



# IHNA QUARTERLY



Illinois Hispanic Nurses Association

Summer 2012

Volume 1, Issue 5

## Message from the IHNA President



On April 14, 2012, IHNA members came together to empower young Latina adolescents through the project, A Cinderella Story: Tales from Little Village. Prom is a memorable event that many young girls look forward to during their high school years. Through the collaborative efforts of Enlace Chicago, Farragut Career Academy High School, The Illinois Hispanic Nurses Association (IHNA) and The Little Village Chamber of Commerce, 60 senior girls at Farragut Career Academy High School had access to over 230 donated prom dresses, shoes, purses and jewelry. Unlike other projects aimed at providing access to prom dresses, A Cinderella Story strived to take the project to the next level. The project included education workshops which lasted 20

minutes. Registered nurses provided the education which focused on the importance of mental health awareness and academic progression.

The highlight of the education provided was aimed at identifying and developing healthy stress relief practices through exercise, healthy eating and relaxation. Information was also provided about goal setting and opportunities in nursing. IHNA hopes to continue to empower young adolescents to reach higher levels of success through education and health awareness. IHNA was a great fit for this project as many of our nurses have overcome cultural and societal barriers and have succeeded in reaching their personal and professional goals. It was truly exciting to see the interest the girls displayed in the topics discussed and the joy in their faces when they raised their hands when asked if they were interested in attending college. IHNA is devoted to educating our communities about health and becoming involved in our youth's future.

This event highlighted the hearts of our volunteers and I would like to personally thank each volunteer for your dedication. I look forward to working with each of you again in the near future.

-Adrianna Nava, BSN, RN ☆

A Special Thank You to Hines VA for their Contribution to the Project!

## Thank you to our great volunteers!

Vicky Barillas  
Cecilia Castillo  
Ysenia Gallegos

Elizabeth Florez  
Victoria Lopez  
Ana Maradiaga

Adrianna Nava  
Elizabeth Nava  
Stella Tomlinson

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### Special points of interest:

- Interested in becoming a member? Visit us at [www.nahnnet.org](http://www.nahnnet.org)
- Interested in advancing the nursing profession? Become a corporate sponsor today!
- Have an idea? Let us know!



## NAHN PRESIDENT MAKING HEADLINES

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**Angie Millan, MSN, RNP, CNS**

### **Congratulations to Our National President**

The **National Association of Hispanic Nurses (NAHN)** is pleased to announce that NAHN's President, **Angie Millan, MSN, RNP, CNS**, will be inducted as a Fellow of the American Academy of Nursing (AAN) during the 39th AAN Annual Meeting and Conference in October 11-13, 2012, Washington, DC, in recognition for her outstanding contributions and achievements in nursing.

The American Academy of Nursing's approximately 1,800 Fellows are nursing leaders in education, management, practice and research.

Invitation to Fellowship is more than recognition of one's accomplishments within the nursing profession. Academy Fellow also have responsibility to contribute their time and energies to the Academy, and to engage with other health care leaders outside the Academy in transforming America's health care system by enhancing the quality of nursing care, promoting healthy aging and human development across the life continuum, reducing health disparities and inequalities, and strengthening the nursing and health care delivery system, nationally and internationally.

## NAHN ANNUAL CONFERENCE

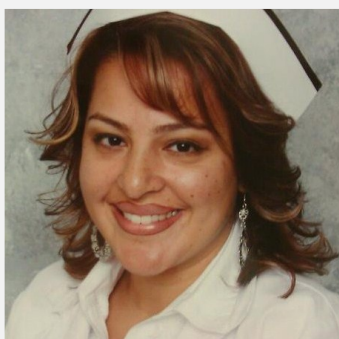
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A promotional graphic for the NAHN 37th Annual Conference. It features a background image of a tropical resort with palm trees, a blue ocean, and lounge chairs. In the foreground, there is a white cabana with green cushions and a picnic basket. Overlaid text includes:

**Save the date!**  
**National Association of Hispanic Nurses (NAHN)**  
**37th Annual Conference**  
**July 17-20, 2012**  
**Caribe Hilton,**  
**San Juan, Puerto Rico**

Photo Source: Caribe Hilton

## CONGRATULATIONS TO OUR NURSES!



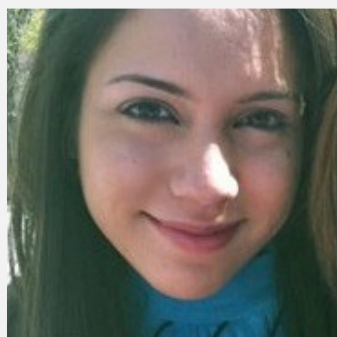
**Cecilia Castillo (2012)**  
graduated with an Associate's Degree  
in Nursing from Wilbur Wright  
Community College.



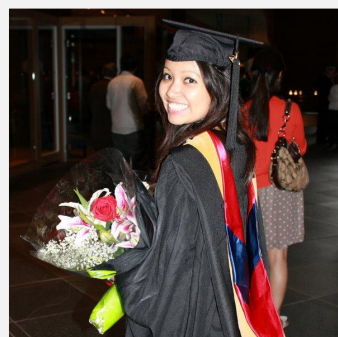
**Ingrid Lissette Delgado (2012)**  
graduated with an Associate's Degree  
in Nursing from Wilbur Wright  
Community College.



**Maria Rios Hernandez (2012)**  
graduated with an Associate's Degree  
in Nursing from Daley College.



**Irene Angelica Mendez (2012)**  
graduated with a Bachelor of Science  
in Nursing (BSN) from The University  
of Wisconsin-Madison.



**Adrianna Nava (2012)** graduated  
with a Master's of Science in Nursing  
in Health Leadership and Policy from  
The University of Pennsylvania.



Congratulations to **Susana Gonzalez RN, MSN, MHA, CNML**, Director of Women Services at MacNeal Hospital in Berwyn, Illinois for being 1 in 6 nurses to be named a Greater Chicago Regional Winner. As a Regional Winner, Susana will represent the region at the Nurse.com National Program in the Volunteerism & Service category in the Fall.

Susana was honored at the Greater Chicago Nurse.com Nursing Excellence Gala on Tuesday evening, May 15th at the Chicago Marriott in Schaumburg, IL.



## UNITED HEALTH GROUP HOSTS IHNA MAY MEMBERSHIP MEETING

"How to Improve Patient Outcomes from Telephonic Case Management?"



Interested in learning more about the various roles in nursing? Join us at our next membership meeting!

DATE:  
THURSDAY, MAY 17, 2012

TIME:  
5:30-6:45PM

LOCATION:  
UNITED HEALTHCARE OFFICE  
550 WARRENVILLE ROAD  
LISLE, IL 60532

A PANEL OF NURSES WILL PERFORM THESE TASKS BE AVAILABLE AS WELL AS A BRIEF SECTION ON THE RECRUITMENT PROCESS

LIGHT REFRESHMENTS WILL BE SERVED.

PLEASE RSVP BY FRIDAY, APRIL 27, 2012 TO: Nava.Adrianna@gmail.com

Illinois Hispanic Nurses Association

PO BOX 418  
CHICAGO, IL 60641  
(800) 444-4444

Please email Nava.Adrianna@gmail.com to receive a copy of the agenda.



Thank you to United Health Group!

### New Opportunities in Nursing

UnitedHealth Group is a leading health care company providing numerous health care products and services and serving more than 75 million people worldwide. IHNA members had the pleasure of learning more about the new opportunities in nursing at the last membership meeting on Thursday, May 17, 2012. The discussion was on telephonic case management and the role of the Registered Nurse. The panel of Guest Speakers included:

- ◇ Deb Arabadjief, RN, CCM, Site Director
- ◇ Mary Beth Billie, RN, CCM, Site Director
- ◇ Suzanne Oxley, Senior Recruiter

To add to the discussion, a panel of experienced Registered Nurses involved in telephonic case management shared their experiences and challenges with IHNA members. Their input was truly beneficial and allowed members to gain insight about case management through UnitedHealth Group.


As a Silver Sponsor to IHNA, we are thankful for UnitedHealth Group's dedication to IHNA and look forward to learning more about the new opportunities in nursing. If you are interested in learning more about the opportunities at UnitedHealth Group, please do not hesitate to contact the IHNA Board. More information can also be found on the United Health Group Website at:

<http://careers.unitedhealthgroup.com/>

## SHARE YOUR NURSING STORY!

# Nurses' Health Study 3

Recruiting the next generation.



Learn more.  
Join. Spread the word.


Harvard researchers are recruiting 100,000 nurses and nursing students to join the largest, longest-running study of women's health in the world.

NHS3 will expand the study's landmark research on lifestyle and health. New areas of focus include environment, fertility, adolescent diet, and occupational exposures.

Female RNs, LPNs, and nursing students ages 20-46 from across the US and Canada are eligible.

The study is conducted online, and participation takes about one hour a year.

[www.nhs3.org](http://www.nhs3.org)



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Illinois Hispanic Nurses  
Association



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**Find us on the web!**

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## **IHNA BOARD MEMBERS**

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Adrianna Nava, BSN, RN

VICE-PRESIDENT:

Isis Reyes, RN, BSN

SECRETARY:

Elizabeth Nava, BSN, RN

TREASURER:

Nancy Naranjo-Garcia, BSN, RN

COMMUNITY OUTREACH SPECIALIST:

Patricia Ramirez, BSN, RN

Thank you to our Silver Level Sponsor:  
**UnitedHealth Group**

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## **MUEVETE USA: DECREASING CHILDHOOD OBESITY IN CHICAGO**

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Photo Courtesy of [yaleblog.us/?p=73](http://yaleblog.us/?p=73)



Interested in volunteering? Contact Elizabeth Nava, BSN, RN at [elizabethnava@yahoo.com](mailto:elizabethnava@yahoo.com)

### **A Call to Action!**

The Muevete (Move) USA™ program was designed and executed by NAHN as a pilot last year to raise awareness for the childhood obesity issue and encourage Hispanic youth to make and maintain healthy lifestyle changes.

Since 2010, the program has received \$300,000 in funding from The Coca-Cola Foundation in the form of two grants. With the second grant, NAHN will deploy Muevete (Move) USA™ in 10

additional locations and will now include entire families in the program. Last year, the pilot program was deployed in five locations: Los Angeles; Chicago; Brownsville, Texas; Phoenix; and San Antonio. In Chicago, Muevete participants danced to the beat of Latin music at the South Chicago Neighborhood House.

This year, plans are in action to work in the Little Village Community. Nurses are needed to volunteer; sign up today!