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inside PNAA

Official Newsletter of the Philippine Nurses Association of America, Inc.

44th PNAA Annual Convention



OUR UNITED VOICES
WISDOM. EXCELLENCE
COLLABORATION. ADVOCACY. RESPECT. EQUITY



EDITORIAL

The 44th PNAA National Convention aboard the largest cruise ship in the world, *Wonder of the Seas*, has come and gone, yet the memories will remain forever. At this national convention, we celebrated and recognized the incredible achievements of our members and chapters. Looking back on our 44 years as a national organization, it is truly remarkable how far we have come and the milestones we have reached together. I commend everyone who has played a vital role in our success. Your dedication, creativity, and unwavering commitment to excellence have propelled us forward, overcoming challenges and exceeding expectations.



This month's newsletter issue highlights the experiences of our members from the cruise convention. We feature our stellar members who developed groundbreaking projects and shared their knowledge and expertise for the betterment of others. Several members also shared their remarkable stories of how other PNAA members inspired them to be their best. For me, attending the national convention is a reunion of friends and colleagues, an opportunity to express our gratitude and admiration for one another.

Our newsletter team has worked hard to give you a quality newsletter every month, and this month's issue is one of our proudest projects. I would like to thank Raffy and Bebot Miranda for furnishing most of the photos shown in this newsletter. We hope that you enjoy reading it.

Warmest regards,

Bob Gahol
Editor-in-Chief



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ABOUT INSIDE PNAA

inside PNAA is the official newsletter of the Philippine Nurses Association of America, Inc.

Our Vision:

To connect PNAA members by providing quality and timely information and news.

Our Goals:

- i. To serve as the primary platform of information for PNAA members
- ii. To highlight the achievements of the PNAA members
- iii. To serve as the base for overall schedule of activities for PNAA and its numerous chapters

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President's Message

OUR UNITED VOICES: WE CARE
Wisdom. Excellence.
Collaboration. Advocacy. Respect. Equity.




Greetings of joy and gratitude to everyone who participated and made the 44th PNAA National Convention one to remember with families, friends, guests, and our PNAA family all together for seven nights on Royal Caribbean's Wonder of the Seas. As the echoes of laughter, camaraderie, and shared knowledge from our convention still resonate, I am filled with immense gratitude for the overwhelming success of this remarkable event. Our theme, "Our United Voices: Anchoring Our Culture of 'WE CARE'," truly came to life through every moment of the convention. From the meticulously organized Executive Board Meeting to the vibrant Welcome Night, Education Day, Gala and Awards Night, Networking Night, General Assembly, Leadership Institute, and the heartwarming Farewell Celebration, each event was a testament to our collective dedication. The energy, passion, and enthusiasm that permeated every activity created an unforgettable experience for nurses, their families, and esteemed guests alike.

The keynote speaker, Dr. Dula F. Pacquiao, eloquently talked about the Conundrum of Health Equity in the U.S. and countries around the world. The Centers for Disease Control and Prevention defines health equity as every person having a fair and just opportunity to be as healthy as possible. More than ever, nurses play a vital role in advancing health equity for all. The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity requires a multisectoral and collaborative partnership among organizations and people, including at this convention. All the speakers were excellent and experts in their respective fields of practice.

My heartfelt appreciation extends to the host chapter, PNA Central Florida (PNACF), under the leadership of Manny Ramos, VP, SCR, and Virginia Alagano, PNACF Executive Director, who orchestrated this grand affair with precision and care. The dedication of Alicia Tullo, Lorelei Perez, Rosie Antequino, and the entire PNACF and PNA of America convention planners ensured that every detail was thoughtfully crafted to perfection. I also extend my gratitude to the PNAA executive board, sponsors, vendors, and souvenir ad donors whose unwavering support was instrumental in bringing our vision to life. It is through the combined efforts and contributions of every individual involved that the 44th PNAA National Convention Cruise was a resounding success.

As we move forward, let us carry with us the memories of this convention – the knowledge shared, connections made, and the sense of unity that bound us all. Our journey continues, fueled by the spirit of WE CARE - Wisdom, Excellence, Collaboration, Advocacy, Respect, and Equity - as we anchor our culture and amplify our collective voice for a better and brighter future.

Sincerely,


Gloria Lamela Beriones, PhD, RN, NEA-BC
President 2022-2024
Philippine Nurses Association of America, Inc.



FLU VACCINE: GET THE FACTS

YOUR BEST PROTECTION AGAINST FLU

Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die.

The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death.^{1,2} A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that flu vaccine not only protects you, but it also can help protect those around you.

FLU VACCINE REDUCES YOUR RISK OF FLU



CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020.³

40-
60%

Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



Since 2004, when pediatric flu deaths became nationally notifiable, the number of pediatric flu deaths reported to CDC each year prior to the COVID-19 pandemic ranged from 37 (2011-2012 season) to 199 deaths (2019-2020 season.)

While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two recent studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization.⁶

Remember that a flu vaccine not only protects you, but it also can help protect those around you, including people who are at higher risk for serious flu illness, like babies, young children, older adults, pregnant people, and people with certain chronic health conditions.

FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

Flu vaccination is especially important for people who are at higher risk of developing serious complications from flu, including children younger than 5, pregnant people, adults 65 and older, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

PROVEN SAFETY RECORD

For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines and there has been extensive research supporting its safety.⁷ Side effects from flu vaccination are generally mild, especially when compared to symptoms of flu.⁷

Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

Visit [WWW.CDC.GOV/FLU](https://www.cdc.gov/flu) for more information.

1. <https://www.cdc.gov/flu/spotlights/vaccine-reduces-severe-outcomes.htm>
2. <https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html>
3. <https://www.cdc.gov/flu/about/burden-averted/2018-2019.htm>
4. <https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm>
5. <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>
6. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>
7. <https://www.cdc.gov/flu/prevent/general.htm>



Last Updated AUGUST 2022

All of Us RESEARCH PROGRAM



We're calling on **one million or more people** to lead the way toward better health.

What is precision medicine?

Precision medicine is health care that is based on you as an individual. It takes into account factors like where you live, what you do, and your family health history. The goal is to be able to tell people the best ways to stay healthy.

What is the *All of Us* Research Program?

The *All of Us* Research Program is a large research program. The goal is to help researchers understand more about why people get sick or stay healthy. People who join will give us information about their health, habits, and what it's like where they live. By looking for patterns, researchers may learn more about what affects people's health.

How do I join the *All of Us* Research Program?

There are two ways to join:

- Visit the *All of Us* website JoinAllofUs.org.
- Download the *All of Us* app.

Because *All of Us* is research, you will be asked to complete an informed consent process. This process tells more about what is involved, and the risks and benefits of joining.

What will you ask me to do?

If you decide to join *All of Us*, we will ask you to share different kinds of information. We will ask you basic information like your name and where you live, questions about your health, family, home, and work. If you have an electronic health record, we may ask for access. We might also ask you to give samples, like blood or urine. We also want to know if you will want information about your DNA.

How long will the *All of Us* Research Program last?

All of Us may last for at least 10 years. We hope you will stay involved over time. If you join, you can withdraw at any time for any reason without penalty.

Why should I join the *All of Us* Research Program?

You will be contributing to research that may improve health for everyone. Here are some examples of what researchers might be able to discover:

- Better tests to see if people are sick or are at risk of getting sick.
- Better mobile apps to encourage healthy habits.
- Better medicine or information about how much of a medicine is right for each person.

What will you do to protect my privacy?

We will take great care to protect your information. Here are a few of the steps we will take:

- Information we have about you will be stored on protected computers. We will limit and keep track of who sees the information.
- We will remove your name and other direct identifiers (like your Social Security number) from your information and replace them with a code.
- Researchers must promise not to try to find out who you are.
- We will tell you if there is a risk to your privacy because of a data breach.
- The *All of Us* Research Program has Certificates of Confidentiality from the U.S. government. This will help us fight legal demands (such as a court order) to give out information that could identify you.

 JoinAllofUs.org

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- **MANAGE** jobs and applicant activity right on our site
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- **FILL** your jobs quickly with top talent

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- **SET UP** job alerts and get an email when a job matching your criteria is posted
- **RECEIVE** career advice, interview and networking tips, and more

jobs.mypnaa.org



COVID VACCINE UPDATE

COVID protection just got simpler

Most people who have never been vaccinated against COVID can protect themselves against severe illness with a single dose of an updated mRNA vaccine.

Find free updated COVID vaccines at [vaccines.gov](https://www.vaccines.gov).



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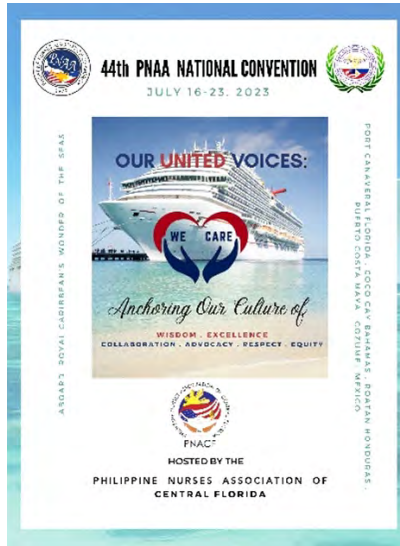
The PNACF is the Remarkable Host of the 44th PNAA National Convention

By **Alicia Tullo, MSN, RN**
 PNACF President, 2020-2022 | Advisory Council, 202-2024
 PNAAF Assistant Treasurer, 2023-2025

It's a tradition! The PNAA has been holding national conventions for many years. In fact, we just held the 44th convention on July 16-22, 2023, on board RCL's Wonder of the Sea. No, it was supposed to be the 43rd convention! But something unexpected came down and disrupted everybody's lives and schedules.

As the sitting President-elect of PNA Central Florida, in 2020 I placed a bid to host the 43rd National Convention in 2022 on a 7-day cruise and was voted unanimously.

This is the PNACF's second time to host a National Convention on a Cruise. The first one was the 38th National Convention on RCL's Oasis of the Seas in July 2017. This convention was going to take place during my term as President of the PNACF chapter under the leadership of the PNA President Mary Joy Garcia-Dia (2020-2022). But the pandemic changed all that. Consequently, the PNACF was going to host, not the 43rd but the 44th scheduled for July 16-23, 2023, under the PNAA President, Gloria Beriones, South Central Region Vice President Manny Ramos, and PNACF President, Aga Sta. Romana.



Covid-19 came down on us in March 2020. In the initial months of the pandemic, social distancing measures and concerns about the spread of the virus caused a significant decrease in movement, consumer spending, particularly in services and many businesses closed temporarily or permanently. Consumers held back on purchases due to economic uncertainty, COVID-19 fears, restrictions on services, and unavailability of products. The pandemic has disrupted the production of many goods and services. Census survey evidence shows a surge in labor shortages, supply shortages, and logistic/transport constraints causing U.S. manufacturers to operate below capacity. The 42nd & 43rd National Conventions were also affected. Needless to say, the PNAA had to make some adjustments.

For the 44th National Convention in 2023, both the PNACF chapter and the PNAA National Convention Planning committees went to work. While the PNAA planners put together the agenda, the topics, the speakers, and sponsorship, the PNACF were “boots



on the ground". Monthly meetings were held by each committee and each group fed into each other to create an organized and entertaining convention.

As the host for the convention, the PNACF formed committees led by all past presidents, assigned to help set-up, and monitor every event covering seven days from registration to the last day. Holding a convention on a cruise ship was no easy task. All supplies and paraphernalia had to be transported and loaded on the ship. Both Manny Ramos, SCR-VP and Aga Sta. Romana, current PNACF President took the task of packing them in a truckload of suitcases and driving them to the port prior to the embarkation day. The PNACF Executive Board members each with specific tasks assigned to them identified themselves by wearing a specific outfit each day. On the first day, they greeted all delegates at registration wearing a nautical theme of whites including a scarf and a sailor's cap and, subsequent days had assigned dress codes designated by the PNACF executive director, Ghie Alagano. The itinerary covered seven days of activities.

The delegates and their families can attest to the success of the 44th PNA National Convention on board RCL's largest cruise ship, Wonder of the Seas.

When everyone was boarded, the convention delegates were received in the beautiful glass-covered Solarium located at the forward of the massive ship with a beautiful view of its surroundings for cocktails, to welcome them on the voyage while the ship was pulling away from the dock in Cape Canaveral. Most delegates sat for the early dinner that evening and most evenings, situated in a designated area in the elegant main dining room reserved for the PNA/PNAAF delegates, their families, and guests.



Following dinner, the delegates were free to explore and avail to the many choices in entertainment, shopping, and casino the ship has to offer while the SCR leadership held their first meeting.

The 2nd day: July 17, 2023. The 5K Health Challenge and a day on a private island, the Coco Cay. At 5:30am, eager participants showed up on Deck 5 forward to join the 5K. It started with a 10-minute warm-up of Sumba led by Justine Ford (PNAVA) and Mary Les (PNANJ). The deck was occupied by the PNA/PNAAF walkers/runners following the track that took them around the ship three times to complete the 5K. Since this was outdoors, the participants had to deal with the humid morning sea breeze. After the run, we all moved to the Attic on Deck 4 for more Sumba dancing. Awards were presented to individual runners, chapters, and regions.



PNA Eastern Region Top 5K Walk Fundraiser
Perfect Day @ CocoCay 44th PNA National Convention
July 17, 2023 | Wonder of the Seas Cruise

Breakfast followed and disembarkation on a beautiful private island of Coco Cay where countless activities are available to all. Food and refreshing drinks were all-you-can-eat made available by the ship's dining crew for as long as we were on the island. Team-building activities were designed by Lorelei Perez, PNACF past president and carried out to everybody's delight and enjoyment. The ice-breaker activity was to "form the longest line" and with everything they had on themselves, four groups managed to create the long lines using their bodies, and every piece of material or clothing they had in their possession. The Green Team: the group of Dr. Gloria Beriones won this warm-up event.



The main team-building activity was the "Survivor" in which the groups must demonstrate and explain how they are going to survive on an island following a shipwreck. Each group had their own unique ways of assessing their situations and their surroundings, identifying their needs, and using critical thinking skills and creative ideas to solve their problems in order to survive. Each group was brilliant! The judges had difficulty assigning the awards and the audience were in stitches as they watched and listened to the group's explanations for survival. As an expectator, I was truly impressed and fascinated by the groups' teamwork while also entertained. Four awards were presented: Best Presentation, Best Teamwork, Most Entertaining and Most Creative, and all awardees truly deserved them.



Back on the ship, following dinner, was a PNA Foundation meeting where the Executive Board presented their outgoing President, Nancy Hoff her parting gift after serving two terms. The regional delegates spent the evening practicing their presentations for the Networking Night. The rest of the evening was for everyone to enjoy themselves with activities of their choosing. I went to see the musical "Voices" at the Royal Theatre with friends.

The 3rd Day. July 18, 2023. The ship is at Sea. This was the Education Day. It was followed by the first attendee forum just before dinner. At 7:00pm that evening, we all gathered in our beautiful gala outfits of gowns and suits, glitters and beautifully made faces for the



Awards Ceremony. This is also the unveiling of the National Conventions Perpetual Plaque. At 11:00pm, we moved into Studio B on Deck 4 to party and dance until 1:00am. Much to our enjoyment, the Filipino band female singers came to join and sang for us.

The 4th Day. July 19, 2023. We arrived in Cozumel, Mexico where passenger got off the ship to explore and/or took excursions. At 7:00pm, we all gathered on Deck 8 in the Music Hall for the Networking Night. The night's theme was "Pirates of the Caribbean," so the delegates and their guests appeared all dressed up like pirates. Following the Parade of Banners, we were entertained by a short skit by the children who came with the delegates and families. Lorelei Perez (PNAACF) wrote the script about a stowaway on a pirate ship and directed the show much to everyone's amazement and admiration of the children's acting abilities. Then each region presented their "talents" with their song and dance and the SCR received the highest award. They had indeed the most creative and relevant production and performance. It proved again that nurses are good at everything!



The 5th Day. July 20, 2023. We arrived in Roatan, Honduras. This is another free time for all delegates. Many of us disembarked to explore the port, shop or took tours and excursions. Some remained on the ship and enjoyed the quiet areas for relaxation or spent their day in the gym and the spa. Following dinner, my friends and I went to see the beautiful show "Season on Ice" in the skating arena on Deck 4. Close to midnight, we made it a habit to stop at the Portofino Restaurant for pizza or Café Promenade for sandwiches or desserts or Ben & Jerry's for a scoop of ice cream.

The 6th Day. July 21, 2023. We arrived in Costa Maya, Mexico. Passengers were out and about here too. Since it is free time for delegates, they made use of their time exploring the port, joined tours and excursions, shopped, or tried the local food. After two solid days of free time to shop, most certainly, many were going back with plenty of mementos and "pasalubongs." I decided this was the day I pampered myself with a deep tissue massage before dinner time and spent the rest of the evening dancing where music was playing or in any of the eleven bar & lounges.





The 7th Day. July 22, 2023. We are again at sea all day until we arrive back to where we started seven days prior: Cape Canaveral. This is the day the General Assembly was held during the first 4 hours of the day. The Leadership Institute was held in the afternoon following a lunch break. Immediately afterwards we held the Interfaith Ecumenical Service designed and presented by Alicia Tullo, Rose Anteqino & Noemi Reyes (PNACF Past Presidents) and their team. They put together a service of recommitment to the nursing profession, a special moment of remembrance for those who died and a segment of thanksgiving and rejoicing for a successful convention with beautiful songs and meaningful responsories. It was a special and moving time that bought both tears and laughter to end the convention.

Then this last evening on the ship was celebrated with “all you can drink” cocktails served in the Solarium with a DJ for live dancing. Not to miss out on anything, the delegates continued to enjoy their evenings with non-stop dancing and made sure their luggage was packed and left outside their cabin doors to be collected by the crew before 11:00pm. I soon discovered some had only four hours sleep that night and wished for the cruise not to end. Oh well! All good things do come to an end.

The 8th Day. July 23, 2022. We are back in Cape Canaveral, Florida. Time to disembark and claim the luggage for our journeys back home. Delegates came from all across the USA and Hawaii. A short week together, learning, getting to know each other, bonding with colleagues and friends, not only made us smarter but also created memories left in our hearts and minds to cherish over the years. We said von voyage to everyone. The PNACF who hosted this event did a wonderful job, is more confident this second time, and are made even stronger as a group. They have proven once more that they are the most remarkable cruise convention hosts. For those who asked, “when shall we do this again?”; I say, very soon my fiends!

National Conventions Perpetual Plaque: The Tradition of Handing Off the Responsibility of National Convention Hosting

By Manny Ramos
 Co-Chair, National Convention Planning Committee



Traditionally, the Nightingale Lamp was passed from the host chapter to the next chapter at the turnover ceremony of each PNAA national convention to symbolize the transfer of responsibility for hosting the event. However, it has been observed that the lamp has never left the host chapter's possession, leading to the purchase of a new lamp at each convention.

Manny Ramos, Co-Chair of the 44th PNAA National Convention Planning Committee, inquired about a perpetual national convention plaque from the PNAA Advisory Council, composed of previous PNAA presidents, and suggested it be used during the turnover ceremonies. Ms. Velasquez, the 13th PNAA President, thought she had seen one before, but the search did not locate the perpetual plaque. PNAA President Gloria Beriones and the PNAA Advisory Council agreed to create a brand new National Conventions Perpetual Plaque that will serve as a historical record of all PNAA National Conventions and be displayed at every national convention. The plaques will be presented during the handover ceremony when the national convention hosting responsibility is transferred from the current host chapter to the next.

Manny Ramos worked closely with the 10th PNAA President, Ms. Lolita Compas, to create the PNAA National Conventions Perpetual Plaque. In their research, they consulted online records and the book *A Tapestry and The Legacy of the Philippine Nurses Association of America*. They also obtained vital information from *The Legacy of the Philippine Nurses Association of America: Past, Present & Future PNAA Travels Remembered* booklet by 9th PNAA President Ampy de la Paz. Furthermore, the 13th PNAA President, Ms. Mila Velasquez, went through old documents to supply the missing information. At the same time, phone calls with 2nd PNAA President Phoebe Andes and 7th PNAA President Beatriz F. Miranda helped clarify information on previous national conventions.



The final steps in ensuring the national convention perpetual plaque information were accurate involved all previous PNAA Presidents participating in reviewing, editing, and verifying the information before the final draft was sent to the printer. The 44 brass plates, which recorded the founding of the Federation of Philippine Nurses Association in the United States and subsequent national conventions, were created in two perpetual plaques.

At the 44th PNAA national convention, PNAA Presidents Dr. Gloria Beriones, Dr. Phoebe Andes, Mr. Pete Calixto, Dr. Leo Jurado, Dr. Dino Doliente III, Ms. Madelyn Yu, and Dr. Mary Joy Garcia-Dia unveiled the perpetual plaques. The convention delegates flocked eagerly and inspected the perpetual plaques. The delegates were genuinely amazed by the rich history of PNAA National Conventions and the impressive legacy of PNAA Presidents that have served in the last 44 years.

During the conclusion of the 44th PNAA National Convention, Mary Jane Zamora, Philippine Nurses Association of Central Florida (PNAACF) President-Elect, and PNAACF members handed off the perpetual plaques to the Philippine Nurses Association of Southern California (PNASC), who will be hosting the 45th PNAA National Convention. PNASC delegate Dr. Marlon Saria, Col. Bob Gahol, Western Region Vice President, and various PNAA Western Region delegates received the plaques. The perpetual plaques will be on display at every national convention and be part of the tradition during the passing of the responsibility of hosting PNAA national conventions. Each year, the plaques will travel to the host chapter across the United States, ensuring that the national convention records are preserved and the tradition is kept alive.



44th PNAА National Convention 2023 Leadership Institute - July 22, 2023

By **Mary Dioise Ramos, Ph.D., RN, CNE**
PNAА Education Committee Chair

As we look back on the unforgettable 44th National Convention, held on the largest cruise in the world, we are excited to share with you the enriching experiences and knowledge gained during this remarkable event. At the heart of the convention was the Leadership Institute Program, designed to equip participants with essential leadership skills and knowledge that are crucial in today's ever-evolving healthcare landscape.

Part I - PNAА and PNAАF Presidents Report

The joint presentation by the President of PNAА and PNAАF was a powerful and moving moment during the National Convention. Both leaders exemplified the core values of nursing - compassion, leadership, and dedication to making a difference. Their talks served as an inspiration to all attendees, uniting them in a shared commitment to the PNAА's growth and the betterment of the communities we serve.



PNAА Collaboration on the GO

Dr. Gloria Beriones delivered an inspiring talk highlighting the updates about the induction of new officers and the remarkable work of various chapters within the organization. The induction of new officers represented a fresh chapter of leadership, carrying forward the legacy of those who came before them. Moreover, recognizing remarkable chapters underscored the impact that united and passionate nursing communities can have in transforming lives and healthcare practices. As the PNAА continues to grow and evolve, under the guidance of its dedicated leaders and the collective efforts of its chapters, the PNAА will undoubtedly witness further advancements and positive changes that will benefit patients, nurses, and the broader healthcare community.

PNAАF: A Quiet Giant that Works Behind the Scenes

Ms. Nancy Hoff, the President of the Philippine Nurses Association of America Foundation, shed light on the philanthropic achievements of the foundation and the powerful impact of advocacy through philanthropic giving. She began her talk by acknowledging the often overlooked yet essential role that philanthropy plays in making a difference in the lives of countless individuals. The PNAАF, like a quiet giant, diligently operates behind the scenes, dedicating itself to supporting nurses, nursing students, and underserved communities. With humility and grace, Ms. Hoff highlighted the numerous initiatives and projects the foundation undertook, ranging from supporting PNAА initiatives and scholarship

programs to disaster relief efforts in times of crisis. She emphasized that the foundation's unwavering commitment to philanthropy stems from the deep-rooted values of compassion and giving back to the community.

Part II - Leaders Toolkit

The second part of the Leadership Institute delves into two major topics: "Inspiring Confidence in Mentoring: Developing Trust and Respect in Nursing Leadership" and "Empowering Nurses to Lead Change: Strategies for Anchoring Collaboration and Advocacy in Practice." These sessions provided valuable insights and lessons that resonated deeply with the attendees and left an indelible impact on their approach to nursing leadership. These topics emphasized the importance of empathy, collaboration, advocacy, and innovation in nurturing the next generation of nurse leaders and driving positive change within the healthcare system. As attendees return to their respective roles, they are armed with the knowledge and inspiration needed to make a lasting impact on their teams, patients, and the nursing profession.

Inspiring Confidence in Mentoring: Developing Trust and Respect in Nursing Leadership

Dr. Leo-Felix Jurado, the Executive Director of the PNAA, delivered a profound talk on mentoring and its role in nursing leadership. He emphasized the critical nature of building trust and respect between mentors and mentees, highlighting the following key lessons:

- A. The Power of Empathy:** Empathy emerges as an essential quality. Dr. Jurado stressed the importance of understanding and acknowledging the unique challenges aspiring nurses face. Empathetic mentors are better equipped to offer valuable guidance and support, creating a safe space for mentees to learn and grow.
- B. Leading by Example:** Mentors should lead by example, demonstrating the values and behaviors they wish to instill in their mentees. By embodying professionalism, compassion, and dedication to nursing, mentors inspire confidence in their ability to mold future nursing leaders.
- C. Active Listening:** Effective mentors are active listeners. By giving their full attention and being open to diverse perspectives, they create an environment where mentees feel heard and valued. Active listening fosters mutual respect and strengthens the mentor-mentee relationship.
- D. Encouragement and Feedback:** Mentorship involves providing constructive feedback and encouragement. Leo-Felix Jurado emphasized the need for mentors to celebrate their mentees' successes and provide gentle guidance in areas that require improvement. This balance encourages mentees to embrace growth and learning.

Empowering Nurses to Lead Change: Strategies for Anchoring Collaboration and Advocacy in Practice

Dr. Marlon Garzo Saria, the President-Elect of PNAA, delivered an empowering session on leading change within the nursing profession. He underscored the significance of collaboration and advocacy in driving positive transformation, and the following lessons stood out:

- A. Collaborative Leadership:** Dr. Saria emphasized that effective leadership goes beyond individual achievements. Collaborative leadership involves working with interdisciplinary teams, embracing diverse perspectives, and fostering an environment of mutual respect and support. By leveraging the collective strengths of a team, nurses can lead change effectively and make a more significant impact on patient care.
- B. Advocacy and Influencing Policy:** To enact meaningful change, nurses must be advocates at both the micro and macro levels. Dr. Saria highlighted the importance of nurses' involvement in policy-making processes and how their voices can shape healthcare policies that benefit patients and providers.
- C. Embracing Innovation:** Leaders must be open to embracing innovation and adapting to the ever-changing healthcare landscape. By staying informed about technological advancements and evidence-based practices, nurses can lead change and improve patient outcomes through innovation.
- D. Resilience and Perseverance:** Leading change often comes with challenges and obstacles. Dr. Saria stressed the significance of resilience and perseverance in the face of adversity. A tenacious and determined approach to overcoming challenges is essential in driving transformative change.

Part III - iLDP: Exemplary Project Management Plans

The third part of the Leadership Institute Program was a culmination of hard work, innovation, and dedication. The iLDP showcased during the Leadership Institute was a testament to the organization's commitment to nurturing future leaders and the capacity to implement exemplary project management plans. During this momentous session, three exemplary project management plans were presented by the program graduates, showcasing their transformative initiatives. The event also served as a special occasion to recognize and honor the accomplishments of the graduates as they were awarded their certificates and pins.

1. Barangay PNAMC: Finding, Connecting, Building Success

Dr. Maria Sheilla Membrebe's project epitomized the spirit of community-building and collaboration. Her vision aimed to establish a cohesive network among Filipino nurses, creating a supportive and nurturing professional growth and development environment. The project's key components included identifying and reaching out to Filipino nurses in various locations, leveraging technology to foster connections, and organizing regular virtual meetups and workshops. By facilitating networking and mentoring opportunities, her project aimed to create a vibrant community that would empower its members to thrive in their nursing careers.

2. A.K.U. (Akabay, Kaakbay, Ugnayan) Project

Dave Rey Balbarada's A.K.U. Project was rooted in the core Filipino values of unity, support, and collaboration. His project sought to strengthen the bonds between PNAA chapters and enhance communication and resource-sharing among them. The acronym "A.K.U." represented the key principles of the project: Akabay (Support), Kaakbay (Together), and Ugnayan (Connection). Through various initiatives such as peer mentorship programs and joint community outreach

efforts, Dave Rey's project aimed to foster a sense of camaraderie and synergy among chapters—the A.K.U. Project envisioned a united force of Filipino nurses working collaboratively to address common challenges and achieve shared goals.

3. SOS (Sign-up, Orientation, Socialization) New Member Onboarding Process

Noravil Guzman Tamayo's SOS Project addressed a critical aspect of organizational growth: welcoming and integrating new members effectively. The project's name, SOS, cleverly captured its purpose: Sign-up, Orientation, and Socialization. It focused on creating a well-structured onboarding process for new PNAA members. Noravil's project aimed to provide new members with a warm and informative welcome, guiding them through the organization's values, resources, and opportunities for involvement. By integrating new members seamlessly, the SOS Project sought to increase member retention, engagement, and overall satisfaction.



44th PNAA National Convention 2023 Education Day - July 18, 2023

By **Mary Dioise Ramos, Ph.D., RN, CNE**
PNAA Education Committee Chair



Commemorating the Philippine Nurses Association of America 44th National Convention with the theme "Our United Voices: Anchoring our Culture of Wisdom, Excellence, Collaboration, Advocacy, Respect, Equity," the Education Day commenced with a warm welcome from Mary Jane Zamora, President-elect of the PNA Central Florida.

President Dr. Gloria Beriones delivered the State of PNAA Address. She highlighted the organization's accomplishments, ongoing initiatives, and future plans. She emphasized the importance of unity and collaboration among members to address the challenges faced by Filipino-American nurses and promote their leadership in the healthcare sector.

Dr. Dula Pacquiao's keynote address on the conundrum of health equity was a powerful and thought-provoking presentation that left a lasting impact on the audience. With passion and conviction, Dr. Pacquiao began her address by calling attention to the stark reality of health disparities, which persistently affect certain communities, including racial and ethnic minorities, low-income individuals, and those with limited access to healthcare resources. She presented compelling data and real-life examples highlighting the significant gaps in healthcare outcomes based on socioeconomic status, race, ethnicity, and geographic location. Throughout her speech, she challenged the audience to reflect critically on their own roles and responsibilities in addressing health disparities. She encouraged nurses to go beyond providing individual patient care and to be proactive in addressing the root causes of health inequities. Dr. Pacquiao's keynote address on the conundrum of health equity was a call to action for nurses to confront the challenges of health disparities head-on.

Dr. Rebecca Graboso spoke about the importance of culture in leadership and nursing practice. Drawing on her extensive experience, she encouraged nurses to embrace their cultural heritage and integrate it into their professional journeys, fostering a sense of identity and empowerment. Lessons learned about nursing practice and leadership was also shared during her speech. She provided valuable insights and



practical advice for aspiring nursing leaders. She emphasized the importance of lifelong learning and professional development in nursing.

The Advanced Practice Forum offered a dynamic platform to engage in insightful discussions about advanced nursing practice. Carmina Bautista, a seasoned nurse practitioner specializing in diabetes care, presented a comprehensive update on diabetes management and treatment. Her talk covered the latest advancements in diabetes research, pharmacological therapies, and lifestyle interventions. Attendees gained valuable insights into evidence-based practices for managing diabetes, ensuring better patient outcomes and enhanced quality of life for those living with the condition. Dr. Mary Joy Garcia-Dia, an esteemed nursing leader and informatics expert, shed light on the growing importance of nursing informatics in modern healthcare settings. Her presentation explored the critical role of informatics in improving patient care, streamlining workflows, and enhancing healthcare delivery. She emphasized how nurses can leverage data and technology to optimize their practice and make informed decisions that positively impact patient outcomes.

The Research Forum was an inspiring platform where researchers presented their findings on critical topics in the innovative Pecha Kucha format. This format, which originated in Japan, allows speakers to present 20 slides, each displayed for 20 seconds, resulting in dynamic presentations. Dr. Maria Eden A. Gianan delved into the topic of compassion fatigue among psychiatric mental health-advanced practice registered nurses. Her presentation shed light on the unique challenges faced by mental health practitioners and how these challenges impact their well-being and ability to provide compassionate care to patients. Mafe Chase's research focused on measuring team resilience among caregivers in a hospital setting. She highlighted the significance of teamwork and resilience in healthcare, especially in high-stress environments. Ophelia Empleo-Frazier's presentation centered on her work in developing an age-friendly course that adopted the 4Ms Geriatric Model in a Primary Care Nurse Practitioner Program. The 4Ms Model focuses on Mobility, Medications, Mentation, and What Matters Most



to older adults. Manny Ramos provided an update on the Filipino American Research (FAR) Hub, a collaborative research initiative focused on understanding the unique healthcare needs and challenges faced by the Filipino-American community. Victoria Reyes Bryan presented her innovative approach to nursing undergraduate research education through the use of escape rooms. Jose Abel Larrosa emphasized the vital role of nurses in advocating for patients and influencing healthcare policy. The research forum's emphasis on research and innovation reflects the PNAA's commitment to empowering its members to lead and excel in the nursing profession.

Dr. Lorraine Evangelista's endnote address during Education Day was a fitting and impactful conclusion to the event. With eloquence and passion, she emphasized the significance of research in advancing the nursing profession. She highlighted how research is pivotal in driving evidence-based practice, enhancing patient care, and shaping healthcare policies. By encouraging nurses to engage in research and embrace a culture of inquiry, she underscored their collective ability to bring about positive change in healthcare systems. Her address stressed the importance of collaboration within the community. She emphasized that nurses are stronger together and can achieve more when they unite their efforts. She encouraged attendees to build bridges, network, and share knowledge and experiences to elevate the profession collectively. By fostering a spirit of teamwork, nurses can effectively address the challenges faced in healthcare and amplify their impact.

Education Day is a remarkable event that celebrates the strength and determination of Filipino-American nurses. From insightful speeches to thought-provoking panel discussions and research presentations, the event enriched the knowledge and camaraderie among the PNAA members. As nurses continue to lead the way in healthcare, this Education Day stands as a testament to the commitment to building an empire of knowledge and compassion, ensuring the well-being of patients and the advancement of the nursing profession.



PNAAF's 2023 5K Health & Fitness Challenge onboard the Wonder of the Seas

By **Alicia Tullo, MSN, RN**
 Host of the 44th National Convention
 Associate Editor, InsidePNAF
 Assistant Treasurer, PNAAF, Inc.



One of the events that fires up the members during the annual National Conventions is the *5K Health Challenge*. It was conceived as a great fundraiser and a healthy activity that can be incorporated into a national convention. After spending several hours and days sitting in a classroom listening to lectures, a run/walk in one of the early mornings breaks the stagnation and gets the participants renewed energy and boosts enthusiasm while also promoting teamwork and healthy competition among chapters.



This annual 5K started with Ernie Rosas in 2007. The first event was held in St. Padre Island, Texas. Vilma Ortiz, who was a PNAAF Board of Trustees served as the *5K Health Challenge* Chairperson from 2018-2023. This year she was inducted Treasurer of the PNAAF and has relinquished that position. Alicia Tullo a former PNAAF Board of Trustees, PNACF President, 2020-22 who won the bid to host the 44th National Convention on the cruise, and the newly inducted PNAAF Assistant Treasurer has accepted the position as the new chair. While the 5K was meant to be conducted only during the convention days, the execution of this activity has been transformed due to the pandemic which disrupted many activities.

While it remains a fundraiser, the coordinators of the 5K turned it into a *hybrid event* during the three years when the national convention had limited attendance due to COVID-19 restrictions. When the PNAF decided to



conduct the lectures via Zoom, all other activities followed. The idea of “*virtual 4K*” allowed all chapters to continue to participate in 5K events without having to be present at the national convention. Each chapter held their own 5K run/walk in their own communities and videotaped their individual events. The videos were then viewed by the participants of the convention via zoom. As we left the years of pandemic behind, the idea of *hybrid 5K* will continue, as not all of the approximately 5,000 PNAA members can attend the national convention in person. This year's event was not different.

To participate in the 5K event, each chapter is encouraged to sponsor by contributing \$300.00 while all members are encouraged to participate by registering. The chapters can also solicit sponsorship from anyone, or any business not necessarily associated with the PNA or any of its chapters. The goal is to raise money that goes towards the amount established by the 5K Committee. This amount increases every year, and its major goals are to fund the PNAA Education and Leadership Institute programs, and Scholarships during Regional and National conventions. It is in fact the fiduciary duty and responsibility of each of the PNAAF Executive Board members. For this, the PNAAF continue to appreciate the cooperation and efforts of each PNAA chapter in reaching the goals established.

This year, while onboard RCL's Wonder of the Seas, the 5K was scheduled on the early morning of the second day of the convention on July 17, 2023. Participants gathered at 5:30 am on the 5th deck forward for a Sumba warm-up, led by Justine Ford (PNAVA) and Mary Les (PNANJ), which also woke everybody up and got everyone excited to get running; or walking for those preferred it that way. There were “watchers” and there were runners and walkers, and palpable excitement in the air. The runners and walkers followed the outdoor track on deck 5; and to complete the 5K, one had to circle the track three times.

When everyone completed their tracks, we all moved to the 4th Deck to the *Attic* for the awards ceremony. But the excitement continued as yet again, Sumba dancing resumed with Justine and Mary Les. I don't know what it is with Filipinos when they hear music, their bodies just couldn't resist moving with the rhythm. I must say this event was again a success. Vilma Ortiz, the PNAAF Chair of the 5K Committee and Alicia Tullo, the PNAA Host Chapter Chair, proceeded with announcing the awardees for the 2023 event, and they were as follows. The champions in this morning's walkers were the PNANJ, followed by the PNA Miami and Southeast Florida.



The chapters with the highest 5K solicitation who reached or exceeded their goals were PNA New York led by Susan Gador and PNA New Jersey led by Belle Villafuerte with RVP Dr. Warly Remegio.

Lastly, PNA Central Florida also exceeded their goal led by Alicia Tullo while the SCR led by RVP Manny Ramos raised \$12,000.00 exceeding their goal of \$10,000.00. No matter who went home with trophies, medals, and ribbons, the 2023 5K was a success because we are all winners as members of this phenomenal organization. The proceeds always benefit the PNA, and all members and we look forward to 2024 as we forge ahead with the newly appointed 5K Chair, Aicia Tullo. With the guidance of Vilma Ortiz this enormous annual fundraising event will continue for the same purpose. So, for now settle down, everybody take your breaths and find your second wind for the 45th 5K event on July 2024. To all the winners, CONGRATULATIONS!

Philippine Nurses Association of America Foundation Inc.: Recognition of the Past Executive Board and Induction of the New Executive Board

By Nancy Nolasco Hoff
PNAAF President 2019-2023



Recognition of the Past Executive Board

The outgoing PNAAF president, Nancy Hoff, reintroduced the 2021-2023 PNAAF Executive Board as their pictures were being presented on the screen. They were recognized for their tremendous work and sacrifices to meet the goals and mission of PNAAF. This board is the quiet giant who worked behind the scenes, the silent force that made things happen. They were all presented with a medal of appreciation by President Hoff. The past presidents and executive directors were also presented medals in recognition of their role in making what the PNA Foundation has become.



2021-2023 EXECUTIVE BOARD

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President
 Vice President
 Secretary
 Corresponding Secretary
 Treasurer
 Assistant Treasurer
 Auditor
 Executive Director
 Immediate Past President

Nancy N. Hoff
 Annie Vista
 Rose Estrada
 Mindy Ofiana
 Vilma Ortiz
 Tessie Oculito
 Tina Salvador
 Amor Castro
 Merlita Velasquez++

BOARD OF DIRECTORS

Sally Ani
 Nancy Atmospera-Walch
 Teresa Damito
 Ophelia Empleo-Frazier
 Erlinda Ferrer ++
 Bob Gahol
 Jonathan Gecom
 TedRay Llasos
 Ferdinand Luyon

Luz Newell
 Greta Pardue
 Ferlinda Powers
 Victoria Pike
 Susan Repotente
 Catherine Rubio
 Roseminda Santee
 Alicia Tullo

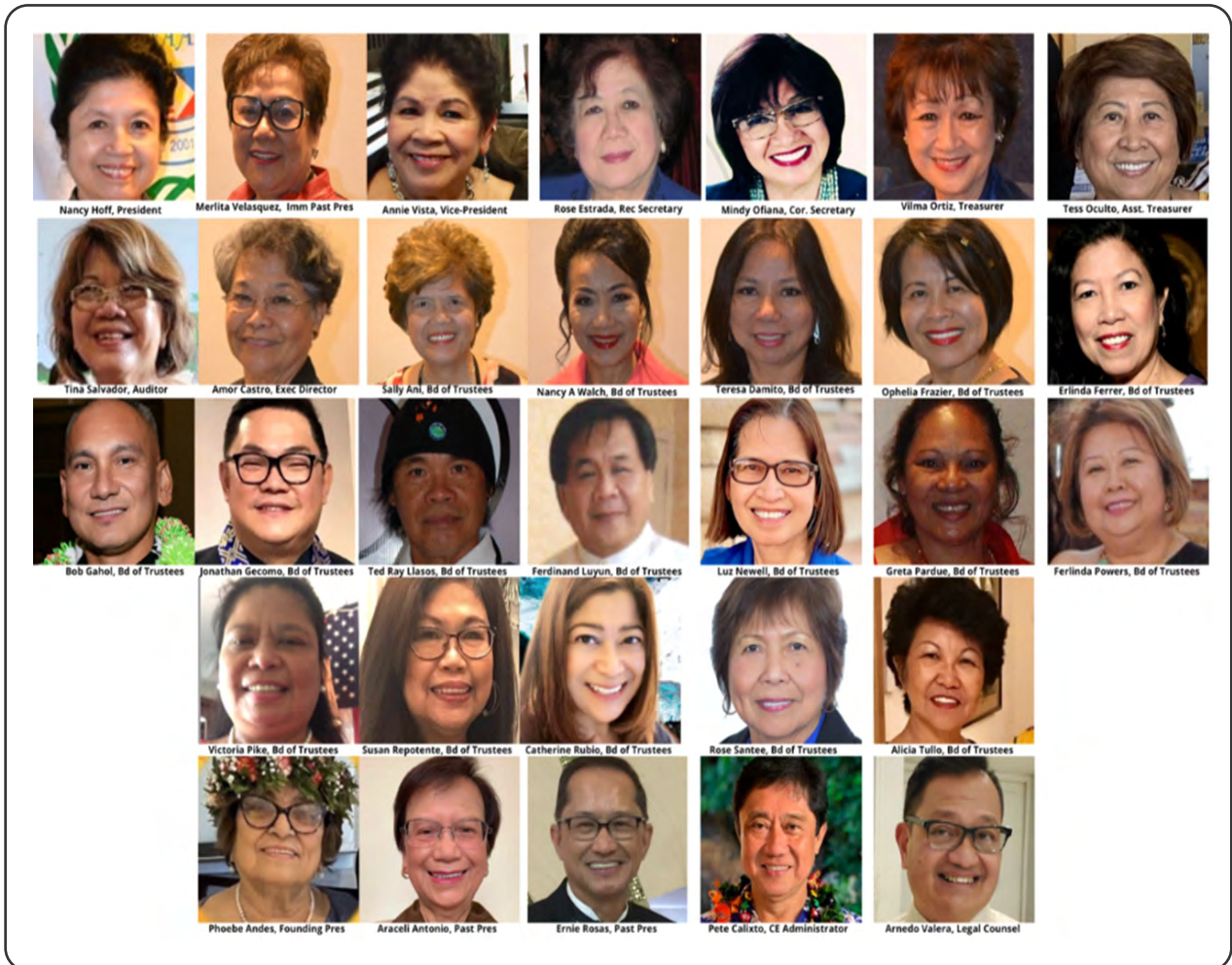
PAST PRESIDENTS AND PAST EXECUTIVE DIRECTORS

Founding President 2002
 President 2007-2011
 President 2011-2015
 President 2015-2019
 President 2019-2023

Phoebe C. Andes
 Araceli Antonio
 Ernie Rosas
 Merlita Velasquez++
 Nancy N. Hoff

Executive Director
 Executive Director
 Executive Director
 Executive Director
 Executive Director

Amparo Dela Paz
 Phoebe Andes
 Annie Vista
 Annie Vista
 Amor Castro



2023 PNAAF Superstar Award



Every two years PNAAF Superstar Award is presented to PNAAF board members who worked above and beyond. They not only did their assigned responsibilities but were there with ideas and projects to make things better. The 2023 PNAAF Superstar Award went to **Bob Gahol, Chairperson of the Public Relations Committee** who made PNAAF and its activities known to all. The other superstar award went to **Teresa Damito for her Bayani ng Mundo project** that recognized the nurses who were honored by individuals, families, organizations, and patients. They honored these nurses because of the difference they made in their lives, most especially during the pandemic.

Above and Beyond Award

Committee members who went above and beyond were also recognized and awarded a medal. They were **Martha Cabarios member of the Finance and Budget Committee** who gave her invaluable time in continuing to work with the increasing PNAAF finance workload; and **Perie Danao** member of the Continuing Education Committee who did translations for the PNAAF/PNAA Covid grant projects.

2023 Committee Presidential Certificates of Appreciation Awardees

1. **Education Committee** led by Ophelia Empleo Frazier for a very successful 2023 Collaborative Conference in Vigan, Ilocos Sur.
2. **Humanitarian Services Committee** with special mention to Ophelia Empleo Frazier, Annie Vista and Mindy Carlay, for their generous donations for the victims of the disaster in the Philippines.
3. **Legacy Headquarters Committee** led by Amor Castro for their work in collaboration with PNAA in developing Policies and Procedures for the Legacy Headquarters management.
4. **5K committee** led by Vilma Ortiz. Her dedication and countless hours to make this event a success is commendable. For five years she had made this event a true collaborative effort between PNAAF and PNAA regions.

2019-2023 PNAA Foundation President always believed that an organization succeeds when it has the strength and skills of its members, the creativity and wisdom of its leaders, and the unwavering faith in the hearts of its members.

PNAAF Nursing Scholarship Awards

Dr. Rose Estrada, Chair of the Scholarship Committee awarded two PNAA members pursuing their Doctor of Nursing Practice degrees. They are: **Luis Gino P. Guzman** from PNA New Jersey who is attending the University of Alabama, College of Nursing Tuscaloosa, Alabama, and **Mafe Chase** from PNA Oregon-Washington who is attending Washington State University College of Nursing.



Presentation of the Philippine Humanitarian Coalition (PHC) Ambassador's Cup Award

The Ambassador's Cup is a ceremonial cup with the recipients' names engraved on the base of the Cup. It is permanently kept at the Philippine embassy in Washington, DC. The **PNAAF Foundation** was one of the three 2021 recipients of the Ambassador's Cup which was presented and accepted by PNAAF President Nancy Hoff at the 2023 Western Regional Conference in Maui, Hawaii. The other two recipients are PNAAF Members and were presented the award during the 44th Convention/Cruise. President Nancy Hoff and four members of the Philippine Humanitarian Coalition presented the awards to the other two 2021 recipients. The second 2021 recipient **Virginia Alagano** put innumerable work hours into putting together the PHC Namamasko Po event from 2020 onward. She teaming with her husband Edwin saved PHC thousands of dollars comparable to a donor underwriting the PHC production cost. The third 2021 recipient is **Ophelia Empleo Frazier**, a PNAAF board member who gave a very generous donation to benefit the town of Sta. Maria, Ilocos Sur in the Philippines, that was devastated by the severe tropical storm Mareng. Her generous donation benefitted almost 200 families in Barangay Suso with much-needed basic needs such as food, drinking water, clothing, and home cleaning materials for those who lost everything. Ophelia also gave a generous donation in 2022 to the PHC Alleviate Hunger project.



Induction of the 2023-2025 PNAAF Executive Board



The incoming PNAAF executive board was inducted by Dr. Phoebe C. Andes the Founding President of the PNAA Foundation. PNAAF is blessed to have Officers and Board of Directors representing the PNAA four regions who in addition to having caring and compassionate hearts, also have the true spirit of philanthropy.

2023-2025 PNAAF Officers and Board of Directors

OFFICERS

President
 President Elect
 Vice President
 Secretary
 Corresponding Secretary
 Treasurer
 Assistant Treasurer
 Auditor
 Executive Director
 Immediate Past President

Rose Estrada
 Mindy Ofiana
 Bob Gahol
 Teresa Damito
 Susan Repotente
 Vilma Ortiz
 Alicia Tullo
 Ophelia Empleo-Frazier
 Amor Castro
 Nancy N. Hoff

BOARD OF DIRECTORS

Jennifer Aying
 Senen Cabalfin
 Martha Cabarios
 Mindy Carlay
 Jonathan Gecom
 Maria Eden Gianan
 Reglita Laput
 Luz Newell
 Marie Ortaliz
 Rhoda Redulla
 Velma Yep
 Wilmar Suan



Newly inducted President Rose Estrada thanked the outgoing President and Executive Board, and will also in partnership with PNAA, she will continue to collaborate with other organizations on projects and grants to support the PNAA and PNAAF mission for a sustainable and better future.

iLDP Fellows Presented their PMPs at the 44th PNAA National Convention

By **Manny Ramos, MSN, RN**
iLDP Program Director



The Leadership Institute at the 44th PNAA National Convention aboard Wonder of the Seas provided an exceptional platform for three inspiring iLDP Fellows to showcase their unwavering energy, passion, and innovative spirit. Sheilla Membrebe, DNP, MSN, RN, ONC, CMSRN, CBN, CNE of PNA Maryland Chapter, showcased Barangay PNAMC: Finding, connecting, Building Success; Dave Rey A. Balbarada, MSN, MPS, APRN, ACNPC-AG, CCRN-CSC/CMC, VHA-CM of PNA Nashville Tennessee presented A.K.U. (Akbay, Kaakbay, Ugnayan) Project; and Noravil Guzman Tamayo, BSN, RN of PNA Austin Texas shared SOS (Sign Up, Orientation, Socialization): A New Member Onboarding Process.

These remarkable project management plans (PMP) culminated in the iLDP Fellows' eight weeks of intense online leadership development program, tackling topics such as recruitment, engagement, retention, empowerment, community involvement, membership management, onboarding new members, political and legislative action, and promoting cultural integration for Filipino nurses who recently immigrated to the United States.

The other exemplary project management plans were Yakap at Kalinga Initiative by Jose Arnold Tariga, Ph.D., MSN, MN, RN, CPHQ, CNE, NPD-BC of PNA New England; Membership Management System by Ian Kirit, MSN, RN, CEN of PNA New England; Onboarding Packet for New Members by Jennifer Tadera Tan BSN, RN, CCRN of PNA Illinois and Improving Membership and Retention through Peer Mentorship Program by Karol Ronie Bunao, MSN, RN of PNA California Orange County.



The 2023 iLDP marked the sixth year that the annual program has been offered to PNAA chapter officers and members in the leadership track. The program has produced 127 iLDP Fellows since its inauguration in 2018. The 2023 iLDP had a diverse group of participants, including one chapter president, six presidents-elect, five chapter officers, and two chapter members from eleven PNAA chapters. The 2023 iLDP Fellows are leaders in their respective chapters and include Elmer Amparo, PNAMDC - President-Elect; Dave Rey A. Balbarada, PNA Nashville Tennessee President-Elect; Mariella De Borja, PNANJ Somerset Sub-Chapter BOD; Karol Ronie Bunao, PNA California Orange County President-Elect; Jerlyn Domondon Tonto, PNANEF Assistant Treasurer; Noravil Guzman Tamayo, PNA Austin TX President-Elect; Maribeth R. Kastanowski, PNA Metro DC PRO; Ian Kirit, PNANE Assistant Treasurer; Maria Sheilla Membrebe, PNA Maryland President-elect; Maria Rowell, PNA Georgia PRO; Jose Arnold Tariga of PNA - New England; Jennifer Teder Tan of PNA Illinois; Grace Evangeline Ver Vicente, PNA Nashville Tennessee President; and Mary Jane Zamora, PNA of Central Florida President-Elect.

The iLDP Fellows were recognized during the Pinning Ceremony at the Leadership Institute of the 44th PNAA National Convention. Certificates of completion, iLDP cords, and pins were awarded by PNAA Presidents Gloria Beriones, Dr. Leo Jurado, Dr. Phoebe Andes, Mr. Pete Calixto, Ms. Madelyn Yu, Dr. Dino Doliente, and iLDP Faculty Dr. Warly Remegio, Dr. Priscilla Sagar, Col. Bob Gahol, Ms. Manelita Dayon, and Ms. Dianne Bautista. The other faculty who served in the iLDP were Dr. Riza Mauricio, Teresa Gonzalvo, Lozel Greenwood, Melissa Cunanan, Dr. Ira Martin, and Dr. Jonathan Gecom. The iLDP Program Director is Manny Ramos, with Ms. Mindy Ofiana as the Program Director of Operations and Mr. Pete Calixto as the Adviser.



PNA A LEADERSHIP DEVELOPMENT PROGRAM



ELMER AMPARO, CRNP-Family
PNA Metropolitan DC



DAVE REY A. BALBARADA, MSN,
MPS, APRN, ACNPC-AG,
CCRN-CSC/CMC, VHA-CM
PNA Nashville Tennessee



MARIELLA T. DE BORJA, BSN, RN-BC
PNA New Jersey, Somerset
Subchapter



KAROL RONIE BUNAO, MSN, RN
PNA California Orange County



JERLYN DOMONDON TONTO RN, BSN
PNA North East Florida



NORAVIL GUZMAN TAMAYO, BSN, RN
PNA Austin Texas



MARIBETH R. KASTANOWSKI, BSN,
RN, CAPA
PNA -Metropolitan DC



IAN B. KIRIT, MSN, RN, CEN
PNA New England



MARIA SHEILLA MEMBREBE, DNP,
MSN, RN, ONC, CMSRN, CBN, CNE
PNA Maryland Chapter



MARIA ROWELL, MSN, RN
PNA Georgia



JOSE ARNOLD TARIGA, PhD, MSN, MN,
RN, CPHQ, CNE, NPD-BC
PNA New England



JENNIFER TEDERA TAN, BSN, RN, CCRN
PNA Illinois



GRACE EVANGELINE VER VICENTE, BSN, RN
PNA Nashville Tennessee



MARY JANE ZAMORA, MSN, RN-BC
PNA Central Florida

Congratulations iLDP FELLOWS 2023



The iLDP Cream of the Crop 2023 - Our Leadership Fellows

By **Teresa Ignacio-Gonzalvo**, RN, BSN, MPA
Associate Editor and iLDP Faculty

Our PNAAL Leadership Development Program began on April 12 and ended on June 18, 2023. During this period, several chapter leaders embarked on this exciting and inspiring journey towards gaining more exposure to our organization's national leaders by “walking the walk” through networking, discussion boards, references, and virtual conversations through the iLDP Café. Fourteen of our participants completed this course under the dynamic leadership of Manny Ramos, RVP of our South-Central Region. Many thanks to Mindy Ofiana, Director of Operations, and Peter Reuben Calixto, Advisor, for they truly provided a well-rounded educational experience for our fellows. Based on the projects presented, it was apparent that the recruitment and retention of our members is a top priority for our leaders.



The iLDP Selection Committee is hard at work discussing the merits of our fellows' Project Management Plans.

Congratulations to these outstanding Top 5 fellows who achieved high honors for their Project Management Plans (PMP): Jose Arnold Tariga, Ian Kirit, Dave Balbarada, Sheilla Membrebe, and Noravil Tamayo. Dave, Sheila, and Noravil will be attending as well as presenting their PMPs at the PNAAL national convention this July. Way to go, fellows!

Congratulations to our new fellows - Elmer Amparo, Dave Balbarada, Ronie Bunao, Mariella de Borja, Jerlyn Tonto, Noravil Tamayo, Maribeth Kastanowski, Ian Kirit, Sheila Membrebe, Maria Rowell, Arnold Tariga, Jennifer Tan, Grace Vicente, and Mary Jane Zamora. Their dedication and commitment to leadership, completing the requirements, interacting with their colleagues and mentors, burning the midnight oil during their days off, and finally completing their Project Management Plans truly made a difference in their growth and expertise.

The esteemed iLDP faculty was composed of: Dianne Bautista, Peter Reuben Calixto, Melissa Cunanan, Manelita Dayon, Bob Gahol, Jonathan Gecomo, Teresa Gonzalvo, Lozel Greenwood, Ira Martin, Riza Mauricio, Luz Newell, Mindy Ofiana, Manny Ramos, Warly Remigio, and Priscilla Sagar.

A subset of the faculty comprised the Selection Committee. They were Manny Ramos, Chair, Mindy Ofiana, Peter Reuben Calixto, Dianne Bautista, Melissa Cunanan, and Teresa Gonzalvo. Utilizing the Rubrics for Grading to Select the Best Project Management Plans, this team spent several hours going through the PMPs, discussing their perspectives, and viewing the videos as they evaluated the submissions. Criteria used included evaluating the Introduction, Purpose, Significance, Scope and Timeline, Creativity, Sustainability, Innovation, Grammar and Mechanics, and Video Presentation. Thank you for devoting your time, talent, and energy to mentoring our outstanding fellows.

AWARDS

The PNAA Awards Committee and the Gala Awards Night

By **Ma Milani (Jet) Zabala**, MN, RN, IBCLC, CCM
Chair, PNAA Nursing Excellence Awards Committee

The Philippine Nurses Association of America (PNAA) Awards Committee's main purpose is to outline the processes in recognizing outstanding nurses for professional excellence, significant contributions to the profession in the various fields of specialty, and sustained involvement with PNAA and local chapters awards. This committee's goals are to establish and publish the qualifications and criteria for awards, review and score the applications of the candidates, select awardees and recommend them to PNAA Executive Board, and to evaluate relevance of awards and efficiency of the selection process.

The committee is composed of nine members from the four PNAA regions: Ma Milani Zabala (PNA California Capital City), chair; Dr. Leli Pedro-Drake (PNA Colorado), co-chair; Manelita Dayon (PNA North West Indiana), adviser and members, Aleli Frias (PNA Maryland), Myrna Gacusan (PNA Georgia), Maria Agnes Kirton (PNA Richmond VA), Debbie Maquidato (PNA Cincinnati-Northern Kentucky), Marie Navarro (PNA Southern California), and Arlita Pang (PNA Metro Houston).



PNAA Awards Committee 2022-2023



 <p>Marieflor Navarro MSN, RN, CCRN Member PNASC, WR</p>	 <p>Dr. Leli Pedro-Drake DNSc, RN Co-Chair PNA Colorado, WR</p>	 <p>Manelita Dayon, BSN, RN Advisor PNANWIN, NCR</p>	 <p>Debbie Maquidato, BSN, RN Member PNA-CIN-NKY, NCR</p>
 <p>Maria Agnes Kirton BSN, RN, CMSRN Member PNA Richmond, VA, ER</p>	 <p>Arlita Pang, MAN, RN Member PNAMH, SCR</p>	 <p>Ma Milani Zabala MN, RN, IBCLC, CCM Chair PNA C3, WR</p>	 <p>Myrna Gacusan MS APRN, FNP-BC Member PNAGA, SCR</p>
		 <p>Aleli Frias, BSN, RN Member PNAMC, ER</p>	

The submission of application opened on February 13, 2023 and closed on May 1, 2023, with the following categories: a. Clinical Staff Nurse b. Nursing Administration c. Nurse Researcher/Scientist d. Nurse Educator e. Community & Population Health Nurse f. Nurse Entrepreneur g. Advanced Practice Registered Nurse h. Nurse Informaticist i. The DAISY Nurse Award for Advancing Health Equity - Team Award.

The support of the Regional Vice-Presidents and PNAAs platforms that include the website, iPNAAs, and Facebook page were all instrumental to communicate to the general membership from announcement of application, virtual coaching sessions, and the on-line application.

The Virtual Coaching Session, an initiative to allow guidance and support to interested applicants were scheduled every Monday during the month of April until May 1 and were facilitated by the Awards Committee members.

With receipt of thirteen applications from various categories, the committee selected, finalized, and presented the four 2023 National Excellence Achievement Awardees and were approved by PNAAs Executive Board.

The PNAAs National Excellence Achievement Awards are given to selected PNAAs active members every year during the PNAAs National Convention at the Gala Night. The recipients of **The 2023 PNAAs National Excellence Achievement Awards** are **Clinical Staff Nurse: Lawrence A. Racsa, MSN, RN, CRRN, CNRN, SCRNP, CCRN; Nurse Researcher/Scientist: Pedro N. Oblea, Jr., PhD, RN; Nurse Informaticist: Susan R. Repotente BSN, RN; and DAISY Nurse Award for Advancing Health Equity: Team Award: The Philippine Nurses Association of Northeast Florida (PNANEF) Volunteer Clinic.**

These awards were presented aboard the Royal Caribbean Wonder of the seas on July 17, 2023 by awards committee members, Ms. Manelita Dayon, Ms. Myrna Gacusan, Ms. Arlita Pang, and Ms. Aleli Frias, respectively. Col. Bob Gahol, Western Region RVP accepted the award on behalf of Dr. Pedro Oblea who was on medical leave at the time of the conference. The Daisy Award was received by PNANEF President, NP Jusil Rice and PNANEF Past President, Ms. Vel Callao.

Just like the last few years, this committee had the privilege to collaborate with The Daisy Foundation. The PNAAs is honored to hear a very insightful message from Daisy Foundation co-founder, Ms. Bonnie Barnes who stressed the extraordinary compassionate care delivered by nurses to most vulnerable people and the impact of PNAAs on its members and the health system. Ms. Barnes regarded the PNAAs nurses “the Wonder of the Seas” while aboard the ship.



Lawrence Racsa (third from left) receives **Clinical Staff Nurse Award** with PNAAs President-elect, Dr. Marlon Garzo Saria; PNAAs President, Dr. Gloria Beriones; Chair PNAAs Awards Committee, Ma. Milani Zabala; RVP-NCR, Manelita Dayon; PNA Georgia President, NP Myrna Gacusan; PNA Metro Houston Past President, Arlita Pang; and PNA Maryland Past President, Aleli Frias.



Col. Bob Gahol (third from left) receives **Nurse Researcher/Scientist** on behalf of Dr. Pedro with PNAA President-elect, Dr. Marlon Garzo Saria; PNAA President, Dr. Gloria Beriones; PNA Metro Houston Past President, Arlita Pang; PNA Georgia President, NP Myrna Gacusan; Chair PNAA Awards Committee, Ma. Milani Zabala; PNA Maryland Past President, Aleli Frias; and RVP-NCR, Manelita Dayon.



Susan Repotente (third from left) receives **Nurse Informaticist** with PNAA President-elect, Dr. Marlon Garzo Saria; PNAA President, Dr. Gloria Beriones; PNA Metro Houston Past President, Arlita Pang; Chair PNAA Awards Committee, Ma. Milani Zabala; PNA Georgia President, NP Myrna Gacusan; PNA Maryland Past President, Aleli Frias; and RVP-NCR, Manelita Dayon.



*Bonnie Barnes, Daisy Foundation co-founder delivers her inspirational message to the PNAA General Assembly and congratulates the **DAISY Nurse Award for Advancing Health Equity: Team Award: The Philippine Nurses Association of Northeast Florida (PNANEF) Volunteer Clinic.***



*PNANEF President, NP Jusil Rice (second from left) and PNANEF Past President Vel Callao (fifth from left) receive **The DAISY Nurse Award for Advancing Health Equity: Team Award** with PNAA President-elect, Dr. Marlon Garzo Saria; PNAA President, Dr. Gloria Beriones; PNA Metro Houston Past President, Arlita Pang; PNA Georgia President, NP Myrna Gacusan; PNA Maryland Past President, Aleli Frias; and Chair PNAA Awards Committee, Ma. Milani Zabala.*

A W A R D S

The Daisy Nurse Award for Advancing Health Equity: 2023 PNAA National Excellence Achievement Award goes to PNANEF Volunteer Clinic

By Dr. Lilibeth Cuevas, NP Jusil Rice
& Dr. Germina Rio

From the desk of current PNANEF President, Nurse Practitioner Jusil Rice

“Three things will last forever: Faith, Hope, and Love, and the greatest of these is love (1 Corinthians 13:13). It is easy to love others, even sometimes before ourselves. This is the essence of nursing; love and caring for others. As nurses, we embodied the knowledge and skills to promote health and prevent illness, and approach healing holistically. As stated on the mission of the Philippine Nurses Association of Northeast Florida (PNANEF), we strive to contribute to significant outcomes to healthcare and society. Every first Saturday of the month except holidays, the excellent and exceptional clinic volunteers of PNANEF act on this mission. The 44th Philippine Nurses Association of America (PNAA) National Convention was a special time for our chapter. We were awarded the 2023 Daisy Nurse Team Award for advancing health equity. My predecessors (Romy, Gemma, Velia, Daphne, Lilibeth) with their dedication to PNAA plodded away countless hours to spearhead the creation of PNANEF Volunteer Clinic. It was not easy, but that is what makes the dream possible. I stood proud holding the Daisy Award plaque, certificates, and medals during the awarding ceremony. I was overjoyed and proud representing the EB officers and members of PNANEF. We extend our sincerest thanks to our PNAA president Dr. Gloria Beriones, our president-elect Dr. Marlon Saria, the PNAA awards committee, and the International Daisy Foundation.”

From the desk of a Volunteer Health Care Provider, Dr. Germina Emily Rio

“I was first introduced as a volunteer health provider to the services of Duval County We Care Jacksonville in 2005 when PNANEF became the main nursing staff provider for Christ the King Clinic. At that time, there were two retired physicians, and I was the sole nurse practitioner. Seeing everyone offering compassionate and uncompensated care to augment the needs of uninsured members of the community gave me a natural sense of purpose and fulfillment. It gives me a sense of pride that we continue this special mission in 2023 and for many years to come. PNANEF volunteering services extend beyond the clinic; it gives us the opportunity to connect with a wide variety of people from different ethnicities and walks of life. PNANEF members who volunteer frequently also develop strong ties with each other, building solid friendship and a support system when carrying these altruistic acts together”.

From the desk of a Clinic Coordinator and Volunteer Health Care Provider, Dr. Lilibeth Cuevas

“PNANEF's mission to provide community outreach programs has led to the inspiration behind the current Volunteer Clinic project. I am proud of the following nurses who have been instrumental in the success of the clinic. These nurses truly deserved the Daisy Nurse Award for 2023: NP Jusil Rice, Daphne Viray, BSN, RN, Antonina Cuaresma, BSN, RN, NP Ed Minoza, Edna Merza, BSN, RN, Dr. Romeo Devera, Dr. Angelica Doloroso, Dr. Glenda Garcia, NP Daphne Rinoza, Velia Callao, BSN, RN, Dr. Gemma Rio, Leonie Thompson, BSN, RN, Lina Carvajal, BSN, RN, and NP Maria Fe Rufano-Sulit. Aside from being clinically competent and highly motivated, these nurses have the kindest and most compassionate heart. As a clinic coordinator, my role becomes easy because I can rely on these nurses. Without a doubt, their willingness to share their time, talent, and treasure, is one of my most gratifying human experience.”

Our humble beginnings

Since 2005 PNANEF has provided nurse volunteers for Christ the King clinic, a partner clinic managed by members of a faith-based community organization. Christ the King clinic closed its doors in 2014 after losing its clinic venue. In 2017, Dr. Lilibeth Cuevas who was then the PNANEF President along with her Executive Board, assessed the need to have a venue to conduct a free clinic in Duval County. Dr. Cuevas connected with the City of Jacksonville through the Office of Councilman and former Mayor Tommy Hazouri who was able to connect PNANEF to the Duval County Health Department (DCHD). Knowing that DCHD has building resources within the City of Jacksonville, Mr. Hazouri supported the Volunteer clinic project allowing PNANEF to conduct a free clinic in one of DCHD building. Dr. Cuevas and her team scheduled a meeting with the interim medical director of DCHD, Dr. Pauline Rolle. After hearing the proposal and explaining how the Volunteer Clinic project will benefit the community and how it will also benefit local nurses who are looking for volunteer opportunities, Dr. Rolle offered her full support. PNANEF received the official DCHD contract to use the building located at 3225 University Blvd., Jacksonville , Florida . On Nov. 17, 2017 marked the inaugural opening of the Volunteer Clinic and thereafter, became operational every first Saturday of the month.

Organizational structure and services

The PNANEF Volunteer Clinic is composed of a Medical Director, 2 Clinical Coordinators, 8 active nurse practitioners and 10 volunteer registered nurses. Ninety nine percent of the volunteers are PNANEF/PNAA active members.

The Volunteer Clinic offers basic medical services free of charge to the uninsured which is one of the eligibility requirement. The patients must also meet the 100% below poverty Federal income guidelines. The clinic relies on volunteer nurses and nurse practitioners to offer these medical services. One of the available services in the clinic is the management of chronic illnesses such as hypertension, hyperlipidemia, diabetes, and other common chronic medical conditions. These disease conditions are primarily managed through prescriptions of appropriate medications recommended by advanced practice providers volunteers. Additionally, blood examination work-up and on-site health education sessions are provided by other volunteer nurses during their clinic hours. Several preventative screenings such as mammogram, cervical cancer screening and other serological screenings are also offered in coordination with other community organizations.

For those nurses who are seeking to volunteer, an onboarding process is required through the DCHD Volunteer Health Service Provider program with the coordination of Lorraine Thompson who is the Volunteer Services Coordinator.

Patients come from different cultural and ethnic background with a variety of acute and chronic health issues. The other aspect that the clinic advocates is self-sufficiency and self-care which allows the uninsured patients to stay healthy to get back to the workforce . Some patients who started at our clinic, eventually get employed and are able to obtain their own health insurance through their new employment. In this context, the clinic becomes a bridge to those people with temporary health care needs.

PNANEF actively seeks resources for patients who needs more than just basic medical care. In 2019, PNANEF collaborated with WE CARE JAX, a non-profit organization that provides specialty referrals for people with no insurance. WE CARE JAX recognized PNANEF as one of its partners in care. Current Executive Director Angela Strain and current Patient Services Director Meredith Smith conduct quarterly medical advisory meeting which included PNANEF's representation in their Advisory Board.

In 2017, PNANEF Volunteer Clinic collaborated with Evexia Diagnostics, a laboratory service provider that offered a low fee for laboratory services through a contract with LABCORP. These essential services continue up to the present time. Evexia Diagnostics allowed our volunteer clinic practitioners to monitor patients' health status.

Advancing Health and Equity

The collaborative efforts between PNANEF and other community organizations serve as a gateway in providing equitable and affordable healthcare to all citizens within the scope of their practice and service area.

The clinic has been around for almost 6 years and is still going strong despite the Covid pandemic which impacted clinic patients for about a year when it was closed. The clinic reopened on Feb 2020 and the clinic volunteers offered their continuing service despite the covid pandemic. The resilience and compassion of these volunteer nurses during the covid pandemic is evident. This just proved that the Volunteer Clinic nurses are committed to serve and to care.

Setting the stage for Education and Mentoring

PNANEF Volunteer clinic also fosters an environment of learning. Our volunteer nurse practitioners offer patient education at every visit. Our RNs provide mentorship to new nurses and orientation to new staff volunteers. Several Executive Board meetings have been conducted at the clinic venue, including continuing education program for nurses.

Patients who come to the free clinic regularly, build their personal commitment to improve their health by adhering to the treatment recommended for them. They express satisfaction on the outcome of their care received from PNANEF volunteers. The achievement of desired goal parameters such as improved blood pressure readings and other laboratory values, to name some, A1C and cholesterol levels are remarkably impacted from improved disease awareness and compliance improvement.

Expanding service beyond the walls of the PNANEF clinic

PNANEF Volunteers also extend their service outside the clinic environment such as participation in community-wide hypertension and diabetes screening. PNANEF volunteers have assisted during Philippine Embassy consular outreach services. To date, PNANEF volunteers have assisted in 5 successful consular outreach services over the last 10 years. During the last consular service in Jacksonville, the organization was able to engage the newly-arrived nurses to volunteer.

The Jacksonville community has recognized that the clinic volunteers and PNANEF members as vital entity in the promotion of health equity, health and community building as evidenced by PNANEF receiving the award, Resolution 2018-23-A from the City of Jacksonville on May 23, 2018. Resolution 2018-23-A honored the PNANEF for its commitment to professional development of its members and its contribution to improving healthcare in the community. This resolution was introduced by Council President Anna Brosche and co-sponsored by Council Members in Jacksonville.

Promoting teamwork and a growth mindset

In continuing its effort to impact the current healthcare system and improve equal access to healthcare, PNANEF Volunteer nurses understand the importance of teamwork. These nurses support each other to maintain a trusting and caring environment within the clinic setting. Volunteer nurses recognize that their own emotional wellness and personal growth is important in order to make a positive impact in interacting with their patients. The future of PNANEF Volunteer Clinic is unknown, but with a positive mindset, good stewardship, strong leadership, and God's grace, our goals toward a healthier community become attainable, just one Saturday each month.



Our PNANEF Volunteer clinic team members



Some of the Daisy Nurse awardees receiving their PNA A medals, Daisy Award pins and certificates during the most recent PNANEF volunteer clinic, August 5, 2023



The award trophy that PNANEF Volunteer clinic received for the Daisy Award Nurse Award for Advancing Health Equity



PNANEF President Jusil Rice and former President Velia Callao received the Daisy Team Award during the 44th National Cruise convention



Daisy Award Team pins provided to nurses' awardees



The plaque that PNANEF received for the Daisy Team Award for Advancing Health Equity



2023

INSIDE PNAA APRIDE AWARDS

OUTSTANDING NEWSLETTER

THE FILIPINO-AMERICAN NURSE
Philippine Nurses Association of Metro DC



OUTSTANDING EDITORIAL

SHARON JACKSON
*Philippine Nurses Association
of Metro DC*



BEST FEATURE ARTICLE

DR. MARLON GARZO SARIA

Leadership During a Crisis: Doing it Right

Philippine Nurses Association of Southern California



BEST NEWS ARTICLE

DR. VERONICA RAMIREZ

Enabling Aeta Capabilities for a Better Life

Philippine Nurses Association of Metro DC



MOST ENGAGED CHAPTER

PHILIPPINE NURSES ASSOCIATION OF SAN DIEGO

First-Time Attendee Session 2023

By Peter-Reuben Calixto
PNAA President 2000-2002



About fifty first-time attendees attended the 2023 PNAA First Time Attendee (FTA) Session aboard the Wonder of the Seas. The PNAA Advisory Council hosted the session, and there were six ACs who were present. The ACs who were in attendance were Mary Joy Garcia Dia #22, immediate past president; Madelyn Yu #21, Dino Doliente III #20, Leticia Hermosa #19, Leo Felix Jurado #15, Peter-Reuben Calixto #11 and Phoebe Andes #2. The session took place immediately after a short break following the educational session.

The session was hosted by Peter-Reuben Calixto, who has been hosting it for a few years. In his opening introduction and acknowledging the presence of other members of the Advisory Council, he touched on a brief history of the annual event that started in 2011 in San Francisco during the term of Reynaldo Rivera #16.

After the brief introduction, FTA attendees were given a chance to say something about the national convention. FTAs were wearing FTA buttons from the host chapter, the PNA of Central Florida. FTA was a cross-section of seasoned local chapter officers who were attending a PNAA National Convention. Most of those who attended the educational conference stayed to attend and listened to the comments of the attendees.

In a generous comment, first-time attendee Jay Larrosa, a promising and budding leader from San Diego, commented on his Facebook post, “That’s a wrap of my first PNAA National Convention. I met great and inspiring Filipino-American nurse leaders. Thank you for making it happen and being able to present as well and be a part of the first Pecha Kucha. It was my first and will definitely not be my last”

Eight lucky FTA attendees were drawn to receive copies of Phoebe Andes' book, “From Sweet Potatoes to French Fries,” a book that describes the author's life from her humble beginnings to one of the pioneering leaders of forming the Philippine Nurses Association of America.

The FTA session was conceived to introduce PNAA. It endeavors to recap the milestones of the Association. As some frequent and regular attendees say, although the chapters are a good front to the PNAA, the real character and identity of the PNAA may not be felt until experiencing the ambiance of a national convention.





Overcoming the Bumpy Roads Leading to Smooth Sailing First Time Attendee's Reflection to the 44th PNA National Convention

By **Jay Larrosa**, MSN, PHN, RN-BC, ACM-RN, FACDONA
PNASD Chair, Mental Health Advocacy Committee

April 14, 2023 was such an exciting day for me because it is when I received the notification from the Chair of Research Committee, Dr. Maria Danet Lapiz Bluhm that my abstract on "Understanding Health Insurances for Effective Patient Advocacy to Influence Policy and Practice Change" was accepted for the PNA's 44th National Convention. What made this notification more exciting is that not only I will be able to present and share my knowledge and expertise on the specialty practice of case management and transitions of care to my fellow Filipino-American nurses, but this is also going to be my first time attending a PNA National Convention as well as my first time being on a weeklong cruise.

Balancing work, life and volunteering commitments, it was not until June that yours truly was finally able to start looking into travel arrangements for the said convention. Challenges that came up are somewhat unique since the national convention will be aboard a cruise ship, Royal Caribbean's Wonder of the Seas. First hurdle encountered was finding a reasonable price on the remaining available cabins. Thankfully, there are so many PNA Leaders and Members led by the Overall Co-Chair and SCR Vice-President, Manny Ramos who are available and willing to assist by either finding that cabin with a reasonable rate or finding that cabin with a compatible cabinmate.

Weeks passed by and no positive results are coming up. I was about to lose hope and about to accept that not only I will not be able present but I will also miss the opportunity of attending my very first PNA National Convention. Finally on June 23, 2023, Mr. Ramos delivered a great news. He shared that a cabin became available and the discounted rate will be honored. I immediately replied, "Yes, please! Book that cabin for me, with or without a cabinmate." With Manny's persistence, he was able to lower my expenses more by finding me a cabinmate. Not just any cabinmate, but a cabinmate who will also become a good friend, Diane Bautista from New Jersey. Being a concierge extraordinaire, Manny also connected me with a past PNA President, Dino Doliente for my ride to and from the airport.

Did I say this is also going to be my first time on a weeklong cruise? Tagging alongside Dino, I was able to go through the check-in process with the ship and the registration process with PNA smoothly.

Kudos to the host chapter, PNA Central Florida! They were so impressive in ensuring the success of the PNA's 44th national convention. It was an event with well-balanced activities of learning while having fun. Socialization and networking activities includes the Welcome Reception, 5K Walk, Team Building, First Time Conference Attendees Welcome led by PNA Past President Peter Reuben Calixto, and the Pirate-themed networking night to name a few.

The Education Day and Leadership Institute Day are days filled with relevant and timely information that promotes the personal and professional growth of the Filipino-American Nurses. Yours truly was part of the Research Forum where speakers were asked to present using a Pecha Kucha style presentation. With this format, the presentation is created with 20 slides and information on each slide is presented on a 20 second time limit. This is the first time a Pecha Kucha style presentation was adopted at a PNA National Convention. I

had an amazing time presenting and that would have not been possible without the assistance of the Education Chair of PNAAC, Dr. Mary Dioise Ramos. It was a humbling experience to share the stage with other Filipino-American Nurse Leaders and profoundly grateful to PNAAC for the opportunity.

In addition to the friendly members and leaders of PNAAC such as PNAAC President, Dr. Gloria Beriones, PNAAC President-Elect, Dr. Marlon Saria and PNAAC Executive Director, Dr. Leo Felix Jurado, I am grateful that our PNAAC San Diego Chapter President, Perly Aguinaldo and Corresponding Secretary, Dorothy Brown as well as PNAAC Board of Trustees Corresponding Secretary, Luz Newell were with me as they were the ones I was tagging along with for the most part of the national convention. WR Vice-President Bob Gahol also kept the attendees from Western Region informed of any updates pertaining to any of the activities. Bob, the PNAAC's Awards Chair, Ma. Milani "Jet" Zabala, PNAAC's Assistant Secretary, Mafe Chase and PNAAC's Assistant Treasurer, Emily Danuco also led the western region members on a fun dance number that won an award. I was also flattered to have been asked by the PNAAC's Communications and Marketing Chair, Carol Robles to be one of the members to have a picture taken and be used for their future projects.

Being a member of PNAAC's National Committee and Programs, I was also pleased to meet its team leaders and members in person. From Archive: Dr. Phoebe Andes, Dr. Rose Estrada, Nini Jurado and Luz Newell. From P3, Patnubay sa Pagtatagumpay Program, Dr. Priscilla Sager.

I am inspired more than ever after attending my very first ever PNAAC Convention and for sure this will not be my last. This will be the first of many and I am hoping that I will be able to continue to give back to my fellow Filipino-American Nurses especially on sharing my knowledge and expertise on the specialty practice of case management and transitions of care. Profoundly grateful that after overcoming the bumpy roads when making travel arrangements, I was able to sail smoothly and be able to not only join my first PNAAC National Convention but be a presenter as well. Thank you, PNAAC for the wonderful experience!



Our United Voices: Anchoring our Culture of WE CARE

UNDERSTANDING HEALTH INSURANCE FOR EFFECTIVE PATIENT ADVOCACY TO INFLUENCE POLICY AND PRACTICE CHANGE

JOSE ABEL LARROSA, MSN, PHN, RN-BC, ACM-RN, FACDONA



Jay Larrosa is the PNASD Chair for the Mental Health Advocacy Committee, Member of the PNAAC Archive Committee, PNAAC Chapter Facilitator for the (Fabricat Emotional Wellness Program, and Mentor for PNAAC Patsabay sa Pagtatagumpay (Guidance for Success) Mentoring Program (P3). Jay Larrosa has been a nurse for over 25 years. He had been practicing in the specialty area of case management for the last 16 years in an acute care setting, with the last eight years as a Project Manager for System Care management at Scripps Health in San Diego, California, supporting five hospitals.

Jay Larrosa is a leader in case management and care transitions at the county, state, and national levels. He was one of the American Case Management Association (ACMA)'s National Board of Directors from 2021-2025. He was also the President of ACMA's Southern California from 2016-2018. Jay has been part of the ACMA Chapter Mentor program since 2019.





Bon Voyage PNAA

By Carmencita Santiago, BSN, RN
PNA Georgia

PNA Central Florida hosted the 44th PNAA annual convention
Seven day cruise to Western Caribbean our chosen destination.
Port Canaveral at Cocoa Beach where the ship's going to depart
Aboard the largest ship, Wonder of the Seas, the sailing would start.

This ocean liner so beautiful and humongous yet a welcoming ship
Able to accommodate close to 4,000 human souls just on this trip.
A plethora of activities to join or friends to connect while on board
Not to mention endless eating to partake if you ever get bored.

Coco Cay, private resort of this company was our first port of call
A theme park by itself where plenty of water activities we did explore.
The 5k walk to support PNAAF first started the day at deck five
Despite the heat was well attended, we're full of glee, not just survived!

Our first day at sea was devoted to more learning and education,
With dynamic and engaging speakers all worthy of emulation.
First time attendees in awe, were recognized not overlooked
A warm welcome, friendly reception for them, that's what it took.

PNAA Networking night always fun, challenging and innovating
Where regions display their talents on production, singing, and dancing,
The contestants in full regalia were impressive and very entertaining
South Central Region captured the audience and ended up winning.

What can I say about our gala celebration and PNAAF induction?
Everyone dressed to the nines, all stunning for this very special occasion.
During all the events they handed out various awards and recognitions
To all deserving members we wish you our sincere congratulations!

General Assembly and leadership institute done on our last day
PNA Michigan won the bid to host 46th convention, their lucky day!
An ecumenical service wrapped up the seminar accomplished all agenda
Sadly we bid adieu with a promise to meet again next year in California.

The PNAA 44th convention is now history, a tremendous achievement
Thank you PNA Central Florida, you delivered and you're magnificent!





The 44th PNAA National Convention & Cruise: Unforgettable!

By **Maribel Soriano**, BSN, RN, Vice-President PNA Tampa, 2022-2024
Past President PNA Tampa, 2014-2018

It has been a few years since I attended a national convention. This year, I represented our chapter, the Philippine Nurses Association of Tampa Bay as its lone delegate to the 44th PNAA National Convention & Cruise to the Caribbean.

On **Sunday, July 16, 2023**, we embarked on the Royal Caribbean Wonder of the Seas, the biggest cruise ship in the world at present, from Port Canaveral, Florida to attend the 44th PNAA National Convention. Our event started with welcome and registration at the conference center in Deck 3. I was so glad to see familiar faces as well as so many unfamiliar faces. Everyone was happy to be there. We started sailing at 1600 and at 1615, we had a Welcome Reception on Deck 15, in the Solarium. Alcoholic and non-alcoholic drinks were in the house. At 1700, we proceeded to the main dining room on Deck 3 for our three-course dinner. At 2000, we had our Regional Meeting in the Conference Room where I was able to meet all the presidents and president-elects of all the regions. We were divided into two groups, and we discussed the strong points as well as the weak points of our organization. The meeting lasted for an hour. Then we proceeded to our region. In my case, the South Central Region (SCR). We discussed our presentation for the Networking Night scheduled on Day 4, Wednesday.

Day 2, Monday, July 17, 2023

We started gathering at 0600 for the 5K Walk-Run on Deck 5. To warm up, we did a 10-minute Zumba at the Promenade on Deck 5 then we proceeded on the track. The president of PNA Alabama won first place. The region with the most contribution to PNAAF was the Eastern Region, and the chapter with the most contribution was PNA New Jersey. They pledged \$2,000.00 and still exceeded it to \$3,000.00. At 0700, we arrived at Coco Cay, Royal Caribbean's private island. The island welcomed us with a big sign **Perfect Day in Coco Cay**. At 1100, we gathered on the island in an exclusive spot just for PNAA representatives. After lunch, we had two team building activities. I joined the Green Team. Each team was comprised of ten members. In the first game, we had to form the longest line using what we had in our bodies. We took everything, excluding our bathing suits and our team won. For the second game, we had to imagine being marooned in a secluded island and "what would we do to survive?" We were instructed to be creative with our story. We were given only 5 minutes to produce materials for our presentation. Our team received the most entertaining and creative award. At 1500, we started heading back to our ship because we sailed at 1700.

Day 3, Tuesday July 18, 2023

Education Day. This day started at 0800 with the State of PNAA address by President Gloria Beriones, PhD, RN, NEA-BC. Introduction and ANCC Disclosures were given by Mary Dioise Ramos, PhD, RN, PNAA Education Chair.

The morning education topics were:

- The Conundrum of Health Equity by Dula Pacquiao, EdD, RN, FTNCS, FNYAM
- Anchoring Our Culture of Leadership and Practice by Rebecca Graboso, DNP, MBA, RN, FNP-BC, NEA-BC



At Registration

Networking Night



Maribel with Friends

After lunch, the learning activities were:

Advanced Practice Forum-Panel Discussion, moderated by Jennifer Aying, DNP, ANP, RN

- Diabetes Clinical Update by Carmina Bautista, MSN, NP, FNP-BC, BC-AFM
- Why Informatics? by Mary Joy Garcia-Dia, DNP, RN, FAAN

Research Forum

- Compassion Fatigue Among Psychiatric Mental Health-Advanced Practice Registered Nurses by Maria Eden Gianan, DNP, RN
- Novel Tool Used For Measuring Team Resilience Among Caregivers In A Hospital Setting: Resilient Team Traits Identified by Mafe Chase, DNP-C, BSN, RN
- An Age-Friendly Course Adopting the 4MS-Geriatric Model In A Primary Care Nurse Practitioner Program by Ophelia Empleo-Frazier MSN, GNP, BC, CDP
- Filipino American Research (FAR) HUB: Updates From Arizona and Florida by Manny Ramos, MSN, RN
- The Use of Escape Rooms in Nursing Undergraduate Research Course- A Quality Improvement in Nursing Education by Victoria Reyes Bryan, MSN, RN, COHN-S LNHA
- Understanding Health Insurance for Effective Patient Advocacy to Influence Policy and Practice Change by Jose Abel Larrosa, MSN, PHN, RN-BC, ACM-RN, FACDONA

After the afternoon break, the topic was “End Note: It Takes a Village to Build an Empire” by Lorraine Evangelista, PhD, RN, FAAN, Associate Dean, University of Nevada Las Vegas.

Awards Gala was at 2100 Gala and the PNAF Foundation (PNAAF) Induction. Then from 2300 to 0100, PNAF Celebration at Studio B was held.

Day 4, Wednesday, July 19, Cozumel

At 1900, dressed as pirates, we had our Networking Night at The Music Hall. The theme was “The Treasure is Within You.” PNAAF Officers, PNAF Executive Board, and each region did their presentations. The SCR presentation won the top prize of the evening. You can view our presentation on FB on the PNAF link.

Day 5, Thursday July 20, Roatan, Honduras & Day 6, Friday July 21, Puerto Costa Maya, Mexico

Day 7, Saturday, July 22, At Sea

The morning of this day, the General Assembly was held at the Conference Room; followed by the Leadership Institute after lunch. At 1630-1700, we had a beautiful Ecumenical Service where we remembered our members and dearly loved ones who had passed away. There were tears in every eye of each attendee. At 2200, the **Handover of Convention Hosting** was done by PNA Central Florida to PNA Southern California. Farewell and celebration party was done on Deck 15, at the Solarium, where alcoholic and non-alcoholic drinks were served and much dancing happened. We all said our goodbyes, followed by hugs and kisses.

Day 8, Sunday, July 23, Disembark at Port Canaveral, Florida

It has been 5 years since my last PNAF National Convention, and I realized how much I missed its people. I bonded with old acquaintances. I also met new ones. I missed some folks whom I normally saw at past conventions. This 44th Convention is one of the unforgettable conventions I have ever attended. Well done PNA Central Florida. Well done PNAF and PNAAF. Thank you!

I Signed Up For The Cruise! Now What?

By **Mary Ann Neely, BSN, RN-BC**
PNA Georgia



August 1, 2022. PNA National Convention in New York had just concluded 3 weeks ago. I saw the post on Facebook that we can start to register and so I did! Even before registration began, I knew I was going to sign up when it was announced years ago that the 2023 convention was going to be a cruise. I had never been on a cruise before. If I only go once, it will be this one!

OK. So, I signed up. It would be another 11 months before the cruise...so I did my research and made my checklist. I asked everyone at work who had been on a cruise what their thoughts and advice were for cruising. One of our unit secretaries, who had cruised every year, gave lots of advice – from food, clothes, excursions and shows. She even gave me advice on stateroom selection! One of my patients told me about sea bands to wear on your wrists to prevent seasickness. Whew... there is a lot to do before the cruise but I was having fun and really getting excited! I probably spent a day looking over the extensive excursions that were offered. I love the outdoors and I love visiting new places and experiencing what nature has to offer. Although I am probably the ultimate foodie, I did not want to do food-based excursions (a chocolate tour? Will save that for later time). I would rather do some exploration of the lands. I wanted to view the Mayan ruins. I wanted to zipline in the Honduran jungle and snorkel in the Caribbean Sea. Who wouldn't want to kayak on Seven Color Lagoon? What can I say? That seems a lot but the adventure enthusiast that I am; I know I am up to the task.

What's there to do on the ship? My husband explored Wonder of the Seas and counted 15 water sites – pools, Jacuzzis, slides, surf riders and wading pools for toddlers. The shows are top notch. If you didn't make reservations for them, you are out of luck. There's a karaoke bar, a carousel, a rock-climbing wall, running track, shuffleboard, casinos, pickle ball court, basketball, a gym, and spas. I could go on. I also celebrated my birthday on the cruise. I was serenaded by some of the PNA board members. Thanks, Manny.

Then there's the food. You don't go hungry. I was told to expect to gain a pound each day on a cruise. It was a surprise to have Filipino food prepared for us by the chefs and culinary staff of the ship on Thursday. I



Lorenzo & Irene Belga & Mary Ann & Jim Neely posed after the thrill of ziplining



Mary Ann Neely trying one of her adventure of rock climbing



*Georgia delegates at the welcome reception
From L-R, Irene Belga, Carmencita Santiago,
Dr. Mary Dioise Ramos, Pam Peterman,
Mary Ann Neely, Carol Limmad,
Myrna Gacusan and Maria Rowell*

strategically planned my outfits to wear. I wore my skinny clothes on the first two days of the cruise. After that, I wore mumus and other loose-fitting clothes.

Since it was a convention, I must mention Education Day and Leadership Institute. The topics were spot on with our culture of caring and practice changes. Networking Night for me was the highlight of the convention. I thoroughly enjoyed watching each region showcased their talents. It's amazing how the nurses from each region can piece together and present an original presentation in a short amount of time. There was a lot of practice put into it. In the end, I am proud to say that it was South Central Region who took the prize for overall winner. The depiction of the devastation of COVID-19 pandemic and the healing process came about with perseverance, the resilience, the compassion of nurses as they found the Treasure within.

Saturday night was bittersweet. We said goodbyes to our dining room attendants. Orren and Shantell served us well so we can enjoy our dinner each night of our cruise. All the staff of Wonder of the Seas really went out of their way to make this cruise memorable for me. With all my great expectations on this PNAA convention and on my first cruise, it did not disappoint. It was magnificent and full of wonderful memories!

Networking on the High Seas

By Carmencita Santiago, BSN, RN
PNA Georgia



South Central Region showing off their championship trophy

Networking night during the PNAAC convention is always what I look forward to the most. While learning and acquiring new knowledge is a huge part of this annual convention, networking is really the most fun! It is when we nurses take the time to kick off our shoes, enjoy the ingenuity and artistry of colleagues in the regional talent show. This year's networking theme was "The Treasure is Within You." You can feel the energy, the excitement, and the enthusiasm of all participants in the conquest of that coveted prize. Alice Tullo PNAACF president 2020-2022 and Manny Ramos, South Central VP were the Masters of the Ceremonies. The Star Spangled Banner was led by our own member, Maria Rowell and Lupang Hinirang was led by Mariles Mushet of PNA New Jersey.

The Parade of Banners commenced the celebration, led by Pete Calixto, PNAAC president, 2000-2002 followed by invocation of Madelyn Yu, PNAAC president 2018-2020, opening remarks by Dr. Gloria Beriones, PNAAC president and welcome remarks of Mary Jane Zamora, PNAACF president-elect.

The Odyssey of Pirates participants were the PNAAC and PNAAC Foundation Executive Boards, the Eastern region, the Northern region, the South Central region and the Western region. Everyone donned on pirate costumes ready to show off their talents, enjoy the camaraderie, and have a good time. Each region and the executive board showcased their talents on production, dancing, singing and use of props to score points with the judges on their presentations.

Awards were presented to the winners in various categories. "Caribbean Sunshine Award" for best in showmanship, execution, projection, staging, effective delivery, energy, and enthusiasm was won by PNAAC and PNAAC Foundation executive boards. The "Jewel of the Isles Award" was won by the Western region for best in originality, concept, clarity of message, uniqueness, creativity, formations, and variety. And how can I forget the finale of their performance was highlighted by Pete Calixto's grand

entrance dressed as a mermaid where he did his “pagulong-gulong” act on the dance floor? The agility and grace Pete displayed with that move are quite extraordinary. The Northern region won the “Ahoy Me Hearties Award” for their dance presentation to the music of Caribbean Queen (No More Love on the Run). The “Dazzling Pearl Award” went to the Eastern region for best in audience impact, entertainment, value, crowd appeal, timing, flow, synchronization, and costume. Their performance brought memories of the TV sitcom, 'The Love Boat.' South Central region presentation titled “The Treasure within Us” projected the suffering, mental anguish, and sadness of the healthcare workers during the COVID-19 pandemic. Eventually, we came back to normalcy with more positive emotions of kindness, caring, vaccines, compassion, perseverance, equity, and resilience. They danced to the music of “Treasure” by Bruno Mars and connected with the audience their triumph over Covid-19. They won the overall performance and were crowned as “The Treasure within You Champion” of the networking night!



PNAGA Delegates From L-R, Pam Peterman, Carmencita Santiago, Irene Belga, Myrna Gacusan, Mary Ann Neely, Maria Rowell and Carol Limmad

More awards were handed out. The Inside PNAA Pride Awards and membership awards such as Gold Star, Top Recruiters, Century Club, Platinum, Diamond, and Hall of Fame Awards were also bestowed. PNAGA was granted the Century Award for maintaining above 100 members for the past year and the Gold Star Award for achieving at least a 15% increase in their memberships. PNAGA is also part of the South Central Region, so winning the championship trophy just added icing on the cake.

Congratulations to all the chapters who were the recipients of these awards. Indeed, networking was a lot of fun...it just shows that there is always “A Treasure within us” and all we have to do is ignite it and make a difference!



PNAGA delegates posing with their Century and Gold Star Awards and certificates

July 16-23, 2023 – It Was A “Happy Cruising Holiday” with PNA!

By **JenJen B. Hazelbaker, BSN, RN**; PNAGSL Advisory Board/President 2014-2016
Annabelle L. Cosas, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair

The 44th PNA National Convention was with the Royal Caribbean cruise onboard “Wonder of the Seas”, the boldest and biggest ship in the world. It was the second cruise of the PNA out of 44 conventions. It was a spectacular, unique and fun experience with a wealth of learning and wonderful bonding among nurses. Indeed, we made great memories and one I will treasure for a lifetime!

I was personally blessed and honored to represent PNAGSL. The seven nights western Caribbean cruise provided us first class accommodation, lavish and a variety of healthy food and drinks, amazing entertainment and shows, movies, top-notch information and excursions to three beautiful countries — the Bahamas, Mexico and Honduras. Four days of the convention were focused on the theme “Our United Voices: Anchoring our Culture of WE CARE.” Thank you to PNA of Central Florida who played host to this unforgettable and well organized event!



July 16, Sunday: Welcoming day was “Meet and Greet” party.

DAY 1/July 17: first full day of activity at Coco Cay Bahamas. It was a beautiful, sunny day on the beach.

DAY 2/July 18: Education day; Evening Gala and Award Ceremony. PNA President Gloria Beriones handed awards to the PNA Executive Board and members for leadership and other honors.

1st day July 17, Monday: at Coco Cay Bahamas — We had “team building” where my group won “the most creative.”

2nd day July 18, Tuesday: Education conference in a.m. — A research forum was at the session. We had great speakers for other Nursing topics such as Nursing Informatics, Conundrum of Health Equity, Diabetes, Anchoring of our Culture of Nursing Leadership and Practice.

“PNAA on the Go” — Dr. Gloria Beriones spotlighted PNAGSL as the first chapter whose officers 2022-2024 she inducted when she was newly sworn-in PNAA President in July 2022.

Formal Gala and Award Ceremony in the p.m. — Dr. Gloria Beriones highlighted all her new initiatives, leadership training such as Camp Aruga, inter-agencies and collaborations with other nursing organizations and her various accomplishments during the first year of her presidency. She awarded her EB and members for their hard work and leadership skills. From our chapter, PNAGSL's new member, Abraham Asto, received a Leadership award for his Advanced Studies.

The Community Outreach Committee of PNAA (which I am a member awarded three chapters for their fundraising activities; Tennessee chapter was the top fundraiser.

3rd day July 19, Wednesday: Cozumel, Mexico

A hearty breakfast then on to explore **Cozumel Island** with its rich history. *[It was first settled by the Maya 2,000 years ago. Cuzam (“swallow”) and Lumil (“land of”), i.e. “Land of the Swallows.” Every year (in April/May) during migration, the fly of the swallows can be seen in great numbers overhead.]*



In the evening: a festive and joyful **Networking Night**.



There were Parade of Banners, award ceremony and a Re-gional presentation of the Pirate theme “The Treasure is within You!”

JenJen received the award for PNAGSL for attaining the 15% goal of increase in membership; four out of 10 NCR chapters were awarded.



At this Networking night, NCR got the “Ahoj, Me Hearties” award.

**4th Day July 20, 2023 Thursday
Welcome to Roatan, Honduras!**

[Roatan is famous for its coral reef, the "Mesoamerican Barrier Reef."]
We were with the Eastern Region Vice President Warly Remegio and his family. It was a very interesting day at the beach and seeing birds and animals.



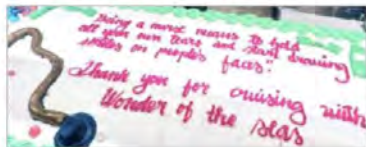
Evening: Caribbean theme. We had lechon, all Filipino dinner specifically prepared for PNAA. Thereafter, we watched shows and partied with the Filipino band. What a FUN night!



**July 21, 2023 Friday Puerto Costa
Maya, Mexico**

The best attractions to the Costa Mayan region: Chacchoben Mayan ruins and Bacalar Lagoon. It was a long two-hour bus trip.

Many PNAA past presidents and presidents from several chapters were in the bus with us such as Leo Jurado, Peter



6th day July 22, Saturday — Our last day bonding, each one felt a deep “separation anxiety.” It became quite emotional during the Interfaith Ecumenical service. We prayed and honored our beloved nurses who died of cancer and Covid. I personally included PNAGSL co-founder, Lily Cayabyab, and wrote her name on a butterfly-shaped paper. The prayers and music were so touching. Tears welled-up in many of us.

General Assembly — North Central Region delegates bid to host the 2025 PNA National Convention and won unopposed. The host chapter will be PNA of Michigan. Prominent speakers for Leadership Institute: Dr. Gloria Beriones; Dr. Leo Jurado, PNA Past President; Dr. Marlon Saria PNA President-elect and the four Regional VPs. ILDP (Leadership Development Program) graduates were also honored.

PNA appreciated and recognized the representation of PNAGSL in this convention. Dr. Gloria told the general assembly that PNAGSL is very good in “teamwork.”

PNAGSL shared its accomplishments and contributions:

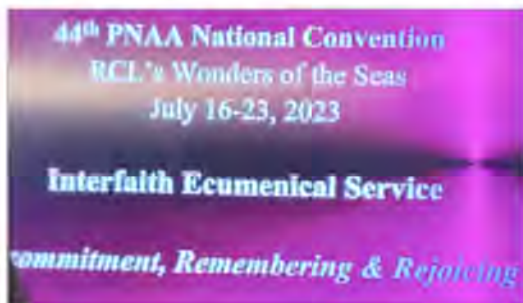
- (1) met the 15% goal of membership
- (2) newly approved 501-(c)(3)
- (3) two PNAGSL members in PNA Committees:
 - (a) JenJen: (4 years) Community Outreach Committee chaired by Nini Jurado; (2 years) Budget and Finance Committee with Aster Vargas, PNA Treasurer
 - (b) Maria B. Hipolito (PNAGSL President 2018-2020): member Scholarship Committee with Marine Sevilla
- (4) successful RUN/WALK June 4, 2023
- (5) five members attended the new initiative of Dr. Gloria for leadership training Camp Aruga, June 16-18, 2023
- (6) PNAGSL participated in Emotional Wellness program. Our chapter will receive \$1,000 for completing the webinar led by Dr. Riza Mauricio from Houston. Participants: Josie Veit, Cynthia Montejo, Agnes Lewis, Marjorie Gamino
- (7) two PNAGSL members participated in P3 Mentoring Program.

Another “WOW” for PNAGSL was when NCR RVP Bong Dayon proudly announced PNAGSL nurses’ support to the military veterans: bringing food to them (at St. Louis Veterans Home) and holding a Veterans Ball annually — a BIG applause from the audience. *[At the recent 4th of July parade in St. Louis, I chose to be with the Fil-Am Military Families and Friends Support Group instead of PNAGSL.]*

With all of these and more, PNAGSL truly shines in the Regional and National level of PNA. Let us continue to be a vibrant chapter of PNA. Our representation and contributions make PNAGSL always visible not only locally but regionally and nationally. PNA is very proud of us. Let PNAGSL remain visible and dynamic to the rest of 27 chapters all over the U.S.!

The last night of our 44th PNA National Convention was wrapped up in two hours of dancing, drinking and more PNA family bonding. Till the next convention — 45th PNA National Convention in Long Beach, California!

To add, the 6th day of the cruise honored all servicemen and women of the U.S. Military, active and retired. The whole cruise ship was decked with red, white and blue. Truly, a glorious tribute!





Saying Goodbye...



PNAF 44th Annual Convention Experience

By **Priscilla B. Molas, BSN, RN, CMSRN**
PNAMSEF Past President

Finally on July 16 the PNAMSEF delegates Priscilla Molas, Vilma and Menandro Ortiz and Cristine Galan to the 44th National Convention boarded one of the largest ships of Royal Caribbean the Wonder of the Sea. We were welcomed by the PNAF delegate who hosted the convention. We had welcome reception and a sumptuous dinner. Everybody is excited to meet and greet and of course a lot of stories to tell and picture, picture taking. After dinner we dress up to watch a show.



June 17. 5K Walk and Fun at Coco Cay. We are now in Bahamas, has to wake up at 5am to do the 5K Walk. It was fun walking with Aurelia and didn't realize that we had gone around the whole ship because we are talking and talking while walking. We finished the walk in one hour feeling tired and sweaty. We watch the award ceremony and then had breakfast before going to Coco Cay and in the evening watch ice skating.



July 18. Education Day, Recognition /Award Ceremony and Gala night. Vilma Ortiz was inducted as PNAF Treasurer 2023 -2025 Congratulations. Delicious dinner followed





July 19. Cozumel Mexico Excursion and Net Working Night. We arrived in Cozumel went shopping. Not able to go swimming because it was very hot. We did Team building and SCR won.

The Net Working Night Theme: The Treasure Within me. Costume is pirate. We had fun improvising when the scenario we got lost at the sea and how to survive. Yes, we survived and we won the championship. Thanks to the SCR team work and resourcefulness of everyone.



July 20. Roatan Honduras. We ate mangoes and coconut directly from the tree and it was refreshing. The guide tour us around.



July 21. Puerto Costa Maya. Relaxing day today. No meeting only lakwatsa and shopping.

July 22. Leadership Institute and General Assembly. We had an ecumenical service commemorating those who have cancer and those who passed away. Very sad and heartwarming ceremony. We had a farewell reception after.



July 23. Arrived in Cape Canaveral. We had a wonderful and memorable experience. Thank you PNAACF for hosting the 44th PNAAC Convention.



PNASD Recognized Three Times at the 44th PNA National Convention

By Jay Larrosa, MSN, PHN, RN-BC, ACM-RN, FACDONA
PNASD Chair, Mental Health Advocacy Committee

PNASD did what?

PNASD held an educational event, there is an article for that!

PNASD participated at an event, there is an article for that!

PNASD volunteered, there is an article for that!

PNASD collaborated with other organizations, there is an article for that!

PNASD celebrated, there is an article for that!

PNASD always make sure that members are informed of the opportunities available that they will be able to participate in. For those members who are not able to join in and missed the action, they are kept updated by the articles written and shared on either the chapter newsletter, The Heritage or PNA's newsletter, Inside PNA. Well, in addition to the posts on the chapter social media pages.

The Chapter's hard work on maintaining a newsletter for their members that is Professional, Relevant, Interesting, Diverse, Educational (PRIDE) paid off when the chapter was recognized at the 44th PNA National Convention with a PRIDE Award for the Most Engaged Chapter. PNA San Diego Chapter President, Perly Aguinaldo accepted the award.



PNASD is thankful to the Editorial Staff of The Heritage and Inside PNA for always encouraging article submissions and continuing to share recent stories that the chapter(s) were involved in. The chapter is also thankful to an esteemed leader, Dr. Merlie Ramira for reminding the group of the deadline to submit the articles.

The Chapter is always encouraging nurses, Filipino or not to join the organization. There are so many benefits of becoming a member, either at the local, national or international levels. Proof of the benefits are well demonstrated on either the articles or the social media posts.

PNASD must be doing something right since two more awards were received during the 44th PNA National Convention. These awards are on Membership efforts: Century Award for having over 100 members and Golden Award for reaching 15% increase in membership. PNA San Diego Chapter President, Perly Aguinaldo, Corresponding Secretary, Dorothy Brown and Mental Health Advocacy Committee Chair, Jay Larrosa accepted the awards.

Thank you, PNASD Membership Committee for all your efforts of not only recruiting but retaining members! The Chapter is also thankful to all the Chapter Leaders and Members for always supporting the chapter.



Party of Three from PNASD

By **Jay Larrosa**, MSN, PHN, RN-BC, ACM-RN, FACDONA
PNASD Chair, Mental Health Advocacy Committee



A small group of delegates from PNASD attended the PNA's 44th National Convention aboard Royal Caribbean's Wonder of the Seas last July. Despite being less in number, these PNASD members were very visible during the convention and represented their chapter well. In attendance from PNASD were Chapter President, Perly Aguinaldo, Chapter Corresponding Secretary, Dorothy Brown and Chapter Chair of Mental Health Advocacy Committee, Jay Larrosa.

The three PNASD Chapter members were welcomed by the members of the host chapter, PNA Central Florida as well as other PNA members and leaders during the Welcome Reception which was held on the first night of being in the ship. It is also when the ship started to pull away from port while the event was happening. Familiar faces were present in the crowd and unfamiliar faces quickly became their new friends.

The group started their morning the next day very early to participate on the 5K Walk. It was held on the walking/running track that goes around the ship and was followed by the awarding ceremony inside the ship recognizing individuals and teams who/that raised the most funds as well as individuals who finished first the run and walk. Then, they spent most of their day in Coco Cay with most of the convention attendees. PNASD members also participated on Team Building activities and the group they belonged to won two awards.

The third day is the Education Day. It was packed with great topics and speakers where timely information were shared promoting personal and professional growth of the Filipino-American Nurses. PNASD's Jay Larrosa was one of the speakers during the Research Forum. He presented on Understanding Health Insurances for Effective Patient Advocacy to Influence Policy and Practice Change. The panel that he was a part of was asked to present individually using a Pecha Kucha style presentation. With this format, the presentation is created with 20 slides and information on each slide is presented on a 20 second time limit. This is the first time a Pecha Kucha style presentation was adopted at a PNA National Convention. The Awards Gala and PNA Induction followed by PAA Celebration were also held that night.

As a member of a PNA National Committee, Ways and Means, PNASD President, Perly Aguinaldo was very involved and kept her busy assisting the said committee with activities raising funds for the Global

Conference. Perly was also asked by PNAAs Treasurer, Aster Vargas to become a member of another PNAAs National Committee, Budget and Finance after being highly recommended by WR Vice-President, Bob Gahol.

A pirate-themed networking night was held on the night of day four. The four regions of PNAAs displayed their talents with most groups performing a dance number. That is also the night when PNASD was recognized three times with the following awards: PRIDE (Professional, Relevant, Interesting, Diverse, Educational) Award for the Most Engaged Chapter; Membership: Century Award for having over 100 members and Golden Award for reaching 15% increase in membership.

Leadership Institute was held on the day seven which is also the last day. Just like the Education Day, this day was also filled with great topics and speakers where timely information were shared promoting personal and professional growth of the Filipino-American Nurses. Top projects from ILDP graduates were also presented. The Farewell and Celebration Party was held that night as well.

Chapter President Perly Aguinaldo referred to her small group as, “Silent but giant leaders.” This is absolutely true since, despite not being too many in a group, they are known to the attendees and have made a lasting impact on other attendees of the national convention. The group was so proud to have represented PNASD!



44th Philippine Nurses Association of America National Convention “Our United Voices: Anchoring our Culture of WE CARE”

By **Rosalina (Sahlee) Manongdo, MS BSN, RN**
Chair of PNANJ Community Outreach Committee
Chair of PNANJ KEWP (Kabalikatan Emotional Wellness Program)
Co-chair of the PNAA Global Affairs Committee



The “Wonder of the Seas” of Royal Caribbean, the world's largest cruise ship, was the most appropriate venue for the 2023 PNAA convention. The theme of the National Convention echoed the wisdom, excellence, collaboration, advocacy, respect, equity, and resilience, which summarized the “Culture of We Care.”

C- camaraderie- the entire seven days we were together, there was a feeling of trust, goodwill, and friendship among PNAA member attendees who knew each other for a long time and have gone through many fun experiences and memories. Together, there was loyalty, fellowship, dependability, shared interests, protectiveness, honesty, and working as a team.

A- aspire- PNAA continued to mentor the member's hopes and ambitions towards achieving something great and of high value, positively influencing the members to act and to fulfill their innermost desire and aspire to be the next leader.

R- recognize- acknowledged the existence and validity, gave positive feedback to all the hard-working PNAA members, and encouraged the new and young members to be the leaders of the future through succession planning.

E- empower- PNAAs leaders gave their members the means and tools to achieve their responsibilities; delegate effectively to carry out their roles with full support and mentorship.

All the activities at the convention, from the Welcome Reception, Education Day, Networking Night, General Assembly, Leadership Institute, different regional meetings, Farewell Night, and individually chosen excursions, were all well organized and amazingly fun and worthwhile. Kudos to Dr. Gloria Beriones, PNAAs President, the planning committee, and the host chapter, PNAAs Central Florida, for your excellent job and non-stop eating and fun activities.



What my first PNAA Cruise experience feels like...

By Maria Eden Gianan
PNA New England

Have you been to a conference on a cruise ship? No? Then you are missing half of your life! Really? You will say, but for me, it is a really FUNTASTIC experience! Not that I had my first experience attending a conference on a Philippine Nurses Association (PNA)– Wonder of the Seas cruise, but I was one of the speakers. How cool it could be? My Doctorate in Nursing (DNP) brought me to places I never expected: the Bahamas, Cozumel, Costa Maya, Mexico, and Honduras. At the same time, I met other fellow Filipino nurses from all over the United States. That's why PNA is all about seeing the support and camaraderie, not to mention the tons of knowledge one can get from each other.

Let's go back to three years ago, during the COVID-19 pandemic; I was heartbroken when everywhere I went, there was chaos, anxiety, and depression. Did I say depression?-Yes, including me. These emotions get into me, not only because of the physical COVID-19 but also because the “emotional” virus was so contagious. Working as a psychiatric nurse practitioner, I thought I knew what to do. I was not humble enough to accept it. As nurses, we need to care for others first, not our needs. “I don't want to be selfish I said to myself. And I can do everything.” With many deaths in my backyard, my patients, colleagues, as relatives, I feel numb, do motivation, no interest, do not want to go out...but I love my work; I was confused...I don't know what to do. I am the kind of person who is always geared to self-reflection, and when I retreated myself, I decided to decrease my work hours. I said I wanted to know what was going on with me. Is this a residual of the COVID-19 virus I got six months ago? Or something else. With nothing else that I can think of any cause of what I experienced, I enrolled for my DNP, focused on Compassion Fatigue, and became passionate about it. When the Education committee asked for abstracts, I submitted mine and was accepted. At first, they said it would be a posted presentation; then it was changed to Pecha Kucha-what? What is that? I googled it. In Japanese, it means “chit





chat, “and two owners of an architectural firm created it- Mark Dytham and Astrid Klein because they wanted a fast presentation of pictures versus text. The presenters show 20 slides for 20 seconds for each to present, thus for less than 7 minutes each (<https://en.wikipedia.org/wiki/PechaKucha>). My stress level went up to 20 or more than that. I thought I would just be standing beside my poster, and now I have to present in a new way and with very limited time.

Well, I practiced and practiced my talk when I presented, so nervous that I remembered that I was the first speaker and running back and forth during the presentation. After my presentation, some attendees told me that I woke them up; they were so sleepy because it was after lunch, and their blood sugar went up after they ate at the buffet. They said I made them laugh- not because of my presentation but because of how I presented it- hurry, and try to be on time to meet the time limit!

Days after that, some attendees stopped me on the cruise ship as I walked or ate meals, introduced themselves, and told me it was much fun. I made them laugh, and it was an informative presentation. It became a topic of our conversation –explaining more of what compassion fatigue is- then knowing each of them and where they came from and a NEW friendship developed with them. A Harvard study called “Grant study” (Waldinger & Schulz,2023) showed that spending time with people and maintaining long-lasting relationships can improve one’s health and lead to a long, happy life! I guess I got the emotional virus, and giving myself distance for a while among my patients helped me find myself on a cruise! There you go, I got the answer and got healed! Thank You, PNAA, for allowing me to be a “national speaker” for the first time!

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<https://en.wikipedia.org/wiki/PechaKucha>

Why Not? JOIN!

By **Maria Rowell, RN, MSN**
PNA Georgia



The 44th Philippine Nurses Association of America's (PNA) National Convention held on July 16 to July 23, 2023, was a huge success! Aside from being on board Wonder of the Seas, the largest cruise ship in the world, every Philippine nurse in America who attended the convention gained knowledge about leadership, health equity, diseases, and management, and of course fun and camaraderie. Some nurses brought their families with them, which was a double-win situation.

So, why not? Why not join a professional organization that will allow you to grow both professionally and personally? Why not be involved in an organization that also allows you to give back to your community? Plenty of times, when I approach a new nurse about joining the Philippine Nurses of Georgia (PNAGA), the response is, "What's in it for me?" How wonderful it would be if the response is, "How can I get involved?" or "How can I help your organization?" I can hope.

Joining the PNAGA allowed me to be involved in an organization that gives back to the community through outreach programs. PNAGA also makes me abreast of the different dynamic nursing concepts, new research studies, and evidenced-based practices that I can bring to my workplace. The organization allows me to network and at the same time socialize with other nurses and their families. Most of all, I can voice out and share my thoughts through PNAGA's Quarterly Newsletter.

During one of the excursions that I took while attending the 44th PNA Convention, I realized that if I did not join PNAGA, I would not be able to experience my 1st cruise in my semi-century life! Visiting San Gervacio's Mayan ruin that is 300 B.C. old in Cozumel, Mexico is a once in a lifetime opportunity. The beautiful beaches of Cozumel Mexico and Costa Maya, Mexico reminded me of the times I snorkeled the Philippines' beautiful beaches many years ago!

Memorable opportunities opened up to me when I joined PNAGA. Instead of a self-serving question, as nurses, we should ask selfless questions that will benefit humanity and humankind. I believe that because of our experiences and lessons learned from the COVID-19 pandemic, Filipino nurses in Georgia will now have more receptive views about joining professional organizations like PNAGA.

Join me with fellow Filipino nurses to make a difference, be the voice, and visit places while we still can. Why not?

Additionally, I received my pin and certificate for completing the iLDP (Leadership Development Program).

Crystal Caves and Underground River Excursion During PNAAs 44th Convention and Cruise

By **Marinor Condes**
PNAAZ 2022-2024 President

As a first time PNAAs Convention attendee, I am grateful for the many wonderful memories. As my husband Eldon and I embarked the massive ship, I was overwhelmed with emotions of gratitude and longing for my two children who were not able to join us on this trip. As a child growing in a remote island of Iloilo, I never imagined I would be afforded such an opportunity to meet the great leaders and members of the PNAAs or be inside the world's largest cruise ship! The prospect to network with like minded people: passionate for the advancement of the Filipino-American nurses, driven to positively bring equality and equity to our communities, and who consider themselves as lifelong learners was priceless.



One of the personal highlights for Eldon and I was the chance to visit the crystal caves and underground river in Xtun, Mexico. From Cozumel, we took the 40-minute ferry ride to Playa del Carmen where we met our guide, Emilio. After a short walk to the van terminal, we went on another 45-minute ride to the caves. Due to the construction of a massive highway, the road from the main highway to the caves was unpaved. The ride was quite bumpy. Since we both grew up in the Philippines that didn't bother us. Afterall, what is wrong with a free massage!

The first cave we visited was the Xibalba, translated as the "place of fright" ruled by the gods of the underworld. As we descended into the cave, our cave guide told us about the Mayans' culture of sacrificing to the gods. Halfway down the walk (about 50 yards) was an altar with broken animal bones and old pottery, offerings to the gods. As we walked deeper into the dark cave, our path only illuminated by flashlights, we could see stalactites above us, stalagmites on the ground, and where the two met are columns in different sizes. Occasionally, I felt a drop of cool water landing on me from the ceiling. Very interesting to note that some columns have cracks in the middle. According to our guide, a sign that the caves are crumbling. Sadly, these caves will not be here forever. Ahead of us, we can see the clear blue water of the underground river. The water temperature stays at 77-80 degrees Fahrenheit all year round. The water was cool to the skin, perfect after a hot and humid day, and so clear that one could see catfish fingerlings swimming in the water. The group was treated to a swim deeper into the underground river. When the flashlight was turned off, swimmers couldn't see in front of them. The swimmers were encouraged to apply the mud on their faces believed to contain minerals to keep one youthful. Too bad, I didn't bring anything back with me.

The second cave was the Imix. Imix means a sign of another world or reality. Remember that highway construction? We had to trek across the construction zone with the hot sun beating down on us amidst the thick



humid air. A perfect time for an umbrella! The scene reminded me of life in the Philippines. Imix was the smaller cave, therefore a shorter walk to the water's edge. A wooden deck served a jump off point for the swimmers. A resident bat was present and kept on circling underneath the cave ceiling. Just like the Xibalba, the water was clear and refreshing as promised by our guide Emilio.

What an immense blessing to experience seeing these caves! My heart hopes that these caves will remain there for countless generations to enjoy. The guides are saying, they do not know what the highway construction will do to the underground river system. The government is not allowing any heavy machinery in constructing the road to protect the caves and underground river. The Question is- will that be enough? Only time will tell!





Pictorial highlights of the



44th PNAA NATIONAL CONVENTION



“Our United Voices: Anchoring our Culture of WE CARE”





44th PNAA NATIONAL CONVENTION



Day 1: Welcome Reception and Registration











44th PNAA NATIONAL CONVENTION



Day 1: PNAA Executive Board Meeting







44th PNAA NATIONAL CONVENTION



Day 1: Regional and Circle of Presidents Meetings





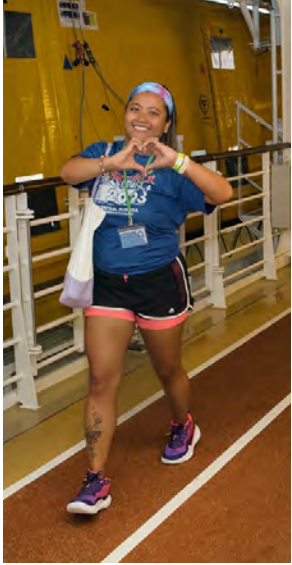


44th PNA NATIONAL CONVENTION



Day 2: PNAAF 5K Walk/Run









44th PNAA NATIONAL CONVENTION



Day 2: Perfect Day at Coco Cay, The Bahamas









44th PNA A NATIONAL CONVENTION



Day 3: Awards and Gala Night “An Evening of Elegance”















44th PNAA NATIONAL CONVENTION



Day 3: Post Gala Night Party







44th PNAA NATIONAL CONVENTION



Day 4: Networking Night “The Treasure is Within You”













44th PNA NATIONAL CONVENTION



Day 4: Parade of Banners









44th PNA NATIONAL CONVENTION



Day 4: Membership and Newsletter Awards Presentation



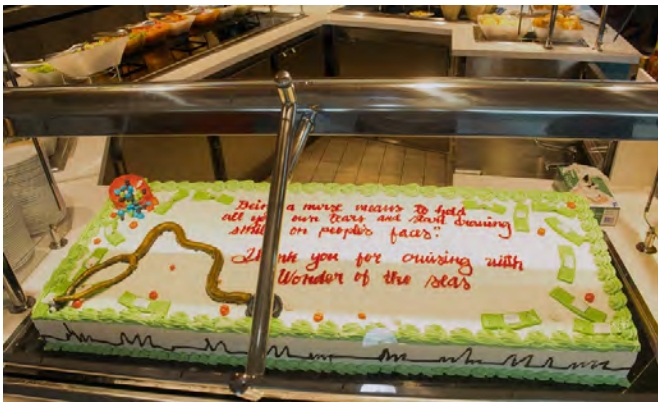




44th PNAA NATIONAL CONVENTION



Day 5: Filipino Night in the High Seas









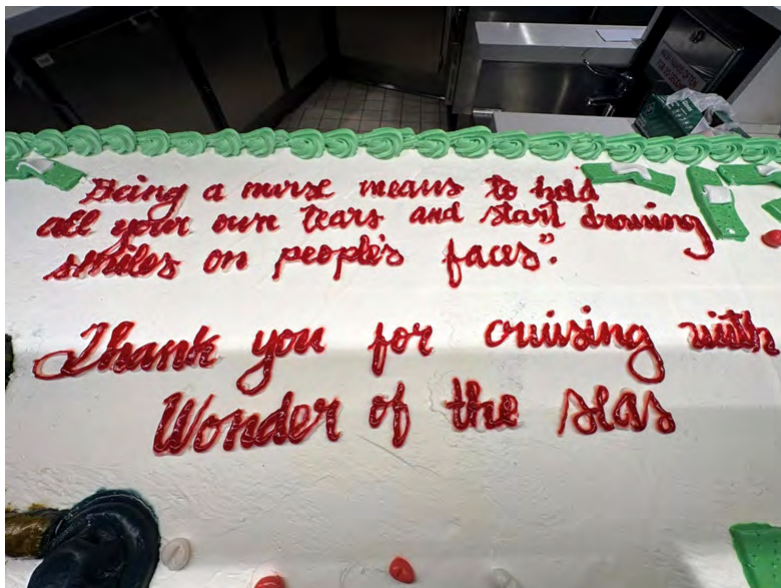




44th PNAA NATIONAL CONVENTION



Day 5: Filipino Night (Part 2)







44th PNAA NATIONAL CONVENTION



Day 7: General Assembly











44th PNA A NATIONAL CONVENTION



Day 7: Ecumenical Service, Handover of Convention Hosting and Closing Ceremony







44th PNAA NATIONAL CONVENTION



Day 7: Farewell Celebration













**PHILIPPINE NURSES ASSOCIATION
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SATURDAY, NOVEMBER 18, 2023
5:30 PM
1 WARRIORS WAY, SAN FRANCISCO, CA 94158

BENEFITS

- Discounted tickets
- Socialize with other nurses
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- Access to Warm up practice

LINK TO BUY TICKET TO POST SOON
VISIT PNANC WEBSITE FOR UPDATES AND OTHER EVENTS
[HTTPS://WWW.PNANORTHCAL.ORG/EVENT-5392801](https://www.pnanorthcal.org/event-5392801)



PNA Northern California's Annual Summer Picnic Membership Appreciation

SATURDAY, SEPTEMBER 16, 2023

11 am - 3 pm

Buri Buri Park, 200 Arroyo Dr South San Francisco

**Bring your family and
friends, food to share, and
enjoy a day of outdoor fun,
relaxation and networking.**

**Join us for a picnic
in the park and
make some
unforgettable
memories!**

<https://www.pnanorthcal.org/event-5384988>





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contact Rowena Patel (650) 255 - 8671 / rowenapatell@gmail.com

<https://pnanc.wildapricot.org/event-5286641>



SCAN ME

Western Region Camp Aruga Leadership Bootcamp



October 20-22, 2023



Nature Bridge Golden Gate
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Philippine Nurses Association of America, Inc.
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Filipino Nurses' Global Summit V

and 14th International Nursing Conference



WE CARE: Filipino Nurses
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25-26 JANUARY 2024

Iloilo Convention Center

Accommodation: Marriott Courtyard Iloilo



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Book your flights from the US to Philippines using these promo codes at flights.philippineairlines.com

Promo Codes: *Economy Class*
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PNAAY

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Fare Conditions:

Booking Period: until November 30, 2023

Travel Period: exUSA (SFO/LAX/JFK/HNL) to the Philippines: January 10-31, 2024

1. Seats are subject to availability. Seasonality and blackout date applies.
2. Promo codes are only applicable to the FARES, not applicable to fuel and taxes.
Note: Fuel Surcharge and taxes are subject to change with or without prior notice.
3. Valid for Roundtrip fares valid for travel (SFO/LAX/JFK/HNL) to the Philippines.
4. Valid for transactions via PAL website and mobile app through promo code only.
5. Fare Brand conditions and attributes shall apply.
6. Baggage Allowance - Fare is inclusive of 7-kg handcarried baggage. Free Baggage Allowance applies.
7. Mileage accrual shall apply depending on the fare brand.
8. No other discounts shall apply.
9. Tickets issued online or outside of the Philippines does not include Philippine Travel Tax (PH tax).
PH tax shall be paid directly at the airport before departure. PH tax is applicable to Philippine passport holders, foreigners holding a Philippine resident visa, and foreign tourists or expatriates who have stayed in the Philippines for more than one year.
10. Other travel conditions apply.

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Diversity, Equity, Inclusion, Belonging and Social Justice (DEIBSJ) Task Force

Sensitivity Training to Reduce Implicit Biases Towards Transgender Patients

Webinar Series Thru Zoom

Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. P0613. 2.0 Contact Hours each Series (Total 6.0 Contact Hours)



Series 1: Saturday, September 16, 2023

8:00 AM- 11: 30 AM HST, 11:00 AM- 13: 30 PM PST, 1:00 PM- 3:30 PM CST,
2:00 PM- 4:30 PM EST

Series 2: Saturday, October 28, 2023

8:00 AM- 11: 30 AM HST, 11:00 AM- 13: 30 PM PST, 1:00 PM- 3:30 PM CST,
2:00 PM- 4:30 PM EST

Series 3: Friday, December 01, 2023

3:00 PM- 5:30 PM HST, 6:00 PM- 8: 30 PM PST, 8:00PM- 10:30PM CST,
9:00PM- 11:30PM EST

SPEAKERS



Marion Yates DNP, MSN, RN, CCRN, NEA- BC



EM Vitug Garcia PhD, DNP, Dhed, MBA, MSN, MAed, BSN, APRN, NP-C, FN-Csp, LNC-CSp, CNOR CSSM, FACINC



Registration Link:
<https://qrco.de/bel7ls>

Planners and speakers have declared no relevant financial relationship with ineligible companies.

Register at: [www. https://myphnaa.wildapricot.org/Join-Us](https://myphnaa.wildapricot.org/Join-Us)



Diversity, Equity, Inclusion, Belonging and Social Justice (DEIBSJ) Task Force

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Series 1: Saturday
September 16, 2023.

Topics:

1. Gender Identity and Care of Transgender and Gender Non-Conforming Patients
2. Preventative Care for Transgender and Gender Non-Conforming Patients: Its Importance to Nurses

SPEAKERS



Marion Yates DNP, MSN, RN, CCRN, NEA- BC



EM Vitug Garcia PhD, DNP, Dhed, MBA, MSN, MAed, BSN, APRN, NP-C, FN-Csp, LNC-Csp, CNOR CSSM, FACINC



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Diversity, Equity, Inclusion, Belonging and Social Justice (DEIBSJ) Task Force

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Webinar Series Thru Zoom

Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. P0613. 2.0 Contact Hours.



Series 2: Saturday
October 28, 2023

Topics:

1. Gender Affirming Treatment & Transition Related Care: Why do we need to know
2. Inclusive Questions for Older LGBT People: A Guide to Collecting Data on Sexual Orientation and Gender Identity

SPEAKERS



Marion Yates DNP, MSN, RN, CCRN, NEA- BC



EM Vitug Garcia PhD, DNP, Dhed, MBA, MSN, MAed, BSN, APRN, NP-C, FN-Csp, LNC-Csp, CNOR CSSM, FACINC



Registration Link:
<https://qrco.de/be17is>

Planners and speakers have declared no relevant financial relationship with ineligible companies.

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Diversity, Equity, Inclusion, Belonging and Social Justice (DEIBSJ) Task Force

Sensitivity Training to Reduce Implicit Biases Towards Transgender Patients

Webinar Series Thru Zoom

Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. P0613. 2.0 Contact Hours.



Series 3: Saturday
December 01, 2023

Topics:

1. Addressing Common Gynecologic Issues Among Transgender Patients: A must Know for Nurses
2. Health Records, Billing, Insurance, and Legal Documents in Transgender Healthcare. What should nurses need to know?

SPEAKERS



Marion Yates DNP, MSN, RN, CCRN, NEA- BC



EM Vitug Garcia PhD, DNP, Dhed, MBA, MSN, MAed, BSN, APRN, NP-C, FN-Csp, LNC-CSp, CNOR CSSM, FACINC

Planners and speakers have declared no relevant financial relationship with ineligible companies.



SCAN ME

Registration Link:
<https://qrco.de/bel71a>

Register at: [www. https://mypnaa.wildapricot.org/Join-Us](https://mypnaa.wildapricot.org/Join-Us)



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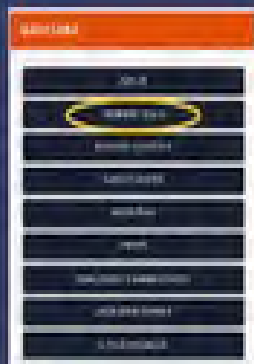
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X-LINKED DYSTONIA-PARKINSONISM WEBINAR SERIES

AUGUST
29
8:00 PM ET

X-LINKED DYSTONIA-
PARKINSONISM (XDP):
UNDERSTANDING THE
DISEASE AND GENETIC
SCREENING



Nutan Sharma, MD, PhD



Christopher Bagg, PhD



Laurie Ozelus, PhD

SEPTEMBER
26
8:00 PM ET

XDP TREATMENT &
MANAGEMENT:
EMERGING THERAPIES
AND
BEST PRACTICES



Nutan Sharma, MD, PhD



Juan Kristoffer P.
de Guzman, MD



Melanie Leigh
De Las Alas Sopena, MD

OCTOBER
24
8:00 PM ET

XDP CLINICAL RESEARCH:
UPDATES ON TRIALS,
ADVOCACY EFFORTS, &
FUTURE DIRECTIONS



Nutan Sharma, MD, PhD



Trisha Mulhaupt-Buehl,
MS, CSC



Caroline Nelson

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qrco.de/be8xZl

See you there!

HOW FILIPINO NURSES IN THE GLOBAL DIASPORA SUPPORT THE POOR'S ACCESS TO HEALTHCARE



MONDAY, SEPTEMBER 11, 2023 | 10:00 AM TO 11:30 AM MANILA TIME

SUNDAY, SEPTEMBER 10, 2023 | 10:00 PM EST | 9:00 PM CST | 8:00 PM MT | 7:00 PM PST

SPEAKER: DR. DULA PACQUIAO, PROFESSOR EMERITA OF NURSING, RUTGERS UNIVERSITY, NEW JERSEY, USA

CO-SPONSOR: UP INTERNATIONAL NURSING AND HEALTHCARE FORUM (UPINHF)

[REGISTER HERE: TINYURL.COM/YC-WEBINAR-SEPT11](https://tinyurl.com/yc-webinar-sept11)



SCAN ME

ABOUT THE WEBINAR

Eleven million Filipinos (roughly ten percent of the population) are in the global diaspora looking for better economic and professional opportunities. Those who are employed are familiarly called Overseas Filipino Workers (OFWs). Through their remittances, they contribute a significant chunk to the country's GDP and help lift their families from poverty. The most common OFW categories are nurses, doctors and midwives who are scattered globally but with concentrations in the Middle East, the United States, Canada and the United Kingdom. Apart from their role as ambassadors of Filipino professionalism, Filipino nurses are heroes to the health systems they work in. For example, a third of the nurses in the US who died during the COVID-19 pandemic were of Filipino origin.

Little known are the contributions of nurses beyond the health of their own families and to the health system they left behind in their home country. The webinar will explore the ways nurses overseas participate in medical outreaches, donate to disaster relief, fund scholarships or become visiting professors. Innovative arrangements for recruiting countries to support nurses' replacements in their communities of origin are being seriously negotiated.

ABOUT THE SPEAKER



Dula F. Pacquiao, EdD, RN, FTNNS, FNYAM is Professor Emerita at Rutgers the State University of New Jersey. She is an international speaker, transcultural nursing consultant and author who has received numerous awards for her work. She earned her BSN from UP College of Nursing, MA from Teachers College, Columbia University and doctorate in education from Rutgers University.

She is a lecturer in graduate nursing at the University of Hawaii, Hilo and William Paterson University of NJ; Executive Director of the Philippine Nurses Association of NJ Foundation and Adviser to the Education and Research Committee of the UP International Nursing and Healthcare Forum. Her husband is a retired NJ lawyer and graduate of UP College of Law and NYU Law School who is related to Boxer-Senator Manny Pacquiao.

ABOUT THE YUCHENGCO CENTER

Yuchengco Center is a think tank sponsored by the Yuchengco Group of Companies and hosted by De La Salle University. We provide research and information support to the achievement of the Sustainable Development Goals (SDGs) in the Philippines with a focus on SDGs 1, 2, 3, 4, 8 and 16.



Practice Committee Clinical Update Webinar

Integration of Current Technologies in
Nursing Practice to
Promote Wellness

Saturday | September 23, 2023
12pm ET/11am CT/8am PT
2 hour event

To register:

Scan
Here



Click Link Below

<https://tinyurl.com/us4svz9n>

The Philippine Nurses Association of America Foundation is approved by the California Board of Registered Nursing,
Provider Number 14134, for
1.2 Contact Hours



Dr. Romina Elias
Healthcare CNIO
Dell Technologies, Americas



Lawrence Franchini
Vice President of Sales and Operations
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For Questions reach out to

Dr. Riza Mauricio riza.mauricio@gmail.com | Dr. Jennifer Aying jenniferaying1470@gmail.com



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ALZHEIMER'S ASSOCIATION



WEBINAR SERIES



Webinar # 1 (Western Region)

March 16 at 9 - 10 pm EST

Col (Ret) Bob Gahol, MBA, MPA, MMAS, MSS, BSN, RN

Western Region Vice President

Understanding Alzheimer's and Dementia



Webinar # 2 (South Central Region)

June 22 at 9 - 10:30 pm EST

Manny Ramos, MSN, RN - South Central Region Vice President

Approaching Alzheimer's: First Responder Training

Dementia Conversations: Driving, Doctor Visits, Legal & Financial

Planning



Webinar # 3 (North Central Region)

October 6 at 8:30 - 10 pm EST

Manelita Dayon, BSN, RN - North Central Region Vice President

Cognitive Screening and Testing in a Biomarker Era

Healthy living for your brain and body: Tips from the latest research



Webinar # 4 (Eastern Region)

November 30 at 9 - 10 pm EST

Warly Remegio, DNP, RN, NEA-BC, NPD-BC, FNYAM

Eastern Region Vice President

Understanding and Responding to Dementia-Related Behaviors



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<https://qrco.de/bdkUwH>



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21st
**EASTERN REGIONAL
CONFERENCE**

**OUR UNITED VOICES:
Bridging Gaps
to Health Equity through
Collaboration and Advocacy**



**November 3 - 5, 2023
Asheville, North Carolina**

**Crowne Plaza Hotels and Resorts
1 Resort Drive, Asheville, NC 28806**



Registration

You may register online at <https://www.mypnaaconference.org/>



Cancellation Policy: Up to 30 days before the event is subject to a 25% charge, and cancellation 15 days before the days up until the event is subject to a 50% charge. All cancellations and inquiries must be emailed to: Aileen Laczi at acglaxi04@gmail.com

Travel Information

Please access the links below:

<https://www.exploreasheville.com/philippine-nurses-association-of-america/?guid=be4acff6-faec-4aed-8e54-946ecd546315&preview=true>

https://www.ihg.com/crowneplaza/hotels/us/en/asheville/avlls/hoteldetail/directions?am_mmc=GoogleMaps_-_CP_-_US_-_AVLSS



Hotel Accommodation

Crowne Plaza Hotels and Resorts

1 Resort Drive, Asheville, NC 28806

<https://ashevillecp.com>



Dates available to book: November 2 - November 5, 2023

Group rate: **PNA**

Deadline to book using group rate: October 3, 2023

Check-in time: 3 PM. **Check-out time:** 11 AM

Any reservation requests made after the reservation due date will be accepted on a space-available basis at the prevailing rate.

At the reservation due date, all unused rooms and suites will be automatically released for general sale.

Complimentary self-parking is included.



Scan QR code or click link below for booking instructions

https://drive.google.com/file/d/1r9cNSZl7-OTnCuUD9GLU8c_fmDfYlr/view



CONFLICT OF INTEREST DISCLOSURES

THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES. THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNA) RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT ADVANCED NOTICE. IT ASSUMES NO RESPONSIBILITY FOR PERSONAL LIABILITY AND/OR PROPERTY DAMAGE TO PARTICIPANTS. PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN TRAVEL AND PERSONAL TRAVEL INSURANCE. PNA AND PHNHS ASSUME NO RESPONSIBILITY FOR LOSS OF PROPERTY.

21st PNAA Eastern Regional Conference Planning Committee

Chair: Gloria Beriones, PhD, RN, NEA-BC (PNAA President)

Overall Co-Chairs:

Marlon Saria, PhD, RN, AOCNS, FAAN (PNAA President-Elect)
Warily Remegio, DNP, RN, NEA-BC, NPD-BC, FNYAM (PNAA ER Vice President)
Luisito Pascual, BSN, RN, CCRN (PNA North Carolina President)

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Catherine Paler, MSN, RN, PCCN (ER COPRR)

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Aileen Laczi, MSN, BSN, RN, CNOR (Asst. Treasurer/Membership Committee Chair/NOMELEC Chair)
Maria Albano, BSN, RN, CNOR (Auditor)
Jennifer Dizon, DNP, RN-BC (Education Committee Chair)
Grace Fabito, BSN, RN, CNOR (Education Committee Co-Chair)
Ethel Cuenca, BSN, RN, CAPA (Recognition & Scholarship Committee Chair)
Doris Benzara, BSN, RN (Recognition & Scholarship Committee Co-Chair)
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Merly Pascual, BSN, RN (Community Service and Events Chair)
Helen Rivera, BSN, RN (Community Service and Events Co-Chair)
Amy Tizon, BSN, RN (Archives & Publications Committee Chair)
Rose Anne Jison, BSN, RN (Archives & Publications Committee Co-Chair)
Florenda Asinas, BSN, RN (NOMELEC Chair)



Registration Fees

Event	Welcome Night	Leadership	Networking Night	Education Day	Gala Night	Mass
Date	11/2/2023	11/3/2023	11/3/2023	11/4/2023	11/4/2023	11/5/2023
Day	Thursday	Friday	Friday	Saturday	Saturday	Sunday
Member: Early Registration	Free	\$75	\$90	\$100	\$110	All are welcome
Member: Late Registration	Free	\$100	\$115	\$125	\$135	All are welcome
Student: Early Registration	Free	\$65	\$80	\$95	\$100	All are welcome
Student: Late Registration	Free	\$90	\$105	\$120	\$125	All are welcome
Non-Member: Early Registration	Free	\$85	\$100	\$110	\$120	All are welcome
Non-Member: Late Registration	Free	\$110	\$125	\$135	\$145	All are welcome

Family Members Food Package	Price per person
Lunch: Friday (11/3/2023)	\$50
Breakfast/Lunch/Coffee Break: Saturday (11/4/2023)	\$70
Friday and Saturday package: <ul style="list-style-type: none"> Lunch: Friday (11/3/2023) Breakfast/Lunch/Afternoon Coffee: Saturday (11/4/2023) 	\$120

Deadline for Early Registration: **September 4, 2023**
 Late Registration: **September 5 - October 21, 2023**
 Registration will close on **October 22, 2023**



CONFERENCE OVERVIEW

The PNAE Eastern Region, comprised of 11 chapters and several subchapters, is committed to providing an exceptional educational experience that promotes excellence in leadership and practice. Our upcoming conference, hosted by the PNA North Carolina Chapter, features distinguished speakers who are prominent leaders, subject matter experts, and industry executives.

We are proud to collaborate with the national PNAE organization to present the 21st Eastern Regional Conference. Our conference theme, "Our United Voices: Bridging Gaps to Health Equity through Collaboration and Advocacy," highlights the importance of working together to address health disparities and promote equity. Attendees can expect to engage with current evidence-based information and experiences that will enhance their skills in advocacy, collaboration, and achieving excellence.

Contact Hours

The 2-day event will award a total of 8.83 contact hours (3.25 contact hours for Leadership Institute Day and 5.58 for Education Day). Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation: P0613. The Planners and speakers have declared no relevant financial relationships with ineligible companies.

Leadership Institute Objectives

At the end of the Leadership Institute Program, the participants will be able to:

- Discuss the impact of positive psychology and mindfulness practices on cultivating resilience and joy in the workplace.
- Examine the key elements of an innovative culture and identify strategies for implementing an innovation mindset in nursing practice.
- Develop skills to promote team empowerment and engagement through innovative leadership practices, such as mentorship, coaching, and collaborative problem-solving.

Education Day Objectives

At the end of the Education Day Program, the participants will be able to:

- Develop an understanding of the importance of diversity, equity, and inclusion in nursing practice, and explore strategies for creating inclusive environments that promote equitable care.
- Discuss the impact of substance abuse disorder on patients, families, and communities, and explore evidence-based interventions to prevent and treat substance abuse disorders.
- Describe the latest research and access to care among X-Linked Dystonia Parkinsonism.
- Analyze the factors contributing to nurse turnover and burnout, and identify evidence-based strategies for improving nurse retention and job satisfaction.
- Enumerate the role of nurses in advocacy and collaboration to promote health equity and address disparities in healthcare delivery.
- Describe the latest research on AIDS and other infectious diseases, including prevention strategies, treatment options, and nursing care considerations.

November 3, 2023

8:00 - 9:30 **PNAE Executive Board Meeting**

9:30 - 11:30 **Eastern Region Meeting**

11:00 - 17:00 **REGISTRATION**

CELEBRATION SCHEDULE

<i>Welcome Night</i>	November 2, 2023 6:00 PM
<i>Networking Night</i>	November 3, 2023 6:00 PM
<i>Gala Night</i>	November 4, 2023 6:00 PM
<i>Eucharistic Celebration</i>	November 5, 2023 9:00 AM

November 3, 2023

Leadership Institute Program

- 11:30 - 12:30** **REGISTRATION / LUNCH**
- 12:30 - 12:35** **WELCOME REMARKS**
WARLY REMEGIO, DNP, RN, NEA-BC, NDP-BC, FNYAM
VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA EASTERN REGION
- 12:35 - 13:05** **PNAAC COLLABORATION ON THE GO**
GLORIA BERIONES, PHD, RN, NEA-BC
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA
- 13:05 - 13:35** **PNAAF UPDATES**
ROSARIO ESTRADA, DNP, RN
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA FOUNDATION
- 13:35 - 13:40** **INTRODUCTION & ANCC DISCLOSURES**
MARY DIOISE RAMOS, PHD, RN
CHAIR, PHILIPPINE NURSES ASSOCIATION OF AMERICA EDUCATION COMMITTEE
- 13:40 - 14:40** **LEADING AND CULTIVATING JOY AND RESILIENCE AT WORK**
MONALIZA GAW, DNP, MPA, RN, NEA-BC, FACHE, CPHQ
VICE PRESIDENT & CHIEF NURSING OFFICER, ASCENSION SETON NORTHWEST AND SOUTHWEST HOSPITALS
- 14:40 - 15:10** **BREAKING BARRIERS AND BUILDING BRIDGES: LEADERSHIP IN ADDRESSING RACISM AGAINST FILIPINO-AMERICAN NURSES**
MARY JOY GARCIA-DIA, DNP, RN, FAAN
PROGRAM DIRECTOR, NURSING INFORMATICS, IT DEPARTMENT & INSTITUTE FOR NURSING EXCELLENCE AND INNOVATION NEWYORK-PRESBYTERIAN
- 15:10 - 15:40** **BREAK / EXHIBITS**
- 15:40 - 17:10** **LEADERS TOOLKIT: BUILDING A CULTURE OF INNOVATION TO STEER TEAM EMPOWERMENT AND ENGAGEMENT**
TERESITA MEDINA, DNP, MAS, RN, PMH-BC
ASSISTANT VICE PRESIDENT, CLARA MAASS MEDICAL CENTER
- CHRISTINE PABICO, PH.D., RN, NE-BC, FAAN**
DIRECTOR, PATHWAY TO EXCELLENCE PROGRAMS, AMERICAN NURSES CREDENTIALING CENTER
- WARLY REMEGIO, DNP, RN, NEA-BC, NDP-BC, FNYAM**
SYSTEM VICE PRESIDENT, NURSING PROFESSIONAL DEVELOPMENT & PRACTICE EXCELLENCE, HARTFORD HEALTHCARE
- 17:10 - 17:15** **EVALUATION**
JENNIFER DIZON, DNP, RN-BC
CHAIR, PNA NORTH CAROLINA EDUCATION COMMITTEE

CONFLICT OF INTEREST DISCLOSURES

THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES. THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNA) RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT NOTICE. PNA ASSUMES NO LIABILITY FOR PERSONAL INJURY AND/OR PROPERTY DAMAGES. ALL ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.



STRUT YOUR STUFF AS THE DJ SPINS ALL
THE CLASSIC DISCO HITS AT THE

**21ST PNAA
EASTERN REGIONAL CONFERENCE
NETWORKING NIGHT**

"HAYOP SA GALING"

**(A DISCO PARTY CELEBRATION FOR OUR
EXTRAORDINARY BREED OF NURSES)**

JOIN US FOR A NIGHT OF GAMES, FOOD,
FUNKY BEATS, AND GROOVY MOVES.

NOVEMBER 3, 2023 (FRIDAY)
6 PM - 11 PM

CROWNE PLAZA HOTELS & RESORTS

1 RESORT DRIVE
ASHEVILLE, NC 28806

**DRESS CODE:
ANIMAL PRINT DISCO ATTIRE**

November 4, 2023

Education Day Program

- 7:00 – 8:00** **REGISTRATION / EXHIBITS / BREAKFAST**
- 8:00 – 8:05** **OPENING REMARKS**
WARLY REMEGIO, DNP, RN, NEA-BC, NPD-BC, FNYAM
VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA EASTERN REGION
- 8:05 – 8:35** **STATE OF PNAA ADDRESS**
GLORIA BERIONES, PHD, RN, NEA-BC
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA
- 8:35 – 8:40** **INTRODUCTION & ANCC DISCLOSURES**
JENNIFER DIZON, DNP, RN-BC
CHAIR, PNA NORTH CAROLINA EDUCATION COMMITTEE
- 8:40 – 9:20** **NURSES AS CATALYSTS FOR HEALTH EQUITY:
LEADING CHANGE IN HEALTHCARE DELIVERY**
ERNEST GRANT, PHD, DSC (H), RN, FAAN
*IMMEDIATE PAST PRESIDENT, AMERICAN NURSES ASSOCIATION
CONSULTING PROFESSOR, DUKE UNIVERSITY SCHOOL OF NURSING*
- 9:20 – 10:10** **THE OPIOID CRISIS: BRIDGING HEALTH CARE NEEDS AMONG VULNERABLE
POPULATION**
RIZA MAURICIO, PH.D., APRN, FCCM, CCRN, CPNP-PC/AC
ASSISTANT PROFESSOR, UNIVERSITY OF TEXAS HEALTH, SCHOOL OF NURSING

DANILO BERNAL, DNP, APRN, PHN, CEN, CCRN, CCHP, NP-C, FNP-BC
ASSISTANT PROFESSOR, CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS
- 10:10 – 10:40** **BREAK / EXHIBITS**
- 10:40 – 11:30** **EQUITABLE APPROACHES TO NURSE RETENTION:
MOVING BEYOND ONE-SIZE-FITS-ALL SOLUTIONS**
SARAH LACKEY, DNP, RN, CMC
MAGNET PROGRAM DIRECTOR, CONE HEALTH, GREENSBORO, NORTH CAROLINA
- 11:30 – 12:20** **ACCESS TO CLINICAL TRIALS AND PURSUIT OF TREATMENT FOR
X-LINKED DYSTONIA PARKINSONISM**
D. CHRIS BRAGG, PHD
DIRECTOR, MGH COLLABORATIVE CENTER FOR X-LINKED DYSTONIA-PARKINSONISM
- 12:20 – 13:20** **LUNCH / EXHIBITS**

CONFLICT OF INTEREST DISCLOSURES

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November 4, 2023

Education Day Program (continued)

- 13:20 - 14:10 FROM AWARENESS TO ACTION:
ADVANCING HEALTH EQUITY THROUGH DIVERSITY, EQUITY, AND INCLUSION**
LESHONDA WALLACE, PH.D., RN, FNP-BC, FAAN
INFECTIOUS DISEASE SPECIALISTS, NOVANT HEALTH
- 14:10 - 14:50 REACHING OUT: USING TEXT MESSAGING TO ADDRESS HEALTH INEQUITIES AND
IMPROVE HIV KNOWLEDGE AMONG FILIPINO ADOLESCENTS AND YOUNG ADULTS**
JHORDIN JAMES C. MONTEGRICO, PH.D., RN, CMSRN
ASSISTANT PROFESSOR, UNIVERSITY OF NORTH CAROLINA CHARLOTTE SCHOOL OF NURSING
- 14:50 - 15:20 BREAK / EXHIBITS**
- 15:20 - 16:00 THE INTERSECTION OF COURAGE AND HEALTH EQUITY: LEADING FOR CHANGE**
PAMELA B. EDWARDS, EDD, MSN, RN-BC, FABC, CNE, CENP
*ASSISTANT VICE PRESIDENT, NURSING - DUKE UNIVERSITY HEALTH SYSTEM,
DUKE CLINICAL EDUCATION & PROFESSIONAL DEVELOPMENT
ASSOCIATE CONSULTING PROFESSOR - DUKE UNIVERSITY SCHOOL OF NURSING*
- 16:00 - 16:05 EVALUATION AND WRAP UP**
MARY DIOISE RAMOS, PHD, RN
CHAIR, PHILIPPINE NURSES ASSOCIATION OF AMERICA EDUCATION COMMITTEE
- 16:05 - 16:10 CLOSING REMARKS**
LUISITO PASCUAL, BSN, RN, CCRN
PRESIDENT, PNA NORTH CAROLINA



CONFLICT OF INTEREST DISCLOSURES

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APPLICABLE NEEDS THAT THEIR REGISTRATION FEES COULD COVER. PERSONAL TRAVEL INSURANCE, MEDICAL INSURANCE, AND THE SOLE RESPONSIBILITY OF EACH ATTENDEE.*

Memories will be made to last a lifetime at the

**21ST PNA
EASTERN REGIONAL CONFERENCE**

Gala Night

JOIN US FOR A NIGHT OF EXQUISITE ELEGANCE
AS WE CELEBRATE THE BEAUTY OF NORTH CAROLINA

"A Blue Tie Affair"

TO PAY HOMAGE TO THE
BREATHTAKING LANDSCAPES OF OUR STATE.
WE'LL DINE AND DANCE THE NIGHT AWAY
IN A CELEBRATION OF ALL THAT MAKES
NORTH CAROLINA SPECIAL.

**NOVEMBER 4, 2023 (SATURDAY)
6 PM - 11 PM**

**Crowne Plaza Hotels & Resorts
1 RESORT DRIVE
ASHEVILLE, NC 28806**

ATTIRE:

COME IN ANY SHADE OF BLUE
BECAUSE BLUE IS NOT A SINGLE COLOR IN NORTH CAROLINA.

GENTLEMEN, DUST OFF YOUR SUITS.
ADD A BOW TIE OR NECKTIE, AND A POCKET SQUARE.

LADIES, ADORN YOURSELVES IN STUNNING EVENING ATTIRE, ACCENTS, AND ALL.

Image by rawpixel.com on Fre

Eucharistic Celebration

*Join us for a special Eucharistic celebration
as we come together to worship and give thanks.*

Date: November 5, 2023 (Sunday)

Time: 9 AM

Location: Basilica of Saint Lawrence

Address: 97 Haywood St, Asheville, NC 28801

*The Basilica of Saint Lawrence is 2.0 miles from
Crowne Plaza Hotels and Resort (4-7 minutes drive).*



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