



“The Power of Nurses”

NURSES WEEK MAY 6-12

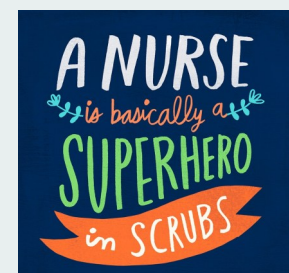
This theme highlights the profound impact nurses have on healthcare, communities, and policy, celebrating their skill, dedication, and vital role in creating a healthier world. The ERC Library celebrates all of you who dedicate your time, expertise, and compassion to help others heal. It is truly remarkable working with nurses and those wishing to become one. Let us spoil you this week. This issue of the Library Newsletter will share all the freebies scoured from the interwebs.

ALSO INSIDE

An expose on our very own, Ms. Yolanda Ochoa, and her family of nurses. AND a look at what's new at the Medical Center and surrounding buildings. Thanks for opening the newsletter—grab a drink and relax a bit.

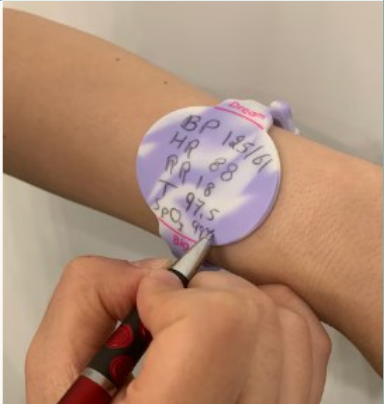
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FREEBIES GALLERY—A FEW TO GET YOU STARTED

NURSE THINGS ON ETSY



Erasable Silicone Nurse Wristband Notepad: \$15.99



ENGRAVED LEATHER STETHOSCOPE ID TAG, NURSE/DOCTOR GIFT, STETHOSCOPE NAME TAG, CUSTOM STETHOSCOPE CHARM, NURSE ACCESSORIES GIFTS, RN GIFT

Sale Price \$5.82 \$5.82

\$9.70 Original Price \$9.70(40% off)

Retailer	Deal	Date
Dunkin	Free medium hot or iced coffee	May 6
Chipotle	Chance to win a free burrito e-card through their healthcare appreciation site.	
Chick-fil-A	Select locations are offering free items (like a chicken sandwich) with valid ID	
Buffalo Wild Wings	20% off all orders	May 6–12
Insomnia Cookies	Free cookies reported in previous years	
Home Chef	50% off first box, 10% off future orders, and free dessert for life	
Factor Meals	55% off the first box and free shipping	
Chili's	A limited-time menu for nurses will likely be available	May 6–12
Adidas	Nurses verified through ID.me get 30% off online	
Crocs	Save 15% when you verify your eligibility through ID.me	



Save some money!

NURSE.ORG FREEBIES, CTRL+CLICK

Food & Drink

Shoes & Footwear

Apparel

Electronics & Technology

Eyewear

Wellness & Beauty

Furniture & Home

Travel

Drinkware



Nurse Discounts ID.me

Welcome to ID.me Shop, your go-to destination for nurse discounts. We're proud to partner with brands that share our deep admiration for the tireless dedication of nurses and other healthcare professionals. Our featured brands understand the vital role nurses play in our communities and are committed to showing their appreciation through exclusive nursing discounts and cash-back offers. Whether you're looking for stylish scrubs, [comfortable shoes](#), or other essentials, our extensive collection of popular nurse discounts has you covered. Start exploring today and enjoy the gratitude and savings that come with being part of ID.me's vibrant nurse community.

MORE NURSE ETSY



CUSTOM STETHOSCOPE
CHARM-PERSONALIZED
STETHOSCOPE ID TAG-
BIRTHSTONE STETHO-
SCOPE NAME RING-RN
GRADUATION GIFT-
NURSE GIFT-MEDICAL
ASSISTANT MD

Sale Price \$6.98\$6.98

\$13.96 Original Price
\$13.96(50% off)



FUNNY NURSE GRADUA-
TION WINE LABEL: PAIRS
WELL WITH NURSING DE-
GREE, CLASS OF 2026

Sale Price \$3.99\$3.99

\$4.99 Original Price \$4.99
(20% off)

COUNTY CELEBRATES NURSES WEEK

Los Angeles General
Medical Center

CELEBRATING
NURSES WEEK
AT LA GENERAL

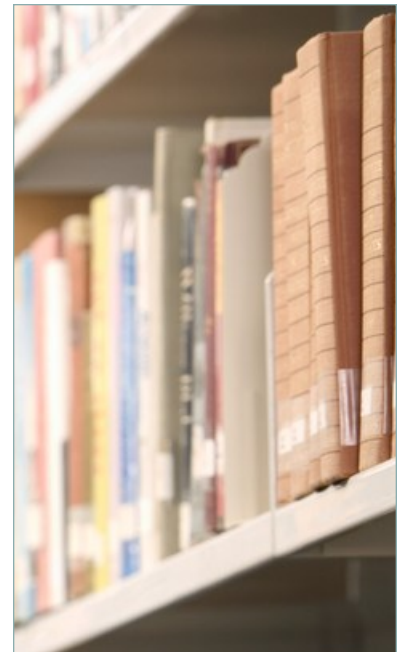
NURSES WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
Wear Green Attire! May 4th	Wear Red Attire! May 5th	Wear Blue Attire! May 6th	Wear Gray Attire! May 7th	Wear Black Attire! May 8th
Wellness Day Refresh & Relax 8:00 am - 9:30 am Conference Room B  Weights & Exercise 9:30 am - 11:30 am Conference Room B  ZUMBA 11:30 am - 1:00 pm Breezeway  R&R with a Massage (Prior Sign-up Required) 8:00 am - 4:00 pm 8:00 pm - 11:00 pm Conference Room A 	DAISY & Shining STAR 2025 Honorees Breakfast 7:30 am - 10:00 am Conference Room B  Nursing Education Fair 11:00 am - 2:00 pm Breezeway Voting for Poster & Retro Costume Contest 	 Nurse Recognition Celebration 10:00 am - 12:00 pm Conference Room A & B  Scrub Sale Breezeway Vista UniForms	Stacks of Gratitude 5:00 am - 10:00 am Cafeteria Patio  Building Bridges Not Walls 10:00 am - 12:30 pm Conference Room A Rose Sherman  Bag Chain Making & Game Sessions 9:00 am - 12:00 pm 2:00 pm - 5:00 pm 12:00 am - 2:00 am Conference Room B Serving Chips and Drinks 	 Caffeinate & Paint 8:00 am - 5:00 pm Conference Room B Sessions 8:00 am - 9:00 am 9:00 am - 10:00 am 10:00 am - 11:00 am 11:00 am - 12:00 pm Lunch 1:00 pm - 2:00 pm 2:00 pm - 3:00 pm 3:00 pm - 4:00 pm 4:00 pm - 5:00 pm 

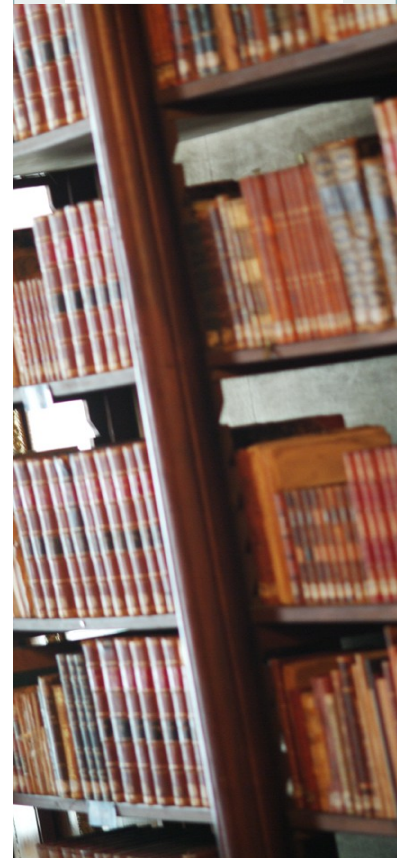


THE RESTORATIVE CARE VILLAGE PROJECT

The Restorative Care Village Project at LA General Medical Center in Boyle Heights – a first-in-the-nation mental health and well-being campus dedicated to meeting the needs of our most vulnerable residents. Once completed, the LA General Restorative Care Village will provide access to a full continuum of clinical care and supportive services on one campus—including recuperative and respite housing, mental health care, substance use disorder treatment, permanent supportive housing, and other transitional and support services to enable patients to heal and safely reintegrate into the community. This continuum of services will allow individuals to more easily receive the appropriate level of care, and it will reduce morbidity and cost while restoring function and dignity for these individuals. It will also enable and support community reintegration for people with mental health disorders, victims of violence and abuse, substance use, serious disabilities, and psychosocial and economic challenges, and ultimately, for patients experiencing homelessness and their families – investing in Care First, Jail Last.



Nurse
IN PROGRESS
■■■■■■■■
Please Wait...



RECUPERATIVE CARE CENTER

The project includes the Recuperative Care Center (RCC), one building yielding 96 beds, and will provide clinically enriched interim housing with on-site nursing support, health oversight, case management, and connection to permanent housing to serve those who have been discharged from County health facilities and facing unstable housing conditions.



RESIDENTIAL TREATMENT PROGRAM (RTP)

The project includes four buildings yielding 64 beds. The RTP will include intensive treatment programs for individuals being discharged from County hospital psychiatric emergency services,



inpatient psychiatric units, and mental health urgent care centers. The project budget is estimated at \$68,461,000 with funding coming from a California Health Facilities Financing Authority (CHFFA) grant and the Los Angeles County's Departments of Health Services and Mental Health. The project is expected to be completed summer 2021.





FAMILY BONDS AT CONAH

In 1986, times were much different than today. It was a year of memorable world events like the Chernobyl disaster and the Space Shuttle Challenger explosion. Madonna dominated the music charts as did Janet Jackson and Whitney Houston. Ms. Yolanda Ochoa, the current ERC Library Assistant was a mother of two at the time, working as a nursing assistant at LA General. She relays that she walked to work, dropping her children off at school before starting her shift and walking back through Boyle Heights to pick them up at the end of the day. While she enjoyed bedside work, in 1999 Ms.

Ochoa switched roles and worked as an intermediate clerical worker for the Educational Department. Due to a merge, the Educational Department joined and became a part of School of Nursing. Later in 2004 she received a Librarian Technician certification from Citrus College. In those days the library had to catalog all materials by hand. The library used a card cataloging system which required to manually check out materials and to manually update the cards in the borrowing system. It was a lot of work in addition to providing audio visual assistance to instructors. Ms. Ochoa was an instrumental aide of the library then as she is today.

Ms. Ochoa's daughter Diane was trying to decide whether to become a teacher or a nurse. She ultimately became a nurse in 2007, graduating from CONAH class 2007-II. She was heavily influenced from seeing her mother in her uniform, and the dedication she had in continuing her education and completing the certification program. Yolanda found it important to encourage her daughter to always "put aside money in her own little piggybank." Ms. Ochoa struggled as a single mother and tried her best to instill a realistic proactive approach to life. She had struggled a lot raising her children by herself, and made sure to ingrain in her daughter an independence and foresight that would lay the foundation that continues to inspire her extended family today.

Diane, like her Mother, has 4 children too. Her influence to become a nurse was felt strongly when her eldest son Joseph, graduated from CONAH class 2022-I. Currently, Joseph works in the LA General Cardio Thoracic ICU, a role that he purposefully sought upon graduating. He completed his Bachelors degree recently from CAL STATE Dominguez Hills, and is continuing his education to receive his Masters Degree! *Continued page 8*

FINANCIAL AID

Don't forget to file for 2026-27 FAFSA or CADAA!
CONAH School Code:
006165

To be eligible for financial aid in Fall 2026 and Spring 2027, you must renew your financial aid application.

2026-27 [Free Application for Federal Student Aid \(FAFSA\)](#) OR
2026-27 [California Dream Act Application \(CADAA\)](#).

Tip: Students who have not received a bachelor's degree may qualify for [Cal Grants](#) (state financial aid). After filing your FAFSA/CADAA, login or create a free [WebGrants 4 Students account](#) to view your 2026-27 Cal Grant status. Please send your 9-digit CSAC ID or Dream Act ID to nlim2@dhs.lacounty.gov so the Financial Aid Office can review your Cal Grant eligibility.

FAMILY BONDS—CONTINUED

Shortly after Joseph graduated came Mariyah who is the most recent graduate from the family. Mariyah graduated class 2025-II and has recently taken and passed the State Board exam. Mariyah worked as an EMT while in school and feels that the rush of the ER department is where she is headed if her dreams come true. There is no doubt that these siblings will encourage the youngest two children of the Diaz family. Will Ms. Ochoa become a grandmother of more County nurses in the future? It may be too soon to tell. Her encouragement transcends her own family and is felt in the way she supports CONAH students. She is always willing to help whether it is through finding a patron the perfect book or through her words of encouragement.

