

The San Diego  
**Union-Tribune**

FRIDAY  
MAY 6, 2022

National  
Nurses Day  
2022



Salute  
to Nurses

Winning **ONCE** Takes **SKILL**.  
Winning **TWICE** Takes **CONSISTENCY**.  
But Winning **THREE TIMES**  
Proves **EXCELLENCE**.

**PALOMAR  
HEALTH**

Reimagining Healthcare

★★★★★

**WORLD'S  
BEST  
HOSPITALS**  
2022

**Newsweek**

POWERED BY  
statista

**3 YEARS IN A ROW**

UC San Diego Health

# THE HIGHEST LEVEL OF NURSING EXCELLENCE

UC San Diego Health provides compassionate, personalized care to the community based on the newest scientific discoveries. Our Magnet® designation recognizes our exceptional patient care, nursing excellence, and innovation in nursing practice. **Discover more today.**

To learn more about the power of nursing excellence, visit [health.ucsd.edu/nursing](https://health.ucsd.edu/nursing).

The Magnet Recognition Program®, ANCC Magnet Recognition®, Magnet® names and logos are registered trademarks of the American Nurses Credentialing Center. All rights reserved. AA/EO





Members of our growing Women & Infant Services Team

# UC San Diego Health nurses

Leading the way

In October 2021, UC San Diego Health proudly received its third Magnet® accreditation as a testament to our nurses' commitment to their professional practice. UC San Diego Health nurses consistently produce stellar outcomes in patient safety through world-class technology, service, quality and most importantly, compassionate care.

In partnership with their consistent and sustainable excellence in patient care, our nurses are breaking ground with their social justice efforts. This year the Diversity, Retention, Equity, Aspire,

Mentor (D.R.E.A.M.) Extern Program successfully launched. The program's mission is to increase access to the nursing profession for those from under-represented backgrounds. Additionally, The UCSD Social Justice Forum is a program, developed by nurses, designed to welcome UCSD-wide collaboration, in a digital space, to advance health equity, diversity and inclusion-related education, development and research.

Happy Nurses Week to all of our UC San Diego Health nurses and thank you for leading the way every day!

A special congratulations to our 2022 Nurses of the Year for their incredible accomplishments in health care excellence!

#### **Ambulatory Nurse**

Jessica Groesbeck  
Jessica Bejar  
Magda Angel  
Sandy Jellen

#### **Clinical Nurse**

Ten Mendoza  
Grace Nasi  
Cassandra Oliver  
Heather Stinger  
Nicole Guerra

#### **Nurse Consultant**

Jessica Corley  
Daniel Pollack  
Jaclyn Russe  
Khrizna Chong

#### **Team**

DREAM Team (Diversity, Retention, Equity, Aspire, Mentor)

#### **Nurse Leaders**

Gwen McPherson  
Kristina James  
Brooke Sanchez  
Dexter Borge  
Dawn Carrol



  
**St. Paul's**  
 SENIOR SERVICES  
 LEADERS IN SENIOR CARE

WE SALUTE OUR  
 HEALTHCARE  
**HEROES**

**"I'M A DAD,  
 AN ATHLETE  
 AND A NURSE."**

Rafael Velazquez, RN  
 St. Paul's PACE

1(833)STPAULS  
**StPaulsSeniors.org**

SCAN TO APPLY





Our nurses are the heart and soul of LightBridge. Thank you for your unwavering dedication to our patients and their families.

  
**LightBridge**  
 HOSPICE & PALLIATIVE CARE

[www.LightBridgeHospice.com](http://www.LightBridgeHospice.com) • 858.458.2992

# Thank you, from all of us

The San Diego Union-Tribune is proud to honor hundreds of local nurses in today's "Salute to Nurses" section, which coincides with National Nurses Day.

San Diego's nurses continue to do incredible work caring for patients amid the challenges of COVID-19, just as they have always been at the forefront in helping to keep our communities safe and healthy. Your efforts during this public health crisis have not gone unnoticed, and we recognize the many sacrifices you have made to deliver extraordinary care under extraordinary circumstances.

Today's section includes more than 265 messages of appreciation from friends, family and colleagues for your selfless and compassionate work across the health care system.

From all of us at The San Diego Union-Tribune, we add our sincere thanks for your dedication and professionalism.



*Jeff Light*  
 Publisher and Editor  
 The San Diego Union-Tribune

U-T COVER ILLUSTRATION / GETTY IMAGES

## neighborhood HEALTHCARE

### WE THANK OUR NURSES!



**We are honored to work with nurses who build healthier and happier communities.**

At Neighborhood, our nurses do work that matters within a culture that cares.

Founded on values like collaboration, compassion, and integrity, the Neighborhood culture celebrates diversity and empowers personal growth. We are each unique and yet all united under a shared vision: a community where everyone is healthy and happy.

To learn more about our career opportunities, visit [nhcare.org/careers](http://nhcare.org/careers)

**Meaningful work that makes a difference**

[nhcare.org](http://nhcare.org)

**better together**



Virtual Reality (VR) has become a valuable training tool in nearly all courses at USD's Hahn School of Nursing and Health Science, giving students a way to gain valuable skills without any risk to patients.

# Enhancing nursing education

State-of-the-art technology helps nurses prepare for real-world practice

**T**he student is real, the goggles are real, the classroom is real, but the patient is not. This is the upside of the pandemic, which forced schools like the University of San Diego to move up plans for increasing technology in education, such as Virtual Reality (VR).

Two years later, virtual reality is part of nearly all courses at USD's Hahn School of Nursing and Health Science. The technology is used to create scenarios in which the student carries out a fairly

simple task, such as taking a patient's blood pressure, or completes complex critical thinking cases. It also trains students to assess infants and children under 18, which the law prohibits for in-person training. Virtual reality can also simulate a mass casualty situation without the entire spectrum of healthcare, from EMTs to surgeons, gathering to play a part. Plus, the students are given immediate feedback.

This benefits everyone who currently or will one day need a nurse. Students

can practice common skills and gain necessary decision-making skills without any risk to a live patient.

"(The experience) felt that you were really in the patient's room," said 2021 Master's graduate Elizabeth Growdon. "There was a little bit of pressure, which I liked. I also liked that I had my classmates here to give me help when I needed it."

"We can now create a simulation that mirrors what they will do live," said David Haigh, Director of Simulation and

Innovative Learning. "If the student does poorly in the live session, we can send them back through the VR simulation to practice as often as they like."

The Hahn School of Nursing and Health Science and Beyster Institute for Nursing Research, Advanced Practice, and Simulation is a graduate-level program, teaching Master's level and Doctoral-level students the skills they need to take care of a variety of populations in our community. Contact us at [www.sandiego.edu/nursing](http://www.sandiego.edu/nursing).



Sharp HealthCare developed a program to address the stress, fatigue and grief that nurses and other front-line workers have faced through the COVID-19 pandemic.

# Caring for nurses through crisis

## Stress First Aid promotes self-care

**A**s new surges of COVID-19 patients slammed hospitals and clinics across San Diego County last winter, nurses throughout Sharp HealthCare continued to be hailed as heroes. However, it became clear that these heroes were also hurting.

“Our teams had been under nonstop stress for almost a year and there wasn’t an end in sight,” says Alisha Carpenter, Ph.D., director of clinical programming at Sharp Mesa Vista Hospital. “It was getting harder for front-line workers to

mask their fear, fatigue and frustration.”

In response, Dr. Carpenter and her Sharp Mesa Vista colleagues joined Sharp leaders in launching “Stress First Aid” to help protect Sharp’s team members from the long-term, harmful effects of stress. Stress First Aid (SFA) is a collection of evidence-based resources designed to promote self-care, especially to those in high-risk, high stress occupations such as nursing.

At Sharp, the goals of SFA are to decrease stress and its effects; reduce the stigma often associated with men-

tal health challenges; create a common language for nurses and other care providers to address stress; and recognize the relationship between their own well-being and that of their colleagues, patients and community.

Sharp’s SFA efforts were so successful they recently gained the attention of U.S. Surgeon General Dr. Vivek Murthy. Dr. Carpenter and Fadi Nicolas, M.D., chief medical officer of Behavioral Health Services at Sharp, were asked to share the ways the program has improved the mental health of Sharp caregivers. This

includes online support groups centered on grief, loss, anger, depression and compassion fatigue; an internal webpage dedicated to mental health resources; and a hospital-based Sharp therapist who connects directly with the nurses.

“Our expert is there, right alongside the front-line workers, helping them process losses, upsets and stresses as they occur,” said Dara Schwartz, Psy.D., clinical program developer at Sharp Mesa Vista Hospital. “It’s a wonderful example of how our teams can support one another.”



THANK  
YOU

## Nurses Are the Heart of Health Care

Every day, nurses at Sharp HealthCare share their hearts and skill in service to our community. This has been especially true over the past two years, as our nurses continued to provide exceptional care during the COVID-19 pandemic. Driven by a love for their work and a love for those entrusted to their care, they have worked tirelessly to prevent illness and save lives.

We thank them for the dedication they show to their patients, to each other, and to all of us.

**SHARP**<sup>®</sup>

CORP03386 ©2022 SHC

# SALUTE TO NURSES: WORDS OF APPRECIATION FROM U-T READERS



**Paula Abeleda**  
Nurse Practitioner  
UC San Diego Health  
Hemophilia and Thrombosis  
Treatment Center

Thank you, Paula, for your endless dedication to providing extraordinary care to San Diego's hemophilia community.



**Susan Adams**  
RN  
Palomar Medical Center Hospital  
Labor and Delivery  
Susan goes by another name:

"Superhero." Putting others first is second nature to her. She truly cares for her patients and babies. Advocating for patients and fellow nurses makes us, her family, so incredibly proud. We love her unconditionally and thank her for her undeniably superb care.

## **Suzanne Agarwal**

RN  
UC San Diego Health  
Moore's Cancer Center Clinic  
Thank you for being a great leader. Your compassion and patience are greatly appreciated!

## **Krystin Agor**

RN, CN II  
UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite  
She's an amazing, caring and wonderful nurse who's a true pleasure to her patients and co-workers.



**Maurice Albanes-Wagner**  
RN  
UC San Diego Health  
Infectious Disease

Maurice works in our Outpatient Parenteral Antibiotic Therapy Program (OPAT) to help patients navigate the challenges of going home on IV antibiotics. Maurice is compassionate and passionate about his work. He is recognized by showing empathy and for always taking the time to listen to his patients' concerns, quickly putting them at ease.

Submitted by Kathy Bordeaux

## **Lisa Aldrich**

RN, CN II  
UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite  
She's an amazing, fun, caring and wonderful nurse who's a true pleasure to her patients and co-workers.

## **Rachel Alesi**

RN, BSN  
UC San Diego Health  
Radiation Oncology  
Rachel is new to radiation oncology. She has an extensive history in the emergency department (ED) and has been a very valuable addition to the team.



## **All nurses**

Any position  
All hospitals  
All nurses deserve a big hug. Nurses are such wonderful, loving people. They take care of us when we need it most. They put up with all kinds of things and remain loving and caring. Keep up the good work!  
Submitted by Allen Stanko

## **All school nurses in San Diego Judy Boyer and Coralie Blasy, retired**

La Mesa, Spring Valley, San Diego  
I want to recognize two of the best retired school nurses and all others who work tirelessly every day advocating for children's health and safety. For keeping confidential information, following public health guidelines and supporting teachers who teach students with complex medical needs, I salute to you all!

## **Myeisha Allen**

Labor and Delivery Charge RN  
UC San Diego Health  
Labor and Delivery  
Myeisha is an exceptional leader, advocate and clinical thinker. No matter how busy things get, I always know Myeisha can get things done safely. We are blessed to work with her!



**Tomas Ambriz**  
RN, BSN, CHPN  
UC San Diego Health  
Palliative Care

Tomas is calm, compassionate and provides excellent care to our patients. I feel so grateful to work beside him.  
Submitted by Shama Shrestha

## **Magda Angel**

RN  
UC San Diego Health  
Vista Internal Medicine  
Thank you for taking care of our patients and community. Thank you!  
Submitted by Nicole Brown



**Monina Aromin**  
WTA-C, LVN  
Grossmont Hospital  
Wound Ostomy IP

The care and compassion you provide are just as important as the medicine that doctors prescribe. Your job is well done.

## **Valerie Austin**

RN  
UC San Diego Health  
James Medical Center  
3 GH ICU

She is dedicated and a great advocate for patients and their families. She is very supportive, helpful and really fun to work with!  
Submitted by Amra Somsuvanskul



**Avito Azarcon Jr.**  
RN  
UC San Diego Health  
Shiley Eye Institute  
Pre-Op, PACU

He's a very hardworking nurse, always very caring to his patients, making them feel comfortable.  
Submitted by Alma Vance

## **Michelle Baldwin**

Nurse Manager  
UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite  
She's an amazing manager, and a wonderful and caring super nurse to work with.

## **Amy Ballesteros**

NICU Nurse  
Kaiser Permanente  
NICU  
You have saved and enlightened the lives of babies and their families. Thank you!  
Submitted by N Dowlen

## **Kasey Bamel**

NP  
UC San Diego Health  
Clinic  
You are the best. Thanks for all that you do for our patients!

## **Ms. Bang**

RN  
Skilled Nursing Facilities  
She is a great mentor, teacher and leader!

## **Kelly Bass**

Senior RN  
Kaiser Permanente San Marcos  
Oncology  
Kelly has devoted her career to helping others. She enjoys working with patients, nurses and doctors. She thrives on the challenges and developments that have been presented over the years, and she devotes herself to the well-being of the San Marcos Oncology Program. Kelly rocks!

## **Anthony Bawalan**

Senior Resident Care Director  
La Marea Senior Living  
Anthony is an amazing nurse as evidenced by the way he cares for all the residents of La Marea Senior Living. He is dedicated to delivering exemplary care to both his residents and the care staff that work for him. Anthony has the most caring heart and is beyond dedicated.

## **Kathryn Berkey**

RN  
Scripps Memorial Hospital  
Trauma Unit  
"Kat" saved my life after a bad bike accident. Best care I ever had. Thanks, Kat.  
Submitted by Gary Devoss



**Anthony Bernardo**  
RN  
Kaiser San Diego  
I want to recognize my husband who cares for his patients with his whole heart. Thank you for your compassion and the care you give to help people when needed. We are so grateful for you and love you so much.



**Molly Barker Bessey**  
RN  
Scripps Memorial Hospital  
La Jolla  
Acute Neuro-Ortho

Surgical Trauma  
Upon returning from her overnight shifts physically and emotionally exhausted each morning, our daughter, Molly, always shares a story. Some have a happy ending, many do not. Without exception, there are tears in her eyes. She deeply loves her work. It is exactly what she was meant to do.  
Submitted by Lane Barker



**Kym Bishop**  
RN  
Kaiser Permanente  
Neonatal ICU

Kym works with premature and sick babies. When parents were unable to visit their newborns during the COVID-19 pandemic, she went above and beyond by communicating through video chat and helping parents during unbelievable circumstances. She cares for her little ones and their families with enormous compassion and love.  
Submitted by Britt Corrine

## **Jennifer Bisset**

LVN  
UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite  
She's an amazing, fun, caring and wonderful nurse who's a true pleasure to her patients and co-workers!



**Shawna Blackmun-Myers**  
Nurse  
UC San Diego Medical Center  
Hillcrest  
PACU

Shawna's infectious energy always brightens the room and even heals patients' ailments. Her humor will make you laugh.



**Hazel Blackwood**  
RN-BSN/MSN  
Sharp Rees Stealy  
Director of Quality

Hazel is one of the hardest-working nurses I know. She is a role model to everyone that works with her.





# SALUTE TO NURSES: WORDS OF APPRECIATION FROM U-T READERS



**Heather Bleyenber**  
CN II/Clinical Trials Nurse  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Voted as the nurse who is "Always There When you Need Them," Heather is the epitome of a nurse that is dedicated, skilled, professional, highly efficient, and fun loving. She always steps up to the plate, taking on any task she can assist with. She goes above and beyond, truly a shining star!

Submitted by Karin Morris, PA-C

## Marie Bloomquist

RN, BSN  
Palomar Hospital  
Administration

Marie has been a nurse in different capacities for over 30 years. A true vocation. She cares about the welfare of the patients she administers to and the lives of those she has touched. Marie is one of the lucky ones who found her calling. I am her proud Aunt Donna.

Submitted by Donna Quin



**Andrea Bogardus**  
RN  
UC San Diego Health  
Blood and Marrow Transplant  
Oncology

Andrea is an advocate in every sense of the word. Whether she is advocating for her patients as a nurse or advocating for her coworkers as a union representative, Andrea gives her all and then some. Andrea is the best nurse, representative, preceptor and friend anyone could ask for.

Submitted by Melissa Towers



**Antonio Bonavina**  
Pre-Op/PACU RN  
UC San Diego Health Hillcrest  
Antonio is an outstanding asset to the perianesthesia team, working

as a pre-op staff nurse and regional block nurse. His substantial contribution to the department is apparent, not only in his personal work ethic but in his perseverance of delivering incomparable quality care to his patients as well.

Submitted by Sharon Roberto

## Vicki Bradford

Director of Nursing  
UC San Diego Health  
Moore's Cancer Center

As the Director of Nursing for Cancer Clinics and Radiation Oncology, Vicki continues to make an enormous impact on the achievement of quality and organizational goals. Her contributions and leadership are vital to our nurses and patients. We are so fortunate to have Vicki on our Cancer Services leadership team.



**Tracy Brenner\***  
Oncology Nurse  
UC San Diego Health  
Moore's Cancer Center  
Oncology

For over 30 years, my sister has been a nurse in various fields. She's a warrior who truly cares for others! She's my hero!

Submitted by Kelley Miller



**Meloddie Brooks**  
RN, OCN  
UC San Diego Health  
BMT Oncology (Retired)  
Congratulations, Meloddie, on

your retirement after so many years serving our bone marrow transplant (BMT) population! I miss you already. Enjoy your first Nurses Week after retirement!

Submitted by Laura Sauer



**Sabrina Brunner**  
CN II  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Voted among the staff as, "Most Likely to Brighten up your Day," Sabrina exudes a warmth that naturally draws people to her. Sabrina is completely selfless, always putting the needs of others first. She enjoys working on bridging a gap between Eastern and Western medicine. Sabrina is truly a miracle and lightworker.

Submitted by Karin Morris, PA-C



**Jaymee Bush**  
CN II  
UC San Diego Health  
Thornton 2 East-PCU

To our "Captain America," you give your heart and soul to others. You take care of your team, patients, and families with strength, endurance, steady compassion, and all, with a beautiful smile. Thank you, Jaymee, for always being there, showing up to work hard no matter what the challenge is!

Submitted by Tiare Geolina Gonzales



**Melissa Butler**  
LVN  
Home Health Care  
Pediatrics

We would like to pay tribute to our daughter, Melissa Butler. She works as a home-care pediatric nurse. She works long hours, doing the daily personal and medical care for children with extreme medical conditions. She is a kind, gentle woman who always puts her clients first.

Submitted by Chuck and Sue Butler



**Jenn Byrne**  
NP  
UC San Diego Health  
Palliative Care

Jenn, you are such an inspiration by helping people feel better, going on amazing trips and having that accent! Seriously, so much talent! Happy Nurses Week!



## Joann Calingay

RN, BSN, MSN  
UC San Diego La Jolla  
Neuro ICU

This amazing woman is one of the best nurses, educators and human being I have ever met. She taught me how to be the nurse I am today. She always brings the brightness that we have needed during these last few years. Love you, sister!

Submitted by Shawna Blackmun-Myers

## Lorena Calvo-Gamez

Medical Assistant  
Scripps Coastal Hillcrest  
Family/Internal Medicine

She's the best nurse ever! She makes going to the doctor easy and enjoyable. She's very sweet, caring, knowledgeable and helpful. Thank you, Lorena, for all your hard work. You are greatly appreciated!

## Fleur Mae Carmona

RN  
Sharp Hospital  
ICU

Happy Nurses Week! You are totally a hero! Keep up the good work!



**Joshua Aaron Carr**  
Doctor of Nursing  
Kaiser Permanente  
Anesthesia

Joshua is an Army veteran who works as a nurse anesthetist in the forefront of COVID-19 treatments. He developed a protocol for women in labor which he teaches at the University of Southern California. He is my nephew and my hero!

Submitted by Cheryl Brierton



**Melvynne Claudette Cerrillo**  
RN  
Sharp Hospital  
Med-Surg

She's a very smart and dedicated nurse.



**Maria Chapman**  
RN  
San Ysidro Health Center  
Ambulatory Care Nursing

The warmest salute to our hero, Maria, who strongly believes that treating elderly patients or family members with care, respect, empathy and compassion is a natural behavior. Maria exemplifies professionalism, diligence, discipline, honesty, innovation and great commitment to being a nurse. Your family loves you!

Submitted by Isabel De La Rosa



**Stephanie Chmielewski**  
Assistant Nurse Manager  
UC San Diego Health  
Trauma Progressive Care

Stephanie has worked tirelessly for years to deliver the best care for her patients. She has collaborated with her coworkers and cross-functional specialists to improve conditions and processes for spinal trauma patients. Her desire to keep learning and growing is a constant inspiration.

Submitted by Ellena Soloner

## Wanda Chocas

UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite

She's an amazing, wonderful, fun and caring nurse to her patients and co-workers.



**Antonia Clark**  
RN  
Sharp Memorial  
Thank you, Antonia, for all you do. Dedicated to the health and

well-being of your patients, persevering through many challenges during the COVID pandemic. What an inspiration to your children and family. We love you so much!



**Leshia Heather Marie Clemons**  
Nurse Manager  
VA San Diego Healthcare System  
Special Procedures,  
IR, Metabolic

As a nurse manager of multiple units and leader of the VA San Diego Healthcare System (VADSHS) Nurses' Week Committee, Leshia has improved nursing morale and patient care within this organization. She is highly admired because of her outstanding compassion and leadership skills.

Submitted by Hazel Tanga



**Marilyn Collazo**  
RN Case Manager  
UC San Diego Health  
Moore's Cancer Center  
Neuro-Oncology

I'm very honored to work with such a kind and caring individual. She brings a smile to everyone she meets. You rock, Marilyn!

Submitted by Tanya Macare



**Alex Contreras**  
Assistant Nurse Manager  
UC San Diego Health  
3B PCU  
Sulpizio Cardiovascular Center

Alex is the most lovable nurse I know. He cares deeply for his team, patients and family. He gives his all and lights up the lives of everyone around him.

## Ivette Corona

RN  
TrueCare

Thank you for your selfless service during these difficult times. Your transition from pediatrics to adults has been a new experience but you have made the best out of it. You will always be employee of the year of 2021 at pediatrics.



# SALUTE TO NURSES: WORDS OF APPRECIATION FROM U-T READERS


**Lynn Grace Corpus**

BSN, RN  
Rady Children's Hospital  
San Diego  
Dialysis

Lynn is the sweetest nurse in the world. She is loved by her patients and co-workers. Her extensive skills in dialysis make her a huge asset on the floor. Most importantly, she is a wonderful mom to her two miracle babies. I am lucky to call her my friend.

Submitted by Kim Gavina

**Joyce Couey**

CN  
UC San Diego Health  
Women's Health Services Villa La Jolla

Joyce is an outstanding outpatient clinic nurse. She takes whatever time is necessary to listen to patients' concerns on the phone and has superb clinical judgment when rendering advice. She is calm under pressure and despite the volume of work, she gets it done well.


**Melissa Craig**

Nurse Supervisor  
UC San Diego Health  
COEM

Melissa demonstrates excellence and the Center for Occupational and Environmental Medicine (COEM) recognizes her outstanding contributions throughout the health system and campus. Melissa has positively impacted many efforts with her remarkable caring and strong work ethic.

Submitted by Yvonne Zazueta


**Kathleen Culliton**

RN  
Scripps Clinic Torrey Pines  
Neurosurgery

Kate is the most loving, dedicated nurse. She leads with her heart.

Patients and co-workers alike always feel cared for by her.

**Judy Davidson**

DNP, RN, MCCM, FAAN  
Nurse Scientist

UC San Diego Health  
Nursing Quality, Education, Development and Research

Judy is a wonderful advocate for nurses locally and nationwide! She develops nurses' skills and spirit of inquiry by coaching and mentoring them through quality improvement and research projects. She has also helped bring national attention to the factors and prevalence of mental health and suicide in nursing.

Submitted by Heather Warlan

**Kristin Davidson**

MSN, RN, NPD-BC, CNS

Nursing Professional Development Specialist  
UC San Diego Health; Nursing Quality, Education, Development and Research

Kristin is a wonderful advocate for our new graduate nurses! She looks for ways to improve communication between all stakeholders involved in developing nursing careers to ensure our nurses gain the skills and competencies needed to care for patients and their colleagues.

Submitted by Heather Warlan


**Beverly Dawkins**

CN II, Charge Nurse  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Beverly is truly fantastic! She is solution oriented and fast paced. She thinks outside of the box and always gets the job done. She poses the difficult and important questions in an effort to make positive changes in the work environment. Beverly is a team player and such a joy to work with!

Submitted by Karin Morris, PA-C


**Edwin Juanengo Dayrit**

RN  
Navy Medical Center San Diego  
Recovery Room

Not only does Edwin care deeply for his patients, he also takes care of his mother every night. He is not one to ask for recognition, but he is one of the many nurses who truly deserve it.


**Em Delacruz**

RN  
Kaiser Permanente  
Emergency Department  
You are an asset to the community. More power to you!


**Emjay Delacruz**

RN  
Sharp Grossmont Hospital  
Emjay is my amazing husband who has been a registered nurse

(RN) for the past four years. He genuinely cares for each and every patient he encounters. I am so proud of all the ways he has handled being a nurse during the COVID-19 pandemic while also becoming a first-time father.

Submitted by Roseanne Delacruz


**Deb DeRuyter**

Clinical Nurse Manager  
Tri-City Medical Center  
ICU

Deb has worked in the intensive care unit (ICU) for over 40 years. She is the heart and backbone of the unit. She is well liked and respected by staff, physicians and the leadership team. She is tough but fair and we couldn't be luckier to have her as our fearless leader.


**Monika Deyna**

CN II, Charge Nurse  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Monika cares very deeply about the patients she interacts with. She strives to form deep connections which create a special nurse-to-patient bond. She is forward thinking, fast paced and reliable. She always shows up when we need her most. At her core, Monika is a caring and beloved nurse.

Submitted by Karin Morris, PA-C


**Theresa Diaz**

RN  
UC San Diego Health  
BMT

You are such a great part of the bone marrow transplant (BMT) team. I love working with you. Happy Nurses Week! I love your mask!

Submitted by Laura Sauer


**Ana Docuyan**

RN  
Rady Children's Hospital and  
UC San Diego Health  
Dialysis and Apheresis

Not only is Ana the kindest person I know, she has a huge heart as well. She frequently helps out when we are short staffed, she's efficient and an excellent nurse on the floor. I am so proud to work with her in both of my units!

Submitted by Kim Gavina

**Karina Dolan**

CN II, Perinatal RN  
UC San Diego Health

Maternal Fetal Care and Genetics  
Karina is an amazing RN, co-worker, employee and friend. She goes above and beyond for every patient. I am so grateful she is on our team.

Submitted by Kandice Duns

**Zoe Domich**

CN II, Perinatal RN  
UC San Diego Health  
Maternal Fetal Care and Genetics

Zoe is a fantastic RN. She loves to teach and provides our patients with exceptional care. Thank you for everything you do, Zoe!

Submitted by Kandice Duns

**Casaundra Dotson\***

Nurse Case Manager  
UC San Diego Health  
Moore's Cancer Center  
Gynecologic Oncology

Casaundra makes life better for everyone she works with. She delivers personal care and attention to every patient. She's a great team player and helps everyone on her team. She practices at the top of her license and her doctor very much appreciates it. She's simply the best.

Submitted by Pratibha Binder


**Mia Douglass**

Assistant Nurse Manager  
UC San Diego Health  
Jacobs Medical Center  
Neuro ICU

Mia, thank you for working so hard to make our unit a great place. Thank you for always supporting your nurses and for making lovely treats to brighten our day.

Submitted by JoAnn Calingay

**Monika Dusberger**

RN  
UC San Diego Health  
Moore's Cancer Center

Monika is amazing. She is super knowledgeable, an expert oncology nurse, caring, thorough and gets things done - no nonsense!

Submitted by Ellie Flores


**Jennifer Dvorak**

NP II  
UC San Diego Health  
Moore's Cancer Center  
Thoracic Medical Oncology

Jen exudes all the wonderful qualities in nursing one could hope for. She is attentive, caring, empathetic, resourceful and patient oriented. Jen's influence in the UC San Diego Thoracic Oncology Program has been monumental. She is greatly adored by patients and staff alike. We love you, Jen!

Submitted by Karin Morris, PA-C


**Christine Dwyer**

RN  
UC San Diego Health  
Infectious Disease COVID-19  
Clinic Operations

Christine provides support to patients diagnosed with COVID-19. She manages daily calls with high-risk patients and provides comfort, assuring that our team is there to support them. She consistently goes above and beyond for her patients and co-workers!

Submitted by Kathy Bordeaux


**Abigail Edilloran**

Assistant Nurse Manager  
UC San Diego Health  
Neuro ICU and PCU

Abby's leadership, compassion and dedication to elevating nursing practice is unparalleled. She has both gracefully and effortlessly balanced attending a Family Nurse Practitioner (FNP) and Doctors of Nursing Practice (DNP) program despite the everyday challenges faced in our units. I am honored to have her as a co-worker and close friend.

Submitted by Mia Douglass


**Irene Edra**

RN, Nephrology Nurse  
Fresenius Kidney Care  
Dialysis Center  
Nephrology

Like the saying goes, "Not just anyone can be a nurse," it takes an individual with strength and endurance to do the job. A nurse must have the heart and the compassion to help others, and put all the necessary skills together. It's also a matter of professionalism.

Submitted by Smith Ervin Bryant


**Cheryl Elam**

LVN  
UC San Diego Health  
Internal Medicine

Cheryl has been a dedicated nurse at UC San Diego Health for over 30 years. I have had the privilege of working with her for about 10 years. Her dedication to our patients is amazing. She solves problems before even knowing there is a problem. She's the best!

Submitted by Dr. Lynette Cederquist



**Doug Elmore**  
Family Nurse Practitioner  
UC San Diego Health  
Express Care

Doug is not only a hero to us at UC San Diego, but to our nation as well. As part of the U.S. Army Nurse Corps, he served three active-duty deployments for Operation Enduring Freedom and was awarded both the Bronze Star and Purple Heart medals.

Submitted by Jim Goodmar



**Melvin Ersando**  
Clinical Nurse II  
UC San Diego Health  
Moore's Cancer Center

Melvin was selected as our, "Most Likely to Lend a Hand Nurse," which describes him perfectly. Melvin has a warm demeanor, kind eyes, gentle bedside manner and calming voice. He remains completely engaged with his patients. Working alongside Melvin immediately puts staff at ease, knowing he's there for us unconditionally.

Submitted by Karin Morris, PA-C

**Lorna Escuro**  
Lead Clinical Nurse  
Sharp Memorial Hospital  
3 North

Thank you for being the best lead that anyone could ask for, especially during these past two years of the COVID-19 pandemic. You put 110 percent in everything you do and inspire everyone around you. I hope you always know that you're greatly appreciated and irreplaceable.

Submitted by Pauline Abella



**Liza Esguerra-Ladrillono**  
RN, MSN  
Kaiser Permanente

My mom is an extremely hard worker with unmatched perseverance. Thank you, mom, for your many years of service as a nurse, saving lives and being able to help others in such a major way, including my sister and me.

Submitted by Mikey Ladrillono



**Emily Esendia**  
BSN, RN  
Rady Children's Hospital  
San Diego  
Dialysis and Apheresis

Emily is the leader of our unit. Her vast knowledge and skills in dialysis make her a valuable asset to our team. She is a mentor to all and keeps the unit regulation ready at all times. When she is working, we know it will be a good day!

Submitted by Kim Gavina



**Imelda Esteban**  
Specialty Nurse  
VA

A brave, compassionate nurse, very strong, and smart. Thank you, mom, for showing me how one can be the best nurse you can be and to always challenge yourself and find your true purpose. I appreciate you. Thank you.

Submitted by Janessa Esteban



**Janessa Esteban**  
Nurse educator  
UC San Diego Health

This nurse is a very hard working, loving mother and nurse. My mom is also a good teacher, makes families happy, helps people survive, and helps when someone is in need.

Submitted by David Navarro



**Gerrieann Evangelio**  
RN, BSN  
Sharp Chula Vista Medical Center  
PCU

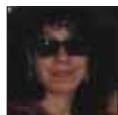
She is hardworking and dedicated to her profession. She goes above and beyond while doing her job. You can always rely on her quick decision-making skills. She'll make anything happen no matter what it takes. A salute to a very dependable registered nurse (RN) with good time management skills.



**Lisa Fisher**  
RN, BSN, CHPN  
The Elizabeth Hospice  
Education

Lisa is an extraordinary woman. Her love and dedication to hospice patients is shown not only at work but in the community as well. She's a great leader and mentor. She rolls up her sleeves and works alongside her team members.

Submitted by Eileen Estrada



**Maria Flanders**  
CWON  
Kaiser Permanente  
Wound Care

She's an amazing leader, resource and teacher. Kaiser Permanente is so lucky to have her protecting our patients' skin and educating the staff. She works late hours and gives 100 percent to her patients and nurses all the time.

Thank you for all you do!

Submitted by Emily Biundo



**Kelly Forman**  
Flight Nurse  
Mercy Air El Cajon

To the one and only "Mercy Air Godmother!" You have over 30 years of caring! You are an amazing woman!

**Tori Fredericks**  
CN II, Perinatal RN  
UC San Diego Health  
Maternal Fetal Care and Genetics

Tori, you are such a fantastic part of our team. Thank you for all you do for our patients. Your compassion and empathy for others makes a difference in many lives.

Submitted by Kandice Duns



**Laura French**  
RN  
Kaiser Permanente  
NICU

Laura deserves to be recognized as she has dedicated herself to caring for patients and their families for 22 years. She puts the needs of others before her own by volunteering and helping with COVID-19 patients.

**Connie Galang**  
Former Charge Nurse  
Huntington Hospital  
Neonatal

Happy National Nurses Week! Thank you for your lifelong service here in the United States and abroad.

Submitted by Daphne Galang

**Kathleen Garber**  
MWF Charge Nurse  
Fresenius Kidney Care La Mesa  
A hard-working nephrology nurse and a good patient advocate!

**Jennifer Garner**  
MSN, RN, CPHQ  
Magnet and Nursing Quality Program Manager  
UC San Diego Health  
Nursing Quality, Education, Development and Research

Through Jen's leadership, she has helped reduce catheter-associated urinary tract infections (CAUTI) in our organization by continuously evaluating root causes and engaging with key stakeholders during the process. She has also ensured nurses are empowered with the patient outcome data they need to inform their practice and improve patient safety.

Submitted by Heather Warlan

**Ala Garza**  
Director  
UC San Diego Health  
Women and Infant Services

Ala is an amazing nurse who puts her whole heart into providing the best possible care to our patients. Her passion for helping those facing healthcare disparities is inspiring to us all.



**Kimberly Somera Gavina**  
MSN, RN, CNN, QIA  
Rady Children's Hospital  
and UC San Diego Health  
Dialysis and Apheresis

My wife is the hardest-working woman I know. She is dedicated to her patients and co-workers. She truly enjoys being a nurse and it shows in her everyday interactions. Her patients are very lucky to have her but I'm even luckier to be married to her.



**Maribelle Go**  
LVN  
Sharp Grossmont Hospital  
TCU

We are so proud of Maribelle as a nurse but more importantly as a mother and wife. She has taught us to be resilient and compassionate by how she treats her patients. We appreciate your hard work and love you for it! From Henry, Rachelle, Nathan, Abby and Kris.

Submitted by Rachelle Lim

**Alexandra Goda**  
Nurse Director  
UC San Diego Health  
Ambulatory Float Team  
She's the best mentor, nurse and person. She cares about patients, nurses and their growth. She is just an amazing human!

**Pamela Hernandez Goss**  
CN

UC San Diego Health  
Perioperative Services  
Pam always goes above and beyond to make sure the operating room (OR) teams have what they need to provide the best patient care. She is hardworking, diligent, gracious and kind.

**Tina Gray**  
RN, CDE  
UC San Diego Health  
Obstetrics Gynecology and Reproductive Sciences

Tina Gray is a thoughtful, meticulous, connected nurse who has helped a huge number of pregnant women during diabetic pregnancies. Her skills, intelligence and humanity are among the best I have experienced in over 25 years of practice.

Submitted by Thomas Moore

**Carmen Gregory**  
RN, BSN  
Sharp Rees Stealy  
OB/GYN

Carmen is a great role model to everyone who is lucky to learn from her. Carmen is the example everyone wants to be.



**Felix Gutierrez**  
RN  
Scripps Mercy Chula Vista  
PACU

He's an exceptional nurse and colleague, a great dad, husband and friend. Felix looks out for you and will make sure you're taken care of. Thank you for providing such great care.

Submitted by Christine Gutierrez

**Donnamarie Hall**  
CN II, Perinatal RN  
UC San Diego Health  
Maternal Fetal Care and Genetics

Donnamarie's contribution to our team here is invaluable. Her experience, combined with her integrity, kindness and gentle spirit, benefit our patients as well as the whole team.

Submitted by Kandice Duns

**Brittanie Harbick**  
Director of Nursing  
Interim HealthCare  
Hospice

Shoutout to Brittanie! She's always leading by example and makes our workplace well balanced. She's compassionate and caring, with patients and nurses. She's an amazing patient advocate, supervisor and friend.

Submitted by Miriam Ramos



**Kristyn Harvey**  
RN  
UC San Diego Health  
Surgical Intensive Care Unit

Kristyn recently joined us and has jumped right in to be a fantastic team player, outstanding nurse and patient advocate. She is proactive, efficient, loved by patients and their families, and is a wonderful addition to the UC San Diego family.

# SALUTE TO NURSES: WORDS OF APPRECIATION FROM U-T READERS


**Megan Hayes**

RN, BSN  
UC San Diego Hillcrest  
Trauma PCU

Megan, I am so proud of you! You are compassionate, kind, hardworking and such a comfort to your patients. With love, mom.

Submitted by Andrea Hayes


**Zachary Heinemann**

Clinical Nurse Educator  
Palomar Health

Zach is a passionate, hard-working nurse who cares about patient-centered care, and utilizes education and quality improvement processes to empower nurses. He continually strives to implement the best practices to give nurses and patients the knowledge and tools to be their best. Thank you for always looking to the future.

**Zinah Heisel**

BSN RN OCN  
Oncology Triage/Same Day Service  
UC San Diego Health  
Moores Cancer Center

Zinah is an extraordinary oncology nurse, combining clinical expertise, compassion and patient advocacy to ensure that urgent patient issues are rapidly assessed and managed. Bilingual in English and Spanish, she quickly establishes patient trust and connection in partnering with the patient's oncology care team. Thank you, Zinah!

Submitted by Vicki Bradford


**Alexandra C. Hendricks**

Medical Assistant  
Scripps Coastal Hillcrest  
Internal/Family Medicine  
I've known Alex for over 15

years, and she is still as sweet and efficient as the first day I met her. She's one of the best nurses! She makes every visit enjoyable. Thank you for all your hard work throughout the years. To many more!


**Kristen Hernandez**

RN  
Kaiser Permanente  
Labor and Delivery

I still remember the warm care she gave me while I was in labor, even after two and a half years. I had a traumatic delivery, and she came to visit me postpartum. She gave me strength during my weakest moments. She's a true angel.

Submitted by Emily Biundo


**Kathie Holland**

Nurse Educator  
Tri-City Medical Center

Kathie is a compassionate individual. She works tirelessly with a smile on her face. She is funny and has an innate ability to make people smile. I am proud to call her my sister but even more proud to say she's a nurse.

Submitted by Dana Harger


**Honore Holmes**

RN  
UC San Diego Health  
Hemophilia and Thrombosis  
Treatment Center

Thank you, Honore, for taking exceptional care of San Diego's hemophilia community.


**Dawn Huckabone**

RN  
UC San Diego Health  
BMT Oncology

Dawn, I'm so stoked you came to UC San Diego! I love going for walks and having lunches with you. Happy Nurses Week!

Submitted by Laura Sauer

**Daniel Ibanez**

LVN  
TrueCare

Daniel is a compassionate nurse that welcomes diversity throughout his workplace. His humble heart remains in place when handling a difficult situation. He is a very joyful person to work with.

**Jackie Iseri**

Nurse Manager  
UC San Diego Health  
NICU

Jackie, thank you for the sparkling joy you bring to work. You do so much to help our patients and staff. Happy Nurses Week!

**ITP 1 Unit**

Evening shift  
Sharp Grossmont Behavioral Health

We work as a team with some of the most challenging patients with both psychiatric and substance-abuse disorders. A big shout out to the shift that I work and the people who dedicated their lives to do this work.

Submitted by Hyman B.


**Sandy Jellen**

CN III/Charge Nurse  
UC San Diego Health  
Moores Cancer Center  
Garden View Infusion Center

Sandy is truly one of the hardest-working nurses I've ever met. She is always on the go, exhibiting boundless amounts of energy while successfully completing her growing list of goals. She acts as a nursing educator, mentor and problem solver. Sandy makes our work environment safe, efficient and enjoyable.

Submitted by Karin Morris, PA-C

**Vicki Johnson**

RN  
Scripps La Jolla  
ICU

Vicki, along with a couple other travel nurses, saved my life in July of 2001 by nursing me back to health after I suffered a major brain stem stroke. The doctors had told me my life support should be discontinued and thanks to the nurses, it wasn't.

Submitted by Tom Sundeen

**Jackie K.**

Charge Nurse  
Sharp Mary Birch Hospital  
Triage

Your skill, experience, dedication and tireless effort have helped so many new moms start and grow families of their own. Your patience and grace are remarkable. Thank you for all that you do.

Submitted by your loving family

**Kaiser Garfield Peri-op Nurses**

Kaiser Garfield Specialty Center  
All the nurses I great to work with and have shown patients compassion and care during these many moths of COVID. They all make a great team.

Submitted by Paul Frith

**Amy Kalinowski**

MSN, RN, CCRN  
Clinical Nurse Educator  
UC San Diego Health  
Nursing Quality, Education, Development and Research

Amy is a wonderful nurse educator who will be leading our organization's intensive care unit (ICU) and Progressive Care Unit (PCU) orientation training programs. She has great ideas and teaching strategies for creating efficient programs to help nurses gain the knowledge needed to care for complex patients.

Submitted by Heather Warlan


**Danelle Kelley**

Charge Nurse  
Department of Public Health  
California Children's Services

Despite having a full-time job, Danelle spent many hours with our 104-year-old mom, helping with her medication, meal preparation, exercise, doctor's appointments and more until her passing in December. Her expertise is priceless.

Submitted by Judee Sedler


**Bridget Kennamer**

Pediatric Nurse  
Sharp Rees-Stealy Grossmont  
Pediatrics

Bridget Kennamer is an amazing nurse and a compassionate human being who goes above and beyond for her patients. Her ability to connect with children, her knowledge, efficiency, calm demeanor and kind tone of voice reassures parents and children alike. Nurse Kennamer is a blessing to our children and community.


**Alexandra Kessler**

Director of Ambulatory Float  
Team  
University of California San Diego  
Heath

Alexandra Kessler  
Ambulatory Care  
Alex and her team won the "Nurse of the Year" award at UC San Diego Health for innovative COVID-19 management. Her staff love and respect her, and she is an excellent friend who I greatly admire! Oh, and she just adopted a rescue dog! This woman is the best!

Submitted by Laura Sauer


**Lauren Kostelic**

NICU RN  
Kaiser Medical Center  
NICU

Lauren is an amazing nurse and an even better person. Lauren helped us navigate the complex health care system when caring for our daughter. She empowered us to advocate for our daughter's needs and we can't thank her enough for all she's done!

Submitted by Miriam Ramirez


**Olivia Kozar**

RN  
UC San Diego Health  
Infectious Disease COVID-19  
Clinic Operations

Olivia works in the COVID-19 Clinic to help fast track high-risk patients with COVID-19 symptoms or deliver monoclonal antibody therapy. She was instrumental throughout the surge of the Delta and Omicron variants!

Submitted by Kathy Bordeaux





**Rosamma Kuriakose**  
Assistant Nurse Manager  
UC San Diego Health  
Thornton 2 East-PCU

To the most hardworking, selfless and compassionate person anyone will ever meet, you have never missed a vein while taking care of patients. Thank you, Rose, for always being there during the good and tough times. We could not get through this pandemic without you!

Submitted by Tiare Geolina Gonzales



**Doris Ledezma**  
LVN  
Redwood Terrace  
Skilled Nursing

She is simply the definition of an awesome nurse. Happy Nurses Week! I'm proud to call you my sister!

Submitted by Adelona Aquino



**Desiree Leithem**  
NP  
UC San Diego Health  
Infectious Disease

Desiree recently joined our team and has been a lifesaver to our providers and staff. She jumped in to help manage patients in both the inpatient and outpatient areas. Desiree has helped hundreds of COVID-19 patients get screened for monoclonal antibody therapy. We love our "Dez!"

Submitted by Kathy Bordeaux



**Holly Leivas**  
CN II/Charge Nurse  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Holly is a warm-spirited, intuitive, confident and thoughtful nurse. She continuously makes suggestions on how to improve workflow processes in our department and truly cares about our team. She is a top-notch nurse. Holly is extremely empathetic with her patients and co-workers. She exudes kindness and gentleness of spirit.

Submitted by Karin Morris, PA-C

## Nancy Li

CN III  
UC San Diego Health  
Shiley Eye Institute

Thank you for all you have done to make UC San Diego Health the outstanding hospital it is today. All the years of selfless dedication to excellence is greatly appreciated. We celebrate you and what you mean to us. Thank you for your expertise, work ethic, compassion and heart.

Submitted by Tiare Geolina Gonzales



## Linda Lobbstael

MSN, RN, NPD-BC, NP-C  
Nursing Professional Development Specialist  
UC San Diego Health  
Nursing Quality, Education, Development and Research

Linda is a strong advocate within our organization, ensuring that new graduate nurses are successful in their transition to the profession. Not only does she ensure they have the skills to care for patients safely, she also supports them during role transitions with her mentorship and stress-reducing techniques.

Submitted by Heather Warlan



**Maricris Lopez**  
BSN, RN  
Rady Children's Hospital San Diego  
Dialysis

Maricris is the nicest nurse I know. She is a strong nurse on the floor and assumes charge nurse duties when necessary. She has good clinical judgment and very good nursing skills. I am so very lucky to work with such a great nurse and person!

Submitted by Kim Gavina



**Diana Lukolo**  
CNA  
VitaWerks  
Nursing

Diana goes above and beyond for her patients. She goes to different facilities and cares for many kinds of patients, always giving 100 percent. She is compassionate and thorough.



**Stephanie Lyulkin**  
RN  
Sharp Memorial Hospital  
Stephanie's true passion is caring for others. The most

fulfilling part of nursing, for her, is helping patients overcome their illness and return home healthier than when they arrived. She is very caring and thoughtful in ensuring patients are well taken care of and are on a path to recovery.

## Carly M.

RN, BSN  
Sharp Chula Vista Hospital  
PCU

Thank you for your passion and for the way you care for patients. You go above and beyond to connect with your patients and give them the best care possible. Your gift does not go unnoticed. Thank you for making the world a better place.



**Donna Macmillan**  
RN, BSN, CGRN  
UC San Diego Health  
Palliative Care

Donna is such a kind and dedicated nurse. She has been a nurse for many years, and I feel honored to now work beside her. She has a huge heart for our patients.

Submitted by Shama Shrestha



**Jessica Malley**  
Nurse Manager  
UC San Diego Health  
Moore's Cancer Center

Jessica has put her heart and soul into lifting up our team of nurses during a time of extreme short staffing, a pandemic and her own personal tragedy. Her deep care and advocacy for her team go beyond expectations and her heart shines through her work daily.



**Jerel Lee Salvador Malong**  
RN, QIA  
Rady Children's Hospital and UC San Diego Health  
Dialysis and Apheresis

Jerel is constantly on the grind. He works three jobs and is also studying hard for his master of science in nursing (MSN). Despite his hectic schedule, he always maintains his upbeat demeanor and is sought after for publication and conference presentations. I am thankful to work with this inspirational nurse!

Submitted by Kim Gavina

## Karen Malossi

RN  
Palomar Hospital  
Floor Nurse

Karen is a devoted and caring nurse and friend. She works long hours and covers holidays so her coworkers can enjoy their holidays with family. She's a team player and was voted, "Nurse of the Year," at her hospital. Karen works hard with a smile on her face. God smiles at her.

Submitted by Lai Quon



**Brian Manley**  
RN  
Intensive Care Nurse  
Sharp Chula Vista  
ICU

Brian worked tirelessly throughout the pandemic as an emergency room nurse and is now caring for patients in the intensive care unit (ICU). He is a calm, kind and compassionate person who really wants to provide the best care to those he's been entrusted to care for. Thank you for your service.



**Leah Marquardt**  
RN  
UC San Diego Health  
Oncology

Leah, happy Nurses Week! I love getting to see you and receiving your notes.

Submitted by Laura Sauer



**Gernine Marshall**  
Clinical Lead Registered Nurse  
Sharp Grossmont Hospital  
2 North/2 South/1 South

Unwavering and genuine, Gernine is a lead nurse that practices with an unparalleled heart and dedication not only to her patients but her coworkers as well. She will drop anything to help others, solves problems to improve outcomes, and brings a sense of peace and comfort to those that surround her.



**Sharon Martin**  
IT Applications Manager  
San Ysidro Health  
Information Technology

We recognize and commend

Sharon, who has been a nurse for over 30 years. She was previously an emergency room (ER) nurse. Now she tirelessly ensures medical professionals have the up-to-date technology they need to provide optimal healthcare to their patients across California. We appreciate and love you!

Submitted by Carol and Richard Ross



**Sarah Mathis**  
OR Nurse  
Seattle Children's Hospital  
OR Department

My daughter works tirelessly

and devotedly to give children quality care surgeries and recovery for a better life. She's a very hardworking operating room (OR) nurse. During the COVID-19 pandemic, she has helped screen COVID-19 patients. She's my unsung hero. Nurses should be treated with respect and affection.

Submitted by Myra Nune

## Torri'Yanna McGee

Nursing Assistant  
Medical Hospital  
Nursing

She shows up on time and is very fun, lovable, attentive and caring. Her character is loved by the hospital staff. Thank you for being an amazing nurse.

## Mary McGinnis

RN  
Rady Children's Hospital  
Dialysis

Although she is new to the department, Mary brings a wealth of nursing knowledge and skill from her previous years of nursing experience. She has been welcomed as a member of the team and it is a joy to work with her.

Submitted by Kim Gavina



# SALUTE TO NURSES: WORDS OF APPRECIATION FROM U-T READERS

## Fernando Mediano

NP with Neuro Critical Care  
UC San Diego Hillcrest  
Neuro Critical Care/SICU

Fernando goes above and beyond for his patients and spends quality time with patient families. He also takes care of his nurses. It is not an exaggeration to say he is one of the most loved nurses in our unit. Thank you, Fernando!



## Cherry Pink Medina

RN  
County of San Diego  
Medical

We want to recognize our mom for being dedicated to her job and patients. We heard a lot of stories about how well she handles it. I admire her so much and her coworkers. Happy Nurses Week mom! From Francisco, Claire and Nicole.

Submitted by Francisco III Medina



## Francisco Medina Jr.

RN  
UC San Diego Health and Kaiser  
Permanente  
Oncology

We want to greet our dad. Happy Nurses Week. We admire his dedication to his work and compassion to his patients. You are an inspiration! From Francisco, Claire and Nicole.

Submitted by ClaireAnn Medina

## Kara Medina

Nurse Case Manager  
UC San Diego Health  
Moore's Cancer Center  
Gynecologic Oncology

Kara, thank you for your selfless dedication to our patients and team!

Submitted by Ramez Eskander



## Leonora Menguito

CN III  
UC San Diego Health Hillcrest  
PACU

Leonora is an incredible mentor, great resource to her peers and a very supportive charge nurse. She is committed to her nursing profession who helps the community by volunteering at outreach programs locally and internationally.

Submitted by Sharon Roberto

## Erna Mercado

RN  
UC San Diego Health Hillcrest, SICU/Trauma  
She is an excellent nurse. She works hard but still gives the best nursing care to her patients.



## Angela Mitchell

BSN, MS, RN, CNML  
Center Director, St. Paul's PACE,  
Administration

Angela leads a team that provides all-inclusive care services to older adults with the goal of keeping our participants safe and living independently in their homes. She strives for customer service, team engagement, quality and program growth. Angela leads our clinical team with leadership and expertise.

Submitted by Carol Hubbard



## Charisse Montilla

RN  
UC San Diego Health  
Infectious Disease

Charisse works in our Infectious Disease Clinic (ID) where she wears many hats. She is well versed in managing COVID-19 and general ID patients. She also crosses over to our Outpatient Parenteral Antibiotic Therapy Program (OPAT) program. She is a team player and is willing to help with any task.

Submitted by Kathy Bordeaux



## Evelyn Mosley

Diabetic Nurse Educator  
UC San Diego Health  
Obstetrics, Gynecology and Reproductive Science

Evelyn Mosley is a fantastic colleague who helps me oversee and care for pregnant women with diabetes. She is organized, caring and a strong advocate for her patients. I could not imagine doing my job without her!

Submitted by Sandy Ramos



## Mary Ellen Mueller

Charge Nurse  
Kaiser Permanente  
5 North and South Ortho

She's an amazing leader, exceptional mentor and wonderful friend. A nurse who always has your back and wants the best for her patients. She works hard and loves harder. Grateful for our friendship and inspired to be working alongside her.

Submitted by Emily Biundo



## Barbara Phillips Munson

RN  
San Diego County Office of  
Education and CorVel Healthcare

Our mom compassionately cared for patients during her private practice and as a school nurse for over 30 years. She also served as a case manager for injured employees for more than 15 years. She cared for every patient as if they were a family member. We honor you, mom! Lovingly, C., P. and R.

Submitted by Catherine Munson



## Lakeisha Nacoste

NP  
UC San Diego Health  
Moore's Cancer Center  
Infusion Center

Lakeisha is a kind and inspiring nurse practitioner. She compassionately cares for patients undergoing cancer-directed therapies. She provides hope and support to patients during their most difficult times. She is also a well-respected leader in our infusion team. Thanks for all you do, Lakeisha!



## Donna Nakasone

CN II  
UC San Diego Health  
Thornton 2 East-PCU

To our "Superwoman," we wish we could clone you. Thank you for flying to the rescue and lifting our spirits each and every day. Your generosity and selfless compassion are what this world needs more of. Thank you for all our scrub caps, banana bread and candy!

Submitted by Tiare Geolina Gonzales



## Angela Naple

Charge Nurse  
UC MED Denver, CO  
COVID-19/Orthopedics

Angela Naple supervises a dedicated group of people who put their hearts and souls in caring for COVID-19 and post-orthopedic surgery patients. In addition to her civilian medical service, she is a naval reserve nurse, she assists wounded warriors in athletic competitions and provides service at Camp Pendleton Hospital.

Submitted by Timothy Naple



## Gigi Narisma-Estabillo

MSN, BSN  
Palomar Medical Center  
Float Pool

I have been in nursing for 37 years. It's my calling and passion to take good care of human beings with love, dignity and respect. Nursing is a work of heart.

Submitted by Gigi Narisma-Estabillo

## Michael Nies

BSN, RN, CCRN-K  
Patient Education Specialist  
UC San Diego Health  
Nursing Quality, Education, Development and Research

Mike is an amazing addition to our team! His combined training in informatics, critical care and patient education has improved patient care within our organization. He has also created efficiencies and supported our nurses' workflow by finding ways to reduce time spent charting so they have more time to spend with patients.

Submitted by Heather Warlan

## Polly Nobienksy

RN, BSN, OCN  
UC San Diego Health  
Radiation Oncology

This nurse cares for patients with lung and prostate cancer. She is caring, efficient and a strong team leader.

## Lynne Norton

RN  
Pilgrim Health

I want to recognize my sister, Lynne. She is such a caring, compassionate and nurturing person. Lynne didn't become a registered nurse (RN) until she was in her early 40's but was eager and passionate from the beginning. She specializes in geriatrics and works with our older population.

## Nurses

RNs, BSNs, MSNs  
Pioneers Memorial Healthcare District  
Med-Surg

To my fellow med-surg nurses who I have worked side-by-side with during the COVID-19 pandemic, you are all amazing, wonderful, selfless souls and deserve all the recognition. The word "hero" doesn't come close to defining the bravery and strength I see in all of you! Happy Nurses Week!

Submitted by Ana Gutierrez, RN



## Pamela O'Balle\*

Diabetic Nurse Educator  
UC San Diego Health  
Obstetrics, Gynecology and  
Reproductive Sciences

Pam exemplifies all the qualities of a caring, energetic, focused and skilled nurse. Despite a tough year, she has come to work with her can-do attitude and excellent work ethic.

Submitted by Sandy Ramos



## Julie Ochoa

CNA  
Frederika Care Center  
The best certified nurse assistant (CNA) ever!

## Amy Ogata

Assistant Nurse Manager  
UC San Diego Health  
SCVC Procedural Treatment Unit (PTU)

Thank you for your compassion and commitment to excellence! The entire PTU family and I are grateful for all you have done and continue to do for our patients, families and team! We celebrate you and what you represent.

Submitted by Tiare Geolina Gonzales

## Sharon O'Mary

RN  
UC San Diego Health  
Moore's Cancer Center

Sharon is a truly caring, compassionate, and skilled nurse. She has guided hundreds of patients through leukemia treatments. She always makes time for her patients.



Ebonee Givens, RN



# Honoring our nurses

The last 2 years have changed us. We mourn those we've lost to this pandemic, including the nurses who selflessly cared for those battling COVID-19. We see and feel things differently because of what we've experienced together – in health care and in our country.

Through it all, the 65,000 Kaiser Permanente nurses and more than 4 million nurses across our nation have reminded us what it means to **heal**, the importance of **dignity and grace**, and the power of **hope**.

This National Nurses Month we recognize and celebrate our nurses – leaders, clinicians, researchers, innovators, and scientists. We see your long hours, deep compassion, and true humanity.

Thank you for choosing to be a nurse, and for leading us through the last 2 years with your heart and professionalism. You honor those who came before you – and provide an example for those who will follow in your footsteps.

With deep gratitude,

Greg A. Adams  
Chair and Chief Executive Officer  
Kaiser Permanente

 KAISER PERMANENTE®



Daniel Montes



Candice Parras

# Honoring nurses of Tri-City

Tri-City Medical Center celebrates National Nurses Week

**Y**ou can see it in their eyes. You can feel it in their touch. And if you're a patient, you experience it during each visit. At Tri-City Medical Center (TCMC), they take their work personally. They live it. They breathe it. They are providing quality treatment to help patients recover.

TCMC nurses are among the Heroes of North County. Their dedication to positive patient outcomes has improved the health and wellbeing of our community since 1961. They are ready to serve 24 hours, seven days a week.

Daniel Montes is one of Tri-City Medical Center's newly graduated registered nurses in the Emergency Room. "I grew up in Vista. Working for Tri-City Medical

Center allows me to give back to my community," he said.

After serving in the military, Daniel worked in Environmental Services, keeping the hospital clean and helping transport patients in his spare time. A year later, he transferred to the ER and worked as an EMT while going to school to become an RN. "When I was in the military, I was making a difference on a large scale. [Now] I can see the effect on individual patients from my community and the difference I am making in their lives every day," saying, as a nurse, his impact is more personal.

Another key member of Tri-City Medical Center's staff is Candice Parras who is the Chief Nursing Executive.

Candice Parras was bound for lead-

---

**"I knew I would be a nurse when I was a little girl. I grew up with a sister with disabilities, and being her caregiver grew my passion for nursing. In June, I have been a registered nurse for 51 years and will always have a strong commitment to this profession."**

---

ership early in her career when she became a P.M. charge nurse. Her commitment and passion for nursing drove

her to leadership roles where she could positively impact the field of nursing by sharing her expertise and improving bedside care nationally.

"I lead with my commitment to nursing and always aim to put a positive spin on things. One of my mottos is 'This too shall pass.'" said Parras when asked how she sets the tone for nurses at TCMC. "The ongoing COVID-19 pandemic has been one of the most challenging and inspirational moments. Our nurses gave our patients the best care ever, and we continue to provide the best care."

TCMC celebrates Nurses Week and honors each of our caring, compassionate and inspiring nurses at Tri-City Medical Center.





Tri-City Medical Center

# OUR NURSE HEROES.

Our nurses  
transform the lives  
of our community  
members through  
excellent care,  
advanced  
techniques and  
giving hearts.



[tricitymed.org](https://tricitymed.org)

**While We Were Expanding Access  
to the Highest Quality Healthcare  
Throughout North San Diego County...**

**PALOMAR HEALTH**

Reimagining Healthcare

# People Noticed.



At Palomar Health, we are reimagining the entire patient experience to provide world-class healthcare in your hometown.

# PALOMAR HEALTH

Reimagining Healthcare

# SALUTE TO NURSES: WORDS OF APPRECIATION FROM U-T READERS

## Rose Ortiz

RN Clinic Manager II  
TrueCare Family Medicine

We have been so busy lately that I realized I haven't taken the time to express my appreciation for all your great work, help that you provide me and always available to clarify the work.

Submitted by Karin Montemayor



## Amy-Li Ostlie

CN II  
UC San Diego Health  
Thornton 2 East-PCU

To our "Captain Marvel," thank you for your dedication and grit. No matter how difficult the situation, you persevere and overcome it. We marvel at your speed, stamina and dependability against all odds. This Nurses Week, we celebrate you and others who have stepped up to the challenge of the COVID-19 pandemic!

Submitted by Tiare Geolina Gonzales

## Agnes P.

Lead Nurse RN  
VCSNF  
SNF/TCU

She is a great leader, always taking into consideration the safety of the patients and staff. She is caring, honest and always lends a helping hand!



## Shawnie Paich

RN  
Sharp Mary Birch

Shawnie is not only an excellent nurse and gives her tiny patients the best care but she also goes out of her way to help the family during this stressful time. She draws name signs, does holiday foot prints and has even custom made clothes. She is amazing.



## Edna Paiva

Clinical Lead RN  
Sharp Grossmont Hospital  
Medical/Acute Physical Rehab

My mom shares the most wonderful, humanizing stories about her patients who she sees as more than just a diagnosis. It's clear this profession was her calling.

Submitted by Cheyenne Paiva

## Ramon Palacios

RN  
UC San Diego Health  
COEM

Ramon has been working in employee health and helping employees return to work safely after having the COVID-19 virus. He is patient, kind and hardworking.



## Celine Palminter\*

RN  
UC San Diego Health  
Moores Cancer Center  
GI Oncology

Celine's dedication to care is shown through the bond she creates with her patients by making them feel safe and motivated to win the fight against cancer. Celine's commitment to quality care is what continues to help others in need.



## Mary Ann Papageorge

RN, BSN, CHPN  
Lightbridge Hospice and Palliative Care

Mary Ann has been a nurse for many years, and is a fierce advocate for her patients. I love collaborating with her. She is so warm and caring, someone you would want at your side if you ever need palliative care or are approaching the end of your life.

Submitted by Shama Shrestha

## Francine G. Parent

RN, Nursing Supervisor  
Sharp Healthcare  
Staffing Resource Network

Francine has dedicated over 35 years to helping care for patients at Sharp Healthcare, beginning in the operating room and advancing to her current position. She had endured COVID-19 by constantly making sure the intensive care unit (ICU) and other units were staffed to care for patients during the pandemic.



## Aurea Paulaon

LVN  
Sharp Rees Stealy  
Family Medicine

Aurea is the best! She goes above and beyond for her patients and is a true team player.



## Maria Paulsen

Program Coordinator  
UW Medicine HarborView Medical Center  
Trauma Outreach Education

She has been a dedicated and exceptional nurse in the trauma, burn and COVID-19 units for 35 years.

Submitted by Ellen Hogan

## Marco Pecenco

RN  
Adventist Health Mendocino Coast

My son is a surgical nurse who makes surgeries possible. He makes sacrifices to help the limited staff.

Submitted by: Giovanni Pecenco



## Aya (Lalaine) Pengson

CN II/Charge Nurse  
UC San Diego Health Moores Cancer Center  
Garden View Infusion Center

Aya is one of our beloved fast track charge nurses. She is professional, knowledgeable, skilled, dedicated, even keeled and tender hearted. Aya helps to ensure good patient flow at our center. She is resourceful and clearly enjoys being a nurse. Aya always has a smile on her face and is loved by everyone.

Submitted by Karin Morris, PA-C



## Leah Peniche

CN II, Perinatal RN  
UC San Diego Health  
Maternal Fetal Care and Genetics

Leah has such a calming energy that radiates across our unit on her shifts. She is kind, compassionate, and respected and loved by all!

Submitted by Kandice Duns

## Abby Pennington

RN, BSN, OCN  
UC San Diego Health  
Radiation Oncology

This exceptional nurse cares for cancer patients who need treatment for brain tumors. She is compassionate and caring and an asset to the team of nurses here.



## Eric Pitt

Supervisor  
Sharp Grossmont Hospital  
Emergency Department

Eric, you are an excellent nurse, strong leader, amazing little brother and caring uncle. Thank you for your commitment to caring for our community. We love you very much!

Submitted by Linda, Lorraine and Jake



## Chela Mae Polintan

RN-BSN  
Sharp Grossmont Hospital  
ICU

Proud mom here.

Submitted by Celia Polintan



## Annabel Portugal

LVN  
Independent contractor

My daughter is the most hard-working and compassionate, dedicated and reliable nurse you'll ever meet. She has a child with special needs, but that has never stopped her from reaching her goals. I admire her not because she's my daughter but because she's an awesome human being. We love her.

Submitted by Ana Jimenez

## Estelle Portugal\*

Assistant Manager  
UC San Diego Health Hillcrest  
Main Operating Room

Estelle is a role model in my life. She's an amazing mother, nurse and one of my best friends. She deserves recognition for her hard work and what she's done to get there.

Submitted by Skyler Hanson



## Nancy Purdy

RN  
Seaport Scripps Home Health  
Home Health

She is a leader, mentor, inspiration, best friend and amazing mom. She has 19 years of experience with inpatient bedside, 21 years in management and five years in home health. She was born to be a nurse who changes lives every day. An everyday hero.

Submitted by Emily Biundo



## Sheila Quilatan

CN II  
UC San Diego Health  
Thornton 2 East-PCU

To our "Wonder Woman," thank you for championing compassion, peace, empathy, and love. You have been there to help encourage, support and embrace our challenges from day one of this pandemic. Here's to you and the wonderful human you are!

Submitted by Tiare Geolina Gonzales

## Rose Raggio

CN II, Perinatal RN  
UC San Diego Health  
Maternal Fetal Care and Genetics

Rose is an amazing RN, co-worker, employee and friend. She goes above and beyond for every patient. She is compassionate and kind. We are lucky to have her!

Submitted by Kandice Duns

## Amber Rammel

LVN  
Sharp Rees Stealy  
Family Medicine

Amber has a special gift that allows her to connect with patients, address their concerns and provide compassionate care to all! All of my patients appreciate her care, and I am the most fortunate physician to be able to work with a professional and efficient nurse! She is the best and I appreciate Amber!

Submitted by Laura Hackett



## Crisabel Ramos

BSN, RN  
Naval Medical Hospital  
Case Management

I would like to celebrate with President Crisabel Ramos and the Nurses of the Philippine Nurses Association of San Diego County, Inc. (PNASD). Crisabel and PNASD volunteers continue to vaccinate and educate the public during the pandemic and assists in other community initiatives and needs. Thank you, Crisabel and PNASD!



## Consuelo Razo

RN  
Supervisory Nurse  
TrueCare Mission Mesa Pediatrics

Consuelo Razo is a dedicated nurse born and raised in Oceanside who has been serving her fellow community members with love for over 12 years. Connie's exemplary patience and kindness shines when interacting with patients and families - she truly cares. From MA to RN, she inspires everyone around her.

## Fe Reyes

RN  
UC San Diego Sulpizio Cardiovascular Center  
Fe goes above and beyond to support her team and care for her patients. Fe is kind, patient and compassionate. There is never a moment she does not do her job without a smile on her face. Thank you for all you do!


**Belen Rivera**

RN  
UC San Diego Health  
La Jolla Orthopedics

Thank you for your many years of gentle care, compassion and love for all the patients you've come across. We love you so much and are so grateful for you.

**Camille RL**

NP  
CSH

She is a hardworking and compassionate nurse. She takes the time to address the concerns of each patient.

**Rhoida Robles**

RN  
Kaiser Permanente San Diego Medical Center  
ICU  
Happy Nurses Week! You are totally a hero.

**Anthony Rodelo**

MSN, RN, CCRN  
Nurse Educator  
UC San Diego Health  
Nursing Quality, Education, Development and Research

Anthony recently took the lead in managing our Quality Orientation Education Program and the Nurse Preceptor Program. He has actively sought the feedback of our clinical nurses and leaders to ensure the processes he is putting into place meet the needs of our staff and patients.  
Submitted by Heather Warlan


**Crystal Rodriguez**

Vocational Nurse Senior/LVN  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Crystal is an absolute gem! She has been a huge asset to our UC San Diego team. She is loveable, charismatic, devoted, adaptable and an extremely hardworking nurse. She excels in performing electrocardiograms (EKG) and helping out with our clinical trials. Crystal is the epitome of being a team player and outstanding co-worker!

Submitted by Karin Morris, PA-C


**Katrina Rodriguez**

CN II  
UC San Diego Health  
Thornton 2 East-PCU

To our "Iron Woman," thank you for your ingenuity, bravery and never-give-up attitude. Your positive energy, compassion and steady dedication to excellence are what we appreciate about you. We are grateful for all you have done to take the best care of our patients, families, and our team!

Submitted by Tiare Geolina Gonzales


**Amber Rose**

RN  
UC San Diego Health  
Oncology

Amber, I love having you on our team! You are so fun and I love how you keep it real! Happy Nurses Week!

Submitted by Laura Sauer

**Ayelet Ruppin-Pham**

MN, RN, PHNA-BC  
Patient Education Specialist  
UC San Diego Health

Nursing Quality, Education, Development and Research

Ayelet has advocated for strong patient education practices for over 10 years. Her work helps support safe and effective patient discharge from the hospital. The infrastructure she has created helps support our nurses in providing patients with the knowledge they need to care for themselves.

Submitted by Heather Warlan


**Jaclyn "Jackie" Russe**

Organ Procurement Coordinator  
Lifesharing  
Organ Team

Jackie Russe, RN, is Lifesharing's 2022 Nurse of the Year. She comforts grieving families and ensures their loved ones live on through organ donation. Jackie works tirelessly to find matching recipients for donated hearts, lungs, livers and kidneys – saving the lives of patients on the transplant waiting list.

**Elpidio S.**

LVN  
Skilled Nursing Facilities

Elpidio, also known as Jun, is an awesome nurse! He is always advocating for his patients. He has a big heart and genuinely cares for his patients and others. He will take that extra step in figuring out how he can help his patients feel better!

**MaryAnn Salerna**

UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite

She's an amazing, wonderful and caring nurse to her patients and co-workers.

**San Diego Blood Bank Nurses**

San Diego Blood Bank Gateway and South Bay  
I recognize the nurses at the San Diego Blood Bank. Diana, Gigi, Janet, Mireya, Tina, Arlene, John, Ramon, Jean, Lorena, Norma, Martina, Karen and all of the nurses at the South Bay and Gateway locations. They have provided great care during my years of making donations.

Submitted by Al Conde


**Kristine Mae Santacroce**

RN  
Kaiser Permanente San Diego  
She is very compassionate in her profession and a role model to

her brothers. She inspires them to become good citizens by helping other people and the community.


**Nicole Santos**

RN  
UC San Diego Health  
Otolaryngology, Center for Voice and Swallowing

Nikki is so generous to our team. She's friendly and welcoming and provides great procedural support to our specialized surgeons! We love you, Nikki!


**Laura Sauer\***

CN II/RN Case Manager  
UC San Diego Health  
Moore's Cancer Center  
Hematology-Oncology

Laura is a wonderful nurse case manager. She always has people's best interests at heart. She is gleeful, fun, loving, relatable and genuine. Laura is known for her continual efforts to honor people by making them feel special. She is also an incredible advocate for nursing in general. Today, I recognize her!

Submitted by Karin Morris, PA-C


**Jennifer Scanlan**

RN, OCN  
RN Case Manager  
UC San Diego  
GI Oncology

This amazing nurse has one of the highest case-loads at UC San Diego and yet, she is so incredibly on top of it! When she isn't helping patients beat cancer, she's rescuing dogs! She's globally minded and I love working with her!

Submitted by Laura Sauer


**Jan Sergeant**

CN II  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Jan is a total superstar! She has a wealth of knowledge and experience as well as life lessons that she shares with patients and staff. Jan is a very attentive nurse and makes connections with people easily. Jan is very loved!

Submitted by Karin Morris, PA-C


**Rachelle Servito**

Supervisor,  
Field Case Management  
Genex  
Worker's Compensation

She is one of the sweetest and nicest people you will ever come across. She is a dedicated nurse and mother. You are amazing!

Submitted by Tanya Macare


**Linda Shafer**

RN  
Sharp Hospital  
Oncology

My mom has been a nurse my entire life. She is an angel to me and those she helps. I'm so proud of her for working through the toughest times and for always putting others first. Thank you for being an outstanding nurse and first-class mom!

Submitted by Amber Shafer


**Shelly Ray Shea**

Clinical Nurse  
Sharp Grossmont Hospital  
Medical ICU

Shelly supports her patients with compassion and caring beyond her, just two years out of school. She's brave and strong only having known this pandemic as her nursing experience. She's smart and dedicated to learning and patient care. Big hugs and a big thanks!

Submitted by Mom and Dad Shea


**Clint Shepard**

Vocational Nurse Senior/LVN  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

It is evident that Clint absolutely loves working in nursing. He is always willing to lend a hand, provide comfort and listen empathetically to the needs of his patients. Clint is warm, compassionate, loving and kind. He brings a calm, reassuring energy into the workplace which is so refreshing.

Submitted by Karin Morris, PA-C

**Connie Sherwood\***

Nurse Case Manager, CN III  
UC San Diego Health  
Radiation Medicine and Applied Sciences  
Connie takes phenomenal care of our cancer patients. She is beloved by everyone: colleagues, patients and their families. Her kindness, compassion, responsiveness and attention to detail are exemplary

Submitted by Parag Sanghvi, MD, MSPH

**Kirsten Sherwood**

RN  
UC San Diego Health  
Clinic

Thank you for all of your hard work for our patients!

**Kevin Silvett**

BSN, RN  
Scripps La Jolla  
Emergency

Kevin's actions speak for themselves. There is nobody better in the emergency room (ER) than this guy. I'm beyond proud of him.

Submitted by Larry Silvett

**Jolly Simon**

CN III/Charge Nurse  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Jolly is such an incredible nurse! She is loveable, empathetic, highly intelligent and motivated. Being around Jolly just makes you happy! She is one of the hardest-working nurses in our unit and is loved by all. This nurse deserves to be recognized every day.

Submitted by Karin Morris, PA-C



# SALUTE TO NURSES: WORDS OF APPRECIATION FROM U-T READERS

## Alycia Sims

RN, CN II  
UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite  
She's an amazing, wonderful and caring super nurse!



## Gina Sinaniz

RN  
Sharp HealthCare  
Hospice  
Gina has been a registered nurse for seven years.

I met Gina when she was working full time as a waitress and going to San Diego State University. She paid for her own education. She is a warm human being full of love.  
Submitted by Rita Geller



## Dawn Smith

RN, BSN  
UC San Diego Health, Sharp  
Grossmont Hospital  
Interventional Radiology and  
Pre-Op

Dawn is a hard worker who has powered through COVID-19 and shown amazing zeal for helping others in difficult circumstances. We are very proud of our first responder.



## Nerrisa Smith

RN, Operations Supervisor  
Scripps Encinitas  
Emergency Room  
We have known Nerrisa for over 30 years. She is a compassion-

ate, kind nurse, who always puts the patient's wellbeing first. She is truly the most amazing nurse and human being. She loves her job and it shows in all of her interactions with the patients she has contact with.

Submitted by Christy Brown

## Edison Go-Soco

Nurse Case Manager  
UC San Diego Health  
Moore's Cancer Center  
Medical Oncology

Edison is simply the best nurse. His professionalism, compassion and work ethic are unmatched. It is an honor working beside him to care for our cancer community.

Submitted by Soo Park



## Ronald W. Somera

LVN  
Advantage Health Systems  
Home Health

Ronald is the hardest-working nurse I know. His patients are grateful for his dedication and care. Not only does he work all hours, he is also going to nursing school. He was awarded the "Nurse of the Year 2021" award at his company which was well deserved.

Submitted by Kim Gavina



## Kristan Andrew Sosa

RN  
Riverside Community Hospital  
Telemetry

Kristan is a reliable and dependable nurse. His patients are extremely lucky to have him. Outside the workplace, he is a great son and a brother. We are so blessed to have a nurse and hero in our family.



## Cindy Stephens

RN  
Kaiser Permanente  
Oncology

Cindy, every time we catch up with each other, I'm always like, "That girl is amazing!" I don't know how you do it while smiling and being a role model. Happy Nurses Week!

Submitted by Laura Sauer



## Jennifer Sterk

CN II/Charge Nurse  
UC San Diego Health  
Moore's Cancer Center  
Garden View Infusion Center

Jen is a highly energetic, charismatic, fast-paced and solution-oriented nurse. She always has an ear-to-ear smile, her positive energy always elevating the spirits of patients and staff alike. Jen has made a profound impression on our department, working here for over 10 years. We are so lucky to have her!

Submitted by Karin Morris, PA-C

## Leniel Stiles

CN  
UC San Diego Health  
Women and Infant Services  
Leniel is a shining light in the labor and delivery area. Her ideas and positive energy inspire teamwork.

## Jennifer Stremel

LVN Area Coordinator  
Goldberg Healthcare Seacrest Village  
Skilled Nursing

Jennifer is truly an angel of mercy. Her patience, care for the elderly, and interactions with families put her above. I am so grateful to her each and every day for her dedication and devotion to those in her charge.

Submitted by Gayle Wise



## Cathleen Sugarman

RN, MSN, AOCNS  
Manager  
UC San Diego Health  
Breast Oncology

Cathleen really owns her role and it's so surprising to her staff. She truly understands what her patients are going through which gives her great insight to streamline the process. I love working with her. Happy Nurses Week!

Submitted by Laura Sauer

## Vesna Sutic

LVN  
UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite  
She's an amazing, wonderful and caring nurse. We call her "Saint Vesna."

## Kathy Swasey

RN, BSN  
Nursing Professional Development Generalist  
UC San Diego Health  
Nursing Quality, Education, Development and Research

Kathy is one of the kindest people I know. She is the best person to welcome and orient newly-hired nurses and nursing students. She works very hard to ensure that nurses entering our profession feel supported.

Submitted by Heather Warlan



## Kristina Tayag

RN, BSN  
UC San Diego Health  
Oncology PCU

When families weren't allowed in the hospital during the peak of the COVID-19 pandemic, Kristina was the nurse who would set administration tasks aside to give patients a hug, hold their hand and share her heart with them.

Submitted by Maya Filipovic

## Lynette Tejero

LVN  
Veterans Affairs Medical Center  
Wound Clinic

She gives great patient care and patients absolutely love her. No matter what is going on, she always has the best attitude.

Submitted by Perla Sepulveda

## Diana Teopaco

Sr. LVN Lead  
UC San Diego Health Moore's Cancer Center  
Multi-Specialty Clinic

Diana is an extraordinary LVN and leader. She works closely with multiple care teams and LVNs to develop and ensure standard workflows optimize patient safety and care. She is highly respected by care teams and leaders for her positive approach to problem solving and improving processes. Thank you, Diana!

Submitted by Vicki Bradford



## Kelley Tiersma

Kaiser Permanente  
Labor and Delivery  
Kelly was an amazing labor and delivery nurse. I still remember

her warmth and support two and a half years later. She came and visited me during postpartum after my traumatic delivery. She is an amazing nurse who made my dark days brighter.

Submitted by Emily Biundo



## Normanlee Torreno

BSN, RN, QIA  
Rady Children's Hospital and UC  
San Diego Health  
Dialysis and Apheresis

When we are desperate for help after hours, on holidays and weekends, Norman comes to the rescue. He is our best preceptor as he is patient and explains rationale. He is calm under pressure and our rock in the unit. Norman is awesome!

Submitted by Kim Gavina



## Melissa Towers

RN  
UC San Diego Health  
Hemophilia and Thrombosis  
Treatment Center

Thank you, Melissa, for taking exceptional care of San Diego's hemophilia community.



## Jeffrey Trageser

Executive Director  
UC San Diego Health  
Lifesharing

Jeffrey is our new interim director at Lifesharing. He is an excellent, caring nurse who wants to break the barriers between organ donations and people of color.

Submitted by Stephanie Mays

## Marianne Tran

RN, BSN  
Sharp Memorial Hospital  
Marianne, continue to be your patient's advocate, for their comfort and well being.

Submitted by Maria Savellano

## Jodi Traver

PhD, RN, NE-BC  
Nurse Educator  
UC San Diego Health  
Nursing Quality, Education, Development and Research

Jodi is passionate about furthering efforts around Equity, Diversity and Inclusion (EDI) at UC San Diego and nationwide. She has found innovative and engaging ways of ensuring nurses are leading and included in these conversations.

Submitted by Heather Warlan

## Marguerite Trevino

CN  
University of California San Diego  
Women and Infants/Obstetrics  
Marguerite is hardworking, thorough and a multitasker. As a physician, I feel safe when she is working with me as I know nothing goes unnoticed by her.

## Abigail Vandergriff

Clinical Nurse  
Sharp Grossmont Hospital  
Surgical ICU

Through it all, Abby says, "I love my job!" She has persevered through unprecedented times, caring for so many. She is smart, caring, passionate and brave! Thank you for being here when we need you! Sending love and thanks!





**Michele VanNote**

Licensed Vocational Nurse  
UC San Diego Health  
Internal Medicine

Thank you for taking care of our patients and the community we serve.



**Zenaida Villa**  
RN

Paradise Valley Hospital

Following in my mom's footsteps to become a nurse was an honor. I have always admired her dedication to the profession and compassion for her patients. She encourages me to always face challenges head on and has always supported my own vision for my career.

Submitted by Noelle Frances Gonzales

**Arlene Vinluan**

RN  
Canyon Villa Retirement Facility  
Nursing Department

She is an excellent nurse who keeps me happy with her good will, sense of humor and bandaging skills. She also has a yin-yang tattoo on her left elbow that conveys great power and sympathy! She is always in a happy mood.

Submitted by Gerald Driessen



**Sunday Wakeham**  
RN

Scripps Encinitas  
Cardiac Cath Lab

My daughter has worked at Scripps Urgent Care for 14 years where she was one of 16 recipients chosen for Scripps 2021 Values in Action award. She always goes the extra mile, volunteering as a nurse previously in neighborhoods where people had lost their homes due to fire.

Submitted by Anna Petek



**Kim Washburn**  
RN

Scripps Mercy Hospital

I would like to pay tribute to my mother, Kim. Her love of this profession inspired my own pursuit of nursing. Through the COVID-19 crisis, she has stayed strong and cared not only for her patients but her family as well. Thank you for all you do! We love you!

Submitted by Breann Washburn



**Diane Wiskus**

MSN, RN  
UC San Diego Medical Center  
Trauma PCU

She has dedicated her entire nursing career of 25 years to serve patients, teach future nurses and provide leadership.

Submitted by Jo Ann Garcia

**Eva Wojnowski**

RN, CN III  
UC San Diego Health  
Koman Outpatient Pavilion  
Pain Procedure Suite

She's an amazing, wonderful and caring nurse!

**Sarah Cabalic Woods**

RN, BSN  
Kaiser Permanente San Diego  
Ortho, Med Surg

Sarah is my youngest daughter. God provided a light in her way to finish the career that's best for her. She is a dream nurse! Thank you for serving the people you've touched and making a way to provide for your family.

Submitted by Chit Cabalic



**Cynthia Yazdani**

LVN  
UC San Diego Health  
Hemophilia and Thrombosis  
Treatment Center

Thank you, Cynthia, for taking exceptional care of the San Diego hemophilia community.



**Heidi Young**

NP  
Scripps Green Hospital  
Pre-Op

Heidi, you never cease to amaze me. Even after all the adversity, you came out on top and prevailed. Thank you for standing strong and letting the rest of the unit know the grass is greener on the other side. You rock!

**Bunny Youngblood**

Delivery Nurse  
Various San Diego Hospitals  
Delivery, OB/GYN

Bunny just amazes me because she has delivered over 2,500 babies in her brief career as a delivery nurse. She's such a blessing to the San Diego community.

Submitted by John Fulk



**Leah Yoshisaki-Yusi**

MSN, RN, ONC  
UC San Diego Health  
IIPCU

Leah is an extraordinary nurse. Her dedication is endless. She works endlessly to provide for her team and all their patients. She keeps her chin up in the face of adversity. Leah is talented, brilliant, and a leading example of what nurses can be. She deserves endless praise.

\* **These nurses received multiple tributes.**



ANA RAMIREZ U-T FILE PHOTO

**Dr. James Garvey, left, walks into a room to help Victoria Askaryar, RN, tend to a patient at Scripps Memorial Hospital Encinitas on Friday, Aug. 13.**



K.C. ALFRED U-T FILE PHOTO

**Nicole Brunner, RN, flushes a central line for COVID-19 positive patient at Scripps Memorial Hospital La Jolla on Jan. 3, 2021.**



NELVIN C. CEPEDA U-T FILE PHOTO

**Emergency room nurse Rebecca Book works a shift at Sharp Memorial Hospital on Dec. 29, 2020.**



NELVIN C. CEPEDA U-T FILE PHOTO

**Nurse Jonna Pagaduan prepares a COVID vaccine during a clinic to vaccinate the homeless on April 29, 2021.**



San Ysidro Health nurses have done extraordinary work serving the community during the COVID-19 pandemic, providing compassionate care and support to the 109,000 patients under their care who are located across San Diego County.

# An extra dose of appreciation

Nurses are an integral part of San Ysidro Health's community services

**E**very year, we celebrate National Nurses Week. This year, our San Ysidro Health nurses' sacrifices, dedication, and compassion have an even deeper meaning.

On behalf of the entire San Ysidro Health family, we thank our 115 nurses for the compassionate care they provide to the 109,000 lives under our care, especially during this pandemic.

Through the COVID-19 pandem-

ic, our nursing staff – known for their excellence and compassion – have touched our communities in countless ways. They have vaccinated children and families, visited our elders to do vital health screenings available to those who wouldn't otherwise get them, and cared for our communities who are under-resourced and may oftentimes go without care.

The collective impact of our effort,

which included the contributions of our powerful nursing staff, have resulted in 85,000 vaccinations to date.

Our nurses are pillars of strength and providers of care for our communities. From the South Bay to East County and North County, our team of dedicated and trusted healthcare professionals are extremely committed to the health of our community.

We salute our nurses and all frontline

workers who have gone to great lengths to help our neighbors and communities during these times of need. We admire your courage, applaud your sacrifices and are inspired by you!

While National Nurses Week is not nearly long enough to give all professionals in the nursing field the recognition they deserve, we want to share an extra dose of appreciation for everything you do throughout the year.



# SAN YSIDRO HEALTH APPRECIATES ALL OF OUR NURSING TEAM

ON A DAILY BASIS OUR HEALTHCARE HEROES IMPROVE THE HEALTH AND WELL-BEING OF THE COMMUNITIES WE SERVE WITH ACCESS FOR ALL.



## WHY JOIN SAN YSIDRO HEALTH?

- Provide quality healthcare without concern for a patient's ability to pay to under served communities and make a difference in patient lives
- As a Federally Qualified Health Center, RN's have the opportunity to apply for loan repayment on educational loans
- Predictable 8-hour Day Shifts
- Outpatient care setting
- Opportunity for growth in Nursing Leadership positions
- One-on-One patient care
- Build strong professional relationships with providers
- Join an organization that values, promotes, and embraces diversity
- No weekends for most positions
- Annual Merit Increases
- 403B Retirement Plan option
- 162 Retirement/Bonus Plan (no cost to employee)
- Paid vacation, sick time, and holidays
- Referral Bonus Program



## APPLY NOW



SCAN QR CODE TO JOIN OUR  
**AMBULATORY CARE RN TEAM**

OR SCAN QR CODE TO  
**JOIN OUR PACE RN TEAM**




SCAN QR CODE FOR OTHER  
**SYHEALTH POSITIONS**

  
**109,000**  
lives in our care

  
**50**  
health centers and  
program sites

  
**2,300**  
workforce dedicated  
to our mission

  
**85,000**  
COVID-19 vaccines  
administered to date

 [www.syhealth.org](http://www.syhealth.org)  
     @sanysidrohealth



Help make a difference by participating in clinical research.

# Innovations in treatment

Clinical trials are key to the advancement of medical research

**V**elocity Clinical Research, San Diego was founded in 1999 as eStudySite, by Dr. William O’Riordan. Through comprehensive research services agreements with each of its partner hospitals, the clinic has been able to conduct a broad range of in-patient and out-patient protocols spanning first-in-human/first-in-patient through to pivotal trials and post-marketing support. Velocity San Diego has a worldwide reputation for excellence in conducting infectious disease

trials including antibiotics, antivirals, vaccines, and diagnostic studies, consistently enrolling among the top 5 percent of participating sites. Over the last 20 years, the center has continued to grow its therapeutic area expertise to include endocrinology, hepatology, dermatology and gastroenterology.

Over the past 20 years, Velocity San Diego has forged relationships in the community to enhance recruitment of elderly subjects and other sub-populations. In addition, a bilingual research

team successfully recruits and enrolls many Latinx study participants. Accessible to several major highways, this ADA compliant facility serves the greater San Diego area, and includes an inpatient/outpatient infusion center. With more than 11,000 square feet of dedicated research space the research team can efficiently and effectively conduct multiple concurrent studies. All trials are performed in accordance with ICH and FDA guidelines, and in compliance with GCP. All Nurses are ACLS certified, and

all other staff are BLS certified. The Velocity San Diego team is committed to being a resource for study volunteers, to providing the highest quality of patient care with compassion and kindness and to advancing medicine through research. By becoming part of the Velocity Clinical Research organization in 2020, we added new efficiencies and integration to our already comprehensive approaches to conducting clinical trials. For more information visit [velocityclinical.com](http://velocityclinical.com) or call (619) 704-2750.



Velocity  
CLINICAL RESEARCH



# Honoring San Diego's Healthcare Heroes!

Velocity Clinical Research San Diego **SALUTES**  
our **NURSES** for their contributions in bringing  
innovative medical treatments to patients.

Velocity's mission is to bring innovative medical treatments to patients. We are committed to making clinical trials succeed by generating high quality data from as many patients as possible, as quickly as possible while providing exemplary patient care at every step.

5565 Grossmont Center Drive | Building 2, Suite 1 | La Mesa, CA 91942  
**(619) 704-2750 | [SanDiego@VelocityClinical.com](mailto:SanDiego@VelocityClinical.com)**



# SAN DIEGO'S **BEST** UNION-TRIBUNE READERS POLL 2022

The Readers Poll  
That Counts!

# VOTE TODAY!

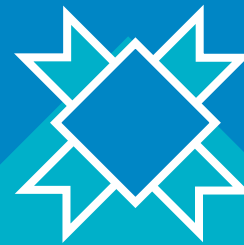
through May 10

[SDBestPoll.com](http://SDBestPoll.com)

The San Diego Union-Tribune

CALL FOR NOMINATIONS

# SAN DIEGO COMMUNITY HEROES



Recognizing  
local businesses and  
organizations that have  
shown exemplary leadership,  
contributions and actions during  
the challenges of the past year.

# NOMINATE TODAY!

through May 10

[SanDiegoUnionTribune.com/CommunityHeroes](http://SanDiegoUnionTribune.com/CommunityHeroes)

The San Diego Union-Tribune



**Not all heroes  
wear capes.  
Some wear  
scrubs.**

## Appreciating all that nurses do to improve the quality of human life

William Shakespeare once said, "The meaning of life is to find your gift. The purpose of life is to give it away." No truer words can be said about our nurses - the everyday heroes whose invaluable skills and expertise combined with kindness and compassion contribute to making a positive difference in the lives of patients each and every day.

At Regal, Lakeside and ADOC Medical Groups, we appreciate the vital role nurses play in caring for our communities, and we thank them for their valuable efforts in maintaining the health, safety and well-being of those in their care.

### We are hiring!



If you are a nurse interested in exploring an opportunity to join our healthcare family, we want to hear from you. For more information about us and for career opportunities for nurses, please visit [RegalMed.com](https://www.RegalMed.com), or scan the QR code above.



# Commitment and caring

Scripps nurses provide daily care, support and strength

**N**urses have some of the toughest jobs around, especially right now. Whether they are on the front lines or behind the scenes, Scripps nurses rise to the challenge, providing care, support and quiet strength every day.

“Resilient” – A person able to withstand or recover quickly from difficult conditions. . .

What stands out most in this definition are the words “withstand” and “recover.” Time and time again, through all the ups and downs and all the stops and starts, our nurses and health care professionals have shown extraordinary resilience. With care for our patients and community always top of mind, they have repeatedly withstood and recovered – and it has made all the difference.

As nurses and health care staff at Scripps and throughout the county adjust from pandemic to normal operations, we want to thank them and the community for their support and for never losing faith. It’s likely we have not seen the end of COVID-19, but we know we have the nurses, staff and physicians to handle whatever comes our way.

“I believe kindness and laughter both have a way of healing wounds that can’t be healed by modern medicine,” shares Jessica Tallman, RN. “Be kind, laugh often, and remember that every day may not be good, but there is something good in every day.”

We salute all our 2022 Nurse of the Year honorees. Thank you for your dedication, compassion and grace.

At Scripps, we’re interested in people who are interested in community.

People who build bridges, not walls, knowing we can do more together than we can alone. People who want to play a vital role in the health and wellness of San Diego. Here, you’ll be part of a team that delivers outstanding health care across the region. You will work in a supportive, respectful environment that has been repeatedly recognized as one of the nation’s Top 100 Places to Work.

Surround yourself with people dedicated to making a difference in how we care for our city, neighbors, family and friends.

[Scripps.org/MyCareer](https://scripps.org/MyCareer)



**Jessica Tallman, RN**  
Scripps Memorial Hospital Encinitas



**Dennis Dizon, RN**  
Scripps Green Hospital



**Bryan Gallagher, RN**  
Scripps Memorial Hospital La Jolla



**Jovie Pareja, RN**  
Scripps Mercy Hospital Chula Vista



**Jenny Cervantes, RN**  
Scripps Mercy Hospital San Diego



**Loren Cook, RN**  
Scripps Clinic Medical Group - Torrey Pines



**Heidi Dalangin, RN**  
Scripps Coastal Medical Center – Vista



**Marilou Mayo, RN**  
Scripps Medical Foundation Administration



**Renee Gersy, RN**  
Scripps Health Administrative Services

# Saluting Our Extraordinary HEALTH CARE HEROES



Dear Healthcare workers thank you for taking care of our people so much that you guys our heroes to save people's lives and make them better and healthy to our community and our state. Because of your encouragement and bravery you should win a gold medal for best workers.

*Artwork and letters sent to Scripps employees by students at Hearst Elementary School.*

Thank you to the Scripps Health team for your exceptional care and service to our patients—and sincere appreciation to our community for your generous support.



[Scripps.org/MyCareer](https://scripps.org/MyCareer)

# Sacred call to nursing

PLNU is proud to serve those who serve others

**A**s a nurse, you meet people of all ages and populations at their most vulnerable. To you, serving patients means more than providing exceptional technical skill, but unmatched compassionate care. At Point Loma Nazarene University's School of Nursing, we believe nursing is more than a job — it's a sacred calling. With bachelor's, master's, and CNS certification programs taught by floor-experienced faculty, PLNU prepares nurses who bring quality and compassion into every facet of their practice. PLNU is grateful to all who make up San Diego's nursing and healthcare community, and we're proud of the reputation our School of Nursing alumni bring to the bedside and beyond.

To learn more, visit [pointloma.edu/nursing](http://pointloma.edu/nursing).



# THANK YOU, NURSES

FOR YOUR SACRED CALL TO  
SERVE, COMFORT, AND HEAL.

PLNU's School of Nursing is proud to partner with San Diego's nursing and health care community in providing quality care at the bedside and beyond.

Learn more about pursuing your calling at [pointloma.edu/MSN](http://pointloma.edu/MSN).

POINT <sup>19</sup>  LOMA  
NAZARENE UNIVERSITY





# Healers and heroes

Nurses are at the heart of Mercy Physicians Medical Group and Primary Care Associates

**M**ercy Physicians Medical Group (MPMG) and Primary Care Associates (PCA) would like to thank all nurses who have provided care to our members throughout San Diego County for over 30 years.

The work nurses do has been front and center. They have risen to the occasion of this pandemic, meeting the moment and the true calling of their profession with both grace and rigor. They have been a beacon of hope and have witnessed unbearable heartache. The fight against COVID-19 showed stamina, compassion and unwavering care to their patients.

Our heartfelt gratitude for keeping us safe and working tirelessly on the front lines around the clock to ensure that people who need help are given the high quality of care they need. Nurses are



**Nurses are valuable partners in family wellness.**

more than healers – they are heroes.

They are doing what they do best, putting the patient first. In the face of adversity, MPMG and PCA are fortunate to be surrounded by nurses who continue to raise the bar for patients, advocating for their needs and giving them voice.

MPMG and PCA honor and celebrate their nurses today and every day.

To learn more about MPMG and PCA, visit [mpmgdocs.com/findadoc](http://mpmgdocs.com/findadoc) for a medical team in the Central and South San Diego area or [pcamg.com/findadoc](http://pcamg.com/findadoc) for North San Diego County care.



**PCA and MPMG network service areas cover the San Diego region.**

## Happy National Nurses Week



**Thank you, nurses. You are our heroes.**

Countless thanks to the hard-working nurses keeping us safe. We send our heartfelt gratitude for their incredible contribution today and always.



**Two medical networks working together to provide health care and peace of mind to all of San Diego.**



Serving Central & South San Diego County  
[mpmgdocs.com/findadoc](http://mpmgdocs.com/findadoc)



Serving North San Diego County  
[pcamg.com/findadoc](http://pcamg.com/findadoc)

# Country Hills heroes

One of the largest skilled nursing facilities in San Diego, a 305-bed post-acute care center

**C**ountry Hills Post Acute provides compassionate care individualized to meet every patient's specific needs.

We appreciate and celebrate our healthcare heroes daily, but especially during National Nursing Home Week. We've been told our celebrations are a bit unconventional (think mechanical bull riding, dunk tanks, sumo wrestling suits, karaoke parties with patients, etc.) because at Country Hills, we believe hard work should always be rewarded and that fun always has a spot within the workplace. We know our festive culture is one like no other. Our slogan has remained, "We are good people" because the staff at Country Hills are truly good. They're selfless, dedicated, and brave. Since the beginning of the pandemic, our staff have been applauded for their

advocacy and care because we've made it a priority to recognize their efforts. We've recruited and retained the best of the best and it's an honor to work alongside these heroic individuals. To our future nurses, we welcome you with open arms and are eager to support you in your nursing endeavors. To my beloved Country Hills staff, thank you for being angels on this earth. You're so loved!

To learn more about the admission process, and job opportunities/sponsorships, visit us at: 1580 Broadway El Cajon, CA, 92021, or call our administrator Breanne Chiriboga directly at (619) 729-8700.



**CH**  
COUNTRY HILLS  
POST ACUTE



SKILLED NURSING  
+ REHABILITATION

*Country Hills is one of the largest Skilled Nursing and Rehab Facilities in the San Diego area. We take great pride in our wonderful staff, strong work culture and 'family taking care of family' environment! We encourage all individuals who are seeking a meaningful, fulfilling, and family-oriented workplace to come and join our team at Country Hills.*

1580 Broadway, El Cajon, CA 92021 • 619-441-8745

Sign on bonus, referral bonus and sponsorship programs available.



Palomar Health team members from left to right, Todd Renner, Alicia Lockett, Michelle Shores and Vernon Pertelle.

# A resilient excellence

Palomar Health nurses show resiliency and commitment to excellence during the pandemic

**O**ver the last two years amid the pandemic, everything has changed, and today healthcare is more important than ever. Nurses share in the passion to care for and leave an impression on each patient they interact with, and the nurses at Palomar Health are no exception.

“Our nurses over the last two years have been nothing less than resilient. As nurses, we take care of sick patients, we care for the ones that can’t

care for themselves, with the knowledge and skills during these unprecedented times,” says Mel Russell, RN, MSN, Chief Nurse Executive of Palomar Health.

The pandemic impacted nurses in many ways, challenging them to think outside the norm and come up with creative solutions for every obstacle that was presented. “Nurses had to set their own fears aside; not only are we nurses, we are also friends, siblings, and parents,” says Russell.

“Resiliency covers so many different things, staying the course, taking care of patients, putting aside their own hesitations, their own fears, putting aside a lot of their own daily life events to come to work and care for the sick.”

Committed to delivering the highest quality medical care, Palomar Health set itself apart by innovating and adapting new technologies, enabling them to serve the community in even bigger ways. At Palomar Health, to achieve the extraordinary in healthcare, the entire

organization constantly seeks better ways to improve every part of the patient experience and to always provide excellent care, an excellent patient experience and excellent quality.

“Regardless of your position and what you do, you’re in it to do what’s right for the patient and take care of the patient. It’s an innate trait that nurses have, to care for others and care for each other. There’s something very promising about this. I don’t call it a career, it is a calling,” says Russell.



# ADVANCE YOUR NURSING CAREER AT USD

## DEGREE PROGRAMS

### MASTER OF SCIENCE IN NURSING

Executive Nurse Leader  
 Adult Gerontology Clinical Nurse Specialist  
 Nursing Informatics

### DOCTOR OF NURSING PRACTICE

Family NP and Family NP in Emergency Care  
 Psychiatric-Mental Health NP  
 Dual Adult Gerontology/Family NP  
 Dual Pediatric/Family NP  
 Health Systems Leadership  
 Nursing Informatics and Data Science

### DOCTOR OF PHILOSOPHY IN NURSING

### MASTER'S ENTRY IN NURSING (NON-RN)

The Hahn School of Nursing and Health Science is ranked in the top 10% of Graduate Nursing Schools nationwide.

Our professors are forward-thinking researchers and clinicians who keep up with a rapidly changing field.

For information, contact us (619) 260-4163 or visit us online at [www.sandiego.edu/nursing](http://www.sandiego.edu/nursing).



**University of San Diego®**

**HAHN SCHOOL OF NURSING AND HEALTH SCIENCE**  
*Betty and Bob Beyster Institute for Nursing Research,  
 Advanced Practice, and Simulation*