President’s Message

By Jaqueline Crespo Perry, MSN, RN

Welcome, NAHN Members! Our executive board wishes to extend a huge thank you to all of our nurses placing their lives, health, and safety on the front lines to benefit patients infected by COVID-19.

While we shelter-in-place, our most powerful tools against the spread of this pandemic will be our new behaviors (i.e., rigorous hand hygiene, social distancing, wearing facemasks) and the discipline to stay the course. Our new reality of safety requires different thinking. In the coming months, NAHN's nurses will follow the facts, interpret the data, and evaluate COVID-19 response models as it applies to patient care. We will know the science and use strategies to protect and educate on what practices are most effective in our communities. Until we discover a vaccine, we must evolve our understanding of symptoms and continue CDC measures to stop the transmission of the virus. How to cope until then? Remember, each of us can reach inside for those qualities that help all of us adapt to great uncertainty. Our unity is our strength and comfort.

Many thanks again for your efforts, your kindness, and skill. Stay safe, and God bless!

Jacqueline Crespo Perry, MSN, RN

Meet Your Board

PRESIDENT: Jaqueline Crespo Perry, MSN, RN
PRESIDENT ELECT: Monica Cavazos, BSN, RN
SECRETARY: Rebeca Colmenares, BSN, RN
TREASURER: Lt. Col US Army (Ret) Beverly Sola, MSN, RN
### Meet Your Board

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<tr>
<td>President</td>
<td>Jacqueline Crespo Perry, MSN, RN</td>
<td>I am the NAHN Houston Chapter’s President. I have a Bachelor’s of Science in Nursing from the University of Texas and my Master’s in Forensic Nursing from Duquesne University. I am currently an ER Nurse.</td>
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<td>President-Elect</td>
<td>Monica Cavazos, BSN, RN</td>
<td>I am a pediatric home health nurse on the NAHN Houston Chapter’s executive board. I received my BSN from UT Health and have been in the medical field since I was 19 years old. I am excited to help bring everyone together in unity to better the Hispanic community within NAHN Houston.</td>
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<td>Secretary</td>
<td>Rebeca Colmenares, BSN, RN</td>
<td>I am originally from Caracas, Venezuela. I have years of ER experience and currently hold a Clinical Nurse Educator position. I have a passion for education and love my job. During the COVID-19 pandemic a big task is instructing staff on donning and doffing PPE techniques. I am excited to be a part of NAHN Houston Chapter leadership team.</td>
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<td>Treasurer</td>
<td>Lt. Col US Army (Ret) Beverly Sola, MSN, RN</td>
<td>I have an MSN in Education. I have been a VA nurse since 1985 and came from Puerto Rico as a professor from the Interamerican University. I also served in the US Army for 28 years. I retired as a Lieutenant Colonel in 2015. I still enjoy working at the Veterans Hospital. I have received many gifts from God and I am thankful for my Savior Jesus Christ, my church and NAHN. I am BLESSED.</td>
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<td>Board Member</td>
<td>Wanda Rodriguez Santesson, BSN, RN</td>
<td>“Hello everyone! My nursing experience covers a number of specialties and roles within the medical-surgical and critical care-ER areas, management, military nursing, and education. I enjoyed serving as a Navy Nurse Corps officer for over 20 years and today continue my career as a clinic nurse instructor. I love to teach and develop mandatory instruction for hospital staff, conduct monthly General Clinical Nursing Orientation and skills labs to certify competencies and provide expert support for inpatient care activities. I explore culinary interests, travel when I can, and volunteer as a rapid response nurse in my parish. I graduated from Wagner College on Staten Island, NY and proudly say I am originally from San Juan, Puerto Rico.”</td>
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<td>Board Member</td>
<td>Winda Rodriguez Ramos, BSN, MA, RN</td>
<td>“Welcome! I have been a nurse forever and have morphed into a hybrid geek! My nursing experience includes dermatology, peri-operative, critical care, public health, and management. Various leadership roles have deepened my background in administration, research, QA/Risk Management, home health, military nursing, and education. Now, I have ventured into the world of instructional design and EMR systems. My understanding of clinical operations and informatics complement what I teach in Epic; particularly, activities and tools for provider and nursing staff in the inpatient, ambulatory, emergency, and anesthesia areas. I am an avid reader, cinema enthusiast, and distance walker. I graduated from the University of Michigan-Ann Arbor; Michigan State University-East Lansing; and Wagner College, Staten Island, NY. I am originally from San Juan, Puerto Rico.”</td>
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<td>Consultant</td>
<td>Karen Jankiewicz</td>
<td>“Hi! My experience is in creating web-based training for healthcare end users and multi-media education tools, specifically Adobe Creative Suite and Adobe Captivate. I enjoy quilting and crafting in my spare time. I have been an associate member of NAHN for 4 years and have collaborated with NAHN Houston members on several projects, i.e. video production of the “Muevete” campaign, NAHN- Houston’s Year in Review posters, Latin Nights Recruitment Social, NAHN Houston’s newsletter, and various conference / agenda presentations. I am Certified in instructional design and web-based training development. I am originally from Detroit, Michigan.”</td>
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NAHN Houston would like to introduce Raul Silva, who is our featured member this month. Raul grew up with five siblings in his family and is a first-generation graduate. He has been a nurse for six years, and four of those years he nursed in rehab care. Raul worked on the oncology medical-surgical floor for a year, and the remaining years worked in the Emergency Department. He recently worked for HCA Healthcare at Kingwood ED.

Due to the COVID-19 pandemic, Raul resigned from his position in the ED to join the New York crisis. For the past 8 weeks, he has been working through the agency Maimonides Medical Center in Brooklyn, NY. Raul learned that as much as 75% of the patients required intubation. Raul was fortunate enough to be placed in a newly established facility, mainly as post-COVID care for patients. Most of his job there requires monitoring and weaning patients off oxygen dependency and assisting with rehabilitation and transfers. The patients are also receiving therapy throughout their day. Once cleared by the team, they will either be admitted to a skilled nursing rehabilitation facility or sent home to see and hug their loved ones, finally. Unfortunately, some patients do not respond well to rehabilitation interventions and require further hospitalization. They are then sent back to one of the main hospitals for further evaluation.

Per Raul, the Maimonides Medical Center provides full PPE aside from scrubs to change into and dispose of after their shift to minimize exposure to the public. Meals are also provided to the staff each shift. The bruise on the bridge of his nose is from the prolonged use of the N95 masks.

NAHN Houston wants to thank Raul Silva for his extraordinary efforts in New York, and Houston can’t wait to have him back!
Jenny Tristan

My name is Jenny Tristan, I am originally from El Salvador, and I am graduating with my BSN from Prairie View A&M University on May 9th. I am the first nurse in my family, and the first one to earn a college degree. The journey has been long and challenging, and Coronavirus was another bump in the road. But as an excellent Hispanic nurse, I faced those challenges with grace and courage, and now I’m proud of the results.

When social distancing started, and the schools closed, we transitioned to online classes. Thankfully, most of my clinical rotations had been completed, and we supplemented the rest with simulations. We still had to make group projects, papers, quizzes, exams, and other assignments. All of our classes were on Zoom. The commencement ceremony was postponed to a later time to be determined, but they will have an online ceremony.

Despite the uncertainty and anxiety, I was grateful to be able to stay home and finish my program. It was an incredible experience, and we learned to adapt quickly, just as nurses do! Now, I’m ready to join all the brave nurses in the duty to care for others!

Kristopher Sanchez

I am a senior nursing student attending Prairie View A&M University College of Nursing. I was born and raised in Houston, TX.

I found my love of nursing when volunteering in supplies management at my local hospital during high school. During nursing school, I worked as a patient care tech to gain hospital experience in a Neuro medical-surgical unit. Being in my final semester of nursing school, I am attending all my classes online via zoom meetings since COVID-19. I stay pretty busy with lectures and clinical courses Monday through Friday.

I will be graduating this spring 2020 with my BSN, and I am currently looking for a nurse residency program. Unfortunately, all pinning ceremonies and graduation events have been canceled for this spring semester. Despite the recent events of COVID-19, I am still in high spirits and excited for my future as a registered nurse. Staying indoors and spending time with my family has been a great stress reliever during this time. Doing my part to prevent the spread of COVID-19, and I appreciate all healthcare workers and nurses in the first lines.

Karen Lopez

I am a senior nursing student attending Prairie View A&M University College of Nursing. I was born in Houston, TX, to parents who emigrated from Mexico twenty-five years ago. I will be the first in my family to graduate college.

Being in my final semester of nursing school has been both exciting and a challenge. Due to COVID-19, classes are currently online via zoom meetings. Courses consist of online lectures, virtual simulations, and assignments. Staying at home has allowed me to spend more time with my family. I was looking forward to graduating on May 9, 2020, with a Bachelor of Science in Nursing. Family and friends were ready to attend the pinning and graduation ceremony. Yet, due to COVID-19, all events have been rescheduled.

Also, I am still happy and grateful to be able to earn my BSN. I am excited about my future as a registered nurse and would love to thank my parents for their hard work and support throughout nursing school. Cuando me vean volar recuerden que ustedes me pintaron las alas, we did it!
## More HERO Members Working to Keep Us Safe!

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<td>Yecika Luna, RN</td>
<td>Hi, I have been practicing my nursing career longer than many of our young nurses. It has been a fantastic journey from Med/Surg, ICU, community health, teaching at PVU, Supervisor of Cardio-Thoracic Unit. Including Military nursing as a Lieutenant Colonel, but nothing to what we are facing today with Covid-19. I feel blessed that God gave me the opportunity to become a nurse. It is my greatest love, joy, and passion.</td>
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<td>Lt. Col US Army (Ret)</td>
<td>Marinela (“Mari”) Castano, DNP, RN</td>
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<td>Claudeth Jordan RN, BS, MPH, BC</td>
<td>My educational background includes a Bachelor of Science in Health from Texas A&amp;M University, a Master of Science in Nursing from the University of Texas, and a Doctor of Nursing Practice earlier this year. In 1999, I became a Registered Nurse and my clinical experience includes acute care, long-term care, home health, hospice, and nursing administration. My experience in nursing education spans 16 years and includes the roles nursing faculty within ADN and BSN programs. Since March of this year, I have been serving as the Director of Nursing Programs at Lone Star College-North Harris, but served as Interim Director in this program a few years ago. My daily work is quite varied day-to-day and includes overseeing of the nursing education provided, leading a team of nursing faculty, assuring regulatory compliance with the Board of Nursing and ACEN, and promoting outcomes. The current COVID-19 pandemic has offered challenges to the traditional means of nursing education and I hope that my leadership has assisted the faculty team to adapt by integrating even more technology into nursing education.</td>
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<td>Nidia Cabrera, RN</td>
<td>Hi, I have been a nurse for 17 years. I graduated in 2002 from TWU and currently work at Methodist The Woodlands on a med/surg telemetry floor. I'm responsible for taking care of 4-5 patients and have been here for 3 years. Prior to this I was a float pool nurse for 11 years at a different hospital. Methodist has assigned another unit for Covid-19 patients. We do our best to screen all the patients well while using proper PPE. I’m truly blessed with a great support system at work and home.</td>
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Javier Verdugo RN, BSN
Presidente del Colegio de Enfermeras Quirurgicas de Sonora Mexico

Antes de entrar a mis cirugías todos los pacientes son sospechosos de COVID-19. Nosotros usamos equipo de protección pagado por cada enfermero porque las instituciones no nos brindan el equipo necesario.

Before entering my surgeries, all patients are suspicious of COVID-19. We use protective equipment paid by each nurse because the institutions do not provide us with the necessary equipment.

Welcome New and Renewing Members! Thank You for Your Commitment and Support!

Magdalena Medrano, BSN, RN
Wanda Rodriguez Santesson, BSN, RN
Winda Rodriguez Ramos, MA, BSN, RN
Karen Jankiewicz, Clinical Instructional Designer
Maria Villot, BSN, RN
Lt Col US Army (Ret) Beverly Sola, MSN, RN
Lt Col US Army (Ret) Claudeth Jordan, RN, BS, MPH, BC
Javier Antonio Verdugo, RN, BSN
Ana Laura Gutierrez, CCR
Jacqueline Crespo Perry, MSN, RN

*** OUR NEXT MEETING WILL BE ON ZOOM, STAY TUNED FOR YOUR EMAIL TO JOIN ***