

The Bi-County Bulletin

A publication of the Los Angeles/Orange County Chapter
of the Association of Rehabilitation Nurses

Volume 21 Number 1

March 2011



President's Message

Paddy Garvin-Higgins, RN, MN, CRRN, CNS

Happy Spring to everyone!!! Time just flies by, doesn't it? Always take time to smell the roses along the way. We all get so busy at work and home, and every once in a while, we just need to take a deep breath! As always, our chapter continues to be active and busy and is here for you. After all, we are the BEST chapter in the United States! Since our last newsletter, we have undertaken several activities that continue to show our commitment to our members.

First, on December 4, 2010, we had a wonderful turnout at the Tea Rose Garden in Pasadena for our Winter Social Event. Over 20 folks attended enjoying tea and great food in the courtyard with family and friends. A big thank you again goes out to Lynn Wetherwax for arranging such a lovely time! It was a great pre-Christmas event! Old Town Pasadena is always the best!

Next, we held our annual business meeting on Wednesday, January 19, 2011 from 6:00-8:00 pm at Long Beach Memorial Medical Center/Miller Children's Hospital. There were 20 attendees. We held a lively meeting with lots of great suggestions from the membership for upcoming educational programs as well as chapter donations for this year. We also had door prizes that were great! Thanks Stephanie Vaughn! I am grateful to everyone who was able to make it out on a Wednesday night. Your input is valuable and we need it to go forward with chapter activities.

On Saturday, March 19th, 2011, we will be presenting the LA/OC Chapter Spring Potpourri XX at Rancho Los Amigos National Rehabilitation Center in Downey. The title of this year's conference is "Robotics, Rehab & Recovery: Technological Advances in Rehabilitation Care". We have a great line up of speakers who will present state of the art treatments featuring exciting new approaches to rehabilitation care illustrating the latest available technology. We hope you can join us on a journey to the future of rehabilitation care!

From April 27-30, 2011, we will hold our annual Professional Rehabilitation Nursing (PRN) course at Long Beach Memorial Medical Center in Long Beach. Please spread the word to your colleagues who are contemplating CRRN certification or just want to attend a super review course! Registration pamphlets will go out soon! For further class information, contact pgarvin@memorialcare.org

Finally, I want to remind all members that 2011 will mark our 35th anniversary year as a chapter! We are hoping to plan a very special celebration in July 2011. Please stay tuned for details!!!

If you have any further ideas or suggestions for any educational or social event or need answers to questions about our great chapter please contact me at pgarvin@memorialcare.org
Thanks all!!!

LA/OC ARN Chapter Calendar

Who: ARN members/Non members
What: Spring Educational Meeting, Potpourri XX, Robotics, Rehab & Recovery: Technological Advances in Rehabilitation Care
When: **March 19, 2011**
Where: Rancho Los Amigos NRC, Downey, CA
Why: Education, networking

Who: LA/OC ARN members and Non members
What: PRN (Professional Rehabilitation Nursing) Course
When: **April 27- 30, 2011**
Where: Long Beach Memorial Medical Center
Why: Education, CRRN exam preparation

Who: ARN members/Non members
What: Summer Social
When: **July, 2011**
Where: TBD
Why: Celebrating 35 years as a chapter!

ARN & Others Calendar

Who: ARN Members/ Non members
What: The 2011 International Conference on Spinal Cord Medicine and Rehabilitation
When: **June 4-8, 2011**
Where: Washington D.C.
Why: Education, Networking
Link: <http://www.asia-iscos2011.org/>

Who: ARN Members/ Non members
What: ARN 37th Annual Educational Conference
When: **November 2-5, 2011**
Where: Rio Hotel, Las Vegas, Nevada
Why: Education, Networking

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The Bi-County Bulletin is published by the Los Angeles/Orange County Chapter of the Association of Rehabilitation Nurses.

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The Bi-County Bulletin is published quarterly.

The Bi-County Bulletin
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Amy Sutton, PhD, MA, CRRN, CLCP
Stephanie Vaughn PhD, RN, CRRN
Dale Wong, BSN, RN, CRRN - Historian

LA-OC ARN Chapter Winter Social

On Saturday, December 4, 2010, 26 Chapter members and friends got together for a cozy gathering in the garden courtyard of The Tea Rose Garden in Old Town Pasadena. The food was so yummy and everyone had a great time!



ARN MEMBER SPOTLIGHT

Rayhena Karim RN, CRRN



When Rayhena came to the USA, she landed in Kansas, where she attended Wichita State University as a Science Major. While attending college she worked as a Nursing Assistant in a Nursing Home. During this time, she discovered that she really enjoyed helping sick people, and as she says, "automatically fell into Nursing"!

She worked two years as an LVN, ten years as an RN, and became a CRRN five years ago. She has been working at St. Jude Medical Center in Fullerton for the past ten years, where she is currently in a fill-in-coordinator/charge nurse position. She wanted to work at St. Jude's because of their excellent reputation for providing rehabilitation care, and additionally felt that with her prior nursing home background, it was a natural fit.

She feels the advantages of being an ARN member for her is that she is able to receive continuous updates on research and evidence based practice developments in rehabilitation nursing, and not to mention, enjoys the low cost CEU's and discounts that she receives at seminars and conferences.

She feels as a member, she sees the important place that ARN holds, and it makes her feel very proud to be a significant part of such a special group. She further adds that she loves rehab nursing because she can play a very integral part in the healing process of her patients. The one thing she dislikes is when she doesn't see very promising outcomes, or for some patients the process to success is very long, making her feel sad for the struggles some of her patients must endure.

Rehab nursing is vital to the well being of our patients, however she worries that due to changes in insurance payment programs, and potential health care reform some patients will not get the amount of rehabilitation they need and therefore their recovery may not be as optimal, as we would like to see.

AHA/ASA International Stroke Symposium Stephanie Vaughn PhD RN CRRN

The American Stroke Association's International Stroke Conference was held this year from Feb 9 – 11, 2011 in Los Angeles at the LA Convention Center. Persons from all over the world gathered to share research and best practices related to stroke prevention and the management of the stroke client in various settings.

In the Nursing Symposium that was held on Feb 8, Dr. Elaine Miller presented highlights from the new ASA Stroke Rehabilitation Guidelines that were published in *Circulation* last October 2010. These guidelines will also be presented in two different forums (preconference and concurrent sessions) at the Annual ARN Conference in Las Vegas in November 2011.

Dr. Stephanie Vaughn presented "Diversity in Stroke Prevention – Examples from a Latino Community," discussing her involvement with the two American Heart Association /American Stroke Association initiatives and her research, "Stroke Education via a Telenovela." The other concurrent speaker in the Rehabilitation track was Carolyn Mueller, a PT from RIC, who spoke on the importance of fitness in chronic stroke survivors and how fitness centers assisted survivors in meeting their long-term fitness goals. Her presentation was entitled, "Health and Fitness for Stroke." Dr. Pam Duncan, from Duke University, discussed the exciting results of her "LEAP" - Locomotor Experience Applied Post-Stroke study to determine the best timing to begin physical therapy and the effectiveness of particular therapy methods to reduce walking disabilities after a stroke. The multi-site, randomized trial assessed whether there is a difference in the proportion of subjects who successfully recover walking ability using a locomotor training program versus a group with a therapist supervised, home-based, exercise program.

ARN members were well represented on this and last year's symposium planning committee, including Dr. Miller, Ms. Terrie Black, and Dr. Lynda Pierce. Next year's AHA/ASA event will be in New Orleans, LA in early February, 2012.

LA/OC ARN CHAPTER ANNUAL BUSINESS MEETING

Lynn Weatherwax MSN, RN, CRRN

Our first LA/OC ARN business meeting of 2011 was held at Long Beach Memorial on January 19. Starting off, we had a delicious Filipino feast of pansit, chicken and pork adobo, and egg rolls. It was very tasty! We all had some time to socialize and catch up on the latest events of our lives.

Our President; Paddy Garvin, presented the annual report of 2010, which included details of our accomplishments, educational programs, donations, and social activities. Chriss Lassen, our treasurer, reported that we have \$13,080 in savings and \$5,153 in our checking account; however, we still have some pending bills to pay. Paddy was pleased to announce that Dale Wong has accepted the position of President Elect. Overall, we are looking pretty healthy!

LA/OC ARN committees reported on the following latest events:

Membership Committee

Amy Sutton discussed the welcome letter(s), which Crystal Barker developed for prospective members and New Chapter Members.

Awards Committee

Crystal Barker informed the group to notify her if they know of someone or, they themselves would be qualified for an ARN role performance award.

Fundraising Committee

Stephanie Vaughn stated something is done for each event to raise money, which is then used to provide donations to charities.

Historian Committee

Dale Wong informed members that pictures are taken at each event and put into a scrapbook. This committee is currently working on a poster for our Chapter's 35th anniversary.

Newsletter Committee

Goes out quarterly online. Polly Martin and Lynn Wetherwax are the editors. If you have interesting articles or any noteworthy news related to rehabilitation nursing or, chapter activities that you would like to contribute, please contact Polly or Lynn.

Additionally, it was discussed that we need to update our LA/OC ARN Website. Currently we are looking at two different web designers, however a decision is pending.

Paddy asked all members to let her know if there was anyone interested in the secretary position, and that there are always positions open for board members at large.



In the latter part of the evening, members brainstormed and began planning for the rest of the year. Upcoming educational events that have been scheduled are the Potpourri in March: "Robotics, Rehab, Recovery, and Technological Advances in Rehabilitation Care, which will be held at Rancho; and the PRN Course in April, which will be held at Long Beach Memorial Medical Center, which prepares nurses eligible for certification, to take the CRRN exam. Additionally, we brainstormed about what type of educational event we should offer in Fall (2011). Many ideas were voiced, such as; FIM Scoring, and Cognitive & Alternative Therapies, however no decision has been made yet.

Annually we donate financially to charities, some suggestions for this year are: VA – New Directions, Disabled Resources Center in Long Beach, Easter Seals, and ALS Research. No decisions were made yet.

Chapter member benefits were discussed: ARN Bucks can be used to purchase national ARN educational products, ARN educational events, and ARN national membership and dues. When we have our annual Fall Educational event in September, these bucks are prizes in our drawing. 1st prize is \$400 (in ARN bucks), 2nd prize is \$200 (in ARN bucks) and 3rd prize is \$100 (in ARN bucks). Each time a chapter member attends an educational event or the annual business meeting, their name is put into a drawing. The more times a member attends, the more chances they have to win ARN bucks.

Additionally we discussed our website at www.laocarn.org and member access at that site to the quarterly newsletter, where members can go to find out about our chapter happenings.

ARN national news was discussed along with the benefits of the ARN website at www.rehabnurse.org. At this site, members can have access to the CRRN practice test, various webinars, and national information.

In keeping with the LA/OC ARN spirit, we talked about what we should do for our summer social event. A lot of great ideas for social activities were discussed such as a mystery train ride, and Medieval Times. Members want to do something special for the summer event for our 35th anniversary. If you are a member and have some suggestions or creative ideas about upcoming educational, social events, or charitable donations, please contact any of your LA/OC ARN Board Members.

Lastly, the meeting ended when Dale Wong presented a video, which highlighted all of the exciting LA/OC ARN events that happened in 2010. Kudos to Dale!

