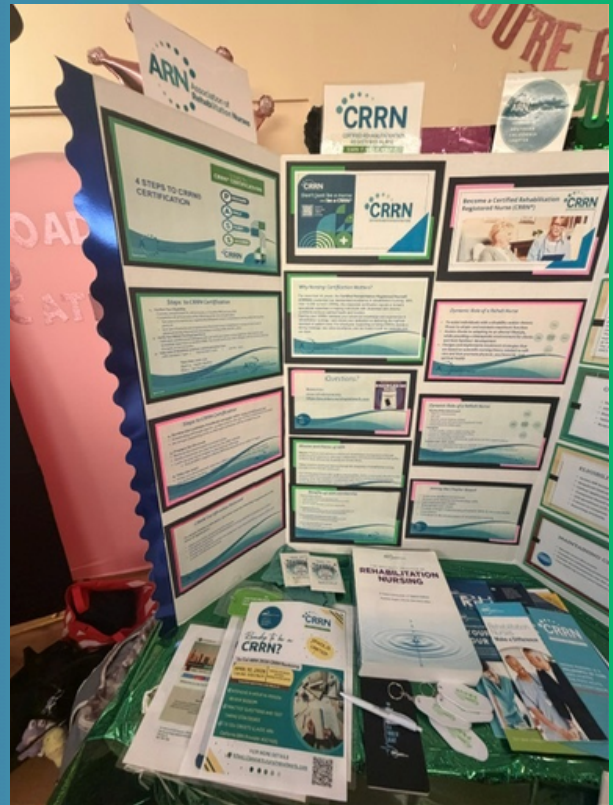
The event brought together multiple departments, fostering collaboration, engagement, and a shared sense of pride in professional certification and clinical excellence. It was a wonderful opportunity to recognize the dedication of certified staff while strengthening interdepartmental connections.

This celebration reinforces our ongoing commitment to professional development, encouraging staff to pursue specialty certification as a pathway to advancing clinical expertise, improving patient outcomes, and supporting excellence in nursing practice.

Thank you to all units and departments who participated and made this celebration a success!

CELEBRATING RECOGNITION

Certification Week



CELEBRATING RECOGNITION

Nurses Week

By: Elaine Morris, BSN, RN, CRRN

Celebrating Nurses Week: 7 Days of Nurse Love

Long Beach Medical Center proudly celebrated Nurses Week with 7 Days of Nurse Love, recognizing the dedication, compassion, and excellence of our nursing team.

Each day brought a special moment of appreciation:

- May 6 – Kickoff Celebration: Nurses Week launched with a Nurse Cart filled with goodies, snacks, and heartfelt thank-you cards.
- May 7 – Candy Gram Day: Sweet treats were delivered to both day and night shifts to spread appreciation.
- May 8 – Blessing of the Hands: A meaningful ceremony honoring the healing hands of our nurses.
- May 9 – Sweet Treats Day: Staff enjoyed cupcakes and donuts throughout the day.
- May 10 – Gratitude Wall: A dedicated space in the Zen Room for staff to share messages of appreciation and gratitude.
- May 11 – Ice Cream Social: A refreshing and fun gathering for staff to connect and celebrate together.
- May 12 – Fuel You Day: Coffee, energy shots, and snack bars helped keep our team energized and supported.

This week was a wonderful reminder of the incredible impact our nurses make every day. Thank you for your unwavering commitment to patient care and to one another.



COMMUNITY OUTREACH

IRF FREE BP CLINIC

By: Elaine Morris, BSN, RN, CRRN

Demonstrating a commitment to community health and prevention, the LBMC Inpatient Rehabilitation therapists and nurses, who are members of the Southern California Association of Rehabilitation Nurses (SoCal ARN) Chapter, provided a free blood pressure screening clinic and stroke education to support early recognition, risk reduction, and improved health outcomes in the community.



Thank You To This Past Year's Interns!



Victor Paolo Victor, BSN, RN, PHN, CRRN



Lelanie Rocafort, BSN, RN, CRRN



Cynthia Hernandez, BSN, RN, CRRN

***We enjoyed having you and
wish you the best in
rehabilitation nursing leadership in the future!***

***If you are an active member who is interested
in becoming a board intern,
please watch for details about how to apply for our
2027 Emerging Leaders Internship Program!***



Members In the Spotlight



Yvette Trigueros, BSN, RN, PHN, CRRN, CWON, DAPWCA

Yvette was recently honored to have been selected as one of two Association of Rehabilitation Nurses (ARN) representatives to the National Pressure Injury Advisory Panel (NPIAP) Collaborating Organization Council for the next two years. In this role, she will serve as a liaison between ARN and NPIAP, helping to strengthen communication and collaboration between the rehabilitation and skin/wound care communities. Her responsibilities include participating in ARN and NPIAP meetings, conferences, and committee activities, while helping identify opportunities to advance patient care, professional education, and advocacy efforts.

Drawing upon her experience in both rehabilitation nursing and wound care across multiple healthcare settings, as well as her involvement with ARN and the Wound, Ostomy and Continence Nurses Society (WOCN), she hopes to foster meaningful dialogue, share best practices, and help ensure that the unique needs of rehabilitation patients and clinicians are represented. She looks forward to supporting the ARN mission and strengthening the partnership between our organizations. Congratulations Yvette on this great honor!



Members In the Spotlight



**Victor Paolo Victor, BSN, RN, PHN, CRRN,
Rancho Los Amigos National Rehabilitation Center**

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

Congratulations to the newly promoted Supervising Staff Nurse, Victor Paolo Victor! His achievement is a reflection of his dedication, commitment, and compassion in serving both patients and staff. As a Certified Rehabilitation Registered Nurse (CRRN), he consistently demonstrates clinical excellence, professionalism, and a genuine passion for rehabilitation nursing. His strong leadership, positive attitude, and patient-centered approach have earned the respect of his colleagues and contributed greatly to the success of the SCI team. We are confident that he will continue to inspire others, foster teamwork, and promote high-quality patient care in his new leadership role. Congratulations on this well-deserved promotion, and we look forward to his continued success!



***SoCal ARN
invites you to our
2026 Annual Business Meeting
&
Virtual Educational Webinar***

***Friday, October 2, 2026
10 AM - 12 Noon***

***Stay tuned for more details in the weeks to
come by visiting our website at
<https://socalarn.nursingnetwork.com/>***

Hot Topics & Updates In Rehabilitation Nursing

We are continuing a popular feature...



This quarter's newsletter
highlights the importance of
membership in ARN and
your local chapter!

Why become a Member?



MEMBERSHIP TO ARN

- **FREE** subscription to Rehabilitation Nursing Journal (RNJ) to read your peer's articles on practice issues, research, editorial features, and more.
- **ARN MEMBER CIRCLE** is your online community where other rehab nurses network and share ideas, interests, and documents.
- **SPECIAL INTEREST GROUP** for you to join and collaborate with colleagues.
- **WEEKLY ARN PULSE NEWSLETTER** will keep you informed and provide additional opportunities to publish research and data.
- Participation at the yearly conference as a moderator or speaker.
- Various scholarships to apply for such as Nurse in Washington internship; attendance at ARN's annual conference etc. Various scholarships to apply for, such as the Nurse in Washington internship, attendance at ARN's annual conference, etc.
- Opportunity to be a leader within ARN
- **ARN LEARNING CENTER** offers on-demand access to education sessions and webinars to help you with your continuing education and professional growth.
- And much more!

MEMBERSHIP TO ARN + SOUTHERN CALIFORNIA CHAPTER

FOR AN ADDITIONAL \$15.00:

- **FREE CEUs** with webinars offered.
- Complimentary membership to nursingnetwork.com, where you can see the latest events/activities in your So Cal chapter.
- Quarterly newsletter available at nursing network for you to see the activities of your local chapter. A quarterly newsletter is available at the nursing network for you to see the activities of your local chapter.
- **SUMMER and WINTER** social events to network and offer a much-needed break from our monotonous daily work.
- Participate in fun volunteer activities with major non-profit organizations in rehab with your peers and family.
- Opportunity to be a leader in the local chapter and eventually ARN.
- Discount on annual conference and CRRN review "BOOTCAMP" held yearly.
- And much more!

Learn more about the ARN: <https://rehabnurse.org/>

MEET THE MEMBERS OF THE BOARD



President

Adnan Haidar

Vice President

Fatima Villacruz

Secretary

Paddy Higgins

Treasurer

Deepa Kannampuzha

Immediate Past President/Historian

Izzah Panganiban

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Educational Program Liaison/Newsletter Editor

Elaine Morris

Communication Director/Website Moderator

Paddy Higgins

Learn more about our Chapter: <https://socalarn.nursingnetwork.com/>

The graphic is a promotional banner for the 2026 Rehabilitation Nursing Conference. It features a blue background with a repeating geometric pattern. On the left, there are three horizontal panels: the top one shows a sun over water with the word 'Florida' in a script font; the middle one shows palm trees on a small island; the bottom one shows wavy lines representing water. In the center, the ARN logo (Association of Rehabilitation Nurses) is at the top, followed by the year '2026' in large orange letters, the title 'REHABILITATION NURSING CONFERENCE' in large white letters, and the location 'West Palm Beach, Florida' in orange letters. On the right, there is a photograph of a beach with a white lighthouse and palm trees. Below the photo, the text 'SAVE THE DATE' is written in large blue letters, with 'VIRTUAL: July 23-24' and 'IN-PERSON: August 2-4' listed below it.

ARN's 2026 Rehabilitation Nursing Conference

ARN is proud to continue offering curated attendance options for our members and rehabilitation nurses. This exciting event will again be presented in a hybrid format, with both virtual sessions and an in-person experience, including on-demand access.

Earn your continuing education credits (CEUs) from inspirational live sessions and on-demand recordings by attending both virtually and in person in West Palm Beach, Florida. Registration is still open at <https://rehabnurse.org/conference/2026-conference/registration>

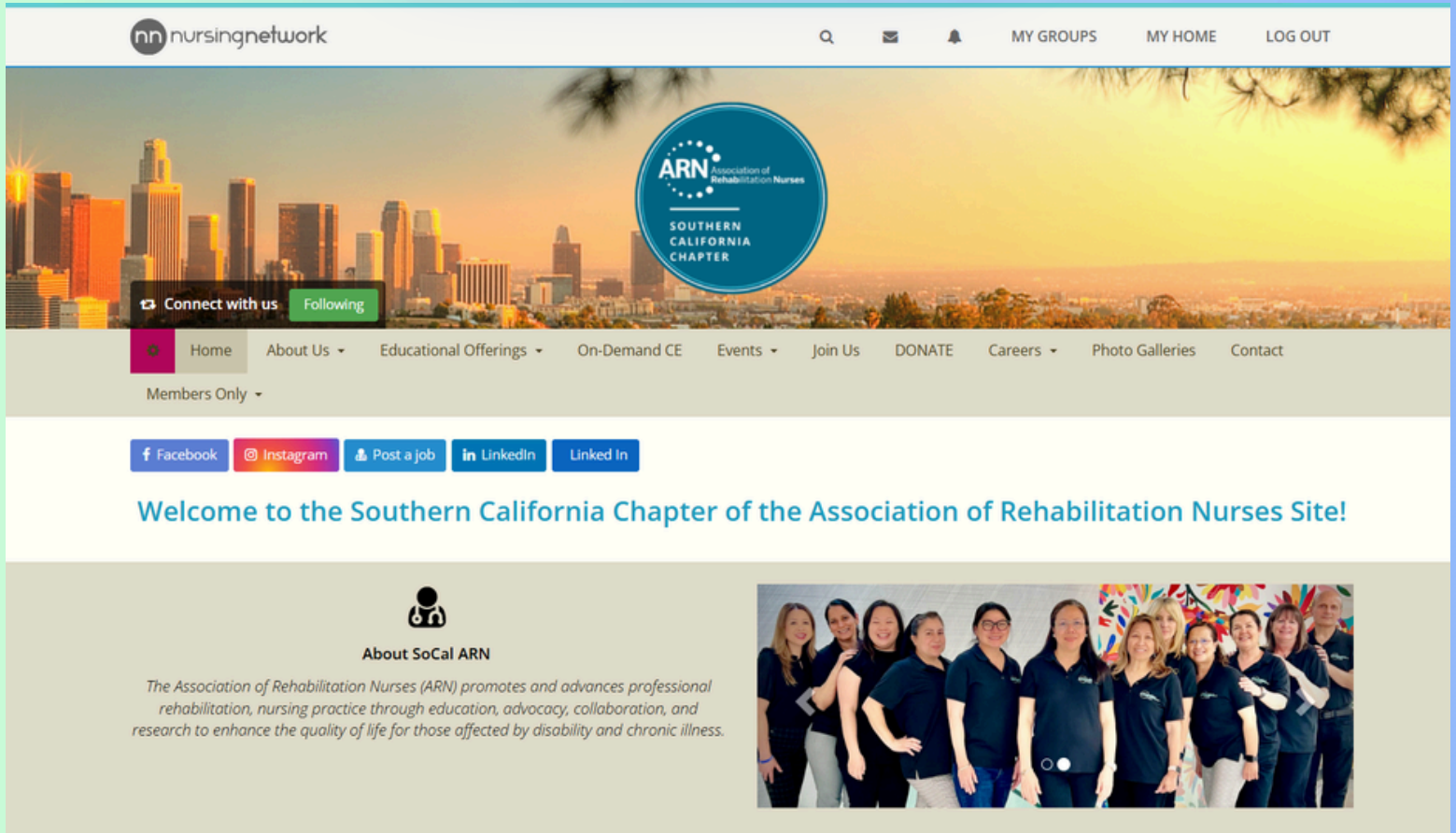
*****ARE YOU PLANNING ON ATTENDING IN PERSON THIS YEAR? IF SO, PLEASE SEND US A MESSAGE ON OUR WEBSITE USING THE CONTACT US BUTTON AT <https://socalarn.nursingnetwork.com/contact>**

We would love to meet up with you there!

Also, look for poster contributions from many of our chapter members while you attend!

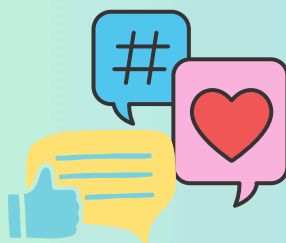
Give us a shout out!!!

SoCal Website!



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

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



Please register on our website so you don't miss special announcements, events, & our newsletter.

Follow us on social media:
www.facebook.com/laocarn

HAVE YOU SEEN THE LATEST ARN RESOURCES?

Online education

to enhance your knowledge and
advance your rehab nursing practice

Upcoming ARN Webinar on Leadership

June 30, 2026

Free for ARN Members,
\$39 for non-members



Rehab Nursing Essentials: Transformational Education Leadership: A Vision for Nursing Excellence | ARN Learning Center

<https://learn.rehabnurse.org/course-catalog-list?>

[f%5B0%5D=field_course_format%3A14&f%5B1%5D=field_course_category%3A62](https://learn.rehabnurse.org/course-catalog-list?f%5B0%5D=field_course_format%3A14&f%5B1%5D=field_course_category%3A62)

A banner for ARN Foundations. On the left is a stylized column icon. Next to it, "ARN" is in white and "FOUNDATIONS" is in purple. To the right, text reads: "Enroll in the full curriculum or select modules to round out your rehabilitation nursing knowledge." Below this text is a purple button with "LEARN MORE" in white.

**ARN
FOUNDATIONS**

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

LEARN MORE

<https://learn.rehabnurse.org>