



President's Greeting

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PhD, MSN, RN, PHN,
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Angela Jun,
DNP, FNP-BC, ACHPN, RN

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MSN, FNP-BC, RN, PHN,
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BSN, RN

Social Media Coordinator

Stella Kim,
BSN, RN

Greetings everyone!

2020 has certainly been a challenging year for many of us, especially for those who were battling the COVID-19 pandemic at the frontlines. Thank you to our fellow nurses and healthcare provider colleagues both at the frontlines and behind the scenes, helping to stop the spread of the coronavirus and care for those already infected across the globe. "Not all heroes wear capes. In the midst of the novel coronavirus pandemic, the real heroes wear scrubs."

With the 2019-2021 term coming close to an end, I would like to say it was truly an honor to represent KANASC as the 25th President! My sincere gratitude to our Board of Directors, prior presidents, and other advisors for their mentorship and support.

At the start of the term, my staff and I set out to accomplish several audacious goals. As such, we have worked diligently to accomplish these goals, in addition to numerous other planned/unplanned activities. Our key accomplishments include:

- Development and implementation of:
 - Nurse Mentorship Program
 - Nurse of the Year Award
 - Webinars with Free CE opportunities
- Established collaborative relationships with:
 - Center of Community Alliance for Research & Education, City of Hope
 - Cancer Research Center for Health Equity, Cedars Sinai Medical Center
 - Asian American Pacific Islander Nurses Association (AAPINA)/ National Coalition of Ethnic Minority Nurse Associations (NCEMNA)
- Strengthened organizational infrastructure by:
 - Developing/implementing a new website with online membership application/renewals and event registrations
 - Obtaining grant funding from City of Hope
 - Restructuring of Board of Directors

I am most hopeful that the new 2021-23 KANASC staff will continue on the legacy of KANASC by continuing what we've accomplished throughout the 52 years of history and expanding on future opportunities for growth and improvement through innovative strategies that would benefit our members as well as the communities we serve.

I would like to close this message by thanking all the KANASC members and our community collaborators for your confidence, trust, and continued support for KANASC. Thank you!

Linda Kim, KANASC 25th President

Vision Statement

To inspire and empower Korean American nurses through philanthropy, education, and friendship.

Mission Statement

본회는 간호 전문인의 단체로서 전 회원의 자질 향상, 권익 옹호 및 신장을 기하며 회원간의 친목, 이웃과 사회의 이익에 이바지하는데 있다.

KANASC is a professional nursing organization that provides its members with opportunities for professional development, advocates for their rights and interests, promotes friendship, and contributes to the well-being of communities and society.

2019-2021 KANASC BOARD OF DIRECTORS

Katherine Cho	Angeles Lee
Marie Ahn	Janie Han
Shiyoung Woo	Heymi Kim
Soonjae Lee	Linda Yi
Dorris Han	Marie Mikyung Hong
Iris Lee	Kyungsuk Tak
Youngsook Kim-Sasaki	Grace Park
Jeonga Ha	Karen Cho
Sunny Yun	

ACTIVITIES IN 2020

02/01	KANASC 50 th General Assembly and Nurses Friendship Night Event
04/25	COVID-19 Update Webinar
05/12	Nurses Week Video
6/14-20	Mask Distribution #1
06/28-7/6	Mask Distribution #2
09/08	New KANASC Website Launched
09/20	Drive Through Flu Vaccine Clinic
09/26	Suicide Prevention Webinar
11/14-19	Mask Distribution #3
01/18-24	Mask Distribution #4

UPCOMING EVENTS /ACTIVITIES IN 2021

02/07 51st Annual General Assembly Meeting
To be determined



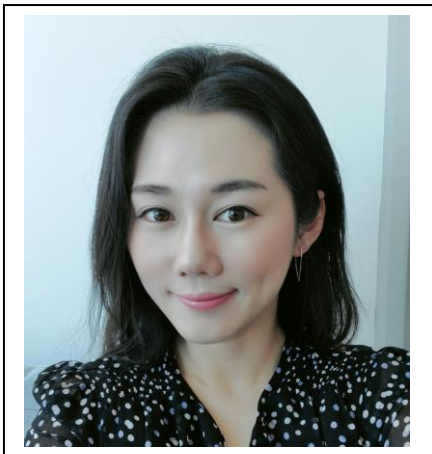
회장: Angela Jun, DNP FNP-BC, ACHPN- 현 KANASC 제 1
부회장, KANASC 평생회원

Angela Jun works as a family nurse practitioner and nursing faculty at UC Irvine. She received BSN from Yonsei University, MSN from UCLA, and DNP from University of San Diego. She holds a certification for advanced certified hospice and palliative nurse. She has 15 years of RN experience.



제 1 부회장: Sarah Ko, PMHNP-BC, MSN, RN -현 KANASC
General Manager, KANASC 평생회원

Sarah Ko is currently Chief Executive Officer of Together Mental Health Clinic in Los Angeles. The clinic is operated by Psychiatric Nurse Practitioners in collaboration with Psychiatrists and provides comprehensive and compassionate psychiatric services and consultations are provided within the greater Los Angeles area. She received her ADN from Hartnell College, BSN and MSN from Azusa Pacific University. She has 10 years of RN experience. She served as a general manager of KANASC for last two years.



제 2 부회장: Yuna Lee, RN, MSN, FNP-BC-현 KANASC 서기,
KANASC 평생회원

Yuna is a family nurse practitioner who works for LA County Department of Health Services. She has always wanted to work for the underserved population and plans to continue to pursue her degrees and volunteer for communities. Her goal is to become a knowledgeable and skillful nurse practitioner who can help the underserved population and the Korean community. She received her ASDN from Pasadena City College, BSN from Cal State Los Angeles, and MSN FP from UCLA. She has about 7 years of RN experience. She served as a secretary of KANASC for last two years.

남가주 한인간호사 협회 Korean American Nurses Association of Southern California (KANASC)

지난 2월 1일 남가주 한인간호사 협회 KANASC는 JJ Grand Hotel, Los Angeles, CA에서 총회를 열었다. 이 총회에서는 지난 2019년의 많은 사업 및 봉사활동을 돌아봄과 동시에 차세대 리더십으로 거듭난 KANASC의 성장을 확고히 하는 시간이었다. KANASC는 처음으로 Mentorship Program을 2019년에 시행하였고 이 program의 모든 참가자들은 총회에 참석하여 자리를 빛내주었다. 특히 오랫동안 간염예방 연구, 치료, 및 커뮤니티 교육을 해오던 Mimi Chang, DNP, MSN, RN에게 KANASC에서 만든 제 1회 “Nurse of the Year”의 영예가 주어졌다. 총회의 1부는 협회의 정관 개정건, 회계, 예산 등 정식적인 부분을 다뤘고, 2부는 회원간의 친목을 도모를 위해 풍부한 저녁과 신나는 음악 및 게임들로 가득했다. 특히 2부 테마는 1970년대에 이민오셔서 KANASC를 세우신 간호사 선배님들을 기억하며 70's/Disco Theme으로 70년대장식과 패션쇼와 음악퀴즈로 진행되었다. 향후 KANASC는 Korean American 간호사 회원들과의 친목 및 회원들의 성장을 도모하며, 많은 봉사활동을 통하여 남가주 커뮤니티에 계속적으로 도움을 주는 단체로 거듭날 것이다.



Part 2: KANASC 1970's/ Disco Night



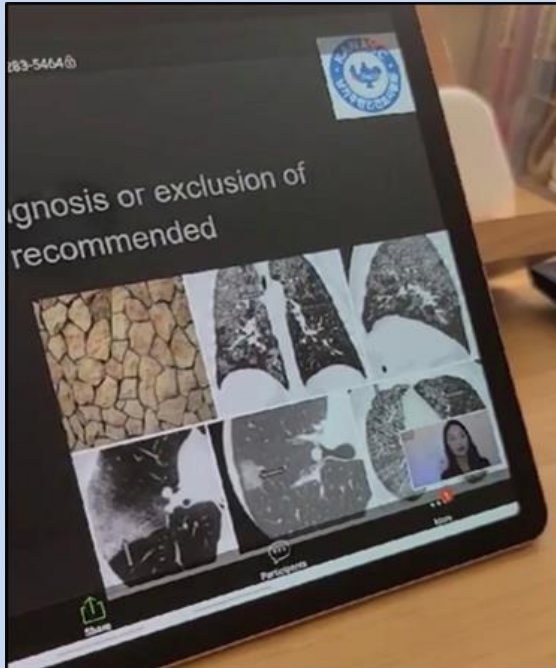
Part 1: 2020 KANASC General Assembly



Nurse of the Year Award- Mimi Chang



Mentor and Mentee from 1st KANASC Mentorship Program



COVID-19 Resources

- **CDC:**
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Health Resources & Services Administration (HRSA)**
 - <https://www.hrsa.gov/opa/COVID-19-resources>
- **CA Dept. Public Health:**
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- **LA County Dept. Public Health:**
 - <http://publichealth.lacounty.gov/media/coronavirus/guidances.htm>
- **City of LA:**
 - <https://corona-virus.la/resources>

Many healthcare providers were struggling with the voluminous information regarding COVID19 especially since guidelines and literature would be updated quickly on a day by day basis. The Korean American Nurses Association of Southern California (KANASC) took this opportunity to share updated information and network with other nursing colleagues through a COVID19 Update Webinar held on 4/25/2020 by Zoom.

It was broken up into two sessions with the first session focusing on COVID19 cases/mortality rates, recommendations by California State as well as regulatory agencies. It also dealt with PPEs - from optimizing the use of PPEs to reuse of N95 respirators, etc. Interim requirements of professional licensing and certificates were also covered.

The second session was targeted for APRNs and went into more detail on the pathophysiology of COVID, testing criteria, breakdown of various testing methods, treatments and key vaccine developments. We also made an effort to include practical information such as managing chronic medications with COVID19 and providing an update on returning to work guidelines.

Both sessions were followed by a Q&A session which helped open up some great follow up questions and received many positive feedback. Approximately 30-34 people participated in both sessions. It was also a great opportunity to promote KANASC and we hope to have more webinars in the future.

지난 9월 20 일에는 미주 복음 방송 공개 헌금의 날, 독감 예방 주사 무료 접종행사에 KANASC 회원들이 같이 하는 지역 사회 지원 행사가 있었습니다. 이번 행사에는 한인사회에서도 많이 알려져 있는 Seoul Medical Group 같이 하였습니다.

처음 준비 과정에서 부터 이 세 기관들이 서로 소통하며 준비하였습니다. 저희 KANASC 에서는 행사 당일 봉사하실 간호사 분들을 모집하는 데 주력하였고 Seoul Medical Group 과 그룹 보드멤버 분들은 독감 예방 주사를 도네이션 하였고 또 그룹 보드 멤버로 일하시는 Dr. 폴 장 선생님, 함께 일하시는 최배선 NP 선생님께서는 전체적 준비를 하는 과정을 맡아 수고하셨습니다.

미주 복음 방송 에서는 LA 두곳, 토렌스, 얼바인 그리고 미주 복음 방송 본사가 있는 애너하임에 독감 예방주사 부스를 마련하였습니다. 봉사하실 간호사 분들과 행사 전 두번의 줌 미팅을 하며 각 부스에 팀장도 정하고 drive through 로 주사를 놓아야 하는 당일에 필요한 일들에 대해 논의 하며 좋은 시간도 가졌습니다.

독감예방주사는 CDC 가이드라인을 따라 각 장소에 분배 되었고 행사당일에는 아침부터 여러 간호사분들이 함께 모여 주사를 맞으러 오시는 한분 한분에게 drive through 를 통해 정성 다해 주사를 놓아드렸습니다. COVID pandemic 으로 인해 생각보다는 적은 분들이 오셨지만 , 이 행사를 통해 450 분 이 넘는 분들이 주사를 맞으셨고 미주 복음 방송은 원래 목표했던 금액의 헌금도 다 채우는 경사도 있었습니다.

KANASC 에서 계속해오던 지역 사회 지원행사가 COVID 로 인해 많이 취소 된 가운데 이번 미주복음 방송과는 처음으로 협력하여 어려운 가운데 치러진 행사였지만 협회 회원뿐이 아니라 회원이 아닌신 여러 간호사 분들의 도움으로 아무사고 없이 잘 마치게 되었습니다. COVID 상황이 나아지는 대로 간호협회가 예전에 하던 지역사회 지원행사들을 다시 시작할수 있기를 바랍니다.



COVID-19 팬데믹으로 인한 여러가지 건강문제, 특히나 정신건강 문제는 더 크게 부각되는 점을 인지하고 KANASC 에서는 9 월 26 일 자살예방에 대한 웨비나를 Zoom 미팅을 통해 가졌습니다.

KANASC General Manager 로 수고하고 있으면서 Psychiatric Nurse Practitioner 로 일하고 계시는 Sarah Ko 선생님께서 speaker 로 수고하셨습니다.

일반이나 또는 헬스케어 전문인들이 우울증 등 정신건강문제가 있는 분들 가운데 나타날 수 있는 자살 징후들을 어떻게 인지할 수 있는지, 또 인지하고 나서 어떻게 해야 되는지에 대해서 말씀하여 주셨습니다. 45 분 정도 Sarah Ko 선생님께서 열정적인 강의를 해주셨고 강의 뒤에는 질의 응답시간을 가졌습니다. 이 행사에는 20 여명의 분들이 참석하셨는데 젊은 간호사 들 뿐만이 아니라 연세가 있으신 선배 간호사 분들도 함께하여 여러 질문과 의견들을 나누어 주셨고 적절한 시기에 이러한 webinar 를 준비한 부분에 대해서도 만족감이 높았습니다.

코비드 19 으로 인해 모임을 할 수 있는 제약이 많은 가운데에서 앞으로 정기적인 webinar 를 통해 협회 회원들이나 지역사회에 일조할 수 있는 부분이 있음을 확인 할 수 있는 좋은 기회였습니다.

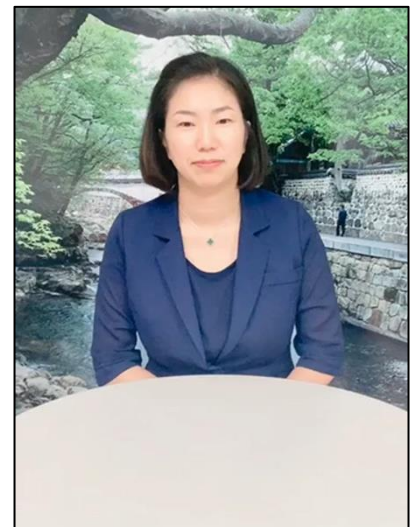
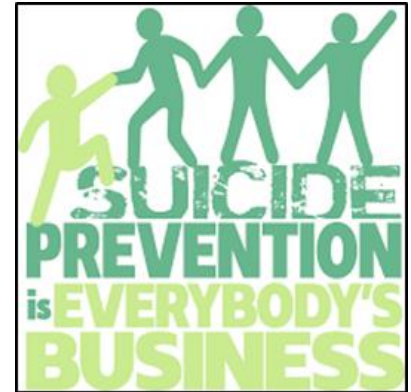
Suicide is at epidemic proportions both in the U.S. and across the globe, particularly following the recent COVID-19 pandemic. Nurses play a key role in suicide prevention at both primary and secondary levels because of their significant amount of contact with patients.

To promote suicide awareness month in September, KANASC presented a free CEU event: "Suicide Prevention: A Guide for Front-line Nurses. This presentation provided front-line nurses/APRNs with an overview of suicide prevention as well as strategies for providing care to patients with potential and/or actual suicide risk.

If you're in crisis, there are options available to help you cope. You can also call the Lifeline at any time to speak to someone and get support. For confidential support available 24/7 for everyone in the United States, Please contact:

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org)

1-800-273-TALK (8255); <https://suicidepreventionlifeline.org>



한참 간호사분들의 개인 보호장비가 모자라서 어려움을 겪었던 6월부터 남가주 간호사협회는 4회에 걸쳐 OKNA 에서 기부 받은 마스크와 총영사관에서 기부 받은 손소독제를 간호사분들에게 OC 와 LA 에서 동시에 배부하였습니다. 이 일을 계기로 여러 간호사분들이 다시 멤버쉽에 다시 가입해 주시기도 하셨습니다. 최근 또다시 불거진 COVID 유행병으로 인하여 마스크와 손소독제를 2021 년 1 월에 4 차 배부하였습니다. 이번 마스크는 한국보건산업진흥원에서 KF94 를기부해 주셨습니다.



Resources for Emotional Wellbeing and Resiliency During COVID-19 Pandemic

A recent survey of over 12,000 nurses in the US found that approximately 85% nurses were struggling to manage feelings of burnout since the arrival of COVID-19 (NurseGrid, 2020). Another survey of 1,300 nurses, found 74% are experiencing high levels of anxiety and emotional stress (Feedtrail, 2020).

Burnout among nurses has also been linked to worse patient outcomes including lower quality of care, increased medical errors, poor patient safety and health outcomes, and lower patient satisfaction. High levels of burnout have been linked to lower job satisfaction and higher turnover rates, also threatening the well-being of nurses.

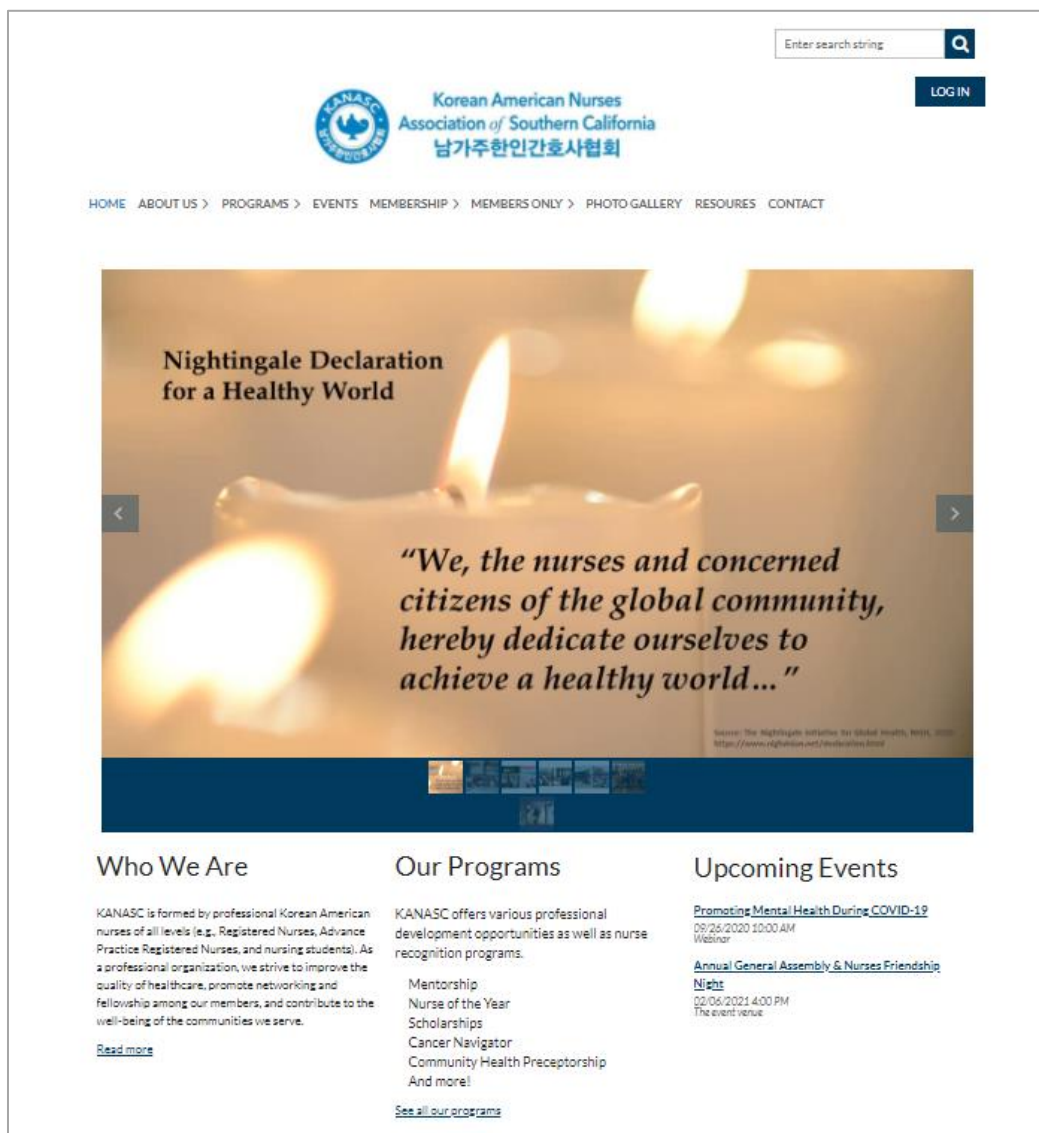
More than ever, it is critical that we recognize stress, build resilience, and enhance healthy coping for mental well-being, not only for our own sake, but for the sake of our colleagues, patients, and the communities we care for. Here are two great resources available to support the mental health and resilience of all nurses:

- **ANA Well-being initiative:** <https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/the-well-being-initiative/>
- **Hospital Association of Southern California- Care for Caregivers:** <https://www.hasc.org/find/results/care%20for%20caregiver>

We moved! KANASC website has moved to a new site. Members now have option to apply and renew their membership directly from the website as well as register for events and much much more!

남가주 간호사협회 웹사이트를 새로이 단장하였습니다. 회원 가입과 연회비나 평생회비를 이번 새로운 웹사이트를 통해서 지불 할수 있게되고 이벤트 등록도 가능하게되서 편리함이 더 해졌습니다.

Please come check out our new site! www.kanasc.org





Korean American Nurses
Association of Southern California
남가주한인간호사협회

2390 W. Pico Blvd. #70332, Los Angeles, CA 90006

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www.kanasc.org | kanascrn@gmail.com | www.facebook.com/groups/KANASC |
Instagram: @kanascrn | Kakao Talk ID: KANASC

Membership Application

Name: _____ Maiden Name: _____
First Last Credentials (e.g. BSN, MSN) 결혼전 이름/한국명

Address: _____
Street City State Zip Code

Check if new address () Phone #: _____ (cell/ home/ business/ other)

E-mail: Home: _____ Work: _____

Nursing School: _____ Year of Graduation: _____
(Pre-licensure) Nursing School

Employer: _____ Specialty: _____ Unit: _____

Membership Fee: Lifetime: \$500.00

Annual: \$50.00 Student (currently in pre-licensure RN program): \$20.00 New Renewal

Please make check payable to: *The Korean Nurses Association of Southern California, Inc. (KANASC)*

I prefer to have future membership renewal application sent to me via: E-mail US Mail

Donation: \$50.00 \$100.00 \$250.00 \$500.00 Other Amount: _____

Please make check payable to: *Korean American Nurses Foundation (KANF)*

KANASC (AKA: Korean American Nurses Foundation) is a non-profit organization and your donation is tax deductible (Fed. Tax ID # 46-5577991).

Please apply **online kanasc.org** or mail your membership fee/donation to **141 Hollow Tree Irvine, CA 92618**

Signature: _____ Date: _____

Thank you for your continued support and participation!