

President's Report
June 2011

Thank you to all of the commissioners who presented their Health Education Community projects at our June 13 meeting. These activities were made possible because of their leadership and collaboration with community leaders in their communities. It was inspiring to hear reports from Commissioners and Community leaders on their district projects.

- District 3, Commissioner Lesser reported on a community dialogue on Healthy Aging for Women: Transitioning Through Midlife sponsored by the Office of Women's Health. Representatives from all supervisorial districts were invited.
- District 2, Commissioner Creary submitted a report on the Women's Health Symposium – "Healthy Hearts, Bodies and Souls," co-sponsored by the First AME Church of Los Angeles in collaboration with various community based organizations. Special guests included Assemblyman Mike Davis, 48th District and Sylvia Drew Ivie, 2nd Supervisorial District, Senior Deputy. Dr. Ludlow Creary presented information on the signs of heart and Stroke and Dr. Robina Smith provided information on breast cancer awareness.
- District 5, Commissioner Duba reported on the Fun Walk and Run at Jackie Robinson Park an activity of the All Purpose Women's Fitness Class under the direction of Peg Lee, Supervisor at the Jackie Robinson Park and Ja'Miitwa Johnson-Peredo, Supervisor, Pearblossom Park. This event was o-sponsored by the County of Los Angeles Department of Parks and Recreation.
- District 2, Commissioner Becerra-Jones introduced Mary Agnes Erlandson, Director, St. Margaret's Center who reported on the LACCW Diabetes Awareness Campaign. Sixteen Diabetes education classes were presented in English and Spanish. Supervisor Mark Ridley Thomas's office provided Lennox, Inglewood and Hawthorne residents free transportation to the American Diabetes Association Expo at the Convention Center. Train the Trainer workshops. The first of a series for diabetes educators on June 4th, the second four-hour class is on June 9th. Anna Emerald, Project Coordinator, New Visions presented a You Tube video on the project. Her staff produced the video and is now available for viewing on their web site.
- Districts 1, 2, 5, Caron Post reported on the education activities of the Los Angeles County Perinatal Mental Health Task Force including a Community Awareness Forum on Maternal Depression at Harbor/UCLA Hospital; a Perinatal Mental Health training for Promotoras at Esperanza House and a training for staff at Partners for Families in Antelope Valley.
- District 3, Commissioner Gallegos introduced Marianne Haver Hill, Executive Director, MEND who presented information on an upcoming Health Fair that will provide health screenings and lab tests for non-insured residents in District 3. She also invited commissioners to the upcoming Poverty Conference with guest speakers, Jean Ross, California Budget Project and Fr. Gregory Boyle.

Commissioners who were unable to report on their projects are asked to please submit their written reports by July 30. Oral reports will be placed on the August meeting agenda. Community partners are also invited to participate in the presentation.

A special thank you to Maria Caballero, BSN, RN, Dean of the Los Angeles County School of Nursing and Allied Health for hosting our 3rd Annual Breakfast meeting for our LACCW nursing scholarship recipients. Also, thank you to Genevieve Clauvel, RN, PhD and Corina Rico, MPH, RN who joined Maria in presenting information on the TEAS and NCLEX exams, scholarship information, study tips, internships, volunteer opportunities for nurses and more importantly encouragement. Attached are the agenda, meeting notes and a group photo.

I am also continuing to participate in our Diabetes Awareness Campaign, co-sponsored by the American Diabetes Association, St. Margaret's Center and New Visions. The second Train the Trainer session was held on July 9 at St. Margaret's Center. Attached is a photo of the class participants.

**Los Angeles County Commission for Women and the Los Angeles County College of
Nursing and Allied Health**

Breakfast Meeting for Nursing Students

June 18, 2011

Meeting Notes

Meeting hosted by: Maria Caballero, BSN, RN
Dean, Los Angeles County College of Nursing and Allied Health

Speakers: Maria Caballero BSN, RN; Genevieve Clauvel, RN, PhD;
Corina Rico, RN, MPH; Commissioner Yolanda Becerra-Jones

Student Updates

Issue: Internship Requirements

Internships are vital for the success of each student. Students who work are having a difficult time finding organizations that can accommodate their schedule. An internship usually requires a regular schedule/time commitment each week and minimal flexibility. One student who attends a school in Riverside has even more challenges than students attending school in an urban setting with many more options. Students who are single mothers also face many challenges. Some of the students are single, working mothers. According to the RN's present it will be very difficult to identify a flexible schedule internship.

Recommendation: Haydee Morales suggested Padres Contra El Cancer and Planned Parenthood. Both of these organizations have flexible schedules

Issue: Student Advisors

Students are all having difficulty meeting regularly with student advisors. Most students only meet with their advisors for a few minutes once a year. Students are concerned that they are not getting the needed information on the requirements for their major. For example, a student at Los Angeles City College was seeking information from an advisor on what the requirements are to transfer to a state college; she was told to meet with a counselor after she had completed 60 units. She actually needed help from an advisor on the classes she needed to take for her major. She cannot afford to take a class that is not a requirement for her major. As the first in her family to attend college, she is in need of help in understanding the various steps she must take to reach her goals.

Recommendation: get a copy of the college catalog; requirements are often listed; Maria Caballero also offered her assistance to the students.

Issue: CNA, AA or BSN

Some students are undecided about pursuing an AA or a BSN. Is a CNA helpful? Ms Rico recommends studying for a BSN. A BSN is a requirement for most leadership roles in nursing. Ms Clavruel and Caballero commented that a CNA program provides good training and preparation for an RN program. It is also a useful training for employment while pursuing an AA or BSN. Although, everyone agreed it can be difficult to work and also attend school. Nursing programs are academically demanding.

For example, in addition to class work there are also clinical hours. One student has eighteen clinical hours a week.

Recommendation: RN'S Maria Caballero, Corina Rico, Geneveive Clavreul agreed that it an individual choice.

Issue: TEAS Review

Students are interested in getting help to prepare for the TEAS exam. Nursing schools have different exam score requirements. Some schools like Santa Monica College administer a different exam.

Recommendation: The company that publishes the TEAS exam is currently offering an online practice test special for a limited time at \$39.99. The usual price is \$119.99. Ms. Caballero also said there are some web sites that offer free help.

Issue: NCLEX-RN Review

Ms. Caballero was awarded a grant to offer classes and a textbook to review for the NCLEX-RN exam at no cost the LACCW scholarship recipients.

Recommendation: Contact Ms Caballero to register for the next class

Issue: Scholarships and Funding Opportunities

Students are interested in identifying scholarship and funding opportunities.

Recommendations: It is important to develop strong personal statement. Scholarships: California Health Professions – a substantial scholarship for BSN and MSN students; a \$10,000 scholarship for AA students.

The Roybal Scholarship – \$2,500

The Health Resource Services Association (HRSA)

The Black Nurses Association

Follow-up:

Ms Rico will e-mail students a list of other scholarship opportunities. Ms Clavreul asked students to contact her directly regarding the California Wellness Foundation. Ms Rico offered to review a student's personal statement.

Other recommendations:

Study groups are helpful; hire a tutor for an especially difficult class. Mayra Mejia hired a tutor to help her prepare for an Anatomy exam. The four students in her study group split the cost.

Other issues:

Long waiting lists at nursing schools; the Los Angeles County College of Nursing and Allied Health is only accepting 100 students a year; the nursing profession has less than 5% Latino nurses and a slightly higher percentage of Black nurses.

Volunteer Opportunities for Registered Nurses:

Ms. Rico presented information on her nursing experiences with Operation Smile.



05/27/2006





Los Angeles County
Commission for Women
and

Los Angeles County
College of Nursing and Allied Health

Breakfast Meeting for Nursing Students

Saturday, June 18, 2011

10:00 A.M.

1237 North Mission Road

Los Angeles, CA 90033

AGENDA

1. Introductions
2. Meeting Overview
Maria Caballero, Dean,
School of Nursing and Allied Health
3. Student Updates
4. A review of the TEAS
Maria Caballero and
Geneviève Clavreul, RN, Ph.D.
5. Registration information
for the NCLEX-RN
Maria Caballero
6. Scholarship and funding
opportunities for nursing
students
Maria Caballero,
Geneviève Clavreul,
Corina Rico, MPH, RN, &
Yolanda Becerra-Jones, President,
L.A. County Commission for
Women
7. A presentation by Corina Rico, MPH, RN of Children's Hospital on her
nursing experiences with Operation Smile
8. Next Steps
9. Group Photo