

# The Capsule - Scholarships

The Auxiliary of Emanate Health Inter-Community Hospital

Jody Mentzer, Editor



Remember to fly your Flag proudly on July 4th!

## The Bargain Box is now open again!

Come visit and see our excellent array of merchandise!

### TEMPORARY HOURS

Tues. 10- 4,

Thurs. 10 - 2

Sat. 12—4

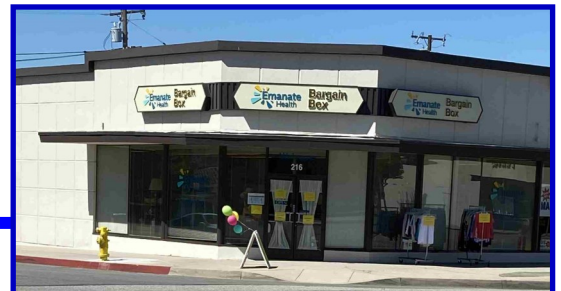
Donations are always needed and accepted during business hours. This is one way we raise money for our Auxiliary projects.

216 E. Rowland  
Covina, CA  
(626) 332-4847

Think about volunteering one shift a week.

**Volunteers are needed!!**

Call Tiffany—(626) 915-6237



### A Note from Phyllis

Hi Auxilians!! Well things have relaxed a little bit, and that is better, but we still need to be aware of the safety measures to stick to. I have to tell you yesterday, June 9<sup>th</sup>, we OPENED THE BARGAIN BOX. This is so exciting, the customers were so happy to see us open.

We had one of the best days ever, over \$625.00. It was just amazing. If you have not been to the Bargain Box you must come and see our wonderful items that we have displayed so beautifully. Please consider possibly volunteering to work at the Bargain Box,

We are having to cut back on our days and hours due to losing some of our people. We have such fun working there, hope you will join us. Call Tiffany if interested. We have installed all the safety devices required for the virus protection. The plan at this time is to open Tues. 10:00 - 4pm, Thur. 10:00 -2pm, and Sat 12noon - 4pm. Eventually, as we acquire more volunteers we will be able to open on our regular schedule. If you have a certain day that you would like to help out, let us know.

I cannot wait to see everybody again soon, and get back to our luncheons, functions and sales. Wish you health, happiness. Take care until later. Love ya, Phyllis

### Cards Sent

Get Well  
Tony De George

Thinking of You  
Sharon Holtz  
Doris Schulz

If you know of someone who needs to be in our thoughts please call Marge Moller @ 626 339-2594



## A Word About Our Scholarships:

A big thanks to Jackie Garretson and Nancy Kitamura, my partners in the selection process. They have worked diligently in reading and choosing the recipients for this year's Scholarships. Thank you again.

I am saddened by the fact that we were unable to have our Scholarship Luncheon this year. It is my favorite luncheon and what I consider the most inspiring. We hear so much negative in the world today and not enough about the fine young people who have a good moral compass and work ethic who will shape the lives of future generations in a positive and beneficial way. Their applications are very inspiring and it is always such a pleasure to read them and reflect on the fact that the exceptional young people who apply represent only a few of the people who will be our future societal leaders

The references for all these students praised their scholarship, work ethic, intelligence and critical thinking skills with an emphasis on their excellent people skills and caring and compassion for the patients they serve.

We have selected excellent candidates to receive our Scholarships. As you read you will realize that we have a wide range of personalities. The recipients range from students who are in the early stages of their studies to those who graduated with a D. O and FNP degree this past May. We had candidates who are juggling, parenting, work and educational studies and many are working full or part time to defray a small portion of the cost of their substantial student loans, students returning to school later in life, and students who are dealing with getting their education regardless of many obstacles. All have at least a 3.5 GPA, do clinical rotations and manage to fit in community service as well. They are committed to giving back to the community and to the patients they will serve. They are definitely on a path to personal and profession success providing medical care and services.

In lieu of our luncheon I hope you enjoy reading a little bit about each candidate.

Jody Mentzer  
Scholarship Chairman

## Alexander Nguyen

### **Burrell College of Osteopathic Medicine, New Mexico State University, Doctor of Osteopathic Medicine**

Alexander, who graduated this month with his Doctor of Osteopathic Medicine degree, is a local young man from West Covina. He will shortly begin his residency in emergency medicine.

On becoming a doctor Alex says "Getting the chance to address the medical needs of vulnerable individuals, regardless of their age, ethnicity, language spoken, or socio economic status has served as a catalyst behind my unwavering desire to pursue this career." He wants to combine his love of learning and performing procedures with his passion for helping others

Alex was praised by the Drs. who wrote recommendations as being the best or in the top 5 % of all the students they have trained. They praised his compassion, curiosity, professional conduct, maturity, work ethic and commitment among other attributes. His ability as an outstanding synthesizer and planner of medical diagnosis and treatments set him apart from other students at his level. He demonstrated a remarkable ability to connect and empathize with his patients.

Alexander has done extensive volunteer work. He was a Juvenile Citation Mentor for the communities at risk children, participated in the Enrich the Kids After School program and a Community Mini-Medical School. He has been a CPR Instructor, and a Food for the Homeless and Food for the Children volunteer. He also assisted in establishing a community health clinic and other community outreach events his school sponsored.

While completing his Bachelor of Arts degree, from 2014 – 2016, Alexander was a Critical Care Extender/Health Honor Scholar at CVHP Hospitals. During this time he was the coordinator of several departments and a Health Scholar Training Preceptor. In his thank you note he wrote, "During my time as a clinical care extender years ago, I fondly remember interacting with various members of the auxiliary and I have to say that your group is comprised of some of the most caring, hardworking, and kind individuals I've had the pleasure of meeting."

Alexander is the first person in his family to graduate from high school, attend college and of course become a physician. Once he completes his residency he hopes to return to West Covina and become a provider in the community.



## **Mayra Campos** **CSULA - Master of Science-Family Nurse Practitioner - May 2020**

Mayra graduated in May of this year. She will use the funds from the Scholarship towards the costs of examinations she must take for her license and if there is any left over to help pay back a portion of her student loans.

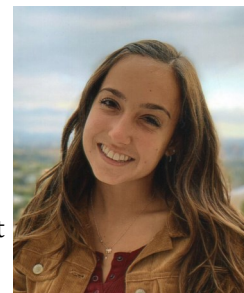
Mayra works as a Registered Nurse in the Emergency Department at Queen of the Valley Hospital. She has worked there for 5 ½ years. She has been a part of the Emanate Health Daisy Committee for the past two years. She has been a preceptor for many novice nurses and prides herself in working to give them a positive, productive learning experience. She has participated as an instructor in Emanate Health's skills days seminars facilitating training in emergency case scenarios, appropriate glucometer use and prevention of needle stick injuries.

Mayra is married and has a 9 year old son. She enjoys spending time with her mom and when she has the time working in her son's classroom and as a team mom. She enjoys reading peer reviewed medical journals with an interest in diabetics, emergency medicine and woman's health. She also enjoys gardening and taking walks with her dog.



## **Sara Cantina** **APU, Bachelor of Science Nursing - 12 –22**

Sara grew up knowing that she wanted to be a nurse. Her chosen career was reinforced by the caring nurses who helped her for years until she was diagnosed at 16 with chronic Ulcerative Colitis and then while learning to live with it. It is Sara's dream to work as a pediatric oncology nurse at St. Jude Children's Research Hospital. She wants to be a nurse for children, teenagers and young adults with cancer because she knows what it is to have your life changed forever by a diagnosis you never thought would be yours.



Sara is a member of the Dream Project at APU. They hold fundraisers to raise money for children's hospitals. They also dress up as various Disney characters and attend children's events.

Sara says one of the best experiences of her life was volunteering at 7 day overnight camp for children who have or have had cancer. The camp Director had nothing but praise for her ability when handling emotional and medical situations that arose and said that she had a real aptitude working with specialized children.

Sara was a Cabin Counselor in one of the younger female cabins.

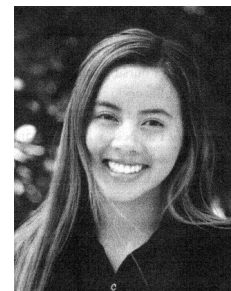
## **Michelle Ho** **APU – Bachelor of Science Nursing—May 2022**

Michelle is 19 and just completed her sophomore year at APU. She is one of the most deserving recipients we have had. Since 2016 she and her 4 siblings, 21, 22, 29 and 31, have lived on their own and been fully responsible for themselves. She is grateful to her older siblings for supporting her when she was too young to work and for their support in her career choice and schooling. Even though she receives no financial assistance from her parents, her father still claims her on his income tax. This means that she is limited by the financial assistance she can receive. After Scholarships and the loans she is able to obtain there is still a shortfall she must meet.

Michelle worked as head server and shift leader in the restaurant industry until last September. In order to focus on her career, gain more experience and put her clinical skills working with patients to use she now has several on call caregiving jobs which provide her with around 20 hrs. a week. She was highly praised for her competence, self-motivation, patience and compassion, by her supervisor, in caring for one client a 94 year old lady. Her Professors agree and further state that not only does she work well with all she shows leadership capabilities. She often provides additional support to patients and support to students in need. She is admired for her fortitude in achieving her dream of becoming a nurse.

Michelle sees her future as a being a fully competent and capable young woman whose determination to follow her dreams will have earned her a position as a well-respected and effective nurse. Changing and saving lives will continue to dominate her goals, focus, and actions as a student and aspirant.

Michelle enjoys "revamping clothes" to suit her own personal liking. She also enjoys photography and volunteers at least once a week at Priceless Pet Rescue.





## **Kali Burkhartzmeyer** **APU – Bachelor of Science Nursing** **12/2022**

Kali is passionate about the medical field and the physical, mental and spiritual of health for those she will serve. She hopes to eventually work towards her masters and wants to specialize in psychiatrics and be a clinical instructor.



tal

Last year Kali was a TA in the Anatomy Lab. She currently works in the mail room at the university. She is a representative for the Student Nurses of APU. They provide a social place where they can get together and talk. They also raise funds, participate in the universities clinical programs and put on events such as blood drives. She is an advocate for this group.

Kali's Professor says her qualities (intelligence, critical thinking, hard work commitment, courage) will be the key to her success. Her people skills were especially noticed.

Kali is big on volunteering and during the summers she volunteers as a mentor for young ladies in her church. She begins working with them when they are in eighth grade. She provides a listening ear, social activities and they go on a camping trip each summer.

In her spare time Kali likes to read, write poetry and hike.

## **Trisha Lue** **APU – Bachelor of Science Nursing -12/2022**

In August of 2018 she obtained her Certified Nursing Assistant license. She is currently a Senior Hospital Assistant in the Neuro Science Intensive Care Unit at UC Irvine Medical Center. She works twelve hour shifts on Saturdays and Sundays, and longer hours in the summer.

Being a nurse has been her goal since middle school. She gained a full appreciation for the field when she volunteered in the postsurgical unit at Orange County Global Medical Center. A change in a particular patient's condition and his gratitude solidified her decision. She is grateful to the nurses she has worked with for showing her that nurses are selfless and invest their hearts and souls to be a vital part of some ones well-being. Trisha's long term career goal is to become a nurse anesthetist.



Trisha is seen as student who is dedicated to excellence in nursing. She presents herself with confidence, utilizing her critical thinking and clinical judgement skills in a compassionate and caring manner.

Trisha learned to cook meals for her family when she was 11 and loves to cook and bake when she has some "downtime." She looks forward to traveling when she has time and the financial means to do so.

## **Hsin (Amber) Pei Hsieh** **AD Respiratory Therapy – Mt SAC – June 2021**

Amber just finished her first year of Respiratory Therapy and anticipates graduation in June, 2021. She previously earned a BA in Respiratory Therapy in Taiwan and practiced there. Her degree was not recognized here so she is starting from the beginning. She is enjoying this experience because there are so many new things to learn and specialized areas. She wants to pass the board and become a Respiratory Therapist in the U.S.A. Amber wants to use her previous experience and brand new knowledge to care for patients who suffer from lung or heart diseases.



Amber is recognized as a leader in the classroom and as a mentor helping other students achieve their full potential. She is an exceptional student both in her work and interactions with others.

Amber attended student night at PHI Health Center in Whittier, which was sponsored by California Respiratory Care. She is really interested in learning all she can about respiratory care and enjoys such activities. Besides going out with friends she enjoys church and hiking.



## **Maria Leyva**

### **ASD, Radiologic Technology – Mt SAC**

Maria anticipates graduating in June, 2021. She has been married for 27 years. She put her dreams on hold working and providing for her two sons. Now that they are grown and college graduates she is focused on achieving her dreams of becoming a Radiographer in the healthcare industry. She worked as an escrow assistant and notary public, for ten years, while working on her pre-requisite classes and became a full time student when the company closed its doors.

Maria's clinical superior, at San Dimas Hospital last semester, stated she quickly fit in and gained the confidence of the techs and other hospital staff she worked with. She was quickly able to perform many of the exams on her own, unusual for a first year student. He stated that she used her time wisely and helped out in all areas, and was a valuable asset.

Maria enjoys long walks with her husband. She has participated in the Relay for Life for the past 8 years. From June 2018 – December 2018 she was her father in laws caregiver.

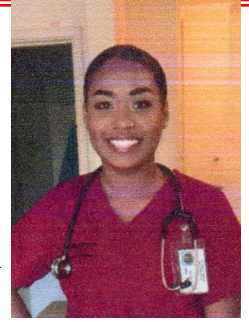


## **Faith Suguitan**

### **APU – Bachelor of Science, Nursing – May 2022**

“Faith is a gifted communicator, well prepared, enthusiastic, eager to learn and is dedicated to ensuring that her patients receive the utmost respect during each encounter.” She totally gives of herself. This trait is evident in her determination and deep desire to become a nurse under tremendous odds. Her mother is a prime example of giving and caring, supporting Faith’ ambition as much as she can. She is raising Faith, 2 younger siblings and 3 nieces and nephews.

Faith would love to be a nurse in Labor and Delivery eventually gaining the experience to become a charge nurse. She would like to do a couple of years as a “traveling” nurse practicing in 3<sup>rd</sup> world countries where access to healthcare is very limited. Her long term goal, as it is with so many nursing students, is to become a Family Nurse Practitioner, but as she sees it that is a long way down the road.



## **Isabella Sifuentes**

### **APU – Bachelor of Science, Nursing – May 2023**

One of Isabella's Professors says that she has a massive passion for the nursing profession. When talking “about nursing and her future she lights up.” One of the things that separates her is her thirst for knowledge and desire to go deep into a topic for complete understanding. She became committed to this career because of her grandparents who had been farm workers and had self treated, because of their legal status and affordability. She believes this fact led to her grandmother's early death.

Even though she just finished her first year of nurses training, her ultimate goal is to become a Nurse Practitioner and work in low income Spanish speaking communities in rural areas providing low cost medical services and health education.

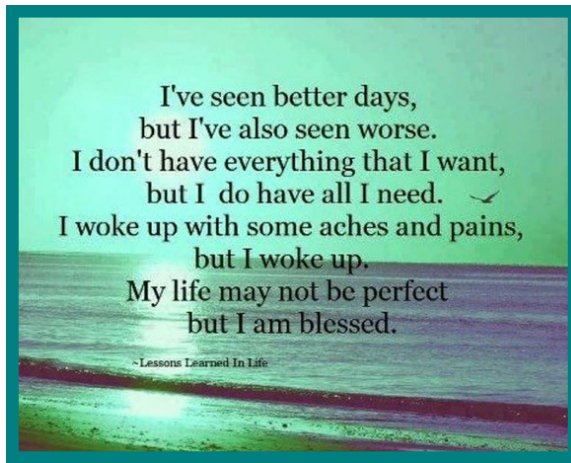
Prior to starting her schooling Isabella took initiative in gaining experience by doing a summer internship at Chino Valley Medical Center, where she could get hands on experience. This past semester she interned at a Glendora Hospital. For the past three summers she has worked for the City of Chino as a Recreation Leader coaching youth sports and working in other various programs.

Isabella loves to play soccer and is on the APU team. She also loves doing volunteer work at Loma Linda Children's Hospital and other charitable events



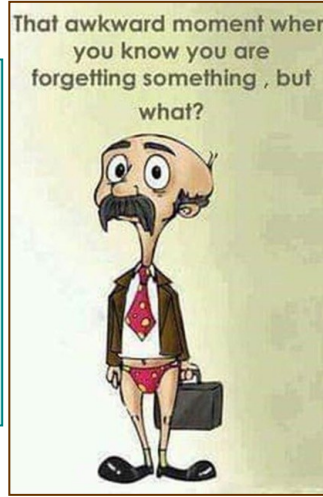


I was in the McDonald's drive-through this morning and the young lady behind me



honked at me very

ONE MINUTE YOU'RE 21, STAYING UP ALL NIGHT DRINKING BEER, EATING PIZZA AND DOING SKETCHY STUFF JUST FOR FUN. THEN... IN A BLINK OF AN EYE YOU'RE 60, DRINKING WATER, EATING KALE AND YOU CAN'T DO ANY SKETCHY STUFF, BECAUSE YOU PULLED A MUSCLE PUTTING ON YOUR SOCKS.



NEVER IN MY WILDEST DREAMS DID I IMAGINE I'D GO UP TO A BANK TELLER WITH A MASK ON ASKING FOR MONEY.



upset because I was taking too long to pay.

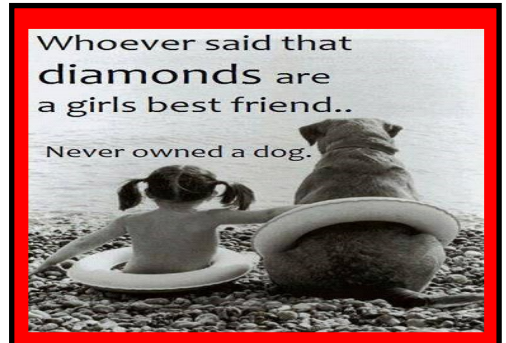
Wow. "Take the high road," I thought to myself. So I paid for her food.

I REALLY DON'T MIND GETTING OLDER, BUT MY BODY IS TAKING IT BADLY.



As I moved up and she leaned out the window looking all crazy at me because the cashier told her I paid for her food. She felt embarrassed.

When I got to the second window to get my food, I



showed them both receipts and took her food too. I paid for it, it was mine!

Now she has to wait even longer. She's gonna learn today you just don't mess with us older folks.

