



# WELCOME BACK

Summer 2004  
verano 2004

## Welcome Back Staff

Brenda Storey  
*Director*

Naomi Marcus  
*Educational Case Manager*

Sylvia Moreno  
*Educational Case Manager*

Amelia M. Martínez C.  
*Management Assistant*

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*Program Assistant*

**To make an appointment with an educational case manager or to confirm class or workshop registration, please contact:**

**(415) 561-1833**

City College of San Francisco  
John Adams Campus  
1860 Hayes Street, Room 221  
San Francisco CA 94117

## Summer Office Hours

Monday  
8:30 a.m. to 1 p.m. & 2 to 5 p.m.

Tuesday  
8:30 a.m. to 1 p.m. & 2 to 5 p.m.

Wednesday  
8:30 a.m. to 1 p.m. & 2 to 5 p.m.

Thursday  
8:30 a.m. to 1 p.m. & 2 to 4 p.m.

Friday  
8:30 a.m. to 1 p.m. & 2 to 5 p.m.

Saturday  
Closed

## Issue 11

### More than a Dream

I arrived in this country in 1991. I planned to stay here for 2 or 3 years and later return to my country, El Salvador to continue doing what I like which is to help my people as a nurse. Which I did for 11 years. When I arrived in this country I worked in a restaurant for 2 years washing dishes and communicating using signs because I did not know English. Later, a friend offered me a job cleaning houses. I worked for her for a couple of years and then started my own business and I had already learned a bit of English and I made an effort to go to school. Again, after 6 years I thought of returning to my country because I missed my job as a nurse, here I had a stable job but I felt an emptiness because it was not what I wanted, I missed not being able to work as a nurse. I thought that I was not going to be able to do that here. I had already attempted to inform myself about my possibilities, but I do not know if it was ignorance, lack of communication, lack of insistence or because I did not find the adequate help that would give me that little kick I needed. Once again I tried to convince myself that it was not possible for me to work as a nurse in this country. Due to personal reasons I decided to stay and concentrate on the stable job that I had, but in the bottom of my heart I never stopped

dreaming and even though it was more a dream than reality, the desire and hope always were with me. After 13 years in this country, now more stable and with the idea of not returning to my country and still trying to erase the word nurse from my brain and vocabulary, into my hands arrives a newspaper article that said "professional and without being able to practice" on the cover a nurse, which caught a bit of my attention, I distractedly read it nevertheless it did not cause any reaction whatsoever, I saved it, after a few weeks I found it again and re-read it, this time more attentively and this time I found a phone number to call, the article was about the Welcome Back Center. I doubted a bit before calling but after consulting it with my pillow, I made the call that opened the door that I had so been waiting for. My first appointment with the Welcome Back Center staff was filled with hope for me. They took the time to explain to me in detail the steps that I needed to follow in order to achieve what I wanted. They guided me and helped me revive what I most wanted, they helped me get together my requirements to enter into the LVN Refresher Course, they sent me information about courses that were important for my career, thanks to the help from the Welcome

Back Center who guided me down the right path. I succeeded in entering the LVN refresher Course, later they continued guiding me and helping me fill out forms that I had to send to the Board of Vocational Nursing in Sacramento, it was not easy for me to gather all the proof of what I had studied in my country. I had many problems and their were times that I got really disappointed and I decided to not continue but the Welcome Back staff was always there not only to help me with my papers, but to support me and push me to continue, I think that if they would have not given me so much support, I would have not made it. With a lot of sacrifice I managed to complete the course and gather all the requirements that the board of nursing in Sacramento required. It all took about 6 months and the Welcome Back Center was always there to help me, to give me information that was im-



## More than a Dream... (cont.)

portant for me or to “cheer me on”, and after to celebrate that I completed the course. Yet, something very difficult awaited me, the final test that would put my knowledge and abilities to the test, but again the Welcome Back Center was there providing me with material to study, ideas and advice to achieve a better result, when I believed to be ready, the Welcome Back Center helped me with the application process to take the state exam. I had to study a lot and I put in my all to be able to take the exam, but I also know that the Welcome Back Center was very important during the whole process, all the help and support that I received from them helped me convince me that I could do it and thank God and the Welcome Back Center, I succeeded in passing the state exam and obtained my LVN license. Later they helped me with my resume and provided me with information about job announcements they had received. It was not easy and I had to make a lot of sacrifices and have a lot of dedication, but it was all worth it because now I am doing what I like, my dream came true. Now I am working as a Nurse in a place for the elderly.

*Vilma Argueta,  
Welcome Back Participant*

### Mas que un Sueño

Llegue a este país en 1991. Pensaba quedarme aquí por 2 o 3 años y luego regresar a mi país El Salvador para continuar haciendo lo que mas me gusta que es ayudar a mi gente como enfermera. Lo cual hice por 11 años. Cuando llegue a este país trabaje por 2 años en un restaurante lavando platos y comunicándome a señas por no saber el idioma inglés, luego una amiga me ofreció limpieza de casas. Trabaje para ella por un par de años y luego inicie mi propio negocio y ya había aprendido un poco el idioma pero me esforcé para ir a la escuela. Después de 6 años nuevamente pensé en regresar a mi país porque no solo extrañaba mi trabajo como enfermera, acá tenía un trabajo estable pero sentía un vacío porque no era lo que yo quería, extrañaba no poder

desenvolverme como enfermera. Pensaba que acá no lo iba a lograr. Yo ya había intentado informarme para saber mis posibilidades pero no se si por ignorancia o por falta de comunicación, por falta de empeño o por no encontrar la ayuda adecuada que me diera ese empujoncito que necesitaba. Una vez mas trate de convencerme que para mi no era posible trabajar como enfermera en este país. Por razones personales decidí quedarme y concentrarme en el trabajo que ya tenia estable, pero en el fondo de mi nunca deje de soñar y aunque era mas sueño que realidad, el deseo y la esperanza siempre estuvieron conmigo. Después de 13 años en este país, ya mucho mas estable y haciéndome la idea de no regresar a mi país y aun tratando de borrar la palabra enfermera de mi cerebro y vocabulario llega a mis manos un articulo en un periódico que decía “profesionales y sin poder practicar” en la portada una enfermera, lo cual llamo un poco mi atención, lo leí distraídamente mas sin embargo no provoco reacción alguna. Lo guarde, después de unas semanas lo encontré de nuevo y lo volví a leer, esta vez con mas atención y esta vez encontré un número de teléfono para llamar, el articulo era sobre el Welcome Back Center. Dude un poco antes de llamar pero después de consultarlo con mi almohada hice la llamada que me abrió la puerta que tanto había esperado. Mi primera cita con el personal de Welcome Back Center fue llena de esperanzas para mi, ellos se dieron el tiempo para explicarme con detalles los pasos que tenia que seguir para poder lograr lo que quería. Ellos me guiaron y ayudaron a revivir lo que mas quería, me ayudaron a reunir mis requisitos para entrar en el programa de repaso para LVN (enfermera practica), me enviaron información de clases y cursos que eran importantes para mi carrera. Gracias a la ayuda del Welcome Back Center que me guiaron por el camino correcto, logre entrar en el programa de repaso de LVN. Luego ellos continuaron guiándome y ayudándome a llenar papeles que necesitaba enviar al “Board of Vocational Nursing” en Sacramento que otorga la licencia/permiso para ejercer como enfermera. No fue fácil para mi lograr reunir las pruebas de lo que

había estudiado en mi país. Tuve muchos problemas y hubo momentos que me decepcione muchísimo y decidí no seguir mas pero el personal del Welcome Back Center siempre estuvo ahí no solo para ayudarme con mis papeles sino para apoyarme y empujarme a seguir, creo que si ellos no me hubieran apoyado tanto no lo hubiera logrado. Con mucho sacrificio logre hacer el curso y reunir todos los requisitos que el “Board of Voc. Nursing” en Sacramento requería. Todo tomo alrededor de 6 meses y el Welcome Back Center siempre estuvo para ayudarme, para darme información que era importante para mi o “para echarme una porra”, después estuvieron para celebrar mi graduación del curso. Aun me esperaba algo muy difícil, la prueba final donde pondría a prueba mis conocimientos y habilidades, pero nuevamente el Welcome Back Center estuvo ahí proporcionándome material para estudiar, ideas y consejos para lograr un mejor rendimiento. Cuando creí estar lista, el Welcome Back Center me ayudo con el tramite para tomar el examen del estado. Tuve que estudiar mucho y puse todo mi empeño para lograr el examen, pero también se que el Welcome Back Center fue muy importante en todo el proceso, toda la ayuda y apoyo que recibí de ellos me ayudaron a convencerme que si podía lograrlo y gracias a Dios y el Welcome Back Center, logre pasar el examen del estado y obtener mi licencia de LVN. Luego ellos me ayudaron con mi resume y me proporcionaron información de ofertas de trabajo que habían recibido. No fue fácil, tuve que hacer muchos sacrificios y tener mucha dedicación pero valió la pena porque ahora estoy haciendo lo que me gusta, mi sueño se hizo una realidad. Ahora estoy trabajando como enfermera en un lugar para ancianos.



## CLASSES AND LECTURE AND COMING SOON...!

### *Vocational English Courses Available Through JVS*

- **Beginning VESL**  
Monday, Tuesday, Thursday & Friday:  
9:00 a.m. - 1:00 p.m.  
Class offered in 3-week modules.  
- Focus on Speaking and Listening at beginning level.
- **Intermediate VESL**  
Monday, Tuesday, Thursday & Friday:  
1:00 p.m. - 5:00 p.m.  
Class offered in 3-week modules.  
- Focus on Speaking and Listening at intermediate level.
- **High Intermediate VESL**  
Monday - Thursday:  
5:30 p.m. - 7:30 p.m.  
Class offered in 5-week modules.  
- Focus on workplace communication.

Course level is determined by the JVS English placement test, which is offered every other week. Classes are open to new enrollees through the first week of each module. If you are interested in these classes, **please contact Tony Albert at (415) 782-6276 or talbert@jvs.org**



### *Residency Training in the US for International Medical Graduates "The Facts"*

Learn the key elements of applying for medical residency programs in the U.S. This lecture is presented by Dr. Amir Sweha, Director of Medical Education, Family Practice Residency Program, at Mercy Healthcare Sacramento.

This event will take place September 25, 2004 from 10:00 AM—12:00 PM at **CCSF John Adams Campus**, 1860 Hayes St., Room: To be Announced, San Francisco, CA 94117.

To reserve this session, please contact the Welcome Back Center at (415) 561-1833 to make your reservation. When you leave a message, please spell your name and leave a telephone number. Welcome Back Center staff will mail a confirmation to you. Space is limited.



### *English for Health Professionals*

Kat Peirce, ESL Instructor, will be offering English for Health Professionals at CCSF John Adams Campus for persons with HIGH intermediate English level skills. ESL Credit Placement Test required with a minimum score of 130/132.

Classes will be held on Saturdays, starting August 21 through December 18, from 8:00 a.m. to 1:00 p.m. CRN# ESLV 3800. Contact Welcome Back at (415) 561-1833 to register for this noncredit course or register online at:

[http://www.ccsf.edu/Services/Matriculation\\_Office/noncredit/](http://www.ccsf.edu/Services/Matriculation_Office/noncredit/)

More Welcome Back  
Info . . .

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The San Francisco Welcome Back Center is sponsored by City College of San Francisco and San Francisco State University through the Community Health Works of San Francisco, a joint program of the two institutions, and by the San Francisco Bay Area Regional Health Occupation Resource Center.

#### Mission Statement

"To build a bridge between the pool of internationally trained health workers living in California and the need for linguistically and culturally competent health services in underserved communities."

### Pharmacy Technician Study Guide

The Welcome Back Center has recently purchased Pharmacy Technician review books for use by Welcome Back participants preparing for the national licensing exam.

#### • APhA's Complete Review for the Pharmacy Technician



These and other books are currently available to all Welcome Back Participants. For a complete listing, visit us or call (415)561-1833.

### Introduction to the U.S. Health Care System \*

#### Fall Session 2004

HLTH 5410—*Organization of Health Services*  
Saturdays, August 21 & 28, 9am-1pm

HLTH 5420—*Public Health & Society*  
Saturdays, September 18 & 25, 9am-1pm

HLTH 5430—*Health Professions & Practice*  
Saturdays, October 16 & 23, 9am-1pm

\* certificate awarded upon completion

If you are interested in enrolling, please call the Welcome Back Center at (415) 561-1833. These courses are taught in English, requiring an intermediate English skill level.

Si le interesa inscribirse, por favor llame al Centro de "Welcome Back" al (415) 561-1833. Estos cursos se enseñan a un nivel de inglés intermedio.