

The San Diego
Union-Tribune

Salute to Nurses

**National
Nurses Day**

Thursday
May 6, 2021



UC San Diego Health

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

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At UC San Diego Health, nurses lead the way in providing compassionate, high-quality care to the region and beyond.

Community of care

UC San Diego Health nurses recognized for innovation and quality patient care

UC San Diego Health provides compassionate, personalized care to the community, based on the newest scientific discoveries. It is recognized by the American Nurses Credentialing Center as a Magnet-accredited organization for quality patient care, nursing excellence and innovation in nursing practice. Whether they are caring for a patient

at the bedside or prepping for a high-tech, minimally invasive surgery, UC San Diego Health nurses are dedicated to providing world-class care. The health care organization would like to thank all its nurses for all they do and acknowledge and sincerely thank its front-line nursing heroes, who continue to provide outstanding patient care to all COVID-19 and other patients. UC San Diego Health also congrat-

ulates its 2021 Nurses of the Year for their passion and commitment to patient- and family-centered care:

- Jennifer Clay, BSN, RN, Emergency Services, La Jolla
- Cherry Sioson, BSN, RN, PCCN, 5 West Surgical Trauma Progressive Care Unit
- Lindsay Holt, Ph.D., RN, CPAN, Perioperative Anesthesia
- Jackie Iseri, MSN, RNC-NIC, Neo-

natal Intensive Care Unit — Women and Infants Services

- Nursing Team of the Year: Petco Park Vaccination Super Station team
- Nurses are the healing heart of health care.

To learn more about nursing at UC San Diego Health, visit health.ucsd.edu/nursing.



medical program
sively for s

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sPAC

St. Paul's Senior Services loves their nurses!

*We appreciate all you
do to keep our seniors
happy and healthy. You
are our superheroes!*



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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 work on the front lines in the fight against 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 260 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

COVER ILLUSTRATION BY **CRISTINA BYVIK** • U-T



1902
**POINT
LOMA**
NAZARENE
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Rennell, Class of 2011

THANK YOU FOR SERVING US

AT OUR MOST VULNERABLE

**ON THE FRONT LINES OF THE PANDEMIC,
NURSES ARE BEING RECOGNIZED FOR
THEIR BRAVERY AND COMMITMENT.**



Scan the QR code, and read about some of our many PLNU nursing alumni who daily step into their calling to serve, comfort, and heal.

To learn more about PLNU's nursing programs, visit pointloma.edu/nursing.



Students at the University of San Diego Hahn School of Nursing and Health Science learn using a mannequin.

Innovation in lockdown

USD School of Nursing pivots to online learning without sacrificing quality

In March 2020, the entire student body of the University of San Diego Hahn School of Nursing and Health Science (USD SON) stopped attending classes on the beautiful campus and finished the winter semester online because of the pandemic. The School of Nursing, like many other programs, had to get creative to ensure the provision of a quality education at the same level as when students were in the classroom. “Our nursing faculty and staff were able to pivot quickly into a remote mode of course delivery,” Dean Jane M. Georges said. “Our priority was to meet students’ needs as soon as possible, so that no student would have a delayed graduation because of the pandemic. Our staff and faculty worked tirelessly to make this

shift happen in a remarkably short time.” The internationally accredited Dickinson Nursing Simulation Center devised a plan to ensure students could still conduct their on-campus clinical studies, but in a safe manner. Smaller groups of students, masked and socially distanced, were permitted to work in the Simulation Center. Providing quality clinical placements for the students has always been a top priority at the school. While the advanced practice nursing students were able to switch to telehealth-based clinical placements, providing clinical hours for students in the pre-licensure Master’s Entry Program in Nursing was a challenge. But the pandemic also brought some unforgettable learning experiences for these novice nurses. The School of

Nursing partnered with the County of San Diego and the University of California San Diego to provide vaccinations to the public at numerous sites. It was a positive learning experience for the students. “It helps us when we have to provide services like this in the real world,” Master’s Entry Program student Peter Ng said. While School of Nursing looks forward to returning to clinical sites as soon as feasible, it plans to build on the state-of-the-art virtual reality simulation laboratory to foster student learning once the pandemic is over. Elizabeth Growden, a second year Master’s Entry Program student, said the virtual reality scenarios impressed her. “It felt like we were really in the patient’s room,” she said. “The COVID-19 pandemic has demon-

strated the importance and power of nursing in saving lives on a global scale,” Georges said. “Our school is positioned to take a leadership role in developing the next generation of advanced practice nurses and nurse scientists in Southern California. At USD, our horizons are unlimited for nurses.” The USD Hahn School of Nursing offers the pre-licensure Master’s Entry Program in Nursing; a master’s degree in nursing, which includes tracks for nurse practitioners, clinical nurse leaders, and executive nurse leaders; a master’s degree in both health care informatics and nursing informatics; a doctor of nursing practice in leadership and nursing informatics; and a Ph.D. in nursing.

For more information, visit sandiego.edu/nursing.



Sharp HealthCare Foundation Guardian Angel award recipients Cathy McJannet, RN; Daniel Steppler, RN; Julie Dye, RN; Ryan Cabuang, BSN, RN, CWOCN; and Laurie Kalleberg, RN.

Guardian Angels

Sharp Foundation program recognizes nurses who have made a difference

Nurses on the front lines at Sharp hospitals have been called superheroes amid the coronavirus pandemic. Many of these health care heroes earned their angel wings after being recognized with a special award for the incredible care they have given their patients during these difficult times.

Sharp HealthCare Foundation's Guardian Angel Program allows patients and their families and friends the opportunity to support Sharp, a not-for-profit organization, while acknowledging caregivers who have made a difference. Each honored Guardian Angel receives a heartfelt message of appreciation from the donor

informing them of the gift, as well as a lapel pin to wear proudly.

Since the beginning of the pandemic in March 2020, hundreds of Sharp caregivers have received Guardian Angel awards, including these nurses who have expressed what it means to be honored in such a meaningful way.

"It is nice to be recognized for the hard work, love and care I give to patients," said Daniel Steppler, a registered clinical nurse in the Short Stay Observation Unit at Sharp Memorial Hospital.

"To know that someone took the time to recognize me, it makes me feel honored and truly grateful to be here for our patients," said Laurie Kalleberg, a registered

nurse and manager of the FT/Progressive Care Unit at Sharp Chula Vista Medical Center.

"Being a Guardian Angel means that my patients recognized that I truly care about them and their outcomes. They have touched my heart, as I have hopefully touched theirs," said Cathy McJannet, a registered nurse in the emergency room at Sharp Coronado Hospital.

"I am honored to be recognized as a Guardian Angel for Sharp during a difficult time," said Ryan Cabuang, a registered nurse with a Bachelor of Science in nursing, who is also certified in wound, ostomy and continence care at Sharp Rees-Stealy's Wound Healing Clinic. "I will

continue to represent our clinic with the highest standards."

"The thought that a patient would recognize caregivers at a time of personal crisis is very humbling," said Julie Dye, a registered nurse at Sharp Grossmont Hospital's emergency department. "It empowers us to work even harder and advocate for continued advances in health care."

For more information about Sharp HealthCare's Guardian Angel Program or to honor a Sharp caregiver, go to give.sharp.com/guardian-angel.

Leslie Aquinde and Diana Babb are writers in the Sharp HealthCare Marketing & Communications Division



Thank You, Nurses

More than ever, nurses are the heart and soul of health care — serving their community and rising to meet challenges with outstanding professionalism and compassion.

Sharp HealthCare recognizes and thanks our nurses for their dedication to delivering the extraordinary level of care we call The Sharp Experience.



PERSONAL WORDS OF APPRECIATION TO NURSES SUBMITTED BY OUR READERS

**Elaine Abrigo**

RN
Scripps Memorial,
NST Intensive Care Unit

Elaine is the best nurse and cousin.

When the pandemic started, she was a great resource for our family. One of our relatives' households was struck with COVID in April. On top of her regular job, she virtually cared for those family members who were well enough to stay home.

Submitted by: Eileen Shannahan

Emma Adjasu

Clinical Nurse
Sharp Chula Vista Medical Center,
5 East Heart Failure/COVID PCU

Emma is so dependable at whatever role she takes. With her experience, skills and knowledge, she is an asset as a preceptor to new grads and new hires.

Submitted by: Cynthia Paraguya

**Suzanne Agarwal**

RN
UC San Diego Moores Cancer Center
This has been one of the hardest years in health care, and, Suzanne, you have

remained a comfort for both your patients and your peers. I am honored to work alongside you! Happy Nurses Week!

Submitted by: Laura Sauer

Nina Aguilar

RN
County of San Diego, First-time Mothers/ COVID
Nina goes above and beyond with her nurse's duties. She is a lead with the COVID team that goes into different nursing homes where the virus is high.

Submitted by: Raenique Madden-Bowman

Stephanie Alcalá

Patient Care Supervisor
Sharp Rees-Stealy Sorrento Mesa, Primary Care

There are far too many stories to tell and examples to provide, but Stephanie has been a rock to our team throughout this pandemic and always!

**Azel Alconcel**

Clinical Nurse
Sharp Chula Vista Medical Center,
5 East Heart Failure/COVID PCU

Azel has an easy-going personality — her demeanor is consistent whatever her role is in the unit. She makes a difference on anyone's load when she is around. I am proud of how much she has grown as a nurse. She has the skills, knowledge and the heart!

Submitted by: Cynthia Paraguya

**Irene Almirol**

Clinical Nurse
Sharp Chula Vista Medical Center, 5
East Heart Failure/COVID PCU

Irene's jolly personality brings life around the unit. I admire how she handles herself in whatever she does. She is a delight to have on the team!

Submitted by: Cynthia Paraguya

Nushin Amoui

Supervisor
Scripps Green Hospital, 3West/DOU
Nushin is the most generous, kind and compassionate nurse. She has been an amazing leader for her unit during the pandemic and is always showing up to support her colleagues. I'd let her take care of me in the hospital any day! So lucky to have her as my bff!

Submitted by: Shelley Doyle

**Ha Andrada**

Assistant Nurse Manager, Medical
Specialty Clinics
VA San Diego Healthcare System,
Medical Specialty Clinics

As the assistant nurse manager for Medical Specialty Clinics, Ha has maintained our daily operations despite the constant changes during this pandemic. She is a great listener, a sound leader, and best of all, one of the most amazing nurses I have ever worked with!

Submitted by: Hazel Tanga

Danielle Andriso

Senior Public Health Nurse
California Children Services, San Diego County Health
and Human Services Agency

Danielle volunteered to work with San Diego County Public Health Epidemiology as a COVID-19 contact tracer and investigator since February 2020. Danielle promotes team building, office morale and staff recognition by participating on committees to celebrate significant life events and staff birthdays at monthly medical staff meetings.

Abby Aquino

RN
County of San Diego, COVID Coordination Team

She is a part of making sure different sites for the county have what they need. She has a willing heart. From dropping stuff off after she has already clocked out or in the morning before she even comes into the office.

Abigail Aquino

Quality Assurance Specialist; Testing and Vaccine
Operations Event Coordination Team Member
San Diego County Health and Human Services Agency,
Medical Care Services Division

Abby's role in coordinating COVID testing and vaccines has grown over this pandemic because she's so capable and detail oriented. She's behind the scenes, making sure all sites have the supplies they need, communicating with teams all over the county. She is also so kind and bakes a great cookie!

Sabrina Arciniega

RN Case Manager
Sharp Palliative Care

Sabrina is committed to taking care of her patients; she goes above and beyond. She is also going to school to be a nurse practitioner, is married and has a 23-month-old little boy.

Submitted by: Irma Porter

Terrie Arnold

RN Lead
Sharp Rees-Stealy, OB-GYN

Terrie, thanks for being such an incredible leader and so flexible during our realignment and COVID. You

have made the transition easy and continue to take great care of staff, providers and patients!

**Renan Aspiras**

RN
GlenBrook Health Center,
Skilled Nursing Facility

Thank you for your hard work and devoted labor. To volunteer at UCSD vaccination facility when you're off from your full-time job. You have a heart of gold! We greatly appreciate you!

Nicole Athans

RN
Sharp Chula Vista Medical Center, Intensive Care Unit

Nicole Athans displayed numerous acts of resilience, hope and humanity throughout the pandemic. As a nurse, she believes that aside from the patients within the hospital walls, it is also her responsibility to take care of the people that live within her community and beyond borders. Thank you, Nicole!

Submitted by: Leslie Aquinde

**Amy Marie Badillo**

Pediatric Intensive Care Nurse
Rady Children's Hospital,
Pediatric Intensive Care Unit

Amy is a caring and compassionate pediatrician nurse that has been a loyal employee at Rady Children's Hospital. Her dedication to her nursing career has delivered outstanding care to her patients. She is dedicated to train new and traveling RNs on best practices to insure positive outcomes to their patients.

Submitted by: Trenton Badillo

**Susie Bailey**

RN
UC San Diego Jacobs
Medical Center, BMT

Susie, your patients are so blessed to be cared for by you. The way you balance living, your work and loving your family speaks volumes about the beautiful woman you are. We needed more people like you in this world!

Submitted by: Laura Sauer

**Alfredo Ballesteros**

Director of Nursing
San Ysidro Health Center
San Ysidro Health's Alfredo Ballesteros developed and led an equitable

and aggressive COVID-19 vaccination strategy. As a result, 23,000+ vaccines have been administered to date to our families made up of essential workers and chronically ill patients with the intent to prevent as many COVID-19 deaths and infections as possible.

John Barraca

Infection Prevention Nurse
Seacrest Village Dorothy and
Joseph Goldberg Health Care Center

The leadership, education and training John provided our entire staff during the pandemic was extraordinary. He was with us every step of the way; always providing support and always willing to help where he could. John deserves to be recognized for his many contributions, especially during the pandemic.

Submitted by: Pam Ferris

**Christina Barrett**

RN
UC San Diego Health,
Neonatal Intensive Care Unit

I don't know how we would have made it through this past year without Christina's change-of-shift huddle poems and raps. She is extremely creative and her talents bring so many smiles to our team. We are so lucky to have her!

Submitted by: Jackie Iseri

**Stephanie Batin**

RN
UC San Diego Moores Cancer Center
2021 is going to be your year, girl! I can't wait to see all the fun adventures

you are going to have this year. You have earned all the good things in this world. Happy Nurses Week!

Submitted by: Laura Sauer

**Hazelle Baylousis**

RN
Birch Patrick Convalescent Center
at Sharp Chula Vista

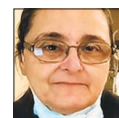
Hazelle is one of the most caring nurses I have met. She is professional and kind, always willing to help all members of the team. During COVID lockdown, she kept the families informed of the care their love one received, taking the time to explain and answer all the concerns.

Submitted by: Laurie Godfrey

**Shierlyn Belmonte**

LVN
San Diego Post-Acute, Skilled Nursing
Thank you for all that you do and giving your best to your

patients always.

**Shirley Bentley**

RN
Tri-City Medical Center
Oceanside, Telemetry

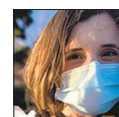
When I was hospitalized for 21 days due to COVID last August, Shirley was one of my nurses. She is always in control of any situation, and she reduced my fear of the unknown. Her good clinical judgement is one of the factors of my recovery. The mind forgets; the heart remembers.

Submitted by: Dulce Zurbano

**Alexandra Bichler**

RN, BSN
Rady Children's Hospital, NICU
Immeasurable love, devotion and care for the welfare of

newborns and infants.

**Genevieve Bliss**

RN
UC San Diego Health,
Neonatal Intensive Care Unit

When we were faced with a pandemic, asking Ginny to be our staff COVID champion was a no-brainer. She is the chair of our Clinical Practice Committee, bright, positive and hard working. She helped develop our new policies, workflows and provided staff training. We are so lucky to have her!

Submitted by: Jackie Iseri



Tessa Bondoc Estela
ICU Nurse
Kaiser Permanente,
Intensive Care Unit

Tessa has shared her artistry as a photographer for PASACAT productions and was instrumental in broadening PASACAT's Parol Lantern Festival by bringing elements of a Philippine Parol Village to San Diego with her colorful star lanterns made for the community to enjoy.

Submitted by: Anamaria Cabato



Matilda Briggs
RN
Tri-City Medical Center
Oceanside, Telemetry

Cool as a cucumber, that's how I describe Matilda. She's one of the most loved and respected nurses by her co-workers; an absolute team player in good and bad times. She is also a good resource person for every nurse — especially when in doubt of any clinical practice. Long live Tilly!

Submitted by: Dulce Zurbano

Rachel Buell
LVN

Sharp Rees-Stealy, Family Medicine

Rachel is a shining of example for all. She is kind, concerned and cares for her patients in a way that creates trust. She is compassionate and sincere, and her patients are so thankful for her care. I appreciate Rachel as my LVN!

Submitted by: Dr. Laura Hackett



Geline Buenconsejo
Manager of Critical Care
Sharp Chula Vista Medical Center,
Intensive Care Unit

Geline was instrumental in designing a nurse extender program in anticipation of increased staffing needs during the COVID-19 pandemic. Her efforts were crucial to our hospital's response to the surge of COVID-19 cases over the holiday season. She continues to go above and beyond!



Paul Bugarin
Urgent Care Nurse
Sharp Rees-Stealy Chula Vista,
Urgent Care

Paul is always helpful, polite, caring and humble with a positive attitude. Paul is a team player and always on the lookout for the patient's well-being. He has served as a valuable interpreter many times, and I'm always glad to be working with him.



Levie Bulosan
Advance Clinician
Sharp Chula Vista Medical Center,
5 East Heart Failure/COVID PCU

Levie is a pride to have in our unit. She engages the staff to actively join unit committees assisting them in their professional growth. She has been involved in ensuring staff education is met.

Submitted by: Cynthia Paraguay

Paula Burich
Director

Sharp Rees-Stealy Center for Health Management

Paula has worked for Sharp over 30 years, and in that time has done an incredible job of raising the awareness of how important health education is in preventive medicine. Her experience and guidance provide a motivational environment in which her staff thrives.



Jenn Byrne
RN, NP
UC San Diego Jacobs
Medical Center, Oncology

My dear Kiwi. I love the zest you have for life and the wonderful vibe you share with patients and staff alike. Go have a Brr-Grr for Nurses Week to celebrate!

Submitted by: Laura Sauer

Kristine Cabebe
RN, CNOR

Rady Children's Hospital, Operating Room

Kit, as she is known by the staff and patients, is an absolutely phenomenal nurse. She is always going the extra mile to keep our patients safe and to provide the surgical team with what it needs at all times. And she does this all with a beautiful smile. Thank you, Kit!



Desirea Cabrera
RN
UC San Diego Health,
Neonatal Intensive Care Unit

Desirea tackled our clean supply rooms to make it easier to find items. Our entire team has been so grateful, including our tiniest patients. She completed this challenging project with a smile on her face and received so many smiles in return. We are so lucky to have her!

Submitted by: Jackie Iseri



Pamela Calvert
ER RN
Kaiser Permanente Zion Medical
Center, Emergency Department

To my wife, Pam, thank you for all your hard work over the past 14 months. You are a super hero! Love, Daniel.

Submitted by: Daniel Calvert



***Macy Carlos**
RN
Tri-City Medical Center
Oceanside, Telemetry

Macy is a "nurse complete." Any duty delegated to her, she will do with flying colors. A good role model for all; an absolute team player.

Submitted by: Dulce Zurbano

Arlene Cate
Lead RN

Sharp Rees-Stealy, Urgent Care

No one does it better! She is a mentor, a mom, a friend and one of the most emotionally resilient people I have ever had the privilege to know.



JoAnn Cavanaugh
RN
Sharp Memorial Hospital, Cardiac
Care, Family Resource Center, Cancer
Center Sharp Grossmont

JoAnn is a devoted mother to her three children and a caring wife. She is a selfless nurse and always goes the extra mile. During the pandemic, she worked on

every COVID-19 unit at Sharp without missing a beat. Putting the care for her patients first, she is a true hero!

Submitted by: David Cavanaugh



Jennifer Cervantes
Nurse
Scripps Mercy Hospital, 6th Floor
Jennifer is our nurse extraordinaire!
We know her skills and how she

earnestly tends her patients and evokes team spirit with her peers. She has worn a brave face, but knew she shed tears for patients and families who never gave up hope and for the many calls to loved ones for battles lost. Love.

Submitted by: Linda Cervantes



Benjamin Chavez
RN, BSN
Sharp Chula Vista Medical Center, ER

You are a shining light to those who have crossed your path with when they most need it. You champion for your patients when others are unwilling or they themselves do not have the strength to do so. Your strength, commitment and dedication are one of a kind.



Laura Chechel
Nurse manager, MSN, RN
Sulpizio Cardiovascular Center at UC
San Diego Health, Intensive Care Unit
Laura Chechel, nurse manager at

Sulpizio Cardiovascular Center at UC San Diego Health, takes her commitment to community health to the next level. She recruited 30 nurses to provide medical support to demonstrators during the Black Lives Matter movement, volunteering at 100 events and providing education on the COVID-19 vaccine.

Cindy
RN

Sharp Coronado Hospital, ICU

I'd like to recognize Cindy from the ICU department at Sharp Coronado. Her and the team of nurses have battled through the surge of the pandemic and strived to make it through with smiles every day they came to work. Thank you for the great service you provide our community.

Submitted by: Rene Elizondo

Laura Clarizio

Nurse Practitioner
Sharp Coronado Hospital, Wound Clinic

Laura is a gifted and talented nurse. She approaches patients with joy and a willingness to listen and learn their story. Laura is present with her patients, celebrating their successes and accompanying them through their lows. She is truly amazing!

Submitted by: Suzanne Degner

Kayla Clifford

ICU Nurse
UC San Diego Medical Center Hillcrest,
ICU Trauma/Surgical Unit

Kayla is a hard-working, dedicated nurse who enjoys her job, helping her patients no matter what the situation calls for. She is a wonderful daughter and sister who loves being around her family. We and the medical field are so blessed to have her in our lives.

Submitted by: Karen and Howard Clifford

**Thank you,
nurses!**

Kayla Clifford

ICU Trauma Surgical Unit Nurse
UC San Diego Medical Center, ICU Trauma

Kayla, from the moment you were born I knew you would make a difference in this world. I am so proud of you and the entire nursing profession for taking care of so many people around the globe, especially during the pandemic. Thank you for all you do.

Love, Uncle Bob

Submitted by: Robert Gundry

Kayla Clifford

ICU Trauma Surgical Unit Nurse
UC San Diego Medical Center,
ICU Trauma/Surgical Unit

Kayla is a very determined, hard-working, amazing young woman.

Submitted by: Glenn Gundry



Laura Clowdus
RN Care Coordinator, CPN
Rady Children's Hospital,
Murrieta Specialty Clinics

This tribute is for my favorite nurse, my mom. She has worked tirelessly throughout the pandemic, never letting it dull her vibrant spirit. In her 29-year career, she has touched so many lives. Her patients are lucky to have the best care.

Thank you for all you do!

Submitted by: Madison Clowdus



Caity Coe
Clinical RN
Sharp Chula Vista
Medical Center, Float Pool

Caity is one of the sweetest people I know, and it's most befitting that she has chosen to be a nurse. She's the hardest working nurse I know, and I could speak volumes to this soul. Thank you for being the strongest COVID working nurse. Love you!

Submitted by: Omar Barriga

Laina Colgan

RN
Sharp Chula Vista Medical Center, ER

Laina is the most caring, passionate, giving, hard-working and selfless nurse I know. She is the epitome of an amazing and positive nurse!



Courtney Conlon
Clinical Lead RN, BS, OCN
Sharp Memorial Hospital, Oncology
Courtney Conlon is one of the most
caring and empathetic nurses I have

known. She is clinical lead in the oncology ward at Sharp Hospital. She provides excellent care to patients (I was one of them). Recently she coordinated a family party for a patient going to hospice.

Submitted by: Jim Gay

PERSONAL WORDS OF APPRECIATION TO NURSES SUBMITTED BY OUR READERS



Minerva Connor
Acute Care Manager
Sharp Chula Vista Medical Center, 5 East
I'd like to recognize Minerva for her exceptional, transformational leadership style as a manager of a designated COVID unit. Her optimism promotes a can-do attitude that empowers her team to confront patient and employee issues in real time and explore viable solutions, communicate recommendations and apply approved strategies for immediate improvement.

Minerva Connor
Acute Care Manager
Sharp Chula Vista Medical Center, 5 East PCU
Minerva opened the first progressive care COVID unit at the hospital and paved the way for saving lives. She is a true hero.
Submitted by: Deanna White

Minerva Connor
Acute Care Manager
Sharp Chula Vista Medical Center, 5 East Heart Failure/COVID PCU
Minerva has always been a supportive manager since day one. She is always available to staff to listen to their concerns and follows through. She is one great nurse manager. We are lucky to have her lead our team.
Submitted by: Cynthia Paraguya

Katherine Cradduck
Emergency Department Supervisor
Scripps Mercy Hospital Chula Vista, Emergency Department
To our angel in scrubs.
Daily challenges big and small
You persevered and met them all.
In the South Bay, COVID-19's ground zero
You rose to become a community hero.
Making a difference when it mattered most
Your family and friends now propose a toast.
To our angel in scrubs.

Cynthia Crannmore
Director of the Katzin Residence
Seacrest Village Retirement Communities, Memory Care
Cynthia cares deeply for our residents, staff and family members, and demonstrates this daily by working alongside her team to help in any way she can. Her leadership and strength throughout this pandemic have been exceptional, and Seacrest is fortunate to have her on our team.
Submitted by: Pam Ferris

Patricia Cribbs
Certified Family Nurse Practitioner
Sharp Rees-Stealy Rancho Bernardo, Family Practice
Patricia Cribbs has been my health care provider for many years. I am so fortunate and grateful for her exceptional care, respect and clinical expertise. Patricia takes time to listen to my concerns and then collaborates with me on a plan of care. Patricia is a nurse practitioner extraordinaire!
Submitted by: Deirdre Rose



Joy Dabu
Advance Clinician
Sharp Chula Vista Medical Center, 5 East Heart Failure/COVID PCU
Joy has been instrumental in getting staff education done especially during the pandemic. She actively participates in unit and hospital-wide initiatives. She is recognized by staff on her teaching styles. She is a pride to have in our team as she embraces the challenges of her role.
Submitted by: Cynthia Paraguya

Kareem Dally
MSN, RN
Sharp Grossmont Hospital, Surgical Intensive Care Unit
Kareem is a true leader the SICU at Sharp Grossmont Hospital. He stupendously managed the most difficult times during COVID-19, keeping track of an enormous load of patients and maintaining the cohesiveness of his team and staff. He worked long hours, day and night, making sure that patients in the unit received the best care possible.
Submitted by: Dr. Raed Al-Naser



Carissa Dane
Case Manager
Sharp Rees-Stealy, Population Health
Carissa works so hard every day to make sure every single one of her patients gets individualized attention and support. She truly cares about her patients with chronic conditions, knowing that every interaction is an opportunity to empower and educate her patients to take steps to improve their health.



Alyssa Noel Daniels
RN
Scripps Memorial Hospital Encinitas, 2N Surgical Acute
Alyssa is a very dedicated and sincere nurse/person to all her patients. She treats all her patients as if they were family. Alyssa was selected "Nurse of the Year" honoree this year. Thank you for your dedicated service.
Submitted by: Joanie Daniels



Lorra Dano Tibayan
RN
Sharp Chula Vista Medical Center, Intensive Care Unit
My mother is extremely hard working, whether she's at work or outside the hospital. She is one of my inspirations in life, and I want to have the same determination and drive she has. No matter what happens, we are here for you mom. Love, Jae.
Submitted by: Angela Jae Tibayan



Sebastian DaSilva
Acute Care Manager
Sharp Chula Vista Medical Center, 3T PCU Cardiac
Sebastian lead his team in becoming a COVID unit at the peak of the pandemic and ensured staff and patients had the equipment they needed.
Submitted by: Deanna White



Vicki DeBaca
DNS, RN, retired
Multiple Vaccine Sites in San Diego
We celebrate Vicki DeBaca. She retired after 25-plus years with Sharp Rees-Stealy, and in 2021, she volunteered without hesitation to start administering COVID vaccines (1,000 plus doses and counting). She teaches online nursing courses and is a caregiver for her 97 years old father. We are so proud of her!

Daniel Degner
RN
Scripps Mercy Hospital Chula Vista, Intensive Care Unit
Daniel showed kindness and patience to our family during such a hard time for us. He truly shines. We carry him in our heart.



Ashley Dela Cruz
RN
Kaiser Permanente San Diego Medical Center, Emergency Department
Thank you for juggling your time as a new mom of two and as a nurse throughout the pandemic. Your family recognizes your hard work, sacrifice and dedication to your nursing profession and your important role as a mother. We love you!
Submitted by: Leslie Aquinde



Lisa DeLong
Nurse Educator
Sharp Grossmont Hospital, LDR/OR/PACU/ADC
No task is deemed unimportant, no question unanswered. Lisa keeps us on track in so many ways. She played a huge part in getting Sharp Grossmont Hospital named by Newsweek as one of the Best Maternity Hospitals 2021, for high safety and quality standards.
Submitted by: Joyce Pechette

Lisa DeLong
Nurse Educator BSN, RNC-OB
Sharp Grossmont Hospital, Labor and Delivery
Lisa is not only an outstanding nurse but a great human being as well. Through this pandemic, she has shown resilience, and her compassion for her patients, family and colleagues only grew. Thank you for everything that you do!

Kelli Denton
Administrator and Director of Patient Care Services
Seacrest Village Retirement Communities, Seacrest at Home and Seacrest Home Health
Since joining Seacrest over eight years ago, Kelli has successfully started up our home care agency and most recently handled the process to receive our license to begin providing home health services. We are grateful to Kelli for creating the opportunity for us to serve our greater San Diego community.
Submitted by: Pam Ferris

Esther Dill
RN
UC San Diego Medical Center Hillcrest, PCU 7 & 9
Thank you nurse Esther for always getting my vein for blood drawn and IVs on the first try. You are the only nurse who can find my tiny veins.
Submitted by: Mona Paas

Nicole Dimiceli
RN / BSN
Sharp Rees-Stealy, Ophthalmology
Nicole was absolutely amazing when she was our supervisor. She always had a smile on her face. She is such an approachable person; someone you could trust and count on. She's by far the best supervisor I have ever had. I'm sad to see her go, but happy for her new beginning.
Submitted by: Paola Hernandez

Nicole Dimiceli
RN BSN Supervisor
Sharp Rees-Stealy Medical Group, OB-GYN
Welcome Nicole, back to OB-GYN! I am grateful that I get to work alongside you. Thank you for being so supportive. I greatly appreciate you. Way to go on getting your MSN soon — that was hard work and dedication.

Cynthia Dodson
RN
Tri-City Medical Center Oceanside, Telemetry
I was hospitalized for 21 days last August due to COVID. I got to know Cindy better when she took care of me. She was focused and would sit at my bedside and inform me in detail about concerns and treatment plans. She was a strong advocate of my rights as a patient, especially when my pain was unbearable.
Submitted by: Dulce Zurbano

Cynthia Donate-Contreras
RN
Sharp Chula Vista Medical Center, 5 East PCU
Cynthia is an amazing nurse who goes above and beyond to help her patients receive the best care she can provide. She is kind, loving and compassionate and there is never a moment when she does not do her job without a smile. Thank you for everything you do!
Submitted by: Olivia Mayo

Gemma Duque
RN
Scripps Memorial Hospital La Jolla, Cardiovascular
Wonderful nurse.

Gemma Duque
BSN
Scripps Prebys Cardiovascular Institute, Telemetry
Gemma is a very caring, compassionate and loving nurse not only to her patients but most of all to her family. She really has a heart of gold. You don't know how much we really appreciate you! May our almighty God bless and guide you always.

Thank you, nurses!

Stephanie Englebrecht

Home Care Nurse
AccentCare

Stephanie cares for my son Isaac as if he were her own special needs child. She is constantly balancing working, nursing school and her own family and personal challenges. This pandemic made many things harder, but she made things much better in our home, especially given so many unknowns.
Submitted by: Lorelei Sandoval



Kenneth Erickson

Lead LVN
Sharp Rees-Stealy,
Family/Internal Medicine

Ken is fair, nonjudgmental and very supportive. Ken always has the right words to assist patients whether they are scared or upset. Ken is a people person. The patients adore him, as do the staff. I feel privileged to have him as my supervisor. Ken is an extraordinary nurse.
Submitted by: Stacy Sanders



Beth Ernst

BSN
Palomar Medical Center, ICU

For more than 10 years, Beth has provided excellent care to her patients. Though the pandemic stretched health care professionals to the limit, Beth and her fellow nurses rose to the challenge. Thank you.
Submitted by: Diane Nelson

Maria Lorna Escuro

Acute Care Clinical Lead Nurse
Sharp Memorial Hospital, 3N

Lorna is an inspiration to me. She is probably the hardest working nurse I have ever seen. She is always available to help with nursing questions and as an extra hand. She greets everyone with a smile. Every time I work with her, I feel confident under her lead.
Submitted by: Joseph Castillo

Leni-lyn Estigoy

Clinical Nurse
Sharp Chula Vista Medical Center,
5 East Heart Failure/COVID PCU

Leni is a great person and a great nurse! She provides exceptional care to her patients every time. With her skills, knowledge and experience, she is a great resource for new grads and new hires alike.
Submitted by: Cynthia Paraguya

Mary Fawell

Director of the Leichtag Family
Assisted Living Residence
Seacrest Village Retirement Communities

Mary is knowledgeable, and leads in a caring and compassionate way. She is very dedicated, has worked hard and maintained a positive attitude, despite the challenges we faced during the pandemic. She is an asset to our organization and greatly valued.
Submitted by: Pam Ferris

Claudia Felix

LVN
Sharp Rees-Stealy, Pediatrics

I want to thank Claudia for her love and attention to our patients, her attention to detail and never-ending patience with me! She shines in all that she does and

her dedication does not go unnoticed. She is a wonderful woman! Thanks from the bottom of my heart.
Submitted by: J. Hartsfield

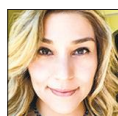
Linda Flores

Unit Educator
Sharp Grossmont Hospital, 1 Medical/ Physical Rehab
Linda is an amazing nurse. She has the fantastic ability to remain calm and create a feeling of calm during stressful situations. She has the best laugh, and yes, it's contagious! She is a preceptor on our unit, and she happily passes on her knowledge and skills.

Stephanie Flores

Caregiver Supervisor
Golden Care

I want to thank you so much for helping my mother recover and fully remember us. Without you, we wouldn't be able to do this on our own. Thank you for always being there for her and for showing us genuine unconditional love toward her. Thank you.
Submitted by: Gloria Vargas



Becky Garcia

RN Lead
Sharp Rees-Stealy, OB-GYN

Becky is the pillar of strength, knowledge and caring for the entire department. She has served as a constant resource for our staff, MDs, NPs, and most importantly, our patients. She has helped patients navigate through this crazy year with COVID and all the changes we have experienced.



Francisco Garcia

Acute Care Manager
Sharp Chula Vista Medical Center,
4West Med/Surg
0.7 Pansisco is newly promoted to the

manager role and is so positive and inspiring to young nurses. A natural leader with lots of growth potential. We are lucky to be able to work with him.
Submitted by: Deanna White

Esther Garcia

Orthopedic Clinical Nurse Lead
Sharp Grossmont Hospital, Operating Room

Esther is such an amazing nurse! She is a wonderful lead. She is full of knowledge. She is someone you can go to and talk to who will listen and provide great advice. She is an amazing person who cares about everyone. She is one of a kind! Thank you.
Submitted by: Dalila Sandoval

Veronica Garcia

RN Lead
Sharp Rees-Stealy, OB-GYN

Veronica, thank you for doing a great job rolling out the eACOG. We are lucky to have you leading at Santee!



Ala Garza

Senior Director of Nursing
UC San Diego Health,
Women & Infants Services

Ala is a tireless and compassionate leader who encourages and empowers others. She is a true advocate for staff, patients and families. This past year she has been the glue for our division and deserves all of the recognition in the world. We couldn't have done it without her.

Alexis Gaskin

Patient Care Supervisor
Sharp Rees-Stealy, Subspecialty Medicine

Alexis has been very involved in coordinating multiple aspects of various medical subspecialties. This has been extremely difficult during COVID and through it all she has put in long hours and not only risen to the occasion but has excelled!
Submitted by: Dr. John Pauls



Jaydee Geluz

MSN, FNP-C
UC San Diego Health, Palliative Care
Jaydee has such a confident, calming presence. The grace with which she

talks to our patients is magical to watch unfold. I feel so grateful to work with her. She is also really silly and so fun to be around. I salute you, Jaydee!

Sophia Gewarges



RN
Sharp Grossmont Hospital,
PCU Telemetry

Sophia's goal every day is to make a difference in the lives of her patients. She takes her work serious and has been a great role model for me and my other sister. She is my hero, I'm proud to have her as my sister! Thank you to all nurses!

Sophia Gewarges

RN
Sharp Grossmont Hospital, Telemetry

Sophia is such an amazing person inside out. She is very caring, and loving. I think it takes a big heart to be a great nurse, and Sophia is a great example of great nurse.
Submitted by: Zena Hadad

Sophia Gewarges

RN
Sharp Grossmont Hospital,
Progressive Care Unit/ Telemetry

One trait all nurses should have is loving kindness. Sophia exemplifies this in her everyday actions and in the field to her patients daily. Working through the pandemic tirelessly, she never complained and continued to assist and love her patients.

Sophia Gewarges

RN
Sharp Grossmont Hospital, Telemetry

If I'm sick, I want her to be my nurse because she is kind, caring and compassionate about her patients. Kudos!
Submitted by: H H

Sophia Gewarges

RN
Sharp Grossmont Hospital, ER

Being a nurse is not easy. No matter how hard the days can be, always remember what you are doing is the reason you have become a nurse. "Save one life, you're a hero. Save a hundred lives, you're a nurse." We love you Sophia. You are our hero and nurse.
Submitted by: Zaki Barkho

Sophia Gewarges

RN
Sharp Grossmont Hospital, Telemetry

Sophia started her nursing career in the midst of the COVID-19 pandemic. She was always courageous, but this past year proved her perseverance. She always says laughter is the best medicine and always puts a smile on her patients' faces. She is kind, compassionate and always has a smile.

Michelle Godinho

RN Certified Lactation Consultant
Sharp Mary Birch Hospital for Women & Newborns,
Maternity, Post-partum

Michelle has worked continuously with brand-new mothers, both positive and negative COVID, who have been isolated and removed from their support networks during their entire pregnancies due to this pandemic. She has provided the necessary education, support and encouragement, assisting them to provide the best nutrition for their infants.



Jane Goggin

RN Care Coordinator
Rady Children's Hospital, Nephrology
Happy upcoming retirement to Nurse
Jane Goggin of Rady Children's

Hospital. Thank you for your 34 years of dedication and service to the children of our community. We will miss you but we are excited for your upcoming adventures! From your nephrology family.

Jane Goggin

RN Care Coordinator
Rady Children's Hospital, Nephrology

Jane is retiring this spring after 34 years at Rady Children's Hospital, the last 20 years in nephrology. Patients rely on her for knowledge and reassurance — she has been essential in raising a generation of children with kidney disease in San Diego. Congratulations on retirement but will miss her in the clinic.

Sandra Gonzalez

Advanced Clinician
Sharp Chula Vista Medical Center,
4T Progressive Care Unit

Sandra is one of our Magnet Champions. During the preparation for our recent Magnet site visit, Sandra spent endless hours preparing our campus for the designation visit with appraisers. She was responsible for educating staff and designing the hospital's two "Magnet Museums" showcasing the exemplary professional practice of our nurses.

Viviana Gonzalez-Castaneda

Clinical Nurse
Sharp Chula Vista Medical Center, 5 East

Viviana is an amazing nurse. Her compassion is boundless, and her professionalism is truly admirable. She is dedicated to her craft and is an inspiration.

PERSONAL WORDS OF APPRECIATION TO NURSES SUBMITTED BY OUR READERS

Meghan Grant
Hepatology Care Coordinator
San Diego VA Medical Center,
Outpatient Medical Specialty Clinics


Meghan has the biggest heart and cares for all our vets to ensure they receive the best care and stay on track. You can tell she loves being a nurse. I am so lucky to work with her every day.
Submitted by: Annie Deioma

Michael Graspari
Sharp Chula Vista Medical Center,
Short Stay/COVID unit

Mike was instrumental in caring for the sickest COVID patients. After experiencing this virus from a personal perspective, he came in ready to help, picking up shifts to give the Sharp Experience. Mike goes above and beyond with all of his patients. Thank you, Mike!

**Donovan Mikal Greco**
RN
Sharp Chula Vista
Medical Center, MICU


I would like to recognize Donovan Greco. As a new RN, he was bedside, treating since day one of the pandemic the COVID patients admitted, learning as he went along. It was his first assignment as an RN. He has shown great growth in his knowledge and empathy as an RN.
Submitted by: Marianne Branson

**Jessica Groesbeck**
RN Nurse Case Manager
UC San Diego Moores Cancer Center,
Hematology/Oncology

Jess is the 2021 president for the San Diego Chapter of the Oncology Nursing Society and is coming up with great ideas to increase member involvement. She also works with a very challenging patient population and cares for her patients with so much dignity. She's rocking the new mom role, too!
Submitted by: Laura Sauer

**Erika Guerrero**
RN
Tri-City Medical Center,
Intensive Care Unit

Intensive care equals scary. Erika kept Korea's two-week stay hopeful. Kind, efficient, attentive and supportive, she braided Korea's hair after brain surgery so she would feel pretty, came in on her days off to cheer her up, and loved her to recovery. She is an incredible blessing — an angel. Thanks, Erika!

**Noe Guerrero**
Acute Care Manager
Sharp Chula Vista Medical Center,
4T PCU Stroke

In addition to his regular work, Noe opened a 44-bed unit to care for patients during the pandemic and functioned as operations section chief.
Submitted by: Deanna White


**Christine Elizabeth Guillen**
RN, BSN
Sharp Memorial Hospital,
3 North/ Acute Care and COVID

Christine, your compassion, optimism and kindness do not go unnoticed. I noticed you

coming home after a shift physically and emotionally tired. I heard you praying, crying silently for all your patients. I'm happy God gave me a loving daughter. I know your patients saw Jesus in you. Thank you!
Submitted by: Gladis Guillen

**Cassidy Joy Halle**
RN
Scripps Memorial Hospital La Jolla,
Emergency Department

Cassidy is a rock star nurse. Her intrepid demeanor when charging into treat critically ill COVID patients demonstrates her bravery and dedication to providing compassionate care. She recently received the Great Catch award for correctly recognizing a life-threatening collapsed lung in a patient. She's a rising hero in San Diego health care.
Submitted by: Dr. Nicolas Kahl

**Estrella "Star" Harrison**
RN, BSN, WOCN
UC San Diego Moores Cancer Center
Star has made an extraordinary difference for patients and families


throughout UC San Diego Health and the Moores Cancer Center. She provides compassionate, expert care to patients with ostomies. She empowers patients and families to live their best lives through development of an app, classes and support groups. Thank you, Star!

Nurse Heather
RN
President of the Cannabis Nurse Network, Nurse Educator

Nurse Heather is a certified cannabis nurse and the first female medical director of a medical cannabis dispensary. She is a leader, educator and compassionate caregiver.
Submitted by: Ken Sobel

Haley Heindl
RN
Sharp Rees-Stealy Medical Centers, Nursing Float Pool

Haley has helped us tremendously with covering assignments as needed. She has assisted us with updating policy notes and in creating documents for clinical improvements and is always open to helping the needs of the staff, patients and providers. Thank you!

**Kali Hermann-Durnan**
ICU nurse
UC San Diego Jacobs Medical Center,
3F Neuro ICU

I want to give praise to an amazing nurse who in less than 48 hours raised \$1,000-plus to create gift baskets for our COVID nurse colleagues. Her altruism and kind heart are unlike no other. It is an honor to work with an amazing human!
Submitted by: JoAnn Calingay

Soraida Hernandez
Resource Nurse
Sharp Rees-Stealy Medical Group
La Mesa, Pediatrics

Soraida is one in a million. She is knowledgeable,


compassionate and thorough. Her colleagues and patients love her, and through her dedication and superb care, it is clear that she loves them right back. We are so fortunate to have her on our team at SRS La Mesa Pediatrics!
Submitted by: Dr. Sara Rourke

Sabrina Herrera
LVN Lead
Sharp Rees-Stealy, OB-GYN

Pbrinna! So proud of all the hard work and dedication you have put in to our department at SDM. You are strong and caring, and I couldn't think of a better fit. Thanks for your commitment to our staff, providers and mostly our patients

Serene Hireish
RN
Palomar Medical Center Escondido, Cardiac Unit

Prene was born in San Diego in 1995. She followed in her Palestinian mother's nursing footsteps. She is a young compassionate, caring and altruistic nurse that loves to care for the sick elderly and underserved. She currently works at the cardiac unit at Palomar Health.
Submitted by George Majeed Khoury

**Kathrin Hoertig**
RN, BSN, PHN
County of San Diego Health and
Human Services, Public Health Unit

Kathrin has worked six-day weeks throughout this pandemic, juggling her regular job while taking on lead roles at both COVID testing and vaccine sites. She's such a conscientious supervisor who jumps in to help with any task, and she always keeps a level head and a sense of fun. Thank you!

**Katie Holbert**
RN
Sharp Memorial Hospital, Neuro
Trauma Progressive Care Unit

My cousin became an RN in 2018. Nursing is her passion! I can't imagine what she's seen this past year, but every time we talked, she was volunteering extra shifts, due to the surge. Her unit still cares for both COVID and neuro trauma patients. She's an angel.
Submitted by: Barbara Cosio Moreno

Alecia Hollister
RN
VA Medical Center, Community Living Center

You rock as a nurse! You're always going above and beyond for others to make our patients' lives a little brighter. Happy Nurse's Week!
Submitted by: Griselda Partida

Laura Houk
LVN
Sharp Rees-Stealy, Internal Medicine/Pediatrics
Laura's kindness, caring, compassion, attention to detail and overall excellent care of her patients sets them at ease, improves their health and truly provides the Sharp Experience. She is a wonderful colleague and teammate!
Submitted by: Dr. Jennifer Barkley



Tatjana Ilich
RN
Sharp Memorial Hospital, Med-Surg
Tatjana is the most caring, intelligent nurse I have the pleasure of

knowing. Not only is she my best friend, she is my idol. Her patients are very lucky to have her caring for them. I vote her nurse of the year!
Submitted by: Elizabeth Zdralo

Erica Jackson
Medical Assistant
Sharp Rees-Stealy Rancho Bernardo, OB-GYN

I am so privileged to get to work with Erica. She is so hard working. She goes above and beyond for our patients to make sure everyone has the Sharp Experience. In the office, she is always willing to help out others. Thank you, Erica, for all you do!
Submitted by: Dr. Maia Uli



Roshni Jamadar
Critical Care Nurse Practitioner
Sharp and Scripps Mercy Chula Vista,
Intensive Care Unit

Roshni, aka RoRo, is the consummate nurse practitioner — versatile, professional and skilled beyond measure. In the midst of the COVID-19 pandemic she spread herself between two systems because her skills were so very needed everywhere. She always is willing to help. Love you, RoRo. Forever grateful.
Submitted by: Dr. Charlotte Thomas

Trisha Jarriel
Advanced Clinician
Sharp Memorial Hospital, 7 South

Trisha always is willing to help patients and staff members. She is a team player and helps with education roll out for all staff members on our unit. We appreciate her excellence in nursing.
Submitted by: Geneva Brill



Kelsey Jess
RN
Scripps Memorial Hospital, Med/Surg
Kelsey is one of the hardest working people I know, and her patients are so

lucky to have her as their nurse! She truly cares about every single patient, and pays such close attention to their individual needs. You rock Kelsey!
Submitted by: Ashton Harris

Olivia Jimenez
LVN Lead
Sharp Rees-Stealy, Urology
Olivia! Watching you grow has been so exciting. The love you have for what you do is contagious and so appreciated. Thank you for being incredible!

Christy Johnstone
Lead Clinical Nurse
Sharp Chula Vista Medical Center,
Emergency Department
Christy worked on patient preferred pharmacy, which provided physicians the option to send prescriptions electronically to a pharmacy. She presented her data at ED collaborative and the other emergency departments are developing the same education she has presented at Sharp. We're honored to have her.



Virginia Jones
RN
UC San Diego Health, Neonatal Intensive Care Unit

Virginia is a wonderful nurse who does not let an opportunity to celebrate pass us by. Families and staff love her and her endless collection of Disney Mickey ears! Her positivity is infectious, and we are so lucky to have her!
Submitted by: Jackie Iseri

Britta Jones
Perinatal Nurse
Formerly at Sharp Coronado (Now in Portland, Oregon), Medical/Surgical
Britta had an amazing experience at Sharp Coronado, impacted greatly by the hospital's caring, kind staff. Britta is fiercely compassionate, loving and courageous in serving her patients. She is exactly the kind of nurse we need during a time like this.
Submitted by: Davis Jones



Kimberly Jumanan
RN, BSN
UC San Diego Medical Center, Hillcrest, Med/Surge

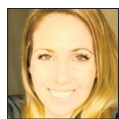
You continue to amaze me with all the hard work and dedication you give to this job. Even when times got dark during this pandemic, you continued to smile and push through. I am proud to see the nurse you have become. Thank you for everything you do for us.
Submitted by: Cedrick Jumanan



Laurie Kalleberg
Acute Care Manager
Sharp Chula Vista Medical Center, 5T Oncology

Laurie is always willing to take on other duties as assigned, she led her unit through the COVID pandemic and was instrumental in keeping up her staff and peer's spirits.
Submitted by: Deanna White

Debbe Kaplan
RN Nurse Practitioner
Scripps Memorial Hospital, Cardiology
Debbie retired from a career at Scripps Memorial as a cardiology nurse practitioner. Now she is volunteering giving COVID vaccines at Petco Park and the Scripps Del Mar super vaccine stations. She is giving back to our San Diego community and is a true front-line hero!
Submitted by: Nancy Kollisch



Erin Kelley Gohsler
RN
Hemet Valley Hospital, DOU (COVID)
Congratulations on your first year as a dedicated RN. Even with long

overnight shifts as a COVID nurse and daily four-hour commutes, you never wavered in your care and compassion to your patients and their families. Special thanks to family, friends and patients who prayed for your safety.
Submitted by: Cathy Kelley

Alex Kessler
RN
UC San Diego Health, Ambulatory Medicine
If anyone has gotten their COVID vaccine at Petco, a

special thanks to Alex is appropriate! She was highly instrumental in getting vaccines rolled out and the site staffed. Thank you, Alex, for your mighty powers! We love you.

Submitted by: Laura Sauer



Steven R. Kitchens
BSN
Sharp HealthCare, Addiction Rehabilitation

Steve is a dedicated professional who works to ensure his patients get great care. He works with people at the beginning of their addiction rehabilitation journeys. He attends to basic needs, ranging from providing medication and food to making sure they feel safe in this early step in their recovery.

Alice Kolodgi
Nurse Practitioner
Kaiser Permanente Bonita, Primary Care
Alice always has a warm smile and an encouraging word for all of her patients. She has been a source of support during a trying time for our family.
Submitted by: Barbara Elliott-Sanders

David Kolodgi
Nurse Anesthetist
Kaiser Permanente, Surgery

David is a caring health professional. He has supported our family in many ways. He is a Navy and Army veteran who served in Afghanistan. He is dedicated to learning and providing the best of care to all his patients.
Submitted by: Barbara Elliott-Sanders



Christy Koraiban
RN
UC San Diego Moores Cancer Center

Christy, you seriously have super powers and a heart of gold! We are so proud of you and your recent "M.O.M." degree and totally respect you. We are going to miss you at work, but we will still hang out not at work. You are the best!
Submitted by: Laura Sauer



Lalaine Ruth Labios Macaraeg
RN
Sharp Grossmont Hospital, Transitional Care Unit

Lala is the hero of our family. She is a dedicated nurse that takes pride in her work by providing exceptional care to her patients. In this pandemic, she has even helped administer the COVID-19 vaccine to people at the Grossmont vaccination site. We are so proud of Lala!
Submitted by: Ulyssajacob Macaraeg



Laura Lamour
RN
Tri-City Medical Center
Oceanside, Telemetry

Due to my multiple heart issues, I am a frequent flier in TCMC. Laura kept me informed about what is to be done and expected on a day-to-day basis. She made my stay comfortable and safe.
Submitted by: Rick Bacus

Diana Lane
Lead Nurse
Sharp Grossmont Hospital, 4 West

Diana is a nurse that cares about the safety and quality provided for all. Her leadership during the pandemic has been inspirational. We are lucky to have her.

Myrna Larioza
Lead Nurse
Sharp Grossmont Hospital, 4 West

Myrna always brings a little extra to her role. She is an inspiration, with her years of experience and dedication. We are so fortunate to have people who care so much.

Cindy Lee
Senior Public Health Nurse
California Children Services, San Diego County Health and Human Services Agency

Bilingual in Korean, Cindy helped parents by training them about medical eligibility, treatment programs and therapy services. During COVID, Cindy was part of the EISB team taking calls from the general public, health care providers and other government agencies to answer questions and report outbreak cases to the epidemiology team.



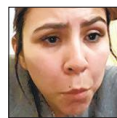
Elizabeth Lefti
Lead Clinical Nurse
Sharp Chula Vista Medical Center, Cardiac Cath Lab Recovery (SPA)

Elizabeth, aka Liz, is a compassionate and resourceful leader in our cardiac recovery area. As the front-line supervisor, she is responsible for the care of our pre- and post-operative cardiac patients. Her area was spotlighted during our recent MAGNET inspection that recognized nursing excellence. Liz epitomizes the Sharp Experience.



Kelsey Leigh Meier
RN
Sharp Memorial Hospital, Trauma Department

Today, we say thank you to our daughter Kelsey Leigh. She is a trauma nurse at Sharp Memorial. Kelsey is a compassionate nurse and strives on serving the utmost needs of her patients. She illuminates true kindness, shares a gracious heart and brightens her patients' day with her radiant positivity.
Submitted by: Teri Meier



Frances Lepe
LVN
Sharp Rees-Stealy, MSK

Frances finished nursing school during the pandemic with three children who were doing online schooling and a husband who picked up more work since she couldn't. A true super hero.
Submitted by: Kara Walker

Suzan Lerum
MSN, RN Advanced Clinician
Sharp Memorial Hospital, Mechanical Circulatory Support
Suzan helped coordinate the care for many critical patients requiring ECMO during the pandemic. She is

Thank you, nurses!

valued as a peer, educator, liaison with the county and clinical expert. Her calm, confident demeanor is always appreciated.
Submitted by: Cindy Walsh

Tara Lichti
RN
Rady Children's Hospital, Pediatric Intensive Care Unit
The past year has brought extreme challenges to nurses. Tara has endured some of the most difficult patient care situations with grace and dignity. Tara gives extraordinary care always. Much has been expected of all nurses during this pandemic. Tara's strength and skill has made her one of the best.



Bennett Lofoco
Hospice RN,
Assistant Director of Nursing
Radiant Hospice

Bennett has worked tirelessly through this entire pandemic. He works endless hours, having only four days off per month. He cares for his patients and their families as if they are his own. He shows compassion, empathy and kindness to all who are in his care.

Megan Lowrie
RN
Children's Mercy Hospital, Kansas City, NICU
You make such a difference in the lives of babies and families. God bless you for your hard work and compassion. Your family is so proud!



Erika Ludira
RN
UC San Diego Jacobs Medical Center, Inpatient Facility

Erika goes above and beyond for her patients. She is incredibly caring and attentive and truly brings a sense of home to the hospital setting. She has cared for me many times throughout my journey with cystic fibrosis. Truly an amazing person and unbelievable nurse. I'm very thankful for her.
Submitted by: Erik Kalfus

Leticia Lugo
RN Orthopedics
Sharp Memorial Hospital, 4 North
Want to recognize our daughter Leticia Lugo, for her five years at TriCity Hospital. She has been at Sharp Memorial Hospital the last 10 years. We couldn't be prouder of all the hard, compassionate work she does, especially during the recent COVID crisis. Leticia is our hero! Love, Mom, Pop, Sis, Jelena and family
Submitted by: Jesse Lugo

Thank
you, n

nk



nurses on the front lines!

Display in your home or office window to show appreciation to nurses putting their own lives on the line for the rest of us during this pandemic.




The San Diego
Union-Tribune

PERSONAL WORDS OF APPRECIATION TO NURSES SUBMITTED BY OUR READERS

Ianna Lujan
Resource Management
Kaiser Permanente, Float Pool

Ianna, when I passed out on the floor and you carried me to the ER after that code, I knew you were one of a kind. That was just another day in your extravagant life. Thank you for your continued work.

 **Tanya Macare**
RN Nurse Case Manager
UC San Diego Moores Cancer Center

Tanya! You have such a joy for life, and your work with patients battling brain cancer is so touching. I'm in awe of how gentle and patient you are. And, of course, I love your kitties and how they walk on a leash. So cool! Happy Nurses Week!
Submitted by: Laura Sauer

Melina Macias
Advance Clinician
Sharp Chula Vista Medical Center,
5 East Heart Failure/COVID PCU

Melina is one nurse who is always dependable at whatever assignment you give her. She is a highly committed nurse at whatever role she takes. I am so proud of her. She is one nurse you would want to have on your team!
Submitted by: Cynthia Paraguya

 **Terry Macky**
RN, BSN, CPEN, TCRN
Rady Children's Hospital
Emergency Department


Terry Macky followed in our mother's footsteps to become a nurse. Her compassion for her patients is undeniable. COVID and working in the hospital kept her away, while in Michigan our mother's health was failing. Her six siblings are so proud and our mom was, too.
Submitted by: Joyce Bushey

Terry Macky
RN, BSN, CPEN, TCRN
Rady Children's Hospital, Emergency Department

Terry is a fantastic nurse and is extremely personable. Throughout the pandemic, she has shown up to work to fight COVID, even when her mother in Michigan was battling lung cancer. Keep up the tough fight, Terry!

Terry Macky
RN, BSN, CPEN, TCRN
Rady Children's Hospital, Emergency Department


My sister Terry is a dedicated nurse. She is caring and has been working hard during COVID. I'm glad she was able to come to Michigan to help our mom. Thank you for bringing Momma home. Proud of you, Terry.
Submitted by: Mary Grace Olson

 **Victor Magno**
RN
Tri-City Medical Center
Oceanside, Telemetry

I have been working with Victor for years. His clinical, technical and communication skills are a standout especially in critical situations. We call him a mega star and super star!
Submitted by: Dulce Zurbano

 **Sandra Majchrowski**
RN
UC San Diego Health,
Neonatal Intensive Care Unit


Sandi is such a valuable leader on our team, but most people don't realize how much she contributes. In addition to being on multiple committees and frequently volunteering for projects, she is our EPIC champion always looking for improvements. We are so lucky to have her!
Submitted by: Jackie Iseri

 **Raymond Manrique**
Relief Charge, Resource RN, Preceptor
Scripps Green Hospital, 3 West DOU

Ray was recently named nurse of the year. Recognized as one of the go-to nurses on the DOU, he is calm and cool under pressure. He goes above and beyond for his co-workers and his patients. Ray is always up for a challenge and taking on new roles.

 **Tara Marko**
Faculty and Clinical
Placement Coordinator
California State University San Marcos
School of Nursing

Thank you for all you have done in the last year to keep our student nurses moving forward in their program. Most will never know how hard it has been. Your behind-the-scenes determination, ingenuity and devotion to the education of the next generation of nurses is gratefully acknowledged.

 **Leah Marquardt**
RN Nurse Case Manager
UC San Diego Moores Cancer Center

Congrats to Leah on her new position with one of our world top special-ists! Enjoy your time. You rock!
Submitted by: Laura Sauer

Jennifer Marshal
LVN Lead
Sharp Rees-Stealy
OB-GYN

Jen, so happy to have you back in the department! Thank you for being the kind, strong, initiative-taking nurse we need. You are doing an amazing job, and I am looking forward to so much greatness ahead.

Lauren Marshall
Lead RN
Sharp Rees-Stealy Center for Health Management


You are a fabulous leader and wonderfully compassionate nurse, Lauren! Thank you for the incredible energy and time you put into supporting our patients!

Lauren Marshall
Lead Nurse
Sharp Rees-Stealy Center for Health Management

Lauren works incredibly hard to manage hundreds of details, dozens of projects and many, many ques-tions to provide excellent service to our patients and her staff.

 **Amy Martinez**
Assistant Director
Kaiser Permanente, Emergency Room


Amy truly has an empathetic heart. Over the past year, she has been an advocate for both patients and her staff. She has worked with us on the front line, providing patient care and went above and beyond throughout the pan-demic. She emanates compassion.

 **Lorna Martinez**
RN
Tri-City Medical Center
Oceanside, Telemetry

Lorna has been working at Tri-City Medical Center for two decades. She was one of my nurses when I was hospitalized with COVID for 21 days last August. Lorna was a nurse advocate for my rights when my health condition was on a downward spiral. Her quality care was impressive and her observational skills unquestionable. I'm forever grateful.
Submitted by: Dulce Zurbano

 **Nien Hsein (Nancy) McGough**
Ph. D, MSN, RN, CNS, PCCN
Sharp Grossmont Hospital,
Progressive Care Unit - Innovations

Her expertise and dedication to nursing has provided integral support during the COVID-19 pandemic to her department as they navigated caring for COVID patients. Thank you, Nancy for all you do to ensure we are always moving forward and innovating patient care.

 **Amber McGuire**
BSN, RN, CBA
Sharp Healthcare, Clinic


This young woman is an excellent representation of what a hero is. She's a wife and mother to three kids. She will help anyone who needs it. She has juggled pregnancy, three kids and work throughout this last year.
Submitted by: Brent Sarge

 **Theresa McNeal**
RN, BSN
Scripps Memorial Hospital La Jolla,
Emergency Room

Theresa McNeal puts her heart and soul into the Scripps E.R., showing great love of fellow staff and patients. She volunteered extra shifts in dire times and remained available to kindly support others. Theresa is appreciated and loved by her family and work family. Thank you!

Kathy Medenwald
RN
Kaiser Permanente, NICU


Wow! Forty-two years of dedication, compassion, care and knowledge. No one does it better! You make a difference every day. God bless you for your years of service!

 **Francisco Medina**
Clinical RN
UC San Diego Jacobs Medical Center
and Kaiser Permanente Zion Medical
Center, Oncology Unit

My Dad is our hero. He works as an oncology nurse at UCSD and Kaiser. When COVID started, we saw how much dedication he's putting to his job. He said, "Who else will care with the sick and the dying?" We salute you Daddy! Our best nurse!
Submitted by: Francisco Ramos Medina III

Ester Mendoza
Lead Clinical Nurse
Sharp Chula Vista Medical Center,
PCU Oncology 5 OVT

Ester is an excellent nurse, but more importantly an incredible human being. She is the quintessential role model and leader whom I feel privileged to work with. As a fellow nurse, she encouraged and supported me during an extremely difficult time. She is truly one in a million. Thank you, Ester!
Submitted by: Sarah Heesch

 **Jean Menjivar**
Hospice Admissions RN
Mission Healthcare

Jean selflessly cared for numerous COVID patients and brought hope to patients when they were most fragile. Jean reminds us that the pandemic has shown us that we are better together. She makes a difference by the super-human work she does every day.
Submitted by: Josie Sample

 **Anne Marie Messmer**
LVN
Sharp Rees-Stealy Otay Ranch,
OB-GYN

Annie is the best nurse that I have ever worked with. She is so kind and caring, and always goes the extra mile for our patients. She is always willing to help anyone in need, and she does everything with love and respect. She is amazing!
Submitted by: Mimi Shaffer

Julie Michael
Lead Nurse
Sharp Grossmont Hospital, 4 West

Julie is an exceptional nurse, she remains calm during the storm and always has a smile. Her ability to bring a smile to our team during the pandemic is something we will never forget. She inspires hope in all.

Lorraine Mireles
Charge Nurse
Sharp Grossmont Hospital, 1 Medical/ Physical Rehab

Lorraine is a great leader. Not only is she confident and skilled, she encourages others on the floor to trust their judgement. She is always willing to help, and she thinks outside the box to solve complex nursing problems.



Elen Morales-Gines
RN

Tri-City Medical Center Oceanside
Everybody loves Elen. She is soft spoken, hard working and an absolute team player. You never feel alone, especially in critical situations because she will always be there. She is a good role model for the young ones.
Submitted by: Dulce Zurbano

Jodi Mosher

Clinic Nurse
Sharp Rees-Stealy Center for Health Management
Jodi, you are so loving and giving to our patients. Thank you for the compassion and support you show to all those you work with. You are appreciated!



Colleen Nadeau
Senior Cardiac Specialist -
Heart Failure
Sharp Grossmont Hospital,
Heart and Vascular Services

I'm the proud husband of an awesome nurse. Helping people is Colleen's calling. I've seen her kind words, listening ear, smile, touch, honest compliments and advice turn many lives around. She will help 24/7, at work or at home, it doesn't matter who you are or what happened to you.
Submitted by: Todd Nadeau



Yuki Nakamura
BSN, RNC-IBCLC
Sharp Mary Birch Hospital
for Women and Newborns,
Maternal and Infant Services

Yuki is a Japanese name which means snow. Just like her name, Yuki has a pure heart, exceptional work ethic and is truly a guardian angel to everyone she meets. Who says we need a superhero when Yuki is basically an angel in scrubs!
Submitted by: Trina Dimaano



Rosie Naranjo
RN
Scripps Mercy Hospital
San Diego, Endoscopy

Rosie is an amazing woman going on 16 years of being a RN. Her love for others is evident in her work as she spends numerous hours with her patients while committing to long, on-call shifts. She's truly a hero in this pandemic while still being a mother of three.

Amanda Nasser

Nurse Practitioner
UC San Diego Jacobs Medical Center,
Emergency Room
Amanda is dedicated to her patients and her community and helps people outside of her job. She worked overseas to administer medical aid with the Palestine Children's Relief Fund in Lebanon for one year during periods of conflict.
Submitted by: Ojeni Touma

Kristi Nati

Advanced Clinical Nurse
Sharp Memorial Hospital, 7 South Neuro/Stroke
Kristi is an amazing nurse. She is reliable, responsible, efficient and team-work driven. She is compassionate,

dedicated, and focused. Kristi's co-workers and her patients are pleased to work with her and praise her efforts.

Submitted by: Kristen Westhoff



Pinky Ngosiok
Clinical Nurse
Sharp Chula Vista Medical Center, 5
East Heart Failure/COVID PCU
Pinky has a very generous and caring

heart, which patients and colleagues appreciate.

Submitted by: Cynthia Paraguya

Jessica Nguyen

RN
Sharp Grossmont Hospital, Intensive Care Unit
Jessica, thank you for what you do day in and day out. You embody hard work, strength and courage.



Sarah Norton
Critical Care Nurse Practitioner
Scripps Mercy Hospital Chula Vista,
Intensive Care Unit

Sarah is a gifted and brilliant nurse practitioner who stepped up when COVID was hitting Chula Vista hard and made a difference every single day. She is a blessing to everyone around her. Thank you, Sarah!

Submitted by: Dr. Charlotte Thomas

Lea Novak

Nurse Educator
Sharp Memorial Hospital, 7 South Stroke Neuro
Lea is very meticulous and organized, which, in turn, helps the staff to be more on top of taking care of the patients and keeping the unit functioning properly.

Renee Lynn Olesky

RN
Scripps Health
Renee is a helpful and determined woman who has spent many hours in testing sites and caring for those who have COVID-19. This woman is just another body helping with the pandemic. To strangers she's a nurse. To her patients she's a hero. To me, she's my grandma.
Submitted by: Zoey Henry

Renee Olesky

RN
Scripps Health
My mom, the nurse. COVID testing sites. Pressure sores from N95. Caring for those infected. Long days and working overtime. Staying 6 feet away from her own family. With tears and untouched hugs. First to sign up for the vaccine. She is strong, she is loving. My mom, the nurse.
Submitted by: Nichol Olesky

Elizabeth O'Neill

Clinical Lead RN
Sharp Memorial Hospital, 7 South Stroke Neuro
Working with Liz is an absolute joy, as her calm and collected disposition always makes everything go smoothly. She carries warm and caring, with a compassionate attitude toward patients and colleagues, which makes for a great work day each time.

Ciani Palencia

Nurse
George F. Bailey Detention Facility

Ciani, nurse and Army reservist, cares for her patients and co-workers. Caring for a vulnerable population and dealing with the COVID outbreaks in the jails, she also helped save 300 jobs in her department by standing with her co-workers against the sheriff's plan to outsource. Ciani is a front-line hero!



Joan Pancheri
Research Administration Nurse
Manager/ Kawasaki Disease Team
Nurse

Rady Children's Hospital, Pediatrics
How do we describe Joan? She comforts children; empowers families; advocates for children to participate in clinical research; anchors a team caring for children with Kawasaki disease and SARS-CoV-2 virus-associated multisystem inflammatory syndrome in children. Everyone should be as lucky as we are to have a "Joan" by their side.

Submitted by: Dr. Adri Tremoulet



Ashley Pappalardo
RN
UC San Diego Moores Cancer Center
Ashley! We seriously could not have gotten through this crazy COVID/baby boom year without you. Thank you,

thank you, thank you! Happy Nurses Week!
Submitted by: Laura Sauer

Maribeth Pasion

RN
Sharp Grossmont Hospital, 1 Medical/ Physical Rehab
Maribeth is passionate about patient care. Not only does she provide kind, empathetic, loving care to her patients, she does the same with her co-workers. She is a wonderful teacher and has been the preceptor for our unit's new nurses. She is a gift to the industry.

Dana Patrick

Nursing Director
Rady Children's Hospital, Pediatric Intensive Care Unit
Dana's role prior to the pandemic was to run San Diego's only PICU. When the pandemic hit, Dana was asked to take on many other roles to support an evolving response to the pandemic. Over the past year, she has worked tirelessly to support any project given to her.

Dianne Pavia

RN
Sharp Rees-Stealy Medical Center,
Physiatry/Spine Triage
Dianne works hard to triage all referrals to ensure they meet clinical spine guidelines, and she communicates well with multiple staff, providers and clinics. She is caring and is dedicated to her job, and she wants to make sure that her work is as efficient as possible.
Thank you!

Alfonso Payumo

Sub-Acute 1 Unit Nurse
Sharp Villa Coronado Skilled Nursing Facility
This nurse, whose nickname is Alfie, will help every patient, even if the patient is not assigned to him. He treats each patient with dignity and respect. He always has a positive attitude toward everyone. He is an amazing nurse, and it's clear nursing is his calling.
Submitted by: Elizabeth Silva

**Thank you,
nurses!**



Luz Piamonte
Clinical Nurse
Sharp Chula Vista Medical Center, 5
East Heart Failure/COVID PCU

Luz is committed to whatever she puts her heart into. She has gone great lengths during the pandemic to solicit donations from the community to uplift the spirits of her colleagues.
Submitted by: Cynthia Paraguya



Cherry Pink Medina
Detentions Nurse
George Bailey Detention Facility
My mom is a jail nurse. We are proud of her because despite of what the

inmates have done, she always tells us "People commit crimes but they're still humans like us. Who else will care for them?" I salute my mom for being a great example of a nurse!

Submitted by: ClaireAnn Medina



Eric Pitt
Supervisor
Sharp Grossmont Hospital,
Emergency Department

From high school junior volunteer to ED Supervisor! You're an amazing nurse, and we're so proud of you! Much love, Linda, Lorraine and Jake



Dulce Pluma
RN, BSN, PHN
County of San Diego Health and
Human Services, Public Health Unit
Dulce is an energetic charge nurse that

is responsible for managing several COVID testing/vaccination sites. She sincerely cares about the patients and staff that she comes in contact with and is a wonderful asset to the County Public Health Unit. Thank you for your hard work!

Eileen Rabago

Lead Nurse
Sharp Grossmont Hospital, 4 West
Eileen is a great nurse and teacher. She is able to motivate others during tough times. She cares deeply about the team and patients. Eileen works to ensure future nurses provide the same quality we expect. We are lucky to have her leadership.



Elma Ragadio
Charge Nurse
Kaiser Permanente
Zion Medical Center,
4WN Medical Surgical Oncology

She's not only the best nurse, but the best charge nurse. She takes care of her patients and her staff like they were her family. She's not only the best nurse, but the best mom. She inspired me to be the best nurse I can be. Thanks, Mom!
Submitted by: Florence Ragadio Amos

PERSONAL WORDS OF APPRECIATION TO NURSES SUBMITTED BY OUR READERS

Karen Ramirez-Higham
LVN

Sharp Rees-Stealy Medical Center,
Scripps Ranch, Allergy

Karen is a great nurse and team player and is always willing to go beyond clinic duty if called upon. She is a great preceptor as she loves to teach and train other staff. She helps takes pride in her work and takes care of our allergy patients. Thank you!



Diana Ramos
RN

Sharp Rees-Stealy Medical Group,
Internal Medicine/Pediatrics

Diana is an amazing nurse. She takes great care of our patients and makes everyone's day is easier. I am so grateful to get to work with her.
Submitted by: Dr. Jennifer Barkley

Jennifer Rao
Lead Nurse

Sharp Grossmont Hospital, 4 West

Jen brings extensive knowledge to her role, and she cares deeply for the team. She focuses on quality and safe care while recognizing the person. Her leadership during the pandemic demonstrates her commitment to safety for all. We are so privileged to have such a caring person on our team.

Caitlin Ray
Clinical Nurse

Sharp Memorial Hospital, 7 South Stroke/Neuro Unit

Caitlin has a passion for helping others, and she advocates for her patients. Caitlin is easily able to connect with her patients and their family members. She is a wonderful team player, and she enjoys precepting new hires. She also covers as charge nurse on our unit.

Submitted by: Kristen Westhoff



Elizabeth Reeves
RN

Tri-City Medical Center Oceanside,
Telemetry

I am forever grateful for Liz Reeves. When my condition became critical due to COVID last August, she showed remarkable grace under pressure. She gave me the courage to go on, on a day-to-day basis.

Submitted by: Dulce Zurbano



Kimberlynn Rennick
RN

Palomar Medical Center,
Neuro Acute Care

Kim has been a nurse for two years and has embraced the pandemic in two states. She has experienced so much in this short time. I look forward to watching your continued growth in this wonderful and ever-changing profession.

Mylene Reynolds
Clinical Nurse

Sharp Chula Vista Medical Center,
5 East Heart Failure/COVID PCU

Our patients are thankful for having Mylene as their nurse, as she cares for them, ensuring their safety and healing. Mylene has great nursing skills and knowledge.

Submitted by: Cynthia Paraguya

Angelica Robles
Nurse

Sharp Memorial Hospital,
Radiation Oncology, Outpatient Pavilion

Excellent nurse. She is hard-working, patient, with great people skills. A true pleasure to work with.
Submitted by: Dr. Rob Rice



Paul Rodriguez
RN, BSN

UC San Diego Jacobs Medical Center,
Medical Surgery

Paul graduated magna cum laude from California State University San Marcos with a BSN RN in 2016. He was president of the university's nursing association. He has been employed at UCSD Thornton since graduation and has received numerous commendation letters from patients and doctors alike. He is committed to being the best.
Submitted by: John Rodriguez



Laura Rogel

Clinical Lead Nurse
Sharp Chula Vista Medical Center,
Pre-op/PACU/Phase II

Laura Rogel is a seasoned registered nurse. She is very passionate, dedicated and caring individual. Laura embodies the Sharp core values. She volunteered her time as a vaccinators in the South Bay COVID vaccine location. Our department is truly blessed to have a very optimistic, very caring and dedicated staff.

Submitted by: Uriel Dualos



Daniel Rollins
RN

UC Davis Children's Hospital,
Pediatric Emergency
Department and Level I Trauma Center

Daniel is more than a nurse. He brings peace to families, healing to patients and joy to his colleagues. He's a true superhero and an inspiration to me and so many others. I am so proud of the work he does every day and even more proud to be his sister.

Submitted by: Catherine Rollins



Ronald Rollon
RN

VA San Diego Medical Center, Surgery

Thank you for serving the community and the country. It is hard to be a nurse and a medical service member, and harder to be one in this global pandemic. You are an inspiration!



Augustin Rucobo

Senior Public Health Nurse
San Diego County Health and Human
Services Agency, Tuberculosis Control
and Refugee Health Department

Augustin, a SEIU 221 member-leader, is proud to work at an advanced program for the prevention of a deadly disease. The data collected is used in global implementations that will hopefully eliminate TB. He also helps refugees get screened and treated for TB and get access to health care.

Jeanina Rumbaoa
RN

County of San Diego, First-time Mothers/COVID

She stepped up during the COVID-19 pandemic, going to county hotels to help test different people that are staying there.

Laura Sauer

Oncology Nurse Case Manager
UC San Diego Moores Cancer Center,
Hematology Oncology Clinic

Over the past year, Laura has used her free time sewing masks for patients and co-workers, as well as blankets for the animals at the San Diego Humane Society. She has volunteered to help vaccinate San Diegans at both Petco Park and RIMAC vaccinations sites.



Sarah Saunders-Harbaugh

Short Stay/Safe Unit Manager
Sharp Chula Vista Medical Center

I'd like to recognize Sarah for her leadership and contributions as her team has risen to the challenges of the COVID-19 pandemic. Sarah has cultivated a culture of flexibility and cohesiveness that has allowed her team to thrive and achieve nursing excellence at Sharp Chula Vista and beyond.

Sarah Saunders-Harbaugh

Acute Care Manager
Sharp Chula Vista Medical Center, 4East

Sarah lead her team through the pandemic and adapted to become a COVID unit at various times when the COVID census was high. Her positive attitude and flexibility helped her team save lives.

Submitted by: Deanna White



Jennifer Scanlan

RN Nurse Case Manager
UC San Diego Moores Cancer Center

Jennifer was the 2020 president for the San Diego Chapter of the Oncology Nursing Society during the most interesting year in health care. In addition to her work and involvement with SDONS, she also volunteered her time driving multiple shelter dogs from Texas to California so they could be adopted.

Submitted by: Laura Sauer



Elizabeth Schramm

RN
UC San Diego Health,
Neonatal Intensive Care Unit

Liz is an awesome night shift charge nurse who also tackles balancing the staff schedule, vacations, holidays and trades. She works extremely hard at everything she does and is a resource to all of us. We are so lucky to have her.

Submitted by: Jackie Iseri



Dawn Shah

NP
Koman Family Outpatient Pavilion
at UC San Diego Health, Stem Cell
Happy Nurses Week!



Shelly Shea

ICU COVID Specialist
Sharp Grossmont Hospital,
Intensive Care Unit

Shelly graduated less than one year ago from the University of Nevada nursing program and already propelled herself into the ICU. She is an outstanding new nurse and specialized in COVID patients to help her department during staffing shortages at the peak of the pandemic.

Shama Shrestha

RN
UC San Diego Moores Cancer Center,
Oncology/Palliative Medicine

Shama, you touch so many lives with your kind heart, and I absolutely love working with you. Happy Nurses Week, beautiful!

Submitted by: Laura Sauer



Scott Shuford

Nurse Practitioner
UC San Diego Health, Oncology

Scott is the nurse practitioner of our Encinitas Infusion Center. He cares for patients going through their cancer journey as if they are family. He meets them in their vulnerability, listens and provides them with the care that they need. He is a bright light in a dark space for patients.

Submitted by: Courtney Nelson



Gina Sinaniz

Visiting Nurse
Sharp HealthCare

Gina Sinaniz, she became a nurse several years ago. She's caring and empathic and loves her job. I've known her for 23 years. We're not related by blood, but we love each other. She exudes love for each human being and is loved in return.

Submitted by: Rita Geller

Naomi Smith

LVN
Sharp Rees-Stealy Medical Center,
Genesee, Infectious Disease

Naomi is an awesome nurse. She helps ensure that our very complex department in infectious disease runs smoothly, including coordinating with different entities and the interdisciplinary team. She sees to it that all the patients' needs are met, and that her providers' workflows are efficient. Thank you!



Trina Souza

Director of Ambulatory Care Services
Sharp Rees-Stealy Medical Group,
Admin Services

Trina's ability to create change and make a difference to positively influence the care our patients receive is remarkable. She is thoughtful and resourceful when it comes the best interest of our patients. She is a true leader who makes you feel capable of being more.

PERSONAL WORDS OF APPRECIATION TO NURSES SUBMITTED BY OUR READERS

Heather Spalenka

RN, BSN, CCRN

Rady Children's Hospital, Neonatal Intensive Care Unit

Heather is many things, a professional and caring nurse, a staunch patient advocate, as well as the ultimate team player. She consistently goes the extra mile to ensure every baby in our NICU has the greatest opportunity to reach their best possible outcome.

Grace Spears

Lead Nurse

Sharp Grossmont Hospital, 4 West

Grace brings a calmness to every situation. Her experience, knowledge, dedication and commitment make her an asset to the profession. Her leadership during the pandemic helped our team succeed.

**Andrea Spiller**

Case Manager

Sharp Rees-Stealy, Population Health

Andrea is full of energy every day to support her patients in their journey to better health. She educates patients with chronic conditions to make sure that they have the tools they need to succeed — plus she's a great mom too!

**Abby Sta Ines**

Lead Clinical Nurse

Sharp Chula Vista Medical Center, Short Stay/Safe Unit

Abby is committed to patient and staff safety. She takes on challenges with a smile and creativity. She was instrumental when organizing personal protective equipment, paperwork and supplies during the COVID-19 pandemic. Locating items reduces stress of staff, creating more time to spend with patients. Abby embodies nursing excellence.

**Cassandra Strasbaugh**

RN

Sharp Mary Birch Hospital for Women and Newborns, MIS

Cassandra is the greatest nurse. When census became overwhelming next door, she volunteered to go, saving many others from going into unfamiliar, scary territory. She is smart, dedicated and a great advocate. We would all be lucky to have her — and her sass — as our nurse.

Submitted by: Lorelei Sandoval

Nancy Strassner

Director of Nursing

Seacrest Village Goldberg Healthcare Center

Nancy's dedication and commitment to residents, staff and families, coupled with her big heart and positive attitude, is why she is so respected and admired by her Seacrest family. She is a wonderful leader, and we hope she knows how grateful we are to have her on our team.

Submitted by: Pam Ferris

**Kathleen Sweeney**Manager, Education and Professional Development
Rady Children's Hospital

Katie's leadership throughout the last year has been exemplary. Her voice and passion for nursing has been transformative. She was instrumental in working with the team for the COVID-19

research testing and vaccination sites as well as participating in other community organizations and initiatives. Thank you, Katie for your contributions!

Submitted by: Megan Barbosa

**Mickey Teichner**Manager Admin Support Services
Sharp Chula Vista Medical Center

Mickey was involved in all aspects of patient flow, ensuring all our COVID and non-COVID patients were able to get beds during the surge. She is one of our heroes.

Submitted by: Deanna White

**Charlotte Thomas**

ICU NP

Scripps Mercy Hospital
Chula Vista, ICU

Charlotte set an example this past year. She led us through the COVID crisis. We all love and appreciate her so much!

Olaya Tirado

Clinical Nurse

Sharp Chula Vista Medical Center,
5 East Heart Failure/COVID PCU

Olaya has a quiet and calm demeanor. She is a great preceptor to new grads and new hires. I am so grateful for her willingness to share her skills, knowledge and experience.

Submitted by: Cynthia Paraguya

Evangeline "Bambie" Torres

LVN

Sharp Rees-Stealy Medical Center
Chula Vista, Nephrology

Bambie has always worked diligently to ensure that the clinic's flow is efficient and that her patients' needs are taken care of. She does a lot to support the three providers she works with and to keep our nephrology department in great shape. Thank you!

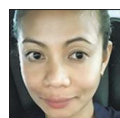
Laura Townsend

RN

Sharp Memorial Hospital Emergency Room

Laura is an excellent nurse in the ER at Sharp Memorial Hospital. She worked her way through this pandemic like a warrior. She protected her family so well that she wouldn't let her children even get near the car. She's a born leader in the ER and our hero.

Submitted by: Debbie Griffin

**Michelle Udan Llegaria**

RN

Sharp Grossmont Hospital, Transitional Care Unit

Thank you for all the hard work and sacrifices that you make to help people. You are truly a hero to me and many other people. Even though things may not work out the way we want, you would always be determined to get the job done. Love you!

Submitted by: Jasmine Llegaria

Sarah Udeh

RN

County of San Diego, COVID-19 Team

She is a part of the county COVID team that goes into places that have active COVID cases, like nursing and

residential homes to test people who cannot go to a site. She always has a smile on her face — you can tell through her eyes (since we all have a mask on).

**Mary Jane Valasco**

RN

Tri-City Medical Center
Oceanside, Telemetry

She is a nurturer for those starting their career. When the pandemic outbreak started last March, that night she led that stressful event with grace. She saw that everybody was safe, especially the young ones.

Submitted by: Dulce Zurbano

Raquel A. Vallejo

RN

St. Joseph's Hospital, ICU

Incredible nurse, always putting the care of her patients above anything else.

Submitted by: Emil Segura

**Elizabeth Anne Valles**

Nurse Practitioner

Rady Children's Hospital,
High Risk Infant and Cardiology

Elizabeth Valles cares deeply about her patients at Rady, where she has worked for 18 years. Additionally, she cares about her community and has volunteered doing book, food and clothing drives. She was member of Homeless Task Force for Youth and recently became a planning commissioner for El Cajon.

Submitted by: Ron Luis Valles

**Angela Vega**

LVN

Sharp Rees-Stealy Medical Group,
Internal Medicine/Pediatrics

Angela's leadership is outstanding, with an attention to detail, follow-through and insight — combined with kindness, compassion and a sense of humor — that sets her apart. It's no surprise that she's beloved by colleagues and patients alike. Our clinic is so lucky to have her!

Submitted by: Dr. Jennifer Barkley

**April Vogue**

RN

Tri-City Medical Center
Oceanside, Telemetry

Everyone in telemetry knows her as the gentle American. Anytime you need her, expect she will be there to help. She creates an atmosphere that is not intimidating, especially for newcomers. She's a mega super star.

Submitted by: Dulce Zurbano

**Autumn Wachs**Clinical Manager
Mission Healthcare

Autumn Wachs was the first to volunteer to take care of COVID-19 patients in the home at Mission Healthcare. Autumn continually chooses to take care of people, because no matter what is going on in someone's life everyone deserves dignified care.

Submitted by: Josie Sample

**Kara Walker**

LVN

Sharp Rees-Stealy, General Surgery

After general surgery stopped taking patients, Kara went to work with COVID patients. I remember how she would talk about the rainy day and the summer heat in the tents, but she kept going. Everyone was so scared but they keep showing up.

Submitted by: Vivian Walker

**Elizabeth Walker-Munoz**

RN

Family Health Care Center,
Primary Care

Elizabeth goes above and beyond. She is professional, caring, sensitive to the needs of her patients, very resourceful, very patient, and she takes time to educate and explain health questions and concerns to patients. Her son Jr. is a proud angel in the heavens above watching his mom.

Submitted by: Bevelynn Bravo

Christopher Ward

Public Testing Coordinator

San Diego County Health and Human Services,
Epidemiology/Bioterrorism

Chris has been working tirelessly to coordinate public testing sites across the county during this pandemic. He's been a remarkably thoughtful and responsive supervisor, making all of us at every staffing level feel heard and valued, while always keeping the public need at the forefront of his mind. Thank you, Chris!

Marti Ward

RN Supervisor

Sharp Rees-Stealy, Neuro, Rheum and Endo

Marti is a perfect example of the Sharp Experience. She is caring and treats everyone with respect. No problem is too big for her to solve. She is always available for patients, staff and doctors. She has worked for SRS for over 34 years and plans on retiring from Sharp.

**April Wateska**

Nurse Manager

UC San Diego Medical Center Hillcrest,
Intensive Care Unit

April is an outstanding nurse. She has strong clinical skills, leadership capacity and a strong patient and staff advocacy. She believes that health care is a team concept. As a leader, she is working with and for her staff.

Submitted by: Jean Wilson

PERSONAL WORDS OF APPRECIATION TO NURSES SUBMITTED BY OUR READERS



Joyce Wei
Program RN
Sharp Mesa Vista Hospital,
Trauma and PTSD Intensive
Outpatient Program

Joyce has been helping the most vulnerable population for the past 20 years at Sharp Mesa Vista Hospital. Joyce is companionate, sensitive and has been able to gain patients' confidence and trust over the years. She has mastered the art of listening to people who sometimes can't find their voice.
Submitted by: Afarin Fullen



Camie White
RN, BSN, MSN
Sharp Rees-Stealy Medical Center,
Nurse Triage SRS Scripps Ranch

Camie is a Sharp star! She is incredibly knowledgeable and she gives each patient 110 percent when she is helping them. We are more than lucky to have her on our team!
Submitted by: Beth Ballen

Deanna White

Director of Acute Care Services
Sharp Chula Vista Medical Center, Administration

Deanna is a phenomenal leader. Throughout the pandemic, she has taken on several roles, including serving as the incident commander, facilitating the hospital's visitation workgroup, coordinating the expansion of the hospital to care for patients with

COVID-19, among other roles. Deanna is humble, kind and is respected by all.



Vanessa Wickham
RN, BSN
UC San Diego Health, Oncology

Vanessa is an angel on the night-shift. A newlywed in 2018, she never expected the incredible challenges but never wavered from giving her patients the best possible care. It was an especially tough year for her because her father passed away in September 2020.
Submitted by: Patrice Johnston



Ana Wilkinson
RN
UC San Diego Jacobs Medical Center,
Emergency Room

Since the beginning of the pandemic, Ana (aka the dancing nurse) has been dancing into the hearts of patients across the country to lift their spirits. She has even donated vacation time away from her husband and two young children to bring light to people in their darkest moments.

Ana Wilkinson

RN
UC San Diego Jacobs Medical Center,
Emergency Room

Ana has an amazing ability to make people feel better even when they are gravely ill by holding a hand,

giving a smile or even doing a little dance to brighten patients' days. She went to NYC and Texas at their peaks to help those truly in need.

Ana Wilkinson

RN
UC San Diego Jacobs Medical Center,
Emergency Room

Ana Wilkinson shines as she cares for her patients during the darkest times. She not only employs skilled medical care but also brightens spirits with her spunky humor and dance moves. She followed the call to NY and later, Texas to help ensure that "no one dies alone."
Submitted by: Jeri Miller

Ana Wilkinson

RN
UC San Diego Jacobs Medical Center,
Emergency Room

Ana has an incredible way of connecting with her patients (me being one of them). She makes you feel like you're heard and she brings such a light and happiness to dark situations. She's incredibly empathetic and just wants to make people feel better by making them laugh and smile.
Submitted by: Erik Kalfus



Dionne Williams
CN III
Rady Children's Hospital, Neonatal
Intensive Care Unit

Dionne is a fighter, deals with physical ailments that have knocked her down but haven't affected her beautiful soul. Even with a mask, you can feel her infectious smile. She gives her all to our tiny babies as well as to those lined up for vaccines. An awesome NICU RN!
Submitted by: Andrea Tijerina



Nicole Marie Wilson
Assistant manager ED
UC San Diego Jacobs Medical Center,
Emergency Department

Nicole is a 2005 graduate of SDSU's nursing program. She experienced COVID first hand in October 2020, possibly contacting the virus from one of her many patients at work. Her symptoms were somewhat mild, and she was back to work in a couple of weeks. Nicole truly enjoys nursing.
Submitted by: Doug Wilson

Edie Marie Wilson

LVN
Villa Rancho Bernardo Skilled Nursing
Facility, Live-in Residence Stations

Villa Rancho Bernardo is lucky to have my sister Edie as a nurse taking care of their residents. Not only does she work double for VRB many times a month, she helps our family care for our mom, a retired disabled nurse. Edie is a rock star nurse!

Gillian Wu

BSN, RN
Sharp Grossmont Hospital, 4 East, Cardiac PCU

Thank you for putting yourself on the front line, especially as a new grad nurse. Your courage and dedication are admirable.



Elizabeth Zdralo
LVN
Sharp Rees-Stealy Rancho Bernardo,
Family Medicine

My wife is the most compassionate, hard-working nurse. Her patients are so lucky to have her.
Submitted by: Nemanja Zdralo

Elizabeth Zdralo

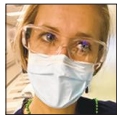
LVN
Sharp Rees-Stealy Rancho Bernardo, Family Medicine
She's the most caring, loving and genuine nurse! She cares for her patients and creates beautiful relationships with them and makes them feel extremely important and comfortable. I love nurse Elizabeth, she's the best!
Submitted by: Drazenka Jovanovic

Ellie Zepeda

Charge Nurse
Sharp Grossmont Hospital, 1 Medical/ Physical Rehab
Ellie is an amazing nurse. She provides the kind of care to every patient that you would want your family to receive. She keeps all the other nurses on the floor laughing, even when it is a stressful shift. She is an angel, and she inspires me!

Jennie Zhang

Senior Public Health Nurse
California Children Services, San Diego County
Health and Human Services Agency
Jennie is bilingual Chinese-Mandarin and volunteered to provide COVID-19 tele-investigation services full time beginning March 2020. Jennie provided feedback to improve the efficiency of collecting data for the Confirmed Case Checklist. Her co-workers in epidemiology noted that this alleviated stress they had been previously feeling.



Lauren Ziemba
RN, BSN
Inland Valley Medical Center,
Medical Surgical Telemetry

Lauren puts her whole heart into her role as a nurse. It is apparent that she loves what she does and this comes through in every patient interaction. She is kind, upbeat and happy in any situation, as well as compassionate to all patients and their families.
Submitted by: Tyler Moyer



Nursing Education

SAN DIEGO CITY COLLEGE, DEAN RANDY BARNES, AND DR. DEE ARMSTRONG would like to salute and honor our outstanding nursing faculty and students. As an integral part of the healthcare team, our nursing faculty continue to go above and beyond in preparing the next generation of professional registered nurses.

www.sdcity.edu #CityProud!

Commitment and caring

Scripps nurses provide daily care, support and strength

Nurses 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. What makes Scripps nurses so great? It's a special combination of commitment, compassion, grace and grit.

Greg Knight is a registered nurse in the intensive care unit on the front lines of the coronavirus pandemic at Scripps Mercy Hospital Chula Vista. "It's the hardest I've ever worked in my career," he said. "I just keep going every day and try to do the right thing. I thrive on the fact that we get to make a difference in people's lives."

Registered nurse Yvonne Meneses, an OB/GYN nurse supervisor at Scripps Coastal Medical Center, encourages her



Greg Knight

team to be the best every day and feel proud of what they do. And the pandemic didn't slow her down one bit. "My division continued to see patients — delivering babies isn't something that can be done remotely — but we took precautions to ensure each was seen in a safe, timely



Yvonne Meneses

manner."

Naomi Junge is a clinical application analyst who recently celebrated her 20th anniversary with Scripps. The tech-savvy registered nurse uses her professional insight and technical acumen to engineer the clinical workflow and come up



Naomi Junge

with big-picture ways to benefit patients. "Setting up a nurse to be successful and giving them a strong foundation of clinical practice so they're ready for the next level is so rewarding," she said.

Together, they are #ScrippsHealthStrong



OUR HEARTFELT THANKS TO OUR DEDICATED SCRIPPS NURSES,

physicians and employees—18,000 strong—who are among our local health care heroes who put the patient at the center of all they do each and every day. Their courage lifts us up, inspires us and makes us even stronger.

And our deepest appreciation to the San Diego community for your continued support. We are stronger together.



Say thanks and honor a Scripps nurse, visit [Scripps.org/HonorRN](https://scripps.org/HonorRN).





Caring for our community

Children and adults facing the challenges associated with a life-limiting illness can rely on our skilled and compassionate caregivers to provide medical, emotional and spiritual support.

Since 1978, The Elizabeth Hospice has touched the lives of more than 115,000 people in San Diego County and Southwest Riverside County.

To learn about career opportunities and our hospice care, palliative care and grief support services, call **800.797.2050** or visit **elizabethhospice.org**.



The Elizabeth Hospice

The Elizabeth Hospice has earned The Joint Commission's Gold Seal of Approval.





Registered nurse case managers Betty Olaya, left, and Susan Nardi are part of the team of nurses at The Elizabeth Hospice who are dedicated to comforting, educating and guiding people nearing the end of their life's journey.

Enhancing quality of life

Patients' wishes are key focus of The Elizabeth Hospice nurses

At The Elizabeth Hospice, nurses have a hands-on role, coordinating resources and services to meet patients' medical, emotional and spiritual needs — always ensuring that their patients' wishes are heard and honored. By managing symptoms and pain, nurses make it possible for their patients to be as strong as possible for as long as possible. While nurses are drawn to The Elizabeth Hospice for a variety of reasons, they all share a commitment to providing com-

passionate, high-quality care to people diagnosed with a life-limiting illness. Betty Olaya joined The Elizabeth Hospice more than 22 years ago when she was looking for an opportunity to make a difference in people's lives. "Being a hospice nurse has changed me forever," said Olaya, a registered nurse case manager. "It's made me more grounded, more vulnerable, more compassionate. I love meeting people from all walks of life and hearing about their life experiences. And it's incredibly fulfilling when family

members tell me that they feel confident as their loved one's caregiver because of the things I've taught them." "Nursing was in my blood," said Susan Nardi, also a registered nurse case manager. "My mother and grandmother were nurses, and I grew up watching them care for others." After working in various specialties, Nardi took a position as a hospice nurse, fell in love with the job and has been in the field ever since. "I educate my patients and families about the disease process and the dying process and

explain that our team will make them comfortable so they can enjoy the time they have left. It's an honor to be welcomed into the patient's home and family during this extremely sensitive time." The Elizabeth Hospice is grateful to everyone on the nursing team for their dedication to excellence and wishes them a happy Nurses Week.

To learn about career opportunities for nurses at The Elizabeth Hospice, call (800) 797-2050 or visit elizabethhospice.org/join-our-team.

Rising to the challenge

Palomar Health salutes its nurses and their families

Palomar Health is proud to salute its more than 1,500 nurses who've been on the front lines to save lives during the COVID-19 pandemic. Whether they work in the emergency department, intensive care unit, COVID-19 isolation unit or other sections of the hospital system, they have all been critical in combating the virus. They have selflessly served thousands of patients to provide top-quality care under constantly changing circumstances. They rose to the challenge as they always do, putting patient care first. Some spent weeks, and even months, in hotels to avoid bringing possible exposure home to their loved ones. Spouses and partners missed out on family meals, children missed bedtime stories and being tucked in at night.

To this end, we salute our nurses' families who supported them through all the uncertainty. Mothers, fathers, spouses, children, brothers and sisters have all lived the pandemic at a heightened level of concern as their loved ones put the needs of others before their own. Once the vaccine became available, many nurses volunteered their time outside their regular work schedule to vaccinate community residents at the Palomar Health COVID-19 Resource Clinic and the vaccine superstation at California State University San Marcos. They are true community heroes.

For this, Palomar Health says thank you and celebrate Nurses Week 2021 with much appreciation.



Palomar Health critical care nurses on the front lines in the intensive care unit.



We salute you,
our healthcare *heroes.*





OUR IMPACT



108,000
lives in our care



45
health centers and
program sites



2,300+
workforce dedicated
to our mission

www.syhealth.org



Together We Heal, Recover and Rebuild

San Ysidro Health is an essential part of San Diego County's COVID-19 Recovery - providing vaccinations, medical care and social services to neighborhoods affected most by the pandemic. Join us by supporting our recovery efforts!

Give today | <https://give.syhealth.org/COVID19Recovery>

Exceptional care for all

Nurses integral part of San Ysidro Health's community services

The mission of San Ysidro Health is to improve the health and well-being of the communities it serves, with access for all.

Throughout this pandemic, the dedicated staff members rose to the challenge, time and time again, providing essential health services for the 108,000 lives in their care. With sacrifice and a commitment to the mission, care for patients never wavered. This is even more appreciated, because the majority of San Ysidro Health's 45 clinics and program sites reside in zip codes with COVID-19 infection rates three to five times higher than the rest of San Diego County.

Since 1969, San Ysidro Health has offered compassionate, high-quality care to all who walk through its doors – without exception. The nonprofit health care provider is located in under-resourced neighborhoods, funded by supporters



who believe in its mission.

San Ysidro Health's nurses have weathered the worst outcomes of this health crisis and are a pivotal part of the equitable, successful and proactive vaccination efforts for all patients. As the



region recovers and rebuilds, San Ysidro Health wants to thank its dedicated staff, particularly the amazing nurses.

If you are looking to make a difference, now more than ever, join San Ysidro Health's team in delivering medical,



dental and behavioral health services to collectively improve the health and well-being of underserved communities.

For more information, go to syhc.org/join-our-team.

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.

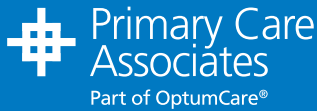


Two medical networks working together to provide health care and peace of mind to all of San Diego.

Local Doctors. Wide Network. Trusted Name.



Serving Central & South San Diego County
mpmgdocs.com/findadoc



Serving North San Diego County
pcamg.com/findadoc

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Healers and heroes

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

Mercy Physicians Medical Group (MPMG) and Primary Care Associates (PCA) would like to thank all their local nurses who have provided care to patients throughout the pandemic.

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.

A heartfelt gratitude for keeping us safe and working tirelessly on the front lines around the clock to ensure that people who need help are cared for. Nurses are more than healers – they are heroes. They are doing what they

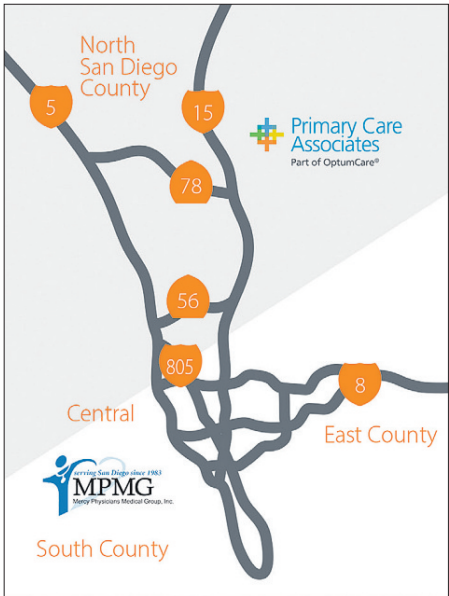


Nurses are valuable partners in family wellness.

do best, putting the patient first and foremost. In the face of adversity, Mercy Physicians Medical Group and Primary Care Associates 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 for a medical team in the central and south San Diego area or pcamg.com/findadoc for North San Diego County care.



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

OUR HEARTFELT THANKS

to our dedicated doctors, nurses, clinical and non-clinical staff – who continue to serve on the front lines of the COVID-19 crisis. Their courage lifts us up, inspires us and makes us even stronger.

833-286-4326 **AI Mediation**

Our nurses are the
heart and soul
of LightBridge.
Thank you for your
unwavering dedication
during this
unprecedented time.



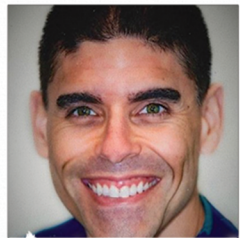
Community Health Group would like to express our deepest appreciation to our nurses and other healthcare workers for their commitment and dedication to our San Diego communities and members. Thank you for everything you have done to serve our community during and beyond the pandemic.

Thank You - Gracias - شکرا - Cảm ơn - Salamet

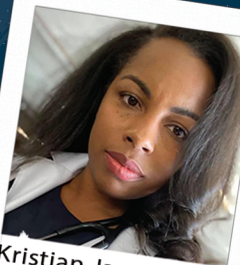


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Alberto Amezquita
MSN 2011
UC Davis Med. Center



Kristian Jamerson
DNP 2020
Inland Pain Specialist



Marta Bodnaruk
MSN 2021
Rady Children's Hospital



Tania Huevo
DNP 2021
Scripps Mercy Hospital



Amanda Dehart
Alice Trowbridge
DNP Students
SD Psychiatric Hospital



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DNP 2019
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Madelyn Healy
MSN 2019
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Leslie Delacruz-Tori
PhD 2015
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Alyssa Plisic
DNP 2021
Rady Children's Hospital



Christine Johnson
MSN 2021
Project Enable



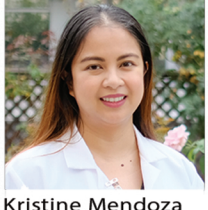
Sasha Tenio
DNP 2021
Select Specialty Hospital



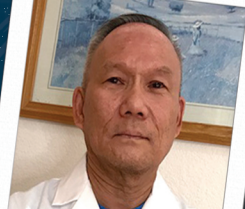
Maria Luisa Ramira
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Edna Esquer
PhD 2021
Imperial County Community



Kristine Mendoza
PhD 2021
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Arlin Ramira
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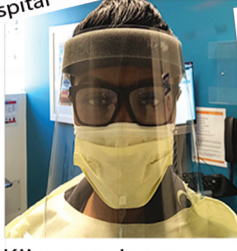
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Griselda Escobedo
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Juliann Hatt
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Tanna Thomas
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Gail Reiner
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Raxita Neupane
DNP 2021
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Lyndsey Ryan
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Loralie Woods
PhD 2020
Sharp Mesa Vista



Sunny Stirling
PhD 2021
Sharp HealthCare

The USD Hahn School of Nursing and Health Science
is grateful to frontline health care workers, especially our
faculty, alumni, and students who have sacrificed so much.

THANK YOU

