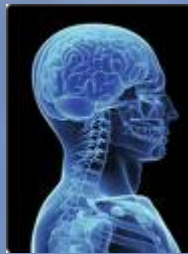


PanCanal Alumni Association "Where Panamanians Unite"

Alumni Spotlight

Featuring

HEALTH CARE PROFESSIONALS



Series 1

October 15, 2009

Presented By

PanCanal Alumni Association, Inc.

515 S. Flower Street, 36th Floor, Los Angeles, CA 90071
www.pancanalumni.com



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Alumni Spotlight Health Care Professionals, Series 1

By Beverly D. Barnett, CEO

PanCanal "Alumni Spotlight" is a segment where we feature the work, experiences, and achievements of alumni in their careers, businesses, and volunteer service to the community. Alumni Spotlight will feature alumni in Law Enforcement, Fire Safety, Military and Civilian Personnel in the War on Iraq, Politics, Entertainment, Social Services, Sports, Media, Health Care, Entrepreneurs, Law and much more.

In this issue we **SALUTE** eight (8) alumni in HEALTH CARE for their achievements, dedication, and selfless service to society. Our professional slate includes:

- ☆ Lorinda J. Sealey, Ph.D., RNC, Assistant Professor of Nursing, Southern Louisiana University
- ☆ Anna Mitchell-Haywood, R.N., MSN, Nurse Clinician, Pediatric Infectious Disease Practice at UMDNJ
- ☆ Beverly Goode Chase, R.N., Clinical Research Specialist at Merck & Company
- ☆ Lorraine J. Alexander Archer, Analytical Chemist, Texas Department of State Health Services
- ☆ Alicia E. Russell Bradley, R.N., Senior Office Nurse, Dr. Lisa King's Internal Medicine Practice
- ☆ Myrna J. Blades Jeanmards, R.N., Case Manager, Texas Childrens Hospital
- ☆ Keith Frederick, Senior Benefit Consultant, Wellcare Health Insurance of New York
- ☆ Sonia P. Stephens, Nurse Technician, New York Methodist Hospital

This is an example of the strength and force of our community when we become united. At PanCanal Alumni Association our motto is "Where Panamanians Unite". One by one, we will reconnect, rebuild, promote and acknowledge our people and this great culture. Please refer to the following pages to learn more about our elite list of alumni as we spotlight them in their profession and their words of encouragement to our community about Health Care.

PanCanal Alumni Association, Inc. is a 501 (c) (3) non-profit organization. To learn more about us and how you can support our cause visit www.pancanalalumni.com.

ACKNOWLEDGEMENTS

I would like to acknowledge several individuals for their invaluable support and contributions to this newsletter: Mireya Brooks, VP of Alumni at PanCanal Alumni Association, Italina James-Buntin, VP of Operations at PanCanal Alumni Association; Braulio Archer, VP of Marketing at PanCanal Alumni Association; Francisco Franklin, CIO at PanCanal Alumni Association; Jose "Joe" French, PanCanal Alumni Class Ambassador for Paraiso High School Class of 1967; Elena Ford & Maritza Trotman-Lashley, PanCanal Alumni Class Ambassadors for Paraiso High School Class of 1973; Sharon Stephens, Alumni Paraiso High School Class of 1973; Mario "Mickey" Lashley, PanCanal Alumni Class Ambassador for Paraiso High School Class of 1974; and Deborah Dyer-Beall PanCanal Alumni Class Ambassador for Balboa High School Class of 1979.



Lorinda J. Sealey, Ph.D., RNC

Dr. Lorinda J. Sealey, is the daughter of Rex and Cynthia Sealey (now deceased) and sister of Thyra and Rex Sealey. She is a former resident of Gamboa and Pedro Miguel in the former Canal Zone and graduate of Paraiso High School Class of 1967. She received an Associate degree from Canal Zone College and a Bachelor of Science degree in Nursing from the University of Texas at Austin. She also earned a Master of Science degree in Nursing from Arizona State University and a Ph.D. in Adult Education from Louisiana State University. Dr. Sealey is certified in Maternal Newborn Nursing by the National Credentialing Center. She is a member of the Association of Women's Health Obstetric and Neonatal Nursing, the Rho Zeta Chapter of Sigma Theta Tau, the National Nursing Honor

Society, and the American Nurses Association. She also currently chairs the Nominations Committee of the Baton Rouge District Nurses Association.

Dr. Sealey is an Assistant Professor of Nursing at Southeastern Louisiana University. She began her nursing career at New York Hospital, Cornell Medical Center, as a staff nurse in 1972. Since then, she has practiced nursing and health education in a variety of settings including the Memorial Sloan Kettering Cancer Center, the Bureau of Health Education, New York City Department of Health and Earl K. Long, Medical Center in Baton Rouge Louisiana. Dr. Sealey has been on the Southeastern Louisiana University faculty for 20 years and her current teaching responsibilities include theory and clinical courses on Nursing Care of Childbearing Families, an elective course entitled "Essentials of Cultural Competence in Nursing Care" and a graduate level course on Population Based Care. Her clinical specialty area is Maternal Newborn Nursing and her research interests are in the areas of maternal newborn care and cultural competence. She participated in Southeastern's Nursing Study Abroad Program in 2008 and will be returning to Honduras in 2010.

Dr. Sealey has done research on cultural competence of nursing faculty and the experiences of nursing students studying abroad. She has also conducted workshops for nurses working with patients with limited English proficiency and promotes the development of cultural competence among nurses. Dr. Sealey believes that in today's multicultural environment it is important for nurses to gain knowledge about the worldviews and health practices of clients of cultures different from the majority.

"My role as a nursing educator allows me to do the things I enjoy", "I teach, I conduct research and I serve my community" says Dr. Sealey. She was an active member of the Hurricane Relief Task Force of University Presbyterian Church in Baton Rouge Louisiana where she is a member. Dr. Sealey served as shelter staff in the aftermath of Hurricane Katrina in 2005. She has also served as a "Reading Friend" in a local Public School; has assisted with the translation of patient education materials for Spanish speaking patients; and often serves as interpreter for Spanish speaking maternity patients of limited English Proficiency.



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Dr. Sealey credits her success to hard work and the unwavering support of her family and friends, to whom she turns whenever she feels the need to be "recharged". She believes that her upbringing in Canal Zone, with its emphasis on education, community involvement, the value of long-lasting friendships, healthy competition through sports and respect for self as well as our elders prepared her to succeed. Dr. Sealey resides with her husband in Baton Rouge Louisiana and she has a daughter in law school.



PanCanal Alumni Association SALUTES Lorinda J. Sealey, Ph.D., RNC!



Anna Mitchell-Haywood, R.N., MSN

Anna Mitchell-Haywood is the third of six children born to Annie and Mateo Mitchell Sr., former residents of Paraiso in the former Canal Zone in the Republic of Panama. Her father retired from employment on the Canal Zone after thirty-five years of service at the Water Filtration Plant in Miraflores. Anna is an alumnus of Paraiso High School Class of 1974. She has been married to Ivan Haywood for thirty-one years and they have three wonderful children. They are also the proud grandparents of Giovanni Haywood, child of their eldest son.

Upon her graduation from Paraiso High School, Anna briefly enrolled at the University of Panama. She then relocated to the United States where she studied nursing at the Jewish Hospital and Medical Center of Brooklyn, New York. Later on, she obtained a Bachelor of Science in Nursing from New Jersey City University, and eventually obtained a Master of Science in Nursing with a concentration in Nursing Education from The College of Saint Elizabeth in Morristown, New Jersey. Anna holds membership in the Mu Theta Chapter of Sigma Theta Tau International Nursing Honor Society, and the Association of Nurses in AIDS Care (ANAC).

Anna has been a Registered Nurse for over 27 years. Through the span of her career, she has worked in the areas of Medical Surgical Nursing & Pediatrics, served as a Basic Life Support Instructor, organized and facilitated an asthma support group for the Latino community in the City of Newark, New Jersey, and a Wellness Group for HIV positive women in the City of East Orange, New Jersey.

In 2003, Anna was the recipient of The University of Medicine and Dentistry of New Jersey's (UMDNJ) Customer Service Award for contribution to the Community Outreach Committee, which involved organizing and participating in community health fairs in order to provide health screenings, education and promote wellness throughout the greater Newark area. She is currently the Nurse Clinician in the Pediatric Infectious Disease Practice at UMDNJ and works with a dedicated team that provides health care and other services for HIV infected children and their families.

Her areas of interest are HIV prevention, equal access to health care for the underserved and nursing education. Anna also enjoys ministering with the praise team of The Love of Jesus Family Church in Orange, New Jersey.



PanCanal Alumni Association SALUTES Anna Mitchell-Haywood, R.N., MSN!



Beverly Goode Chase, R.N.

Beverly Goode Chase is the youngest of seven children born to Samuel & Bernice Goode in the former Canal Zone in the Republic of Panama. Her siblings are Alvin, George, Pearl, Wilhel, Luther, and Eduardo. Beverly lived in Paraiso until age 8 then moved to Santa Cruz (Gamboa). She attended Paraiso High School and is member of the Class of 1974. Her family relocated to New York and she graduated from Erasmus Hall High School in Brooklyn. Beverly is married to Wayne Chase and she has a son named Leon.

After high school Beverly immediately pursued her degree in nursing. She obtained an Associate Degree with a major in Nursing from New York City Technical College. After passing the State Board she secured employment as a Registered Nurse at Downstate Medical Center in Brooklyn, New York. There she worked on the Medical Surgical floor for three years then moved to the ICU/CCU for seven years, and worked as a Senior Patient Education Assistant for six years, then became the Assistant Director of Nursing in the Ambulatory Care Department. After 3 years, she transferred to the Quality Management Department as a Registered Nurse Case Manager and remained there four years.

During her employment at Downstate Medical Center, she earned her Bachelor of Science Degree, Cum Laude majoring in Nursing from the State University of New York College of Nursing. As a member of the patient education department she taught patients, community groups, and instructed nurses on how to teach their patients. That role led to many opportunities to serve the community by performing blood pressure screenings and lectures on various health topics at churches, senior citizen centers and health fairs in various neighborhoods. A major highlight was the opportunity to encourage and impress upon young minds the rewards of the nursing profession during many career days at schools throughout the city. She also worked in the ICU at several hospitals as a per diem nurse; in addition to the memorable experiences as a visiting nurse for the Visiting Nurse Association of New York and the Metropolitan Jewish Home Care Agency.

After 23 years of practicing her childhood dream career, the curiosity of finding out how the drugs she was dispensing got to the patient led her to accept a position as a Clinical Research Specialist at Merck & Company Inc. In this role, she has monitored clinical trials worldwide and has traveled to Europe, South Asia, the Caribbean and throughout the USA representing the company. Working on various investigational and marketed drugs for Respiratory, Gastrointestinal and other diseases provided a different opportunity to help others.

Beverly reckons that God has blessed her to be in the career of her dreams and if she had to do it all over again this would be the profession of choice; for the rewards have surpassed her expectations. He has given her the opportunity to help others during the lowest and most challenging moments of their lives.



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She wishes to acknowledge her mom Bernice Goode who passed away on February 22, 1990 but was there for a great part of her career. Her mother's subtle but forceful method of making sure education remained in the forefront was most valuable to Beverly. Childcare was never a problem as long as her mother knew it was for furthering her education or working extra tours of duty. Beverly cannot thank God enough for all mothers whose love and prayers kept us and our basic foundation in small tight knit communities such as the former Canal Zone... an experience she will cherish forever.

PanCanal Alumni Association  SALUTES Beverly Goode Chase, R.N.!



Lorraine J. Alexander Archer Chemist

Lorraine J. Alexander Archer is the first-born daughter of Charles A. Alexander (deceased) and Vennisha E. South Alexander. She was born and raised in Paraiso and Pedro Miguel (Boat Club) in the former Canal Zone with her brother Alton and sister Felicia. Lorraine attended Paraiso Elementary School and Paraiso High School thru the 8th grade. She completed her high school education at the Instituto Panamericano in Panama City from which she graduated in

1973. Upon her father's retirement from the Canal Zone, her parents and sister moved to Lansing, Michigan then to Austin, Texas. Her brother Alton served in the US Air Force and the National Guard from which he retired this year (2009). Lorraine has three children: Lorianna, Andrea, and Nathaniel. Two of her children are in their last year of college and one graduated in 2005.

Lorraine recalls her dream as a child growing up was to be a scientist. Upon graduating from high school, she moved to Rhode Island to continue her education earning a Bachelors of Science Degree in Chemistry in 1978. Her first job after college was with Kulite Semiconductor in New Jersey prepping electronic wafers during the summer of 1978. Later that year, she then moved to Texas to work for United States Steel – Texas Uranium Operation and worked there for about three years before moving to Austin, Texas.

She is currently an Analytical Chemist with Texas Department of State Health Services (DSHS), Division for Prevention and Preparedness Services, Laboratory Services Section, Environmental Science Group. Lorraine is the Team Leader responsible for managing work flow, method development and validation, providing training, data review and reporting, selection of team members, and procuring equipment and supplies. Her team provides analytical services to protect and improve public health for all Texans. Their primary focus is drinking water analysis to verify that public water systems are complying with the Federal Safe Drinking Water Act (SDWA) standards. In 1974 SDWA became law to provide standards for drinking water safety. Drinking water is also analyzed for fluoride content to support DSHS Oral Health Group, who promotes the prevention of tooth decay in growing children. Her responsibility also includes testing on bottled water, manufactured foods products, and meat products for compliance with regulatory standards for DSHS Food Groups. Lorraine and her team are participants in the Emergency Response Team exercises at two nuclear power plants in the state, and for the Food Emergency Response Network (FERN) for the federal government. The well being of the citizens of Texas is their priority.



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During her employment with DSHS, Lorraine has served on various committees such as: Employee Advisory Committee, Laboratory Safety Committee, Quality Assurance Committee, and many others. She has received many outstanding performance awards as well. Lorraine also spent many years working with Girl Scouts and Boy Scouts of America in several leadership positions.

PanCanal Alumni Association  SALUTES Chemist Lorraine J. Alexander Archer!



Alicia E. Russell-Bradley, R.N.

Alicia E. Russell-Bradley is the youngest of four children born to Ashton and Gwendolyn Russell. She grew up in the towns of Gamboa, Pedro Miguel and then Paraiso in the former Canal Zone in the Republic of Panama. She is an alumna from Paraiso High School Class of 1973. Alicia and her siblings Arturo, Mercedes, and Ricardo were raised by their grandmother Florence White. She's thankful to her grandmother for instilling a spiritual upbringing in her at an early age thru Bible teachings at home. She credits her grandmother and her father for giving her the home training and good morals that have followed her throughout the years. Alicia is ever so grateful to them for their blood, sweat, and tears that enabled her to be so successful today.

Alicia is married to Retired Command Sergeant Major Joe Bradley (her soul mate), who served 30 years in the US Army. From this union they have two wonderful children Joe Jr. who is currently serving in the US Navy for 13 years and her daughter Orchid an Evangelist and Make-up Artist for Lancome. They have blessed them with grandchildren: Daeniya, Jayden, Justin and Autumn.

Alicia's 27 years as an Army wife was quite interesting because she was privileged to visit many states. During this journey is when she decided to further her education. Reflecting back, she recalls that her childhood dream was always to become a nurse. Most of her high school classmates noted in her yearbook of her desires to become a Nursing Assistant. With this in mind, she obtained her Associate Degree in Medical Assisting in Colorado Springs in 1993; studied to be a Phlebotomist in 1995; followed by a Bachelor of Science in Health Care Administration from California Coast University; and in May 2009 she obtained a Bachelor of Science in Nursing from Ashwood University.

She is currently a Senior Office Nurse at Dr. Lisa King's Internal Medicine Practice in Virginia. Alicia provides clinical and medical management support services and also works as a Preceptor for Phlebotomist students from Career Solution Institute supervising their internship at the office, train, and develops them in Phlebotomy techniques. She also serves as translator for Hispanic patients as well. She has also worked as a Registered Medical Assistant at Papp Clinic OB/GYN, a Phlebotomist at Newman Hospital, and a Certified Medical Assistant at Columbus Clinic.

Alicia would like to encourage all nurses or anyone who chose the healthcare field of work to continue to serve humanity, don't do it for the money, but do it for the satisfaction it brings at the end of the day that you have made someone feel better. To open your hearts and strive to make a difference while you can. She leaves us with these words "If We Can Help Somebody as We Travel Along Life's Way, Our Living Will Not Be In Vain".

PanCanal Alumni Association  SALUTES Alicia E. Russell-Bradley, R.N.!



Myrna J. Blades Jeanmard, R.N.

The thought of Myrna J. Blades Jeanmard becoming a nurse entered her heart when she was merely 14 years old. Myrna went to visit her aunt in Panama City, when she got there her aunt was ill and needed to go to the hospital. Just imagine a 14 year old having to do some critical thinking quick and in a hurry. Her aunt asked that she accompany her to the hospital, so they got on the "Little Bus" and went to Santo Thomas Hospital, in Panama City. Her experience that day convinced her to become a part of the medical profession.

Myrna was born to Charles H. Blades (deceased) and Lillian Russell Blades. She was raised in Paraiso and then they moved to Pedro Miguel in the former Canal Zone. Her siblings (6 sisters and 2 brothers) are Dorothy Ford, Clarrisa (Mae) Davis, Ida Broadhead, Mildred Sheriff, Sally Bailey and Angelica Tittle, Charles Blades(Bugs) and David Blades. Myrna has 3 daughters: DeConda Baker-Thompson who works for TSA at Houston Intercontinental Airport, Deedra Kupolati is a Paralegal at a Law firm in Houston, and Rhonda Jeanmard works as a Secretary for a mortgage company in Houston. They have blessed her with 5 grandchildren and her eldest grandson is serving in the United States Marine Corp.

She attended Paraiso High School and is an alumna of the Class of 1965. Upon graduating from high school she attended Canal Zone College from 1965 to 1967. Her first job after leaving college was to work as a Nursing Assistant at Gorgas Hospital in the former Canal Zone. The year long training course for Nursing Assistant at Gorgas Hospital was a paid training program. At that time, she did not realize that the training she received in the former Canal Zone was equivalent to the Vocational Nurses training given in the United States. Myrna worked at Gorgas Hospital from 1967 to 1971.

She then relocated to the U.S. in 1971 and immediately landed a job as a Nursing Assistant at Monmouth Medical Center in Long Branch, New Jersey. During the job interview, she told her supervisor that her long term goal was to become a nurse. The same day she was hired, her Supervisor called the Dean of the Nursing Program affiliated with that hospital and as you know, the rest is history, she graduated from Nursing School in 1973. The highlight of her nursing career was the 22 years dedicated to obstetrics which includes: labor and delivery, neonatal, prenatal, and post-partum care.

Myrna has been in the medical profession for 36 years. During this period she worked at Gorgas Hospital, Monmouth Medical Center, St. Luke's Hospital, Harris County Hospital District (HCHD), City of Houston Health Dept., and a few others. She currently works as a Case Manager dealing with underprivileged pregnant teens at Texas Children Hospital. She is a member of the Zeta Amicae of Houston Texas, The Case Management Society of



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America, the Children Case Management Association of Greater Houston and last but not least, she is an Associate Member of the Houston Association of Panamanians.

As a mother and a nurse it is very important that the next generation of children become involved in health care. It not only helps them as an individual but also helps our community as a whole. Health care is a vital part of our lives today.

PanCanal Alumni Association  SALUTES Myrna J. Blades Jeanmard, R.N.!



Keith Frederick Senior Benefit Consultant

Keith Frederick was born the fourth of five children (three boys, two girls) at Gorgas Hospital in the former Canal Zone to Arthur and Alice Frederick. His siblings are Juelett Beckles, Sabino Grandison, Clementino Grandison, and Linda Frederick. He grew up in Pedro Miguel on Guanabana Street in the former Canal Zone. He played American football for the Paraiso Bengals and Balboa Rams and is a member of the Class of 1978. He relocated to the U.S. and graduated from John Jay High School.

Upon graduating from high school, Keith attended Miami Dade College where he pursued a Bachelor of Science in Business Administration. After college he relocated to New York City. In April of 1992, he decided to return to Panama where he opened a Health and Fitness Club named New York Athletic Club. In 1995, he returned to New York and started a delivery company called FREDRICK, Inc. Because he enjoys helping people he decided to transition to the health care field in 2005. Since then, he's been working for two companies. He is currently a Senior Benefit Consultant at Wellcare Health Insurance in New York. Wellcare provides managed care services exclusively for government-sponsored healthcare programs, focusing on Medicaid and Medicare. They offer a variety of health plans for families, children, aged, blind and disabled and prescription drug plans. The Company served more than 2.5 million members nationwide as of December 31, 2008. Keith also works at Alert Medical Supply in New York City where he makes sure that all the clients are satisfied and that their needs are taken care of. They supply patients with walkers, canes, oxygen, toilets, footwear, crutches, masks, etc.

Keith enjoys spending time with his kids and he loves to travel. He is very friendly and polite with anyone he runs into. He also organizes American Football games abroad between Semi Professional teams in New York City and the local teams from Panama. Keith was a member of the Brooklyn Cobras and Brooklyn Seminal Championship Semi Professional football team.

PanCanal Alumni Association  SALUTES Senior Benefit Consultant Keith Frederick!



Sonia P. Stephens Nurse Technician

Sonia P. Stephens is a former resident of Pedro Miguel (Boat Club) in the former Canal Zone in the Republic of Panama. She is the eldest of 5 children. Her siblings are Sharon Stephens, Ernesto Franklin, Francisco Franklin, and Clara Franklin. Sonia is an alumnus of Paraiso High School Class of 1973. Sonia's inspiration and main reason for being in the medical field came after her mother got ill with no knowledge of what was really happening to

her physically. This made her realize the need to help others, and she became interested in helping primarily those that could not do for themselves. Also, by traveling around the United States and Europe it has opened up her knowledge, skills, talent and inspiration to continue helping and serving others that are less fortunate.

Sonia's pursuit of nursing began when she relocated to Brooklyn, New York to further her education. She graduated from New York Methodist (NYM) Hospital as a Nurse Technician and is certified to work in all of New York Methodist Hospital's clinics and the hospital. For the past three years, NYM has received the Consumer's Choice Award for Brooklyn. NYM is a major teaching hospital, with 10 graduate medical education programs and four schools which provide training in allied health professions and is equipped with highly advanced medical equipment and technology. She has been working as a Nurse Technician at the hospital for the last 18 years. Her duties include performing EKG (an electrocardiogram is a test that records the electrical activity of the heart); works as a Phlebotomist (collects and draw blood for analysis and transfusions); and serve as Translator (translate from Spanish to English for Doctors). She also sits with suicidal patients. These patients are dangerous to themselves, destructive, and/or ruinous.

"In treating patients who are injured, sick, disabled, or infirm, one can hardly imagine a more healthful employment, or one more favorable to contemplation and the observation of nature in helping others who cannot help themselves", says Sonia. She also noted that advances in technology and an aging population are creating growth in the healthcare industry. More workers are needed to assist patients and physicians and also to increase the efficiency of healthcare facilities.

Sonia has been the recipient of numerous awards at NYM to include 10-Year and 15-Year service awards for her tenure and providing excellent patient care. She also holds an Associates Degree in Culinary Arts and Management from the City of New York and she is specialized as a Private Caterer.



PanCanal Alumni Association SALUTES Sonia P. Stephens, Nurse Technician!