THE SCHOOL WELCOMES
DR. LINDA SARNA
OUR NEW DEAN
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By Alice Short

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THE SCHOOL WELCOMES OUR NEW DEAN
A first-time visitor to Dean Linda Sarna’s office can’t help but notice the memorabilia—certificates of appreciation, photos, Florence Nightingale figurines—that attest to her lifelong dedication to nursing and health care. They serve as reminders of a career distinguished by academic achievement (Oncology Nursing Society Distinguished Researcher, Sigma Theta Tau International Nurse Researcher Hall of Fame, Fellow of the American Academy of Nursing), her internationally recognized scholarship in the field of tobacco control, and her decades of oncology research focused on patients with lung cancer. And, she just learned that she will be designated as an Edge Runner by the American Academy of Nurses for the Tobacco-Free Nurses program.

As she talks about her life and her hopes for the school, there’s something else a first-time visitor notices: a sense of calm and graciousness, indications of a life in which achievement and happiness successfully co-exist.
Q: You were appointed as dean in November, 2016. Can you talk about your transition into management?
A: I was a professor here, and there was an opportunity for me to serve as the Chair of the Academic Senate in 2012. I fell in love with UCLA all over again because I got to interact with many different people across this wonderful campus. I also got the opportunity to implement the tobacco-free policy on campus which allowed me to work with more people who wouldn’t necessarily be part of my day-to-day work life. After that ended, I came back to the School of Nursing. I was totally surprised when I was asked to serve as acting dean and then interim dean. From the moment I began, with the strong support of the faculty and staff, I gave it my all, to help the School be the best that it could be.

Q: And now the School of Nursing is recognized as one of the top programs in the country.
A: I’m thrilled the school has received the recognition it deserves. We are rated in the top 5% of Schools of Nursing by U.S. News and No. 9 in terms of NIH (National Institutes of Health) funding, which is a metric for scholarship and research excellence. I am very proud of the legacy of the school, and I feel particularly responsible to maintain and improve it.

Q: What are some of your goals for the school?
A: I told the faculty and staff that I had three goals: excellence, sustainability and joy. This is an extraordinary time for nursing and nursing education. The public is becoming aware that educated nurses at advanced practice levels can be primary providers and that the registered nurse, the baccalaureate-prepared nurse, can provide expert care. There is great interest in becoming a nurse as reflected in the thousands of applications for our pre-licensure programs.

I want to continue our efforts to increase collaboration with the nurses in UCLA Health. I also hope to increase the collaborative opportunities for our nurse scholars. I think the future is very much about inter-professional education and scholarship. I am hoping that we
can do more to expand education in mental health and substance abuse. We have strong partnerships with a number of organizations and scholars around the world and I hope to expand our international collaborations in nursing education and research. We are considering expanding opportunities for online educational programs too.

Q: It seems as though the country will need more nurses in the future.
A: There's a nursing shortage—not just bedside nurses but nurse educators and scholars. Our Ph.D. program produces those who will educate the next generation and produce the science that will improve health and nursing care.

Q: Let’s talk about your family for a minute.
A: My daughter and son, who have been with me through this journey, were little kids when I was commuting to San Francisco to get my doctorate. They have been huge supporters, as has my husband, who is an oncologist at Cedars Sinai Medical Center. He understands the academic lifestyle, and I couldn’t have done it without him. He also appreciates the difference I’ve been able to make.

Q: I’ve read that you’re an Anglophile.
A: I am a big fan of all things English. I love my English garden and hosting tea parties. I collect Victorian Staffordshire pottery and make award-winning marmalade. My sister, Roberta, and I pooled our money to purchase a dress of Princess Diana’s at an auction, which we have shared with charitable organizations. It is about to go on display (at Kensington Palace in London) as part of an exhibit that is tied to the 20th anniversary of her death. I appreciated that Diana shone a positive light on nursing. She was involved with the underserved and those in need, especially those with HIV-AIDS. I admired her for that.

Q: Any last words?
A: I am thrilled to be the Dean as the School celebrates its 70th birthday. Because I know and appreciate our rich legacy, I look forward to showcasing the School’s many accomplishments as well as highlighting the exciting scholarship that will impact nursing and health care. We have a bright future.

—Alice Short is a former editor of the Daily Bruin and worked at the L.A. Times for more than 20 years, most recently as an assistant managing editor.
In October, the UCLA School of Nursing underwent its scheduled five-year review by the California Board of Registered Nurses and the results were stellar for both the prelicensure and advanced practiced programs! The report yielded a few recommendations that will help us as we continue to refine our program. Special thanks to Associate Dean for Academic and Student Affairs Lynn Doering, who worked tirelessly with faculty, program directors and staff to prepare a quality report.

Associate Professor Nancy Pike received the 2016 Cardiovascular Society of Nurses Research Article of the Year Award, which recognizes the importance of the written word in promoting the goals of the American Heart Association and cardiovascular nursing; encourages the dissemination of cardiovascular nursing science; and applauds the author(s) for clearly communicating the nursing perspective in the context of cardiovascular research, practice and theory. The article “Reduced pleural drainage, length of stay, and readmissions using a modified Fontan management protocol” was published in the Journal of Thoracic and Cardiovascular Surgery.

Dean Linda Sarna was the guest speaker for the prestigious 2016 Grace Tiern Lecture at Hong Kong University School of Nursing. Her topic was “Accelerating Nursing Action for a Smokefree World.”
IN THE NEWS

Assistant Professor Nalo Hamilton authored a well-read and reviewed blog post for Scientific American: “Nurses are Caretakers, Not Scientists, Right? Wrong? In fact, they’ve been doing scientific research since the days of Florence Nightingale.”

The American Heart Association released a scientific statement on management of pregnancy in patients with complex congenital heart disease. The writing committee was chaired by Lecturer Mary Canobbio and received extensive media coverage including Reuters Health, HealthDay, Healthline, CBS Radio News Network and TV stations across the country.

2017 COMMENCEMENT SPEAKER

The 2017 Commencement Speaker will be Antonia M. Villarruel, PhD, RN, FAAN—the Margaret Bond Simon Dean of Nursing at the University of Pennsylvania School of Nursing. As a bilingual and bicultural researcher, Dr. Villarruel has extensive research and practice experience with Latino populations, health promotion and disparities. Using a community-based participatory approach, she has been the PI/Co-PI of over eight randomized controlled trials on reducing high risk behaviors in teens. One program, to reduce sexual risk behavior among Latino youth—entitled Cuidate!—was disseminated nationally.

Dr. Villarruel holds many leadership positions. She is a member of the National Academy of Medicine and the American Academy of Nursing; serves as Chair of the IOM Roundtable on the Promotion of Health Equity and the Elimination of Health Disparities and Co-chair of the Strategic Advisory Council of the AARP/RWJ Future of Nursing Campaign for Action.
ACKNOWLEDGING THE VITAL ROLE OF THE FAMILY NURSE PRACTITIONER IN PRIMARY CARE AND THE LEADERSHIP AND INNOVATION OF UCLA’S FAMILY NURSE PRACTITIONER PROGRAM, TWO ORGANIZATIONS AWARDED MAJOR GRANTS TO THE SCHOOL TO PROVIDE THE FUNDING NEEDED TO PREPARE THE ADVANCED PRACTICE NURSE TO MEET EVOLVING HEALTH CARE NEEDS AND SUPPORT STUDENT SCHOLARSHIP.

SONG BROWN COMMISSION

Thanks to the ongoing and tireless efforts of Dr. MaryAnn Lewis, the school has received funding from the Song Brown Commission for 39 years (the only FNP program in the state to do so). These funds have allowed the program to strengthen its clinical components, create special projects and recruit students to work in medically underserved areas.

Because nearly 7 percent of the U.S. population suffers from mental illness, this year’s grant will focus on developing interventions using mindfulness-based interventions that combine Western and Eastern practices to tailor treatment plans for patients who struggle with depression and anxiety.

“We think it wise to be proactive and teach specific strategies to help patients with depression and anxiety and strengthen competencies of our graduates for adults with chronic conditions and geriatric syndromes,” said Lewis.
CVS FOUNDATION

Ten students in the FNP program will receive scholarships thanks to the CVS Foundation. “As the need for qualified medical professionals in the United States grows, we know how important having a strong pipeline of Family Nurse Practitioners is to making high quality, convenient and affordable healthcare services more accessible,” said Eileen Howard Boone, president of the CVS Health Foundation.

John Lazar, a new assistant adjunct professor with the program, spearhead the application process.

The scholarship recipients must intern or volunteer with an organization that supports underserved populations. The 10 student recipients (pictured below) are: Linda Davila, Emma Nace, Julia Pazos, Ivonne Reyes, Natalie Samimi, Jonathan Tran, Dana Wilson, Katherine Guardado, Mi Sun Kim and Tracee Suntharaphat.

IN 1971, THE FAMILY NURSE PRACTITIONER PROGRAM WAS ONE OF SEVEN DEMONSTRATION PROGRAMS FUNDED BY HRSA. SINCE THAT TIME, THE PROGRAM CONTINUES TO BE RECOGNIZED FOR ITS INNOVATION AND LEADERSHIP AS ONE OF THE OLDEST AND TOP ADVANCED PRACTICE PROGRAMS IN THE COUNTRY. OVER 1,200 STUDENTS HAVE GRADUATED FROM THE PROGRAM.
Adrienne Martinez is a third-year PhD and first-generation college student. She earned her undergraduate degree from UCLA in Women’s Studies with a focus on African-American women’s literature and LGBT topics. After graduation, she first worked with communities as a lead artist to prevent school vandalism and graffiti and then in art therapy groups at Gateways Hospital and Mental Health Center in the Echo Park area of Los Angeles. Positive interaction with nurses prompted her to return to school and get an LVN. She then decided to continue her education in the Entry Level Master’s Clinical Nurse Leader program at Charles R. Drew University of Medicine and Science (CDREW), located in South Los Angeles.

In her second quarter at CDREW, Adrienne was awarded the UCLA CTSI TL1 Summer Fellowship for Health Professional Students, where she designed a mobile phone-supported intervention for older African-Americans with diabetes living in the Watts-Willowbrook area of Los Angeles. A new-found love of research prompted her to create the Student Researchers Club at CDREW. She was invited to join their Faculty Research Committee as a student representative, which put her in contact with UCLA School of Nursing faculty Drs. Jan Mentes and Linda Phillips. With their support, Adrienne obtained The John A. Hartford Foundation and 2014-15 UCLA Chancellor’s Fellowship scholarships and entered the UCLA School of Nursing — joining the one percent of nurses worldwide who go on to obtain a PhD.

As part of her doctoral studies, she worked on a diabetes education brochure for Latina women (she is a Latina with diabetes herself). Unable to find appropriate images, she decided to create her own.
“There is a strong muralism tradition in the Southern California Latino community, and it hasn’t always been age-inclusive or represented women as empowered or active,” said Martinez. “So I took the concept of Diego Rivera paintings and configured them to include Latina women being active. I presented the results in community forums, at Sigma Theta Tau and Gerontological Society of America and got very positive feedback.”

Between her first and second year, she was invited to attend a program at Johns Hopkins where she fleshed out the idea of using public art as an intervention. This led to her applying for, and receiving, a Schweitzer Fellowship looking at how public art can inspire healthy habits for Mexican-Americans.

Adrienne partnered with a community center in Northeast LA located at the intersection of three gang territories, where walkability scores are low and the use of green space can be hazardous. The area is primarily Hispanic and predominately low income. Adrienne facilitated art classes asking the participants to picture what a healthy older woman might look like? Their answers: women ride bikes (because they don’t have cars); they garden (so you could make a little money from what you grow) and they play softball with their kids and grandkids. She then took the information and created murals inviting local graffiti artists to paint the backgrounds and then adding the images of active women. To finish the work, a multi-generational community joined the effort.

Adrienne believes she has created a safe and inspiring space for women of all ages to come and exercise. Seeing themselves depicted on the murals allows the active image to be the new normal. The success of the project has prompted other health science students to volunteer at the site. Adrienne presented her project findings at the 3rd Annual Latino Nurses Network Symposium at the University of Pennsylvania.

Adrienne’s dissertation focuses on Latina women, 45 and older, and their emotional experience in the first year of a diabetes diagnosis. With the support of her chair, Dr. MarySue Heilemann, she plans to conduct her interviews under the watchful
eyes of the women in the murals. She wants to give a voice to the emotional experience of these women and better recognize how mental health ultimately impacts medication compliance.

Adrienne loves being in the PhD program. “I have worked in a corporate environment in the past. But, for me, academia is an environment where curiosity is welcomed and rewarded. You have exposure to the best and brightest minds. You are constantly growing.”

One Thing Leads To Another...

Ethel Johnson, a first-year student in the Master’s Entry Clinical Nurse program, is a first generation American, born to Liberian refugees only months after their arrival to the United States. When she was nine, her family moved to the Atlanta suburbs. Her neighborhood and upbringing gave her a keen understanding of the cultural and socioeconomic differences faced within various home settings, geographic regions and social environments.

She attended Savannah State University, the oldest public historically black university in Georgia for her undergraduate degree. In her junior year, she gained her first experience in health care—a specialized National Institutes of Health biomedical sciences program, where, as a research intern she worked on the role of leptin and glucagon-like peptide-1 impairment in obese African-American women. She also participated in the Thurgood Marshall College Funds Teacher Quality and Retention Program for STEM majors to increase the population of minority STEM educators in high-need schools.

On graduation, Ethel decided to spend some time working in the community before focusing on a career path (although she was already thinking about nursing!). She joined the AmeriCorps program City Year, where she served as a role-model and mentor to middle school students in the Liberty City community of Miami. It was at this time she solidified her desire to pursue nursing because she realized “I can be a nurse and do everything—it is limitless—I can be a public health advocate, I can have clinical exposure, I can do research.”

While she completed her nursing prerequisites, she worked as a health inspector for the Florida Department of Health and then applied for a two-year fellowship with the Centers for Disease Control and Prevention. After a year-long process, she was placed in Los Angeles, working with the Los Angeles County Department of Public Health.

“One of the great things about the CDC was the timing,” she related. “I was working there during the Ebola outbreak. I received a wealth of information and my direct supervisor actually went to Sierra Leone to start up the vaccine trial.”

“I was also there during the Disneyland measles outbreak and the Zika outbreak
crisis, for which I was offered deployment to Puerto Rico, but turned it down because it overlapped with my start date here at UCLA.”

Working in the DPH exposed her to the value of interprofessional teams: “I worked with physicians and nurses and epidemiologists, and saw the value of each member’s experience to the work we were doing.”

She also worked with the Office on Women’s Health. This time the target was the effect of HPV and cancer: How can we get more people screened? How old can they be to still get the vaccine? As a result of her work, she presented the information she uncovered at CDC headquarters in Atlanta.

Ethel picked the UCLA School of Nursing because of the research focus and “because it’s UCLA.” She was also impressed with the promotion of diversity.

Ultimately, she wants to work in the area of women’s health. “I want to become a midwife and eventually find a way to do research with WHO on eliminating high mortality rates in birthing practices in developing countries.”

But wherever Ethel goes, she will be making the community a healthier place.

**ETHEL JOHNSON**
WHEN YOU LIVE ON THE STREETS, LIFE IS GRUELING. AND STRESSFUL. YOUR FOCUS IS SURVIVAL. WHERE DO I SLEEP? WHERE DO I EAT? HEALTH CARE—AND HEALTHY LIVING—ARE LOW PRIORITIES WHEN THE MOST BASIC OF HUMAN NEEDS ARE IN QUESTION.

But when the days turn into weeks, and, then, months (and, perhaps, years), the toll can be staggering.

Bodies take a beating when you live on the street. In addition to exposure to the elements and the risk of assault, chronic issues go untreated and can spiral out of control.

When you are homeless you spend a lot of time standing—sometimes barefoot or in poorly fitting shoes. The food you eat tends to have a lot of carbohydrates, which makes it difficult to control diabetes and weight. Infectious diseases can spread rapidly in homeless populations due to the close proximity and lack of proper hygiene.

You don’t have a regular doctor, so if you do get sick or injured, you head for the emergency room—or just let it go.

For homeless children the consequences are dire. Research from the Children’s Health Watch (published in 2016) has shown that children who experienced homelessness had higher rates of hospitalization, and that risk was compounded for children who were homeless both prenatally and post-natally.

All of which begs the question: who is leading the charge to improve health care for the homeless?

Nurses.

In fact, nurses and nurse practitioners account for nearly 40 percent of the health care for the homeless clinicians’ network membership while physicians account for 17 percent. Nurses act as social workers, therapists, and advocates; they work in clinics, shelters, and on the streets.

Nurses are getting things done.
TODAY, THE UCLA NURSING HEALTH CLINIC AT THE UNION RESCUE MISSION IS A NATIONAL MODEL FOR ITS DELIVERY OF HEALTH CARE TO THE POOR AND THE HOMELESS. IT IS ONE OF THE OLDEST AND LARGEST CLINICS OF ITS KIND IN THE COUNTRY.
Providing hope for better health
Thirty-five years ago, the Union Rescue Mission in downtown L.A. contacted the UCLA School of Nursing with an intriguing request: Would the school be interested in providing healthcare services for the residents of the mission? Back then, little was known about L.A.’s homeless population, much of which coalesced around the gritty skid row area of downtown. This area, a mere 15 miles east of the UCLA campus, may as well have been a continent away. Few health care providers knew how to reach or even treat this forgotten sliver of humanity that remained out of sight and out of mind for most Angelenos.

“At that time, there was little data on the homeless,” recalled Ada Lindsey, who was dean of the School of Nursing when the request was made. “Nobody really knew whether they would come to any clinics for health care or whether they would come back for follow-up visits. Nobody even knew much about what kinds of health problems they had.”

But the prospect of reaching out to this underserved transient population and learning from these experiences generated excitement at the school. The answer to that intriguing question was “Yes.”

Today, the UCLA School of Nursing Health Clinic at the Union Rescue Mission is a national model for its delivery of health care to the poor and the homeless. It is one of the oldest and largest clinics of its kind in the country. And it is the only shelter-based health clinic in the city that provides health care, not just for homeless men, but women and children as well.

The clinic provides for basic needs including acute and primary care, medications on-site and prescriptions, and basic lab work. Since its founding, the facility has provided care in more than
250,000 patient visits. In 2016, the staff administered comprehensive medical services to more than 2,500 people. For the past several years, the clinic has been a sub-recipient of the North East Valley Health Corporation, a Federally-Qualified Health Center.

The clinic underwent a major reorganization last year and is now staffed by two nurse practitioners and two licensed vocational nurses. The physical environment of the clinic has also been transformed, thanks to donations of new exam tables and other equipment from Operation USA. Mattel Children’s Foundation donated toys and games to give children a chance to play while their family members receive care or attend workshops.

In addition, in January, the School installed an electronic health record system in the clinic thanks to two very generous donors, The Steven C. Gordon Family Foundation and Ralph and Shirley Shapiro Family Fund, and support from the UCLA Health System. The EHR provides improved continuity in care and the ability to interface with laboratory and diagnostic services.

Sabrina Friedman, EdD, DNP, FNP-C, PMHCNS-BC is the new clinical director of the Health Center and a provider of primary and psychiatric services.

"Patients seen at the clinic have medical issues similar to those in other environments, but much more severe," said Dr. Friedman who began her career as a nurse practitioner 20 years ago working at what was the only federally-qualified health center service in the Southern Nevada area at that time.

"On an almost daily basis, we see hypertension that is dangerously elevated, uncontrolled diabetes, and exacerbations of COPD. Our patients may not have been treated for years, do not have the needed medications, or have not been diagnosed due to lack of regular check-ups.

“One of the biggest challenges we face,” Dr. Friedman shared, “is that our patients are not in a stable environment—they are on the move. Monitoring their chronic illnesses and providing follow-up is hard to do. Making and keeping regular appointments is tough, so we try and accommodate patients with same day appointments and on a drop-in basis.

“YOU REALIZE THAT YOU HAVE TO CARE FOR THEM IN THE MOMENT. YOU DON’T SAY ‘WHERE HAVE YOU BEEN? WHY DIDN’T YOU COME BACK?’ INSTEAD, YOU SAY ‘LET’S SEE WHERE YOU ARE AT AND HOW WE CAN GET YOU BACK ON TRACK’.” – DR. SABRINA FRIEDMAN

Nurse Practitioner, Kelly Boone, checks out the electronic medical records.
“You realize that you have to care for them in the moment. You don’t say ‘where have you been? Why didn’t you come back?’ Instead, you say ‘let’s see where you are at and how we can get you back on track.’ Once the individual gets into a program, such as the one at the Union Rescue Mission, then health care can become a priority,” she added. “They can work on controlling their blood pressure or managing their diabetes.”

She estimates that a large percentage of the patients that are seen at the clinic suffer from mental illness. “Many suffer with bipolar disorder, depression, anxiety, and schizophrenia and sadly their mental illness may develop from living on street—depression, anxiety, PTSD from experiencing violence or seeing violence committed, and substance abuse.”

Dr. Friedman has been leading health education classes for the men in the URM Christian Life Development Program on topics such as diabetes, heart disease and Hepatitis C—with positive results. “Recently, I was able to inform the attendees about a study for a new Hepatitis C drug they might be eligible for that was going on across the street. Several of the men have enrolled and are very pleased to be receiving treatment.”

Dr. Friedman emphasizes that nurses care for the whole patient. The holistic approach serves this patient population well because of the complex situation that affects the patient—mentally, physiologically, socially. “We take our time with each patient because we want to make sure we’ve looked at the patient from all dimensions,” said Dr. Friedman. “We ask them questions such as, ‘Are you sleeping?’ ‘Where are you sleeping?’ ‘Are you afraid to sleep?’ ‘Have you eaten today?’”

For students at the School of Nursing, the clinic provides the opportunity to learn and experience working with this underserved population.
The Future is Unknown
There are many unknowns about the future of caring for the homeless here in Los Angeles, as well as across the country. On the positive side, in November, voters in the City of Los Angeles passed a measure to fund housing and shelters for the homeless and County voters recently passed Measure HHH which, through an increase in sales taxes, will provide more programs and services for this population. Any potential changes to the Affordable Care Act, which provides health insurance for the poor, may affect how care is delivered in the future, but it appears that Los Angeles is committed to helping its most disadvantaged.

The Frustrations and the Rewards
Caring for this population is not easy. “There’s a fair amount of substance abuse, and mental illness,” said Dr. Friedman. “You can’t judge them. It can be tiring and frustrating. But it can also be inspirational and rewarding, especially when it comes to caring for children. “We are caring for people who are all but forgotten, but we are here for them and they are receiving good healthcare.”

If you would like information about how you can support our School of Nursing Health Center at the Union Rescue Mission and our efforts to provide care for those who need it the most through financial or in-kind contributions, please contact Amy Drizhal at 310-794-2358.

Taking care of our patients: Sabrina Friedman (clinical director/nurse practitioner); Suzette Cardin (faculty liaison), Claudia Del Cid Alvarez (LVN), Zenith Rahman (1st year family nurse practitioner student), Cindy Mendez (administrative analyst), Jennifer Benson (LVN) and Kelly Boone (nurse practitioner).
CLIMBING THE DATA MOUNTAIN

CAN BIG NUMBERS LEAD TO BETTER HEALTH?
Mountains of health care data are being collected from many avenues—research studies, clinical trials, electronic medical records and even smart phones.

Researchers around the globe are then taking these data and mining the depths and details looking for patterns that can provide insights into the symptoms and causes of diseases that will allow them to enhance prediction and prevention.

But all the data in the world can’t solve problems unless the right questions are being asked. And researchers at the school of nursing are doing just that.

**The Mutation of Genetic Factors in Obesity-related Cancers**

Dr. Su Yon Jung is in a relatively emerging field of molecular genetic cancer epidemiology and is looking at the interactions between lifestyle factors and genetic variants in disease outcomes. By definition, epidemiology is the study (scientific, systematic, and data-driven) of the distribution (frequency, pattern) and determinants (causes, risk factors) of health-related outcomes in specified populations (neighborhood, school, city, state, country, global).

In cancer epidemiologic studies, behavioral and observational studies have been conducted in parallel with genome-wide association studies. Cancer researchers widely agree that one-sided research (either behavioral or genomic) cannot completely present the essential risk factors of cancers.

“Gene-behavior interaction research provides different results than the genetic or behavioral study alone,” said Jung. “For example, a small number of people may have the BRCA gene, but for those that do, if you are also obese, you have increased risk of cancer.”

She has used data from the Women’s Health Initiative dbGaP Study, which has recruited post-menopausal women from large academic centers around the United States to address the most common causes of death, disability and impaired quality of life.

This initiative looked at cardiovascular disease, cancer, and osteoporosis in this population. More than 160,000 women have been involved over the past 20 years.

"Gene-behavior interaction research provides different results than the genetic and behavioral study alone"  
- Dr. Su Yon Jung
Jung examined, for example, that obesity interacts with genetic variants and both factors play a key role in altering the risk of cancer.

“This is all very exciting to me and my colleagues. If we can link behaviors and genetics, researchers can target efforts within the group with risk genotypes to promote intervention strategies. We can also develop data on potential genetic targets in clinical trials for cancer prevention and intervention to reduce cancer risk.”

What Came First – Sleep Apnea or Hypertension

Research done by Dr. Paul Macey has long been focused on the subject of sleep apnea. Now, working with data gathered by the UCLA Health System, he is looking at more than 200,000 records hoping to determine whether sleep apnea leads to hypertension or if hypertension lead to sleep apnea.

“People have believed that sleep apnea leads to hypertension, but it is not clear or certain that this is what is going on,” said Macey. “So we are looking at all the records to see if someone was diagnosed with both, which came first.”

He likes using the large data set that comes from the hospital system because “it is hard for most researchers to individually recruit such a large group of people. Large data allows us to look at patterns.”

“Going beyond those diagnoses, big data allows us to ask questions about whether there are ways to predict that someone will get sleep apnea. If we go back a year earlier and look at their lab values or prescriptions or how often they were visiting their primary care physician—is there any pattern?”

Macey theorizes that if we can find there is a correlation, then a medical record could be flagged because a patient has these factors and a doctor may recommend getting a sleep study.

Macey says the possibilities with data are endless. “We can put in all sorts of variables and determine whether we can predict something—for example, a prescription for anti-anxiety medicine plus five primary care visits plus a diagnosis of depression might mean a 95% chance of hypertension.”

“I believe that using big data can transform the practice of healthcare and our search for what is making people get sick—especially for chronic diseases.”

Understanding High Risk Behavior

Dr. Dorothy Wiley collects her own “big data.” Over the past 25 years, she studied, and has since worked with, mentors who led the largest study of HIV-infected and uninfected gay, bisexual and other men who have sex with men (MSM) across the United States. These men enrolled in research when they were 30 years and older in 1984-85 or in 2001-03, when the study reopened for enrollment. She and her team study data for these men who have been examined twice a year, some of them for up to 33 years.

Her most recent results found that older HIV-positive MSM are at higher risk of
becoming infected with the HPVs that cause most anal cancers.

“Invasive anal cancer is a health crisis for gay, bisexual and other men who have sex with men,” she said. “Right now, invasive anal cancer rates among HIV-infected men who have sex with men surpass rates for seven of the top 10 cancers in men.”

Interestingly, other behavioral factors also impact the risk of infection. Tobacco has been long associated with HPV cancers, such as cervical cancer, in women. Likewise, these researchers also report that smoking increases the risk of infection with specific types of HPV among both HIV-infected and uninfected older men by up to 20%. Similarly, they recently reported that testosterone levels measured in blood increased risk for high-risk HPV viruses. Again, while female sex hormones are linked to HPV infections and cervical cancer in women, no prior studies have evaluated testosterone in men.

She is also a mentor to three students who are using data from HCUP, the most comprehensive source of hospital care data in the United States, which includes information on in-patient stays, ambulatory surgery and services visits, and emergency department encounters. HCUP allows researchers and others to study health care delivery and patient outcomes over time, at the national, regional, state, and community levels.

“If they tried to recruit their own participants, they might get 25, 50, maybe 100 participants, which doesn’t really allow you to define a pattern,” said Wiley.

One student is looking at individuals who come to the Emergency Room with PTSD versus other mental illnesses and whether the PTSD diagnosis changes the probability of hospitalization. Another is looking at the trend in soccer and futsal (a derivative of soccer played with five-man teams on a basketball-style court) injuries—most specifically in children. Is there a similarity in injuries and if so, can they be prevented somehow? Finally, a third student is looking at whether individuals with breast cancer have better survival rates if they participate in a clinical trials; in other words, what is the value of participating in clinical trials?

**The future of data**

Not all research uses big data, but for the research that is using big data, the right questions need to be asked. And these researchers are asking the right questions for discoveries that will make a difference in improving health.

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**Did you know?**

*It all started with Florence Nightingale.*

Over 150 years ago, long before computers and calculators, Nightingale collected data on notecards regarding the care of soldiers during the Crimean War. The resulting work was published as “Diagram of the causes of Mortality in the Army in the East.”
Distingushed Alumni Awards

This year, once again, we had so many strong nominations for the Distinguished Alumni Award that the committee decided to select three honorees. For over 68 years, we have graduated notable individuals whose achievements have transformed the profession, clinical practice, science, education and health policy. For the first time, we are recognizing individuals in two brand new categories: the Rising Bruin Recent Alumni Award, and the Golden Bruin Staff Award. This year’s recipients are:
Reiko Nagumo was born in Hollywood, CA in 1934. In 1942, she was among the 120,000 Japanese Americans sent to internment camps during WWII. After being interred at Heart Mount Wyoming Relocation Camp, she returned to Hollywood to complete public school education. In 1956, she completed her BS in Nursing at UCLA, and went on to complete her Master’s in Nursing with a focus on medical surgery. She also completed her MA in Sociology at UC Berkeley in 1967.

Nagumo started her career straight out of nursing school at UCLA Medical Center in the medical surgery unit. She went on to serve as a Foreign Service Nurse for the U.S. Department of State in Phnom Penh, Cambodia and Cairo, Egypt before returning as a charge nurse to Children’s Hospital of Oakland, CA in the Neonatal Intensive Care Unit. From 1969 to 1995, Nagumo worked for the California Department of Health, first as a Health Consultant, and then as an administrator with California Children’s Services and the Genetically Handicapped Persons Program.

Nagumo retired in 1995 after 26 years of State service. Since retirement, she has volunteered in a variety of positions. She tutored for the Adult Literacy program under the Sacramento Public Library; served as Secretary to the Hemophilia Association; volunteered at an Adult Health Care Center; served as a Docent at the California Museum and the Crocker Museum; and for the past 20 years, she has worked in the Library at CSU Sacramento, working on the Japanese American Archival Collection and other special collections.

Nagumo values her UCLA education as everything she learned in class was relatable outside the classroom. In addition to learning from her professors, she also benefitted greatly from discussing nursing issues and learning from her classmates.
Marty Nason began her career in 1967 as a pediatric nurse at UCLA Medical Center where she worked just long enough to save money to travel in Europe. After working as a nurse for a year in Switzerland, she returned to pediatric nursing at UCLA and was recruited to be on a team of nurses to start the first UCLA critical care/coronary care unit. Nason taught nursing in several RN programs in the Los Angeles Community College System, and was the in-service instructor for psychiatry/mental health at the Veterans Administration Medical Center Sepulveda.

Nason became an advocate for families facing cesarean childbirth, and co-authored Cesarean Birth, A Couple’s Guide to Decision and Preparation which was published twice; developed a curriculum and taught cesarean childbirth classes; and pioneered having a father present for cesarean delivery.

In 1987, Nason received her Master’s in Nursing degree at UCLA, and became a Certified Clinical Nurse Specialist in psychiatric/mental health with a focus on consultation/liaison and counseling individuals, couples and families with acute and chronic illness. This led her to the Cancer Support Community (CSC), an international non-profit organization that provides professional programs of emotional support, education and hope for people affected by cancer and their loved ones. As co-founder and Vice-President of Programs for the CSC, Nason has devoted the last thirty years to helping people with cancer replace fear with hope. In recognition of her work, Nason received a Lifetime Achievement award from the Cancer Support Community Valley/Ventura/Santa Barbara in 2013.

Ten years ago, Nason was diagnosed with early stage Parkinson’s Disease. To practice her own wellness, she chose to retire in 2013 from the vice president position. But her heart and mind are still at CSC. Now she gets to do the “fun stuff” such as facilitating three support groups a week.

Nason is grateful for her UCLA nursing education epitomized by a daring, pioneering spirit and forward-thinking leadership. She learned through the accomplishments of her mentors that anything is possible.

NASON IS GRATEFUL FOR HER UCLA NURSING EDUCATION EPITOMIZED BY A DARING, PIONEERING SPIRIT AND FORWARD-THINKING LEADERSHIP.
Joseph Morris is the current Executive Officer of the California Board of Registered Nursing. With nearly 20 years of experience, he has a diverse background in scholarship, clinical practice, community outreach, and administrative experience. With an impressive leadership foundation, he has held several prominent roles including as hospital administrator, Associate Dean, and Director of several institutions of higher learning. In addition, he has worked as an education consultant, faculty member and advanced clinician.

Morris has earned several professional degrees and certifications which include a Bachelor’s of Science in Nursing, Post-Masters of Science in Gerontology as a Nurse Practitioner and a Post-Masters Geriatric Clinical Nurse Specialist Certification, all from the University of Michigan-Ann Arbor. Currently, he is also pursuing a Post-Masters Psychiatric Mental Health Nurse Practitioner degree from Azusa Pacific University. Morris obtained his PhD in Nursing with an emphasis on Alzheimer’s disease and Bio-Behavior from UCLA.

Morris has published and presented several research articles and scholarly papers at state, regional, and national conferences. His latest project includes a self-published children’s book: “The World’s Greatest Grandpa...” a fictional novel that focuses on educating parents and children about Alzheimer’s Disease. Morris has received several distinguished awards including the Faculty of the Year Award, a John A. Hartford Fellowship, and the California Research & Education Endowment. He is a member of many professional organizations including Sigma Theta Tau, Gerontological Society of America, and Phi Beta Sigma Fraternity Incorporated. He is a lifelong learner and strong advocate for student success. His other areas of interest include: mentoring undergraduate and graduate students, teaching, faculty development, musicology, and community outreach.

The UCLA School of Nursing helped Morris expand his horizons and carve a niche as a patient advocate and community leader. He was greatly impacted by UCLA faculty members Drs. Janet Mentes and Joyce Newman Giger. Morris is extremely grateful for the relationships and educational opportunities UCLA provided to him, and is proud to be a Bruin for life!
RISING BRUIN RECENT ALUMNI AWARD

HRACHUHI “LILIT” HAKHPANDYAN ’12

Hrachuhi “Lilit” Hakhpandyan began her undergraduate education at UCLA School of Nursing in 2008 and graduated in 2012. After graduating, she was hired at White Memorial Medical Center in the VERSANT RN Residency program in the medical/surgical department with a large oncology population.

During her residency, Hakhpandyan completed her very first quality improvement project, implementing bedside change of shift reporting and achieving 100% compliance along with a decrease in overtime. The day after her one-year mark was completed, she signed up for the chemotherapy/biotherapy course and became certified, which allowed her to work closely with the oncology population in her department.

During that time, she also volunteered to be a member of shared governance which was in its early stages of development, and joined the Unit Based Council and the Nursing Practice Council. A year later, she became chair of both the Unit Based Council and the Nursing Practice Council. In working so closely with the oncology patients, she gained an interest for palliative care and joined the Palliative Care Steering Committee and planned various events including Palliative Care Symposiums and the first National Advanced Healthcare Decisions Day. In addition, she trained and became a preceptor.

In May of 2016, Hakhpandyan was nominated for the Nurse.com 2016 GEM Award for Clinical Excellence and was one of the regional finalists. After about 4 years of floor nursing, she returned to UCLA in the acute care adult/geriatric CNS program. Since beginning the program, she has also been a TA for the undergraduate students.

Hakhpandyan had the most rewarding time of her life during her undergraduate program here. She feels extremely fortunate to have had influential and supportive UCLA professors.

GOLDEN BRUIN STAFF AWARD

RHONDA FLENOY-YOUNGER

Rhonda Flenoy-Younger is the Director of Recruitment, Outreach and Admissions and Assistant Director of Diversity, Equity and Inclusion at the UCLA School of Nursing. She has been employed at UCLA since 1983 and with the School of Nursing since 1985. Her responsibilities are to manage the recruitment, preadmission counseling, outreach and admissions for...
the undergraduate and graduate programs in the School of Nursing. She represents the School of Nursing at local, state, national and international conferences and conventions.

Flenoy-Younger is also Assistant Director Diversity, Equity and Inclusion and established the Safe Zone for Students. The Safe Zone is a space where students can find a listening ear, encouragement and guidance in confidentiality.

In 2004 Flenoy-Younger received the Fair and Open Academic Environment Award from the University of California Academic Senate for her valuable contributions to the work of the University. She also received the 2009 Best Practice in Graduate Nurse Recruiting award from the American Association of Colleges of Nursing.

Flenoy-Younger coordinated several programs at the School including the Summer Internship Program for Underserved Middle School Students in South Central Los Angeles; Admission Information Sessions for all programs and the Summer Research Program for nursing students enrolled in a BS program interested in research and pursuing a doctorate degree in Nursing. She is also the coordinator of the UCLA School of Nursing Mentorship Program and the advisor to the Pan African Nursing Student and Alumni Association.

Flenoy-Younger has fostered many strong relationships with parents, students, and alumni over the years. It’s the reason that many know her as “Mama Rhonda”.

LOOKING AT OPPORTUNITIES FOR DEEPER INVOLVEMENT WITH OUR SCHOOL OF NURSING? LOOK NO FURTHER!

LIFELONG LEARNING

The School of Nursing is always looking for ways to better service our alumni, students and community. Plans for new initiatives and online courses are underway. We are planning now for a variety of activities, symposia and conferences to celebrate our 70th birthday. Please let us know about your special interests and if you would like to be involved in planning some of these activities. Contact Jonathan Adrias, jadrias@sonnet.ucla.edu.
DOLORES AND FOREST GRUNIGEN SCHOLARSHIP ENDOWMENT

Dolores Grunigen and her late husband Dr. Forest Grunigen spent much of their time together in the 1960s and 70s advocating in Sacramento to establish regulations and guidelines for allied health care providers such as nurse practitioners, physician assistants and emergency medical technicians. It was during this time that the Grunigens met Lulu Wolf Hassenplug, the newly retired dean of UCLA’s School of Nursing.

The Grunigens and Hassenplug worked together on the nurse practitioner bill to promote the expanded role for NPs. Through their advocacy work and mutual respect and belief in allied health care in every aspect, nursing in particular, they forged a close bond. Dolores says that they shared much in common, and noted Hassenplug’s enthusiasm about the paramount importance of advanced nursing education through the graduate level. Dolores and Forest shared this passion for higher education, and upon Lulu’s death in 1995, they helped establish the Lulu Wolf Hassenplug Chair in Nursing at UCLA to honor their dear friend. In addition, after her husband’s death in 1999, Dolores endowed the Dolores and Forest Grunigen Scholarship to support students seeking advanced nursing degrees at UCLA, and later established a charitable remainder trust.

Says Dolores, “Our years of struggle with the legislative body has encouraged me to continue to promote nursing through active committee participation.”

Through Dolores’ generosity, nearly 40 students have benefited from important financial assistance since the Grunigen Scholarship's establishment. This year’s Grunigen Scholars are Danielle Arbios, Anna Kitabjian and Mae Khristine Ubald. All three look forward to graduating in June 2017 with their Master of Science degrees in Nursing.
Danielle Arbios, currently a second-year student in the Master’s Entry Clinical Nursing (MECN) program, also attended UCLA for her undergraduate education and graduated cum laude in 2015 with a Bachelor of Science in Psychobiology. Currently, Danielle volunteers at Ronald Reagan Medical Center in the Nursing Volunteer Program, which allows her to practice her nursing skills and experience invaluable patient interactions. After graduation she hopes to work in a Pediatric Intensive Care Unit at a large teaching hospital.

“This scholarship has greatly benefitted me during my time at UCLA. It has alleviated that stress in my life and allowed me to put all my efforts toward becoming the best nurse I can be by allowing me to spend my time volunteering each week and focusing on my studies. For that, I will be forever grateful. Thank you so much for helping contribute to my education and my success as a future nurse.” — Danielle Arbios

Anna Grace Kitabjian, a second-year Advanced Practice student, is pursuing a dual degree as a Pediatric Nurse Practitioner and a Clinical Nurse Specialist. She currently works as an RN at Children’s Hospital Los Angeles and spends her free time volunteering at the Painted Turtle Camp, the Special Olympics, and on medical mission trips to Honduras. Her goal is to be a PNP in pediatric orthopedics as well as a primary care PNP so she can work with children. Anna would also like to continue to teach pediatric clinical rotations, and would love to be a lecturer on pediatric nursing in the future.

“My parents could never afford to pay for their children to attend school, so all through my college career I have worked and applied for scholarships to help me pay for school. I cannot express how much I appreciate that I was chosen to receive the Grunigen Scholarship, which has allowed me to fully focus on learning rather than worrying about how to pay for my education. I never forget those who have helped me get to where I am, and hope to someday be able to provide scholarships such as this one because I know how precious it is to the recipient.” — Anna Kitabjian

Mae Khristine Ubaldo, a second-year dual pediatric Advanced Practice student, started her nursing career at Harbor UCLA Medical Center in the pediatric emergency room after receiving her associate’s degree in Nursing in 2011 at Los Angeles Harbor College and a BS in Nursing from University of Phoenix. She currently works as a RN at UCLA Medical Center Santa Monica in the emergency department, and was recently inducted into the nursing honor society Sigma Theta Tau, Gamma Tau Chapter at large. Mae loves the patient interactions that she has as an NP, and is an active participant in education, policy reform and quality improvement as a Clinical Nurse Specialist.

“I will forever be grateful for the scholarships I have been granted. You have no idea how much even a small amount helps to relieve the stress of paying tuition while paying rent or a mortgage. It is because of generous givers like Mrs. Grunigen that I am able to attend the school of my dreams and advance in this humbling profession. I fully intend to pay it forward by doing what I can to help others achieve their goals in life.” — Mae Khristine Ubaldo
A NIGHT WITH NINE NURSES

It was a feast of enrichment and knowledge as Susan Given, MSN ’84, shared her home and a home-cooked meal at our first “Night with Nine Nurses.” The guests were Dean Linda Sarna and students from our Bachelor’s, Master’s and MECN programs. It was a truly beneficial experience for our students to meet with Dr. Sarna and our alumna on an intimate level and discuss various changes in nursing and the future of nursing.

If you are interested in hosting an event at your house, contact Jonathan at jadrias@sonnet.ucla.edu. We are happy to help facilitate this wonderful opportunity for both our alumni and students.

SAN FRANCISCO AREA NURSE NETWORKING NIGHT

Our UCLA Nursing alumni gathered in San Francisco during the California Association for Nurse Practitioners Annual Educational Conference to reconnect and mingle for our networking night. We held a raffle, hors d’oeuvres were served, and a merry time was held by all. Stay tuned for more region-based reunions, coming soon to a city near you!

Back Row L to R: Evy Silk ’71, Theresa Brown ’01, Heidi Heflin ’89, Jacqueline Recendez ’96. Front Row L to R: Cynthia Jovanov ’09, Candace Elliott ’95, Susan Woodard ’97, Yvonne Gallegos ’93, Yen Le ’16, Hae Sook Kim ’12
NURSING CAREER DAY!

On January 24, the School held an exciting Career Day for our pre-licensure students. The event was very well-attended by a dozen recruiters with whom the students enjoyed networking. In addition, four of our alumni came out to give a panel on professional growth, career advice, and other words of wisdom. Over 90 attendees turned out, and we are excited to make this an annual event. A video of the day is available on our Facebook page, so follow us on social media if you don’t already! In May, a Career Day for the Advanced Practices Students will be held.

Panelists Margo Minissian MSN ’04, PhD ’17; Timothy Stacy ’02, MSN ’04; Tonia Amos-Jones MSN ’96, PhD ’06; and Maria Yefimova ’11, MS ’14, PhD ’16 with Dean Sarna and Moderator Dr. MarySue Heilemann.
STUDENTS ARE THE ESSENCE OF UCLA AND AT THE HEART OF THE UNIVERSITY’S MISSION. PROVIDING FINANCIAL SUPPORT TO HIGH-ACHIEVING STUDENTS IS ONE WAY UCLA ATTRACTS AND MAINTAINS A STUDENT POPULATION MARKED BY EXCELLENCE, LEADERSHIP POTENTIAL, AND A PIONEERING SPIRIT. THAT’S WHY RAISING MONEY FOR SCHOLARSHIPS IS A TOP PRIORITY FOR CAMPUS AND FOR THE SCHOOL OF NURSING DURING THE CENTENNIAL CAMPAIGN.

It’s also why UCLA Chancellor Gene Block is dedicating resources to inspire others to give by launching the UCLA Chancellor’s Centennial Scholars Match, aimed at adding $150 million to endowed undergraduate scholarship support during the campaign. Recipients will be known as Centennial Scholars. Through June 2017, qualifying gifts or pledges of $75,000 to $1 million to undergraduate scholarships will be matched at 50 percent. For example, a $100,000 gift automatically becomes $150,000. Just like that.

Student debt is one of the most urgent challenges affecting college graduates, their families, and the U.S. economy. It keeps many from pursuing their passions and contributing fully to the civic and economic life of their communities. An investment in scholarship support at the UCLA School of Nursing has a great return for the recipient and has ripple effects. When more students earn a UCLA nursing degree and graduate with little to no debt, they enter the healthcare workforce able to take on opportunities based not only on salary considerations but also on their leadership skills and passions.

Raising money to help qualified nursing students from all walks of life earn a UCLA education is a Centennial Campaign priority. It’s one of the ways UCLA does the public good.

To learn more about how you can increase the impact of your scholarship gift to the School of Nursing through the Chancellor’s Centennial Scholars Match, please contact Amy Drizhal at 310-794-2358 or adrizhal@sonnet.ucla.edu
WHY I GIVE

“I give because the UCLA School of Nursing showed me that there is no such thing as “just a nurse”. Nurses make a difference for patients, families and communities everywhere—at the bedside, in research labs, at executive decision-making tables, and in national policy advisement. UCLA School of Nursing opens new and exciting opportunities for students. My experiences empowered me to pursue a non-traditional path through the accelerated Bachelors-to-PhD program. I had inspiring mentors who expanded my thinking of what it means to be a nurse. As a triple Bruin, I benefitted from generous support of the alumni to attend national research conferences, and meet with nurse leaders who are shaping the future of healthcare. I want to continue this tradition of giving to make sure students have the same opportunities and more.”

Maria Yefimova, BS’11, MS’14, PhD’16

WHY WE GIVE

“We as a family choose to support the UCLA School of Nursing because they really are about redefining and re-imagining nursing. The faculty and staff instilled this in our daughter Claire (MN ’13) and her amazing classmates, and they just continue to live up to that noble ideal. In these especially dynamic times in health care, we are more than proud to support that ideal.

We are a bit predisposed to support anything Bruin: Kathleen has a UCLA Bachelor’s degree in Biology; Claire is a double Bruin: BS in Physiology, with her advanced degree in nursing.

Claire’s graduate experience at the School of Nursing instilled in her a mindset that the potential—for her and indeed all dedicated nurses—is boundless. And with that comes a great responsibility to advance the profession. That is the UCLA way. And that is why we are ‘all in’!

Go Bruins,
Claire Stengel ’10, MSN ’13
Kathleen Stengel ’76
Jim Stengel
Your gifts to the School of Nursing Annual Fund greatly benefit our students, comprehensive programs and communities by providing important resources for urgent priorities as they arise. But did you know that regardless of the dollar amount, an increased number of annual fund alumni donors benefits our students, faculty and programs as well? It’s true! Any gift no matter how big or small builds our School’s reputation, success, and overall rankings. If you’ve ever pondered whether you could make a difference, you certainly can. Look at our growth through the years and help us build our momentum, especially as the school turns 70 years old in 2019 when UCLA’s Centennial Campaign concludes. We hope to continue this forward motion and reach our goal of 1,000 donors by the time our birthday comes up. You can help by giving annually, or consider a two or three year pledge to keep up this momentum! Contact Amy Drizhal at adrizhal@sonnet.ucla.edu to learn more and make your donation!

HELP US REACH OUR GOAL OF 1000 DONORS!

![Graph showing the number of donors and projected goals]

- **2015:** 618
- **2016:** 659
- **2017 AS OF MARCH 2017:** 508
- **PROJECTED 2018 GOAL:** 850
- **PROJECTED 2019 GOAL:** 1000

# OF DONORS

PROJECTED GOALS
HEALTH CARE FOR
THE HOMELESS
SEE PAGE 14