The North County Pulse

Fall 2019

What’s Inside:

● A Letter From Our President
● Upcoming Events
● Policies/Legislature Update
● Chapter Updates (including a Q&A with Samantha Gambles Farr)

The San Diego North Chapter proudly serves and supports CANP members from the shores of La Jolla to Camp Pendleton and eastward. This chapter is vibrant and active with monthly educational dinner meetings, leadership opportunities, and political activism, held at many phenomenal venues among the relaxed beaches of the north county area.
A Letter From the President

Aloha from the new Board of Directors for the California Association for Nurse Practitioners (CANP), San Diego North Chapter, 2019-2020! We are here to serve and represent you, not only here in San Diego, but also at the state level in Sacramento. This year we are focused on continuing our endeavors to ensure and enhance direct and affordable access to care for our patients by striving for full practice authority for California Nurse Practitioners. Keep your eye on AB890 that is currently in the assembly. Your involvement and support would be outstanding as we progress towards our future as independent, competent and compassionate providers so greatly needed in this state and country. Power in Practice!

This is the year of ENGAGEMENT! We are working tirelessly to increase involvement and enjoyment for you, not only with our legislative efforts, but also our social, community and education commitments. We are always searching for great opportunities for NP week celebrations and community services. We challenge you all to help us conjure up some amazing activities.

CANP currently has about 4000-5000 active members. There are 22,000 NP’s in the state. San Diego North is the 3rd largest chapter in California with greater than 270 active members. Let’s celebrate this together. We would like to continue to grow and expand. We would like to increase all specialties to join us to enhance our solidarity, learning and camaraderie. Increase involvement of NP students; they are our future. Stay tuned and share YOUR ideas!

I have been a member of this chapter for greater than 10 years and a member of CANP since I was in school. But I have really increased my commitment in the past 3 years. I have been the Membership Chair, the President-elect and now the incoming President. Now, in hindsight, I wish I had been more involved sooner. Our voices do matter. This is a lesson I have truly learned and hope to instill in others.

Just a little about me…I practice as a Primary Care Provider and have the luxury of being quite autonomous in my practice in an Employer Based Clinic here is San Diego. I have been an NP since 2004, which I obtained while on active duty in the Navy Nurse Corps at San Diego State. I was born in California, raised in Hawaii and have traveled to many parts of the world. I do try to live my life with Aloha – my inherited culture. I love to surf and I am also a hula dancer and a quilter. Mahalo for allowing our amazing board and myself to make this year, and the upcoming years something you will be proud to be part of.

Most Sincerely,

Laura A. Wolfgang, MSN, ANP-BC, CDR-Ret, USN

President

California Association for Nurse Practitioners, San Diego North Chapter
Support your chapter and get a CANP t-shirt!
Contact Carol Camarda to order. $15 each
**Free T-shirt for any member who brings a new member that joins CANP SDNorth**

Upcoming Events

**August**

Dinner Meeting: **THIS MEETING IS FULL** Wednesday, August 21, 2019 @ Pamplemousse Grille, Solana Beach. This meeting is sponsored by ACADIA. Our guest speaker and chapter member- NP Sherrie Gould, specialist in Neurology will be discussing Parkinson's Disease Psychosis.

**September**

Dinner Meeting: Thursday, Sept 19, 2019 @ 333 Pacific in Oceanside. This meeting is sponsored by Mead Johnson Nutrition. Our guest speaker and pediatrician Dr. Christine Wood will be discussing Advancements in Infant formula: The Milk Fat Globule Membrane (MFGM). You will learn more about the beneficial effects of MFGM on brain development and immune health in infants and young children. Please register early to ensure your seat!

**October**

Dinner Meeting: TBD

**November**

NP Week 2019: November 10-16 Stay tuned for exciting opportunities and celebrations!

**Lobby Day** is May 12th, 2020. Each year CANP chapters across the state join together at the state capital to meet with legislatures in person to help advance scope of practice and the NP profession. If you are interested, we will be letting you know how to register as time gets closer.
We continue to advocate for AB-890, the bill that would grant nurse practitioners in the state of California full practice authority and help close the gap for Californian’s seeking quality, direct health care. Assembly Health Committee Chair, Jim Wood (D-Santa Rosa) introduced this bill and in May, 2019 it became a two year bill. While it is not active this year, it is imperative that our legislators are educated about the importance of this bill. Please consider joining us at next year’s Lobby Day as CANP chapters from across the state gather to promote this important bill and educate policy makers about the important work we do. You can also consider the following actions:

- Email your Assemblymember and Senator to request their support for AB 890
● **Support AB 890 on social media.** Tag your Assemblymember and Senator and use hashtags: #AB890, #FullPracticeAuthority, #DirectAccessToCare, and #CALeg.

● **Visit the Assembly Bill 890 toolkit online at**

  [https://canpweb.org/advocacy/grassroots-resource-center/assembly-bill-890-toolkit/](https://canpweb.org/advocacy/grassroots-resource-center/assembly-bill-890-toolkit/) to explore resources that CANP has to aid our grassroot’s efforts.

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**Chapter Updates**

**Q & A with Samantha Gambles Farr: Our Immediate Past President**

Samantha devotedly lead our chapter as president for the 2018-2019 board year. As president, she accomplished several challenging goals behind the scenes, advocated for member engagement, and lead the way in grassroot efforts for NP independent practice. Samantha completed this while balancing family life, career as a Trauma NP at UCSD, and pursing her DNP. I reached out to Samantha to share her reflections on her time in leadership as CANP North Chapter President. Here’s a big thank you to Samantha for all her time and energy dedicated to making the 2018-2019 a success!

1. **What did you enjoy most during your time as president?**

   "What I enjoyed most about being president was interacting and engaging with membership. It is important to remember that service is a part of leadership. As such, I always wanted to demonstrate the qualities of a service leader. After all, if service is beneath you, leadership is beyond you."

2. **Any accomplishments this past year you are particularly proud of?**

   *National Black Nurses Association, Inc. Advance Practice Nurse of the Year for 2018; 2019-2021 President of San Diego Black Nurses Association, Inc.*

3. **What did you learn about yourself?**

   "That is it ok to say 'no.' I really love being a Nurse Practitioner and all things involving engagement in the professional community. However, I had to learn that it is ok to put myself first and that self-care is an integral aspect that SHOULD NOT be ignored."

4. **What would you say to anyone considering becoming more involved or serving on leadership board?**
Leadership does not comprise one person. It is a team effort. I was so fortunate and blessed to have such an amazing team of leaders with me for the past year. We support, guide, and work in a consorted effort to fulfill the mission of California Association for Nurse Practitioners. You are never alone and you already have the tools to be successful!!! Active engagement in leadership only makes you a better Nurse Practitioner and a better member of your community at large.

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<tr>
<th>Are you a student and need help paying for the cost of education?</th>
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<td>Then consider applying for this year’s Student Scholarship. One winner will be announced during NP Week this November. Only active San Diego North Chapter members are eligible to apply. Deadline to apply Oct 15, 2019. Access application at <a href="https://canpweb.org/chapters/san-diego-north-chapter/documents/">https://canpweb.org/chapters/san-diego-north-chapter/documents/</a></td>
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<th>Are you doing a research project and need research participants?</th>
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<td>Your chapter members would love to help! To get the word out, contact Jennifer Kessler: <a href="mailto:jstar45@gmail.com">jstar45@gmail.com</a> to be advertised in the next quarterly newsletter.</td>
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<th>Do you know an outstanding NP who is deserving of recognition?</th>
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<td>Please consider nominating them for this year’s NP of Distinction Award. One winner will be announced during NP week this November. Nominees must be active members of this chapter and working as an NP. Deadline to apply Oct 15, 2019. Access application at <a href="https://canpweb.org/chapters/san-diego-north-chapter/documents/">https://canpweb.org/chapters/san-diego-north-chapter/documents/</a></td>
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<th>Do you need a job or do you have an open position you are trying to fill?</th>
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<td>Did you know CANP has an online job board? Visit <a href="https://nprac.ca.associationcareer-network.com">https://nprac.ca.associationcareer-network.com</a> to search and post jobs.</td>
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**Member Survey Results**

We recently sent out a member survey to learn how to best serve our members this year. Thank you to everyone who has responded thus far. We have 72 responses currently and have discovered the most requested meeting days are Wednesdays and Thursdays. We have several members in the east side of north county - Rancho Bernardo and up - so we will plan on doing some future meetings in that area. This is an opportunity to have a strong voice in how this chapter operates! Stay tuned for NP week plans based on survey results. If you have not completed the survey yet, it is still open to give us your feedback.

**Editor In Chief**: Jennifer Kessler FNP-BC  
jstar45@gmail.com  
CANP San Diego North
Executive Leadership Board for 2019-2020

**Top Row**: Laura Wolfgang (President), Samantha Gamble Farr (Immediate Past President), Oluwaseun Ogunjimi (Legislative Chair), Ashley Eischeid (Education Chair)

**Second Row**: Sara Herbenick (VP of Finance), Carol Coloma (Membership Chair), Jennifer Kessler (Communications/Marketing Chair), Elaine Henson (VP Corporate Affairs)

**Third Row**: Maura Dulski (Health Practice and Policy Chair), Megan Bauscher (Student Representative)

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