

LIVEWELL NURSING

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NURSE'S NOTES

Denise Foster, CNO



“Joy is a decision, a really brave one, about how you are going to respond to life.”

— Wess Stafford

At the end of 2022, you may be filled with a range of emotions, such as relief that you made it through another year or excitement for holiday parties. But maybe you are feeling anxiety for what might happen next. The past few years have been tremendously challenging and many of us are still walking on eggshells waiting for the next shoe to drop. No doubt there are many issues facing us, including COVID, climate change, homelessness, racism, and deepening concerns about social discord. But with all that keeps us up at night, we have the power to resist hopelessness and the ability to defy the forces that bring us down by being activists for joy. As activists for joy, we bring energy for positive change and what better time than the holidays to be a force for joy? The holidays are a time to unite and celebrate as friends, families, and communities. In our celebrations and rituals, we can reclaim joy and release ourselves from distractions. And the sharing of joy can be the basis of understanding that lessens the threat we feel from those who are unlike us. As we share joy, we find more commonalities than differences, and in unity we can generate more joy and give rise to hope for a better future. Here’s to a joyous season and to lots of hope for a great new year.

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UPCOMING TRAININGS & DATES

CPR for Health Care Providers is an in-person class taking place on Thursday, January 12th, 2023 at 9:00am - 11:30am and 2:00pm - 4:30pm. Register via LMS.



SUBMISSIONS

Please e-mail submissions (articles, ideas, photos, trainings, dates, accolades, local or national news, etc.) to Sara.Wilson@sdcounty.ca.gov

For consideration in the next issue, please submit entries by close of business on Friday, January 13th. Submission limits: 125-275 words

Making a Difference in the Lives of Others by Intentionally Spreading Joy

By Kenya Moses RN, PHN, Public Health Nurse Supervisor

“If you carry joy in your heart, you can heal any moment.” – Carlos Santana

This is the time of year that we tend to focus on helping, giving, and spreading joy. The beauty of nursing is that we work in a profession that affords us opportunity to do these things all year.

Our nurses seamlessly go the extra mile listening, educating, expressing compassion, servicing others, and spreading joy. Not only have our nurses been champions in the field, health centers, clinics and remotely throughout the recent pandemic, but they are spreading joy through their service in the aftermath. Working in a profession with varying levels of stress and challenges can sometimes expose us to situations that work against our positive vibes. However, if we are intentional about erasing negativity and responding to those challenges in a positive manner, we can be a light to others.

When I think of spreading joy, what comes to mind is: Being a light and healer amid darkness and suffering. People who spread joy are givers of compassion and center their lives around serving others. Choosing nursing as a profession enables us to do that.

A couple of our nurses have shared what spreading joy means to them in the role of nursing:

“Being positive with good intentions. Positivity is more contagious than COVID and it spreads very quickly from person to person.” — Tamara James, RN

“Spreading joy as a nurse means being kind, thoughtful, and caring to those around us. It means doing things that brings comfort, a smile, and/or laughter in others.”
— Ana Williams, RN, PHN

Be inspired to figure out what spreading joy means to you. I challenge you to think of ways to you can make a difference in the lives of others.



Team at North Central Public Health Center (Left to right): Debbie Pasamonte, Kenya Moses, Annette Solorio, Yvette Cabanas, Trista Collins, De Anna Barron-Glass, Sheleen Stroman, Cheri Cuatico, Debbie Burnett, Andrea Gallo-Palafox, Taylor Withers, and Natalie Robertson.

Top to bottom: Kenya Moses, Annette Solorio, Ana Williams, Shana Castellanos, Kenya Moses, Debbie Pasamonte, Deanna Barron-Glass, Andrea Gallo-Palafox, and Tamara James.

Spreading Joy – To Ourselves & Others

By Drew Berlin, Quality Assurance Specialist

The holiday season is here, and I hope you all are as excited as I am! This is the time of year that we can celebrate and spend time with friends and family but also recharge for next year. Nursing can be a stressful profession and we must always remember the need for self-care. After all, we cannot provide quality care to our clients, if we are not feeling our best. We must practice what we preach.

Did you know that San Diego has the most haunted houses in the US and has the most dog friendly restaurants per capita? I bring up these two interesting facts for a reason. We already know that San Diego is America's Finest City but let's not forget about ourselves. We know about wellness and self-care, just like we know about life in San Diego but there is always more to learn. A quick Google search pointed me toward numerous nursing wellness-based events and programs, some of which I had never heard about. From vitamin infusions to networking events, to winter fundraising activities for various resource centers, there are so many ways to get involved and spread joy this holiday season. It's just as important to spread joy within our workplace. This year, The Office of Nursing Excellence Team participated in the County of San Diego's Community Food Drive. This is a great example of giving back to the community while spreading joy with our peers.

Find your joy, get involved in the community and continue to share. Nurses can change lives, but sharing joy with others is how we make a difference. Happy Holidays and New Year!

Thank you again to all that participated and giving back in the County of San Diego Community Food Drive that Benefited the Jacobs & Cushman San Diego Food Bank. The goal this year was 4,000 pounds of food!

Below is a picture of the Office of Nursing Excellence team spreading joy to the community through the County of San Diego's Community Food Drive!



From left to right: Rebekah Huppe, Drew Berlin, Donna West, Sheila Rinker, Marilyn Wiedemann, Imee Karty, Abby Aquino, Mariana Badial and Liberty Awa

Joyful Partnership

*By Cassidy Mayer,
Maternal Child Health
Public Health Nurse*

The North Regions Public Health Centers spread joy to families in need this Thanksgiving Holiday. The North Regions worked with Summit Church San Marcos and the San Diego Food Bank to deliver 40 turkeys and meal kits to clients in our rural communities. Currently 1 in 4 San Diegans experience food insecurity and this burden is only worsened during the holidays. Most current solutions require clients to have reliable transportation to access resources. Events like these allow clients, regardless of resources, to enjoy a Thanksgiving meal without going further than their own doorstep. This year deliveries went to families in Fallbrook, Julian, Pala, and Pauma Valley. Opportunities like these allow our health centers to connect with the community and bring joy to those we serve.

Turkey & Meal Kits Delivery – Thanksgiving 2022: Content Contributors: Jessica Gaylord, PHN Supervisor North Inland Public Health Center Deborah McIntosh, PHN Manager North Inland Public Health Center.



Reflections

*By Roxana Osorio, Social Services Aide, North
Coastal Public Health Center*

I would like to say thank you to the nurses for the work you do every day.

As a Social Service Aide, I have many stories etched in my heart about the Home Visiting program, but I want to share one about a Public Health Nurse (PHN) named, Maria who goes by the nickname, “Jing Jing”. She is a nurse that works in an environment outside of an office building or medical office, striving to connect her clients with services, resources, and education. I witnessed how Maria was working with a young, undocumented, impoverished mother who experienced homelessness and it touched my heart. Frequently Maria has assisted this client, connecting them to services within the County.

For two years they worked together, strengthening the nurse-client relationship. Maria empowered her client with every Home Visit. As this client progressed through her program the day came when she completed or as we dub it, ‘graduated’ from the program. It was a rainy day, but you would not have known it with how joyous and proud the client and Maria were.

For me, I could feel that we had truly empowered and educated this client. We had brought hope and that day I remembered my mother, a military nurse, and I felt honored. As my father used to say, ‘beautiful America,’ for even when there is mud on the ground and a home without a roof, there is still beauty and joy in the work we accomplish.

Today, I wanted to tell you that you not only provide services, education, clothing, books, hope, perseverance, care, and accountability, but you provide empowerment through your actions and work. Nurses, you are creating a new, stronger generations for America.

To the right is Maria Josefina “Jing Jing” Wallace, PHN with the client.



Spreading Joy at Edgemoor

By Merlyn Trinidad, Director of Nursing

As the holidays approach; here at Edgemoor we like to extend the joy and think of our residents in any way possible. We have a variety of activities that our wonderful Therapeutic Recreation Department provides, including arts & crafts, movies, bingo & Forkel. In nursing, we take on the special recurring “Adopt a Resident” where we pick a resident and give them gifts! Our residents look forward to this each year and we are constantly reassuring

them that we have them in our thoughts. As Mother Teresa said, “It’s not how much we give but how much love we put into giving”.

Edgemoor has also shared joy amongst one another on December 10, with our Holiday Party organized by our Supervising Nurses! It was a great celebration of all that we accomplished together this past year. Edgemoor staff have character first, with integrity acronym of W.H.A.T. Work hard, have fun, act accountably and tell the truth!



From Left to Right: Edward Fajardo, Maricel Ermakov, Cynthia Soriano, Michelle Tello, Maribeth Nono, Merlyn Trinidad, Moureen Montillano, Kathy Gamboa and Elmo Gawec.

Spreading Joy at North Inland Public Health Center

By Marsha Fickas, Office Assistant

I have had numerous opportunities to spread joy with visiting clients and patients of all ages at the North Inland Public Health Center (NIPHC).

I have shared stand-out moments with people of all ages from the United States as well as Ukraine, Nepal, Tibet, China, Japan, India, Brazil, Europe, and more. Countless visitors specifically catching my eye as they wave goodbye on their way out of our building.

Personally, I crave filling the spaces in my heart, left by lost loved ones, as well as a specific need to show respect for the human condition during stressful times. To show these values for others, I have enjoyed connecting moments in abundance supported by the team at the NIPHC.

A recent joyful moment that comes to mind took

place just before the Thanksgiving holiday. A homeless man stood outside the PHC and sent a security guard in to see if I’d give him a mask. He waited. It was a man I’d seen here before, supported by a long cane, and showing a very kind face. In a holiday mood, I rushed out with more than one mask. I asked him some pertinent questions and came in to collect donated items that could help his situation.

When I returned, his expression turned amazingly bright when I handed him some food. His dark eyes became soft and gentle as he gazed deep into my eyes with wonder at what I was offering him. He was overcome with joy. And so was I. The moment became a ‘soul to soul’ connection between two people. Someone cared.

Spreading joy is an amazing thing. It is transformative. It is a blessing to those who give and receive.

Empowering Our Community Through Giving

By Lorena Perez, MSN, PhDc, RN, PHN, PCCN

“The greatness of a community is most accurately measured by the compassionate actions of its members.”

— Coretta Scott King

Significant progress has been made in the U.S. to improve health outcomes. However, racial and ethnic disparities continue to impact our communities negatively, and a person’s zip code can significantly impact their health (DeSalvo et al., 2017). The Central Public Health Center (CPHC) team works with one of San Diego County’s most vulnerable and underserved populations. CPHC team members embrace the spirit of “Spreading Joy” year-round and actively volunteer in the community through Live Well San Diego Partnerships, faith-based organizations, and collaboration with other non-profit entities. In keeping with the continued tradition of spreading joy, the CPHC family held a toiletry drive this holiday season to benefit our Live Well San Diego Partner, Community Wraparound. This non-profit organization focuses on youth gang prevention, positive development, and community safety initiatives. Data suggest that improving child health trajectories and reducing health disparities according to race and socioeconomic status require concentrated individual service and community-building efforts (Bruner, 2017). Community Wraparound embodies this value by providing an alternate solution to gang-affiliated youth through various programs, including mentorship, family support, education, life planning, service projects, and community involvement. Self-healing on a community level involves collective engagement; people most affected by ACEs and trauma come together around activities that can lift the entire community and foster individual and community resilience (Danielson & Saxena, 2019). Supporting our community partners and empowering our youth is in alignment with the County of San Diego’s Live Well San Diego mission, vision, and values. And as the year winds down, CPHC will continue to work towards a better tomorrow, spreading joy and building our community!

References: 1.) Bruner, C. (2017). Ace, place, race, and poverty: Building hope for children. *Academic Pediatrics*, 17(7). [Website](#). 2.) Danielson, R., & Saxena, D. (2019). Connecting Adverse Childhood Experiences and community health to promote health equity. *Social and Personality Psychology Compass*, 13 (7). [Website](#). 3.) DeSalvo, K. B., Wang, Y. C., Harris, A., Auerbach, J., Koo, D., & O’Carroll, P. (2017). *Public health 3.0: A call to action for public health to meet the challenges of the 21st Century*. Preventing chronic disease. Retrieved December 12, 2022, from [here](#).



From Left to Right: Nina Aguilar PHN, Yvette Verdin PHN, Angela Aspuria PHN, Diane Delfin PHN, Jeanina Rumbaoa PHN, and Eloisa Melendez PHN participating in the CPHC toiletry drive!

Deck The Halls: Warrior Foundation

By Clare Domingo-Raza, RN, PHN, MFS, CLEC

Our wounded veterans deserve to be celebrated for all of their sacrifices that they've given to us and their country. One of the ways that I've been able to give back to veterans for their courage and unrelenting patriotism is by helping to decorate the rehabilitation unit, which is a five-story building based out of the Naval Medical Center.

The Warrior Foundation Freedom Station is a non-profit organization that helps support the recovering wounded veterans by giving them housing, community resources and a place to feel safe and supported as they recuperate from their injuries sustained while serving overseas. For the past several years, I've had the pleasure of helping to decorate the living areas and halls with spirit and joyfulness to say thank you for their service and sacrifice. This yearly event is called Deck The Halls and I'm proud and honored to be a part of it.



PHNs Helping Each Other Spread Joy to the Community

By Cheri Cuatico, RN

"Self-care is not about self-indulgence, it is about self-preservation." – Audre Lorde

It's no secret healthcare staff experience increasing demands on their time and energy. As a PHN Nurse Home Visitor at North Central Public Health Center, I quickly learned that wellness and self-care are crucial elements to both the individual as well as our profession. A self-care tool that the PHNs at our region adopted was the nurse buddy system. In a buddy system, two people partner together to monitor each other's stress and to support each other. You may share with your buddy as much or as little as you feel comfortable with.

As a PHN who has experienced her fair share of heavy situations in the field, at times it may be difficult to compartmentalize all the events going on, especially when you only have a short duration for turn around between assignments. Let's admit it, being a PHN is a unique position. Not everyone will be able to truly understand all the duties the PHN fulfills and the experiences we encounter. Having a colleague available to share similar emotions or experiences with reduces personal stress and compassion fatigue by providing a strong sense of connection to a team members.

Self-happiness and attitude speak volumes to those around you. A negative attitude can get in the way of a good day for others. If you remain positive, people you encounter throughout your day will reap that attitude ten-fold. If this resonates with even a handful of people, that's all you need for the continuum of spreading joy in our community. Implementing self-care tools, such as the buddy system, into your practice allows you to spread joy to others even in your most difficult day.

North Central PHNs spreading joy to one another during our holiday staff meeting! Left to right: Shana Castellanos, Ana Williams, Debbie Pasamonte, Libby Grasse, Sheena Sihota, Luisa Sawyer, Taylor Withers, Natalie Robertson, Trista Collins, and Cheri Cuatico

