



April 2017

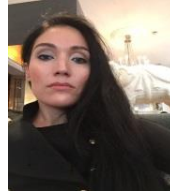
RNS Newsletter

Advocates for Quality Healthcare

~ April 27th Meeting ~

Topic:

Issues of Cultural Diversity and Sensitivity in Continuity of Care



Speaker:

Dr. Carolyn Ortega, Clinical Psychologist

Location:

Winways

7732 E Santiago Canyon Rd, Orange, CA 92869

The changing demographics of our multicultural communities offer opportunities for health care providers and caregivers to deliver culturally competent care in all health care settings. Dr. Carolyn Ortega is a bilingual licensed psychologist who works in private practice in Orange County. Her focus is in the areas of neuropsychological and general psychological assessment. Her academic and professional interests are in the area of understanding the nuances and manifestations of behavioral health issues within the framework of culture, health, access to care, and patient perceived well-being. Dr. Ortega will discuss the importance of understanding the cultural context of patients within the rehabilitation setting and specifically with the Hispanic community. She will discuss the relevance in addressing cultural awareness, values and ethical considerations towards improving patient care outcomes. CCMC Code of Professional Conduct will be addressed within the presentation.

Objectives of the Program:

At the end of this presentation, the attendants will be able to:

1. Describe the importance of cultural awareness in patient care within the rehabilitation environment with specific emphasis on the Hispanic population.
2. Recognize, assess, and address cultural values to facilitate effective patient care planning.
3. Identify and negotiate culturally relevant patterns of distress and ethical issues during the patient's rehabilitation process.

Agenda:

- 11:30 Registration & Networking
- 12:00 Luncheon, Networking, Introductions
- 1:00 The importance of cultural awareness with specific emphasis with the Hispanic populations
- 1:30 Recognize, assess, and address cultural values
- 2:30 Identify culturally relevant patterns of distress and ethical issues
- 3:00 Q & A, Meeting Adjourn

Target Audience:

RN, CCM, other allied health care professionals
Approved for 2 BRN CEUs (BRN provider # 01219)
Approved for 2 CCM **ETHICS** CEUs (CCMC approval # 170001516)

Cost:

Members - \$25.00
Non-members - \$35.00
Vegetarian meal available upon prior request



Our Mission

RNS is a membership organization for medical care coordination that provides continuing education and networking.

The professional goal of its members is to advocate for quality patient care while utilizing community resources in a cost effective manner

Upcoming Meetings

2017

April 27

May 25

July 27

August 24

September 28

October 26

December 7

Contents

- April Program 1
- President's Message 2
- Program Registration Form 3
- RNS Annual Membership Renewal Info 4

Visit us on our website:
www.rns-ca.org

To register for meetings see page 3 or contact: **Hanna van der Walt**
E-mail: hvanderwalt@caremeridian.com or Call: **Hanna van der Walt (714) 222-9466**

Dear Members and Friends,

Excessive stress, in my mind this is every person's personal enemy. When we are stressed we don't function optimally. But when do we have time to do things that help us reduce that stress? The answer is we must make time and here are a few ideas to help you.

National Stress Awareness Month has been celebrated every April since 1992. Here are a few helpful hints to relieving the stress in your life.

- ❖ **Take control of your personal health.** Start that exercise program or get that check-up you have been putting off.
- ❖ **Make a change.** Some call it "Spring Cleaning." Clear off your desk or clean out your purse or wallet. A fresh organized start reduces stress.
- ❖ **Focus on now.** Don't think about disappointment of what once was or fear what might be. Enjoy the perfect moment of now.
- ❖ **Talk to yourself.** A little personal pep-talk can help you focus on what is right with your life.
- ❖ **Laugh.** Just a few minutes of laughter a day, whether it is watching a TV show, or even reading a funny article in a magazine will give you an extra boost.
- ❖ **Meditate.** A still mind is a stress-free mind. 10 minutes a day for the next 30 days will do wonders.
- ❖ **Keep a Happiness Journal.** In the evening, jot a few notes of what made you happy during the day. You will realize that a lot of good happens that we forget.

- ❖ **Put a positive spin on it.** Thinking positively, no matter the challenge will help you refocus on what needs to be done and why.
- ❖ **Help someone else.** Providing relief to someone else takes the focus off your own challenges.
- ❖ **Do something you love.** I paint, I knit, I crochet, I read. These help me relax in my quiet space. It helps me and I hope these ideas can help you.

RNS thanks *CareerSmart* and A+ Healthcare Marketing for providing raffle prizes at our March meeting. As always, I enjoy making the centerpieces for our Montebello meetings. I hope those of you who win them, like them too.

A special thank you to Angie Jung who coordinated and hosted the presentation of the awards at our March meeting. The shared stories by the recipients were heartwarming.

As always, I encourage each and every one of you to join us at our next meeting. We have a very exciting program planned for you this month. As you know it is very important, but difficult, to get ethics CEUs to keep your licenses. This month we are being hosted by CareMeridian Winways and we will hear Dr. Carolyn Ortega, Clinical Psychologist speak about Cultural Sensitivity. This very interesting and necessary topic has been cleared for 2 CEU hours for ethics training. Vendors are invited to join us and share your resources with a very interested group of dynamic healthcare providers.

Wishing you a very Happy Spring
Francine Aron, President
RNS 2017-2018



May 25th 2017 Meeting & Luncheon

Topic: Pulmonary Rehabilitation

Speaker: Dr. Chi Lam

Location: Kindred, 14148 Francisquito, Baldwin Park, CA 91706



June – Dark - No RNS Meeting

July 27th 2017 RNS Meeting & Luncheon

Topic: Return to Work Considerations for Brain Injured Adults

Location: Quiet Cannon, Montebello

Membership Enrollment

We are accepting memberships for 2017.
Applications are on the [RNS website](#) or will be
available at the April 27th meeting.

Please RSVP for meeting by e-mail, phone or mail.

E-mail: hvanderwalt@caremeridian.com or

Call: Hanna van der Walt (714) 222-9466

Francine Aron
President

(909) 731-0006

faroni@CA.RR.com

Angie Jung
Vice President

(714) 822-5965

ajung@careersmart.com

Debbie Morris
Treasurer

(949) 422-8703

dmorris@caremeridian.com

Laura Weiss
Recording Secretary

(818) 400-5809

LS1020@aol.com

Hanna van der Walt
Member-at-Large

(714) 222-9466

hvanderwalt@carmeridian.com

Toni Bethke
Corresponding Secretary

(949) 573-3435

tbethke@caremeridian.com

April 27th 2017 Luncheon and Meeting Registration

•**Topic:** Issues of Cultural Diversity and Sensitivity in Continuity of Care

Speaker: Dr. Carolyn Ortega, Clinical Psychologist

•**Meeting Location:** Winways, 7732 E Santiago Canyon Rd, Orange, CA 92869

Detach and mail to....
(Please include your check)

Hanna van der Walt
c/o RNS
10459 La Ballena
Fountain Valley, CA 92708



Number of members _____ at \$25.00

Number of non-members: _____ at \$35.00

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Regular Meal Vegetarian Meal

Please remember, if you register, you are still responsible for paying for the meal, even if you don't attend.

Mark your calendar to attend the April 27th meeting

To e-mail your reservation, send an e-mail to:

hvanderwalt@caremeridian.com

To RSVP by phone call:

Hanna van der Walt
(714) 222-9466

or

Mail your completed registration to:

Hanna van der Walt
c/o RNS
10459 La Ballena
Fountain Valley, CA 92708

We're on the Web!

see us at

www.rns-ca.org

RNS March Award Ceremony Highlights



THOMAS GUCKER AWARD

Lily Lee-Martyn, Case Manager of the Year
Presented to: Kindred Hope Fund



PHYSICIAN OF THE YEAR AWARD

Dr. Luis Montes
Presented to: Los Angeles County
Pediatric Department



RNS CARES AWARD

Ryan's Reach
Presented to: Lindy Michaelis

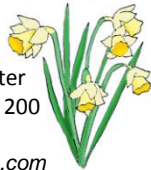


RNS CARES AWARD

High Hopes
Presented to: Orrin Vanderwalker

RNS c/o

Toni Bethke, Webmaster
163 Technology, Suite 200
Irvine, CA 92618
tbethke@caremeridian.com



Look inside for RNS April 27th Meeting Info!