



This month the nation celebrated National Nurses week on 5/6-5/12/2025, and we here at the Los Angeles County College of Nursing and Allied Health tip our hats to the amazing nursing faculty, and the excellent nursing students that will have matriculated from the College and be added to this great profession. On May 22, 2025, the Los Angeles County College of Nursing will host the 158th Commencement Ceremony at the San Gabriel Valley Mission Playhouse. Many of the graduates on May 21st will receive awards and honors for the fantastic jobs they have done while matriculating through the program.

It is always an honor to receive recognition for the rigorous work that one must put in to enter into this great profession. It is an even greater honor to see someone pass the torch to assist others to achieve such greatness, and we are excited that the Los Angeles County Alumni Association has created another scholarship in honor of one of our former graduates whose family believes in philanthropy and honors those students that need assistance as they work tirelessly to enter this esteemed profession. The Joan

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UPCOMING CALENDAR DATES

- May 22, Thursday Graduation Ceremony
- May 23 Friday, Semester Ends
- May 25 Monday, Memorial Day (Holiday)

F. Barrera Memorial Scholarship has M. Yates, and Carol Kelly. The Joan F. awarded in the Fall of 2024, thanks to Barrera who chose to honor his late wife the commencement speaker for the 2024 befittingly titled his speech “Giving P. Barrera and the Los Angeles County with the Joan F. barrera Memorial arships to pay for their NCLEX exams. Alumni Association we tip our hats to



been added to the list of alumni like Annie Barrera Memorial Scholarship was initially the generous donation of Dr. Thomas P. by way of this scholarship. Dr. Barrera was -II commencement ceremony, where he Back”. During the ceremony Dr. Thomas Alumni Association awarded four students Scholarship and four graduates with schol- Dr. Barrera and the Los Angeles County you.

The CONAH ERC Library will continue to operate regular hours during the summer break. However, you may wish to visit other libraries in the Los Angeles area due to the various free programs offered.

- **Discover & Go** allows you to explore L.A. museums and attractions for free. Visit lapl.org/explorela Participating institutions include:

Academy Museum of Motion Pictures

Aquarium of the Pacific

The Broad

California Botanic Garden

Chinese American Museum

LA Brea Tar Pits & Museum

LA Opera

Recording Academy Grammy Museum

Los Angeles Conservancy

Los Angeles Zoo

And many more

- **Digital Library** Explore, learn and research through digital platforms at LA County and LA City libraries. You can download books, movies, music and courses—all for free—you just need a library card. You can also download the free library card! Why pay for video/music streaming when you can get it for free online?
- **California State Library Parks Pass** In partnership with the First Partner’s Office and the California State Library, State Parks is providing free vehicle day-use entry to over 200 participating state park units operated by State Parks to Los Angeles Public Library card holders.

The pass entitles the user to a free vehicle day-use entry for one passenger vehicle with capacity of nine people or less or one highway-licensed motorcycle at over 200 participating state park units. Some of the loans include a backpack with trekking poles and solar charger and extended use passes that last up to three weeks.



- **Octavia Lab** is a do-it-yourself makerspace located inside the Los Angeles Public Library's historic Central Library. Octavia Lab provides library cardholders free and unlimited access to state-of-the-art design, fabrication, preservation, and story-telling technologies.
 - ◇ 3D printing and scanning
 - ◇ Digital media stations
 - ◇ Laser and vinyl cutters
 - ◇ Many other stations and labs. Visit [here](#)

A Deep Dive: How to enjoy a summer away from nursing school

1. Prioritize Self-Care and Recharge:

Rest and Relax: Nursing school can be demanding, so allow yourself ample time to rest and recharge. This could involve taking long naps, listening to music or engaging in hobbies you enjoy.

Practice Mindfulness: Engage in activities that promote relaxation and focus, such as meditation, yoga, or spending time in nature.

Improve Sleep: Establish a regular sleep schedule to help you feel more rested and energized.



2. Explore your interests and hobbies:

Get Creative: Engage in creative pursuits, such as painting, writing or playing a musical instrument.

Learn a New Skill: Take online courses, attend workshops, or learn a new language.

Travel: If possible, take a trip to a new destination and explore a different culture.

3. Engage in Meaningful Activities:

Volunteer: Give back to your community by volunteering at a local organization or hospital.

Work: Consider taking a summer job in a related field, such as a medical office or nursing home.

Attend Events: Attend conferences, workshops, or webinars related to the nursing field to stay updated and motivated.

4. Maintain Connections with the Nursing Field:

Network with Other Students: Attend nursing events or connect with other nursing students online to stay connected and share experiences.

Reach out to Mentors: Stay in touch with professors or mentors who can provide guidance and support.

Read Nursing Journals: Stay informed about the latest developments in the nursing field by reading articles in professional journals. Visit [here](#)

5. Remember to Enjoy the Moment:

Schedule Time for Fun: Don't feel pressured to be constantly busy. Make time for fun activities and social gatherings with friends and family.

Set Realistic Goals: Don't try to cram too much into your summer. Focus on a few key goals that you can achieve while also enjoying the break.

Reflect and Appreciate: Take time to reflect on your accomplishments and the progress you've made in nursing school. Appreciate the opportunity to take a break and recharge before the next semester.



It is the pleasure of the ERC to introduce four members of your Associated Student Body (ASB). This team, lead by Semester One Instructor, Nicholas Bachman, are instrumental in the organization of different events throughout the 2 year nursing school journey. ASB team members take on their



regular scholastic obligations in addition to the hours required to put on events such as the Spring BBQ and fundraisers. They add some joy to what might normally be a stressful and taxing journey.

These 4 students are: ASB President, **Madison Criollo** who shares, “Hi everyone, my name is Madison Criollo, and I have had the honor of serving as your ASB Cabinet President. This role has taught me the value of strong leadership, integrity, and teamwork. As president, I lead monthly meetings with my peers and serve on both the Board of Trustees and the Governance Committee. I also

ASB Members (L to R)

Jackie Sigaran, Madison Criollo, Elvira Velasco and Lanna Harris

have the privilege of organizing events like International Night, the Spring BBQ, and other activities that help bring our CONAH community together. I want to sincerely thank Jesus Christ for giving me the strength to overcome every obstacle along this journey. I’m also deeply grateful to my family, friends, and team for their continuous encouragement and support. Looking ahead, I aspire to work as an ICU nurse to build and refine my critical care and advocacy skills. Eventually, I hope to pursue a career in nursing law to become a voice for patients in the courtroom and for nurses in legislation. Thank you, CONAH, for equipping me with the education and experience to move forward with purpose and confidence.”

ASB Vice-President, **Elvira Velasco**, “My name is Elvira Velasco, and I currently serve as the ASB Cabinet Vice-President. Being a part of the ASB Cabinet has allowed me to grow as a leader and stay actively engaged with the student body. As members of the cabinet, we play a vital role in organizing events, supporting our peers, and fostering a strong sense of school spirit and unity. This experience has strengthened my communication and leadership skills, which I plan to carry with me into my career.

I aspire to become an ICU nurse, where I can make a meaningful impact by providing critical care to those who need it most. My goal is to continue my education beyond nursing school, eventually moving into a leadership role in healthcare. With dedication and hard work, I hope to one day serve as a Chief Nursing Officer, guiding and inspiring other nurses while shaping the future of patient care.”

“ASB Secretary, **Jacqueline “Jackie” Sigaran**, “Serving as ASB Secretary was a rewarding experience that helped me strengthen my leadership skills and collaborate effectively with a dedicated team. It also improved my organization and time management, which greatly supported my ability to balance academic responsibilities. As I near the end of my nursing school journey, I’m excited to begin the next chapter pursuing my goal of becoming a pediatric nurse and making a meaningful difference in the lives of children and their families.”

ASB Treasurer, **Lanna Harris**, “I love being treasurer because it lets me contribute in a meaningful way to our school community. Managing funds might not seem exciting to everyone, but I know it directly supports the events and programs that make our school a better place, and bring our student body together.”

Financial Aid

Apply for the 2025-26 [FAFSA](#) or [CADAA](#) to qualify for financial aid in the Fall 2025 and Spring 2026 semesters! If you have already filed your application, submit any required documents as soon as possible to avoid delays in your aid calculation.

TIP: Summer break is a great chance to earn and save money! Make sure you are financially prepared for the coming 2025-26 school year.

Scholarships:

Get free money by applying to scholarships! Check out these [scholarship resources](#).



WHAT'S HAPPENING!!



Los Angeles General Medical Center

Exceptional Care. Healthy Communities.

“LA General Medical Center is at the end of a long journey to Magnet Status. The Magnet designation is a prestigious recognition that signifies a hospital's commitment to excellence in patient outcomes, nurses' retention, and professional nursing support. This accomplishment aligns with the hospital's mission of providing world-class care and education for all.

For those interested in reviewing the Magnet documents that were submitted to the American Nurses Credentialing Center (ANCC), you can find it at the Magnet SharePoint. Click here to read the Magnet Documents or Scan the QRC below. Dr. Nancy Blake Chief Nursing Officer at Los Angeles General Medical Center encourages you to read through the stories within the document, as they highlight the remarkable work being done at LA General Medical Center as they are something that we should all take pride in.” - Nancy Blake, Chief Nursing Officer, PhD



Mon, May 26, 2025

Please click [here](#) to visit the National Archives for more information.

Memorial Day, initially referred to as Decoration Day, was observed by many communities after the Civil War, when the nation suffered more than 620,000 military deaths, roughly 2 percent of the total population at the time. John A. Logan, the Commander-in-Chief of the Grand Army of Republic, chose May 30, 1868, as a day to decorate the graves of Union troops across the nation. From this beginning, Memorial Day is now designated as an annual day of remembrance to honor all those who have died in service to the United States during peace and war. Veterans Day, November 11, celebrates the service of all U.S. military veterans.