



# inside PNAA

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

## MALIGAYANG

# *Pasko*



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



# Editorial

## Embracing the Spirit of Christmas and Welcoming a New Year of Hope

Christmas is one of our most (if not the most) favorite holidays, so this month's newsletter highlights the spirit of Christmas and welcoming the new year. It's a time of joy, reflection, and togetherness—a universal celebration that transcends borders and unites us in the spirit of giving and love.

Christmas is a season that encourages us to extend a helping hand to those in need, fostering a sense of community and compassion that should resonate far beyond the holiday season. Many of this month's articles feature the generosity and kindness of our chapter members. Their stories are so inspiring. We also highlight several successful events that occurred in the past few weeks, such as the 21st Eastern Region Conference and the many holiday festivities throughout PNA. I also would like to take this opportunity to welcome our 55th PNA Chapter, the PNA Central Minnesota, and congratulate the new PNA South Texas Rio Grande Valley Executive Board.

In the midst of the festivities, let us not forget those who may be facing challenges, loneliness, or hardship. Reach out to neighbors, extend a helping hand to those in need, and share the joy of the season with everyone. Together, let us create a world where the spirit of Christmas and the promise of a New Year are not confined to a season but become guiding principles that shape our daily lives.

I wish you all a Merry Christmas filled with love and joy and a New Year brimming with hope, possibilities, and positive transformations.

**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

For more information about  
Philippine Nurses Association of America, Inc.  
Visit our website: [www.mypnaa.org](http://www.mypnaa.org)

### Social Media

Facebook: [www.facebook.com/mypnaa](http://www.facebook.com/mypnaa)

Instagram/Twitter: @mypnaa

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# Welcome to inside PNAA's newest Associate Editor



We are excited to introduce our newest editorial team member, Sharon Jackson, from PNA Metro DC. Sharon was the editor-in-chief of her chapter's newsletter, The Filipino-American Nurse, for three years. During her tenure, she received the inside PNAA PRIDE Newsletter Editor-in-Chief award for three consecutive years, in 2021, 2022, and 2023. Additionally, her chapter's newsletter garnered the inside PNAA's PRIDE Newsletter awards for the same year. Let us get to know Sharon better.

**Sharon Jackson, MSN, RN, NE-BC**  
147 Cambridge Circle  
Danville, VA 24541  
Tel.: 571-337-1857  
Email: sharn0831@gmail.com



From nothing to a purpose-driven life. Sharon's journey from Asia to the United States is a pilgrim's journey of courage and significance.

Sharon Jackson was born and raised in Antique, Philippines. She received her B.S.N degree from Silliman University, the Center of Excellence in Nursing Education, in Dumaguete City, Philippines 1990. In 1997, she went to Singapore to work for a startup long-term care company. She was instrumental in starting the company from scratch. She created policies and procedures, developed quality improvement protocols, and trained healthcare staff. She increased admissions from 10 residents in 1997 to 150 in 1999. The two-year stint tested her values, principles, and her resolve to stand for what is right. As Winston S. Churchill said, "In every age, there comes a time when a leader must come forward to meet the needs of the hour. Therefore, there is no potential leader who does not have the opportunity to make a positive difference in society." This was her mantra, and it turned her into a bulwark against the discriminatory employment practices of her Singaporean employer. She became the voice of the voiceless: her colleagues from Sri Lanka and Myanmar. She took the risk of a demotion in the name of fairness, justice, and equality. The circumstance became her defining moment. This impassioned desire to fight for what is just, fair, and right became her driving light, illuminating her future undertakings.

In 2005, she was granted a scholarship to pursue her graduate studies in the United States. In 2007, she obtained her Master of Science in Nursing degree from Xavier University in Cincinnati, Ohio. It was in Cincinnati where she had the painful, unmediated confrontation with workplace discrimination. She fought it, and she won. This experience prompted her to promote relational/authentic/transformational leadership concepts in her lectures/teachings as a Nurse Practice Educator at Genesis Healthcare and Clinical Instructor at Stratford University. She also fervently adapted and exemplified

these concepts when she assumed the post of Assistant Director of Nursing and Director of Nursing at Manor Care and Arleigh Burke Pavilion, respectively.

While at Arleigh Burke, she made sure best practices in communication and documentation were adhered to, without fail, by nurses and doctors for patient/ resident safety. She banned a hospice company from admitting patients to the facility for failing to abide by the set standards. She empowered her nurses to speak up and to be great advocates for themselves and their patients. These helped her garner a five-star rating from CMS, which led to its inclusion in the US News and World Report after barely two years of being Medicare certified. She also partnered with The DAISY Foundation to honor her nurses. Arleigh Burke became the first long-term care company ever to partner with the foundation in VA.

She has worked as a Clinical Implementation Specialist for Sunrise Senior Living. She works with a corporate team to position the company as the leader in the Assisted Living arena. She is involved in Change Control reviews and care delivery designs that serve as a blueprint of care delivery for the entire company (300+ communities across the US, UK, and Canada).

Currently, she serves as one of the Board of Directors of the Society of Internationally Educated Nurses in North America (SIENNA). She is also a Corporate Informatics Educator at AlerisLife.

She is a Certified Professional in Healthcare Information and Management Systems by HIMSS and a Certified Nurse Executive (NE-BC) by the American Nurses Credentialing Center (ANCC)

Her experience has taught her to value the most crucial element in an organization – its people. She translated this insight into a pursuit of significance by intentionally adding value to people. This pursuit was manifested when she became a John Maxwell Certified speaker, coach, and trainer. She is a big proponent of Transformational Leadership – the kind of transformation that starts from within. She went to the Philippines in January to give three talks on the subject. She went back home to give back and to help mold the young minds of the future leaders of nursing.

She has committed her life to a mission as captured in her very own words, “Fashion your life in a garb of passion for your vision. Your vision is your mission. You are where you are because you are commissioned to fulfill your mission. Chart your course and be the captain. Trudge the path less traveled. Seize every moment. Cow back at nothing. Stop at nothing. Do everything you can with what you have, where you are, while you can. Let everything you do today BE SIGNIFICANT! Create a fulfilling tomorrow by making a difference today!”

She is not satisfied with stories; she aims to unfold her own myth and write the greatest story ever told by having the courage to do the right thing all the time. As Martin Luther King Jr. said, “There comes a time when one must take a position that is neither safe nor politic nor popular, but he must take it because his conscience tells him it is right,” She defies the status quo. She defies convention. She wants her life to MATTER by standing for things that matter – in the name of transformation.



## President's Message

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



**G**reetings of a Merry Christmas filled with love, kindness, compassion, and gratitude for our bountiful blessings. As the holiday season unfolds its magic, let us take a collective moment to embrace the true essence of this joyous time. Please join me in congratulating Mrs. Chona Dalac, President and PNA South Texas Rio Grande Valley (PNAST RGV), Executive Board 2023-2025. They were inducted on December 3, 2023. Similarly, Dr. Dan Lovinaria, President and PNA Central Minnesota (PNACM) Executive Board 2023-2025 were inducted as PNACM Founding Officers and Members on December 9, 2023. Inducting the officers of these two chapters was a milestone for PNAA, PNASTRGV, and PNACM ... welcome to the PNAA family.

Amid our demanding roles in healthcare, let us pause and appreciate the shared journey we have traveled, the challenges we have overcome, and the collective successes we have celebrated. Our PNAA family is a testament of our collective strengths of individual united with a common purpose. As we gather and celebrate with our families and friends, let us carry the spirit of unity and extend the embrace of compassion and empathy to the people around us.

May this season be a tapestry of moments woven in love, the laughter of dear ones, and the joy of making a positive impact in the lives of others. As nurses our capacity for empathy and caring extends beyond the clinical setting. Let our actions speak of the compassion that defines our profession. Let us foster a culture of gratitude and togetherness that resonates not only during the holidays but throughout the year.

I'm wishing you and your loved ones a holiday season filled with love, compassion, and the joy that comes from being surrounded by those who make your heart feel at home.

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



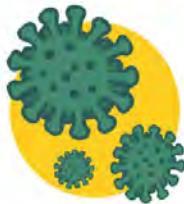
# FLU VACCINE: GET THE FACTS

## 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.<sup>1,2</sup> 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.<sup>3</sup>

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.<sup>6</sup>

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.<sup>7</sup> Side effects from flu vaccination are generally mild, especially when compared to symptoms of flu.<sup>7</sup>

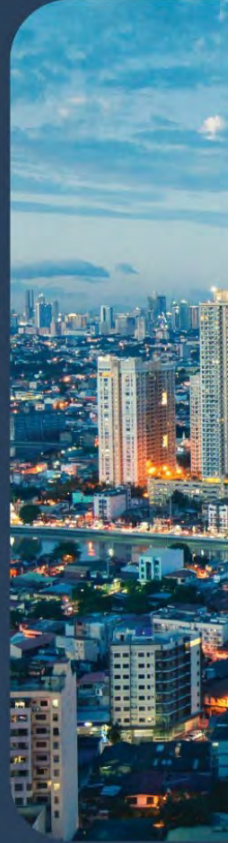
Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

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>

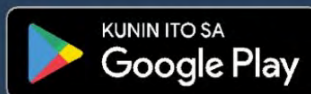
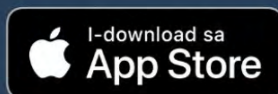


Last Updated AUGUST 2022



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Gamitin ang Remitly nang nasa Tagalog para mag-send money sa mga mahal sa buhay sa familiar banks and cash pickup places like BDO, Cebuana, BPI at iba pa. At mag-enjoy ng \$0 fees when you send to their mobile wallet or bank account.



Ang Remitly, Inc. ay Lisensyado bilang isang Money Transmitter ng New York State Department of Financial Services, bilang isang Foreign Transmittal Agency ng Massachusetts Division of Banks, at LISENSYADO NG GEORGIA DEPARTMENT OF BANKING AND FINANCE. NMLS Blg. 1028236





# 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).



*Scan me*

# IT IS CHRISTMAS TIME AGAIN

By Carmencita Santiago BSN RN



Time to decorate and beautify the house,  
Time to find out who is naughty or nice.  
Time to start looking for great bargains,  
Time to buy a gift for someone's yearning.

Time to bring out the Christmas tree from the attic,  
Time to sort ornaments that are meaningful and unique,  
Time for festive lights so home can be inviting,  
Time to gather; make new memories with family again.

Time to prepare dishes from family's recipe,  
Time to share tradition and pass down legacy,  
Time to impress someone with your cooking,  
Time to bake cakes and cookies to everyone's liking.

Time to let bygones be bygones,  
Time to forgive those who cause you annoyance,  
Time to reconcile those hard feelings,  
Time to share comfort, joy and good tidings.

Time to attend those holiday parties,  
Time to mingle and create happy memories.  
Time to wear and show off that ugly sweater,  
Time to shine and you could be the winner.

Time to think where you can make a difference,  
Time to be humble and not belligerent.  
Time to do something that has true meaning,  
Time to volunteer, a great gesture for thanksgiving.

Time to engage in self reflection,  
Time to praise God and live a life of devotion.  
Time to be thankful and count all your blessings,  
Time to be grateful that you are still alive and kicking.

A great time to savor and enjoy the Christmas season,  
Time to welcome Jesus; He is the reason for the season!





# inside PNA A

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Carol Robles



Bob Gahol



Teresa Gonzalvo

*Seasons  
Greetings  
2023*



Ariel Zabala



Peter Calixto



Velma Yep



Alicia Tullo



Sharon Jackson

Merry  
CHRISTMAS  
AND A HAPPY NEW YEAR



WISHING YOU A SEASON OF  
LOVE, PEACE, AND HAPPINESS.



# PNAA EXECUTIVE BOARD 2022-2024



*Season's greetings*



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*Season's Greetings!*

**Dear PNAA Colleagues.**

We wish you and your loved ones the Joy and Peace of Christmas and the Holiday Season. Thank you to each and every one of you for your impactful contributions to the nursing profession and to the people in the communities you serve.

**Merry Christmas and Happy Holidays!**

With love and gratitude,  
**Gloria Lamela Beriones, PhD, RN, NEA-BC**  
PNAA President and Executive Board 2022-2024

*Merry Christmas and  
a Happy New Year!*



**Philippine Nurses Association  
of America Foundation  
(PNAAF)**

*Maligayang  
Pasko at  
Manigong  
Bagong Taon*



**PNAA North Central Region**



# MERRY Christmas



# PNAA Western Region





Mariles Mushet  
MSN, AGNP-C, CCRN

Holidays bring joy, laughter, and warmth.  
Wishing you a season filled with love,  
happiness, and unforgettable memories.  
Happy Holidays from our family to yours!



Velma Dumag Yep  
DNP, APRN, GNP-C



Merlie Ramira, DNP, APRN, FNP-C



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PhD, APRN, CPNP



Jennifer Aying  
DNP, ACNP



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DNP, NP



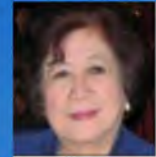
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Carmina Bautista, MSN, FNP

Holidays bring joy, laughter, and warmth.  
Wishing you a season filled with love,  
happiness, and unforgettable memories.  
Happy Holidays from our family to yours!



Elisa Green, DNP, APN

SEASONS GREETINGS and PEACE ON EARTH  
FROM THE PNAА PRACTICE COMMITTEE



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Susan Repotente  
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Ellen Arigorat, DNP, RN

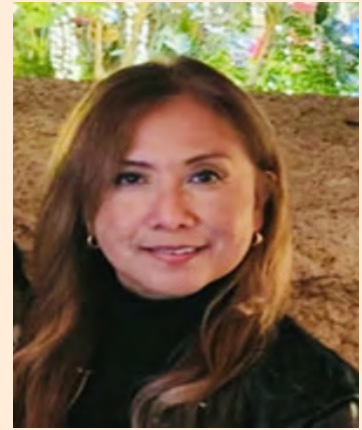


Meldy Martin, MSN, RN



**Rebecca Graboso**  
DNP, MBA, FNP-C  
PNA New Jersey

*May this holiday season bring peace and love not only to PNAA but to the whole world. There's so much to be grateful for. Let us cherish family and friends, not only this time of the year but for the days ahead.*



**Velma Dumag Yep**  
DNP, APRN, GNP-BC  
PNA Southern California

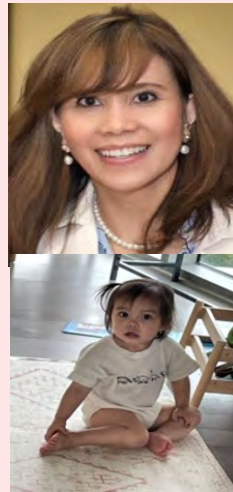
*May peace and love prevail. Happy Holidays*

## **PNAA Practice** *Committee*



**Sherwin Imperio**  
DNP, MBA, PMHNP-BC,  
RN-BC, PHN  
PNA California Orange County

*Holidays bring joy, laughter, and warmth. Wishing you a season filled with love, happiness, and unforgettable memories. Happy Holidays from our family*



**Riza V. Mauricio**  
PhD, APRN, CPNP-PC/AC, FCCM, CCRN  
PNA Metro Houston

*As you prepare for the holiday season, don't forget to relax and take time for yourself. Be at PEACE with everyone. Spend JOY, and THE MAGIC of Christmas with the people you love. I am grateful for your friendship. I am grateful for my family who will be spending time with us this holiday season. I can't wait to experience the magical joy with my family, especially our granddaughter, PIA*



**Mariles Rallos Mushet**  
MSN, AGNP-C  
PNA North Carolina

**Jennifer Aying**  
DNP, ACNP, RN  
PNA New England



# Merry <sup>\*</sup><sup>\*</sup> Christmas

from

## THE PNAA COMMUNICATIONS & MARKETING COMMITTEE 2022-2024



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# Wishing Everyone A Peaceful and Blessed Christmas



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RN



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2009-2010**



**Sonia Sabado, MSN,  
RN, FNP-BC  
2016-2018**



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DNP, CRNA, CHSE  
2018-2020**



**Josie De Jesus, MA,  
RN  
2005-2006**



**Roland Santos, MSN,  
RN  
2005-2007**



**Mindy Orlana, MSN,  
RN  
2012-2014**

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CCRN, CMC, RN  
2015-2018**



**Catherine Rubio, MSN,  
PHN, RN  
2020-2022**



**Vicky De Leon, BSN,  
CCRN, RN  
2018-2020**



SEASONS  
GREETINGS the best is  
yet to come!



# PNAA Southern California



*" Maligayang Pasko at Manigong Bagong Taon sa ating mga kababayang nandito sa America at sa buong mundo!!"*



**Belinda Mendoza, MSN, RN, PhD-s, PNASC PRO**



**Sasha Rarang, PhD, MSN Ed, PMHNP, PNASC Board Member**



**Catherine Rubio, MSN, PHN, RN**  
President Elect -PNA Southern California

This 2023 holiday season, PNA Southern California Chapter, PNASC West LA Subchapter & PNAA /PNAAF have inspired me to do more. Grateful for all the wonderful take aways and fun from attending educational conferences, convention meetings/networking nights, and great works of its members that made an impact to local, national and global healthcare and society. Truly made the year special. Stay safe and keep that energy and dedication to our nursing profession. Sending love and warm wishes to all, we are all the brightest Christmas Tree lights that make PNAA SHINE. Maligayang Pasko sa inyong lahat



*" My wish for everyone:  
Peace, Love, Happiness  
and Good Health "*



**Velma Dumag Yep, DNP, MSN, APRN, GNP-BC  
PNASC VP**

Mindy C. Ofiana - PNASC 21st President  
PNASC Advisory Council Member

*Merry Christmas and A Happy 2024!*

AS THE FESTIVE SEASON ENVELOPS US WITH JOY AND WARMTH, I WANT TO EXPRESS MY HEARTFELT APPRECIATION FOR YOUR UNWAVERING DEDICATION AND COMPASSIONATE CARE. OUR UNITED EFFORTS HAVE TOUCHED COUNTLESS LIVES AND COMFORTED THOSE IN NEED. AMID CHALLENGES, WE HAVE SHOWN RESILIENCE AND STRENGTH, EMANATING THE SPIRIT OF BAYANIHAN. THIS CHRISTMAS, LET US CELEBRATE THE BIRTH OF OUR SAVIOR AND OUR COLLECTIVE CONTRIBUTIONS AS FILIPINO AMERICANS IN THE NOBLE NURSING PROFESSION. MAY THE BLESSINGS OF THE SEASON ENVELOP YOU AND YOUR LOVED ONES. MABUHAY!

**Mindy C.Ofiana, MSN, RN Adjunct Faculty**  
Mervyn M. Dymally College of Nursing  
1731 E. 120th St., Los Angeles, CA 90059  
[www.cdrewu.edu](http://www.cdrewu.edu)  
PNASC Advisory Board



**Charles R. Drew University  
of Medicine and Science**  
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# Merry



# Christmas

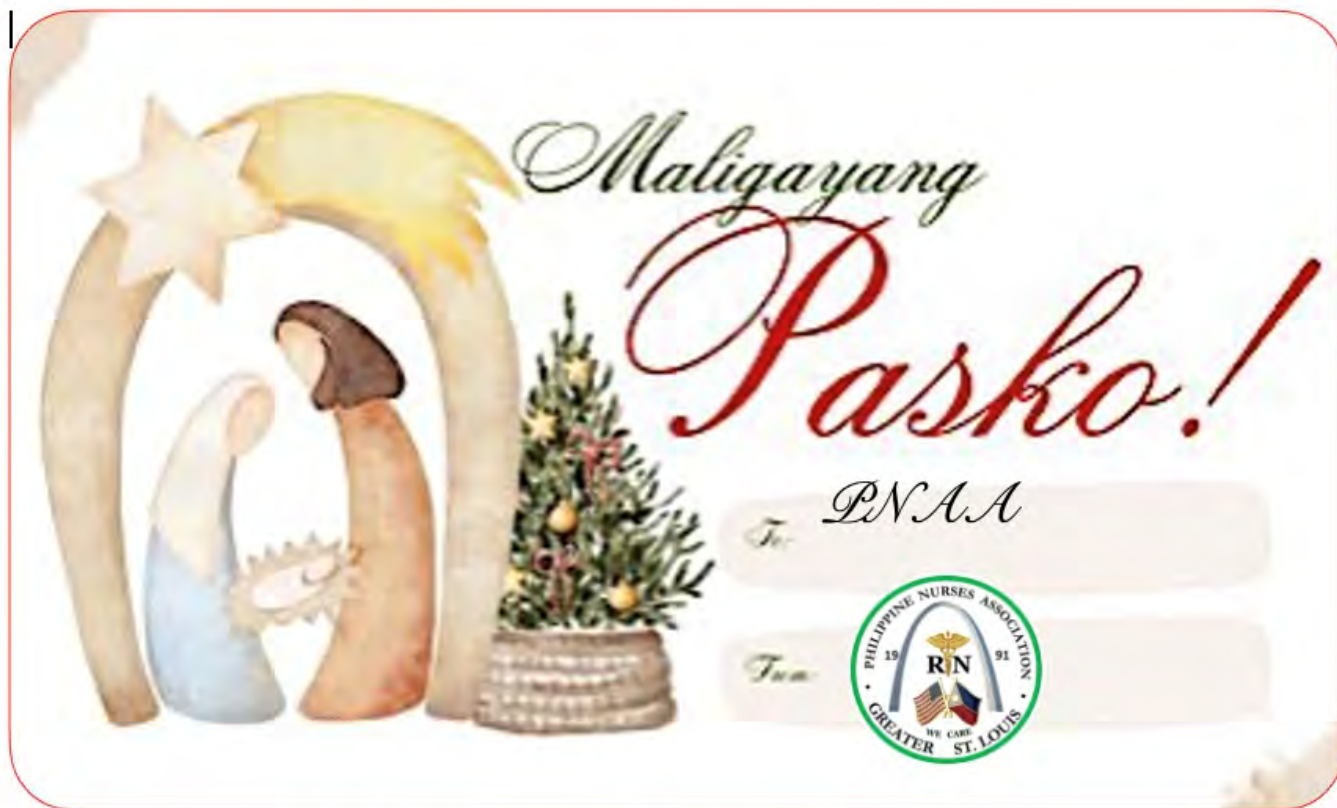
*May this Christmas end the present year on a cheerful note and make way for a fresh and bright New Year. Here's wishing you a Merry Christmas and a Happy New Year!*



**Best wishes for a joyous  
Holiday season filled with love,  
happiness and prosperity!**







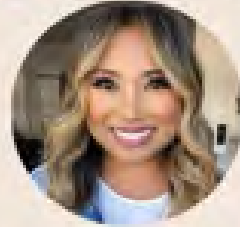
*Mary's "FIAT" — "Let it be done unto me according to Your will."  
 Mary's "yes" to become the mother of Jesus showed her unwavering faith in and obedience to God.  
 Like Mary, let us be true and obedient to our Lord's will.*

*Live in the true spirit of Christmas  
 PEACE, HOPE, LOVE*



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Merry Christmas



FROM THE PHILIPPINE NURSES ASSOCIATION OF HAWAII



# MERRY Christmas

from

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*May the Christmas Season  
brings more success to all  
PNA Chapters and Members*

*PNASD wishes you all to have  
a safe Holiday and a  
Happy New Year!*



SEASON'S  
GREETINGS  
FROM PNAA-SC



*Wishing  
everyone joy,  
peace, and a  
restful holiday  
season.*





Wishing you joy and cheer  
this holiday season and a  
bright new year ahead!

***PNA-Arizona***



HAVE A MAGICAL  
HOLIDAY SEASON

Greetings from  
**PNACOC!**



Happy Holidays  
2023





# Merry Christmas

"Thank God for giving us Christmas  
and wonderful friends to share it with"



## PNA Colorado

**Philippine Nurses Association**  
Corpus Christi, Texas

**Season's Greetings**

**Merry Christmas**

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*Merry Christmas from PNAMSE!*

*Merry Christmas*

& HAPPY NEW YEAR



May the spirit of Christmas be with you  
and let your heart fill with joy

**PNA NAPA SOLANO**



# Merry Christmas

From PNANT-Dallas



Merry Christmas and  
Happy New Year



PNA Northern California



# MERRY CHRISTMAS

Happy New Year



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Merry  
Christmas



PNA South Riverside County





May this Christmas Season bring peace, hope, and joy to you and yours. Thank you for the selfless service and care that you provide.

Maligayang Pasko at Manigong Bagong Taon!

*PNASC Executive Board & Advisory Council*



# THE PHILIPPINE NURSES ASSOCIATION OF TENNESSEE

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*May the Blessing of Christmas Season and the Gift of Faith, the Blessing of Hope, and the Peace of His Love be yours.*

*Maligayang Pasko at Manigong Bagong Taon!*






# Have Yourself a Merry Self Care Christmas

By Catherine Rubio, MSN, PHN, RN  
President-Elect - PNA Southern California



Holiday POTLUCK... from plate to mental health.

There will always be fun stories and memories to share about experiences of a nurse at work on holidays. For most nurses (especially full-time nurses), this is part of the job. I remember that being the most important part in a hiring interview - mandatory two major holidays to work.

My Christmas at work was an opportunity to celebrate the holidays with co-workers from different cultures and ethnic backgrounds. I realized how popular our Filipino dishes all-year round but most specially at Christmas time. Fil-Am nurses know how to party anywhere and most importantly when at work.

My Christmas at work was an opportunity to celebrate the holidays with co-workers from different cultures and ethnic backgrounds. I realized how popular our Filipino dishes all-year round but most specially at Christmas time. Fil-Am nurses know how to party anywhere and most importantly when at work.

Potluck is our "salo-salo." A deeply ingrained Filipino food culture that is irresistible! I worked Christmas with understaffing and busy admissions. The Christmas potluck tradition brings a positive and happy atmosphere despite the workload and responsibilities.



My tiredness ceases and I become more energetic when I hear... "Tara, kain na tayo!" (Come, let's eat!). Christmas potlucks are the best! We work hard, and we feast well. I am proud of the resilience of Fil-Am nurses; no matter what day, time, and season, we still manage to keep our cheerful spirits and traditions celebrated.



When social distancing and face masks were lifted, it was an exciting time to be able to have potlucks again. That simple potluck fosters a sense of belongingness and connections, providing camaraderie as a natural antidote to isolation and exhaustion. Our "salo-salo" culture of sharing meals can nourish not only your body but also your mind. Research has shown that strong social connections can boost our mental health, increase our resilience to stress, and even improve our physical health. Participation in group activities is a self-care practice. We are at the new normal post-pandemic holiday unique celebrations. 'Tis the season to celebrate your caring self as well. Wishing you all an enjoyable potluck wherever you may be. Sharing some of my holiday self-care practice.

...AND HAVE YOURSELF A MERRY SELF-CARE CHRISTMAS TIME.  
*Maligayang Pasko sa inyong lahat.*



You Are Invited

# 2023 Pamaskong Handog

A PNA and PNAAF  
Virtual Christmas Celebration

27 December 2023  
8 PM - 9:30 PM ET

featuring international celebrities,  
and local chapter talents



Free PNA  
memberships to  
lucky winners



To register, scan the QR  
code or click this link:  
<https://qrco.de/bedsKf>

Contacts:

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Susan Repotente - [skittle925@gmail.com](mailto:skittle925@gmail.com)

Bob Gahol - [bgahol@hotmail.com](mailto:bgahol@hotmail.com)



## PNAA Career Center

### Employers:

- **EMAIL** your job directly to nursing professionals
- **PLACE** your job in front of our highly qualified members
- **SEARCH** our resume database of highly qualified candidates
- **MANAGE** jobs and applicant activity right on our site
- **LIMIT** applicants only to those who are qualified
- **FILL** your jobs quickly with top talent

### Job Seekers:

- **POST** multiple CVs and cover letters. Choose an anonymous career profile that leads employers to you
- **SEARCH** and apply to hundreds of fresh jobs on the spot with robust filters
- **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](https://jobs.mypnaa.org)



## 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](https://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](https://JoinAllofUs.org)

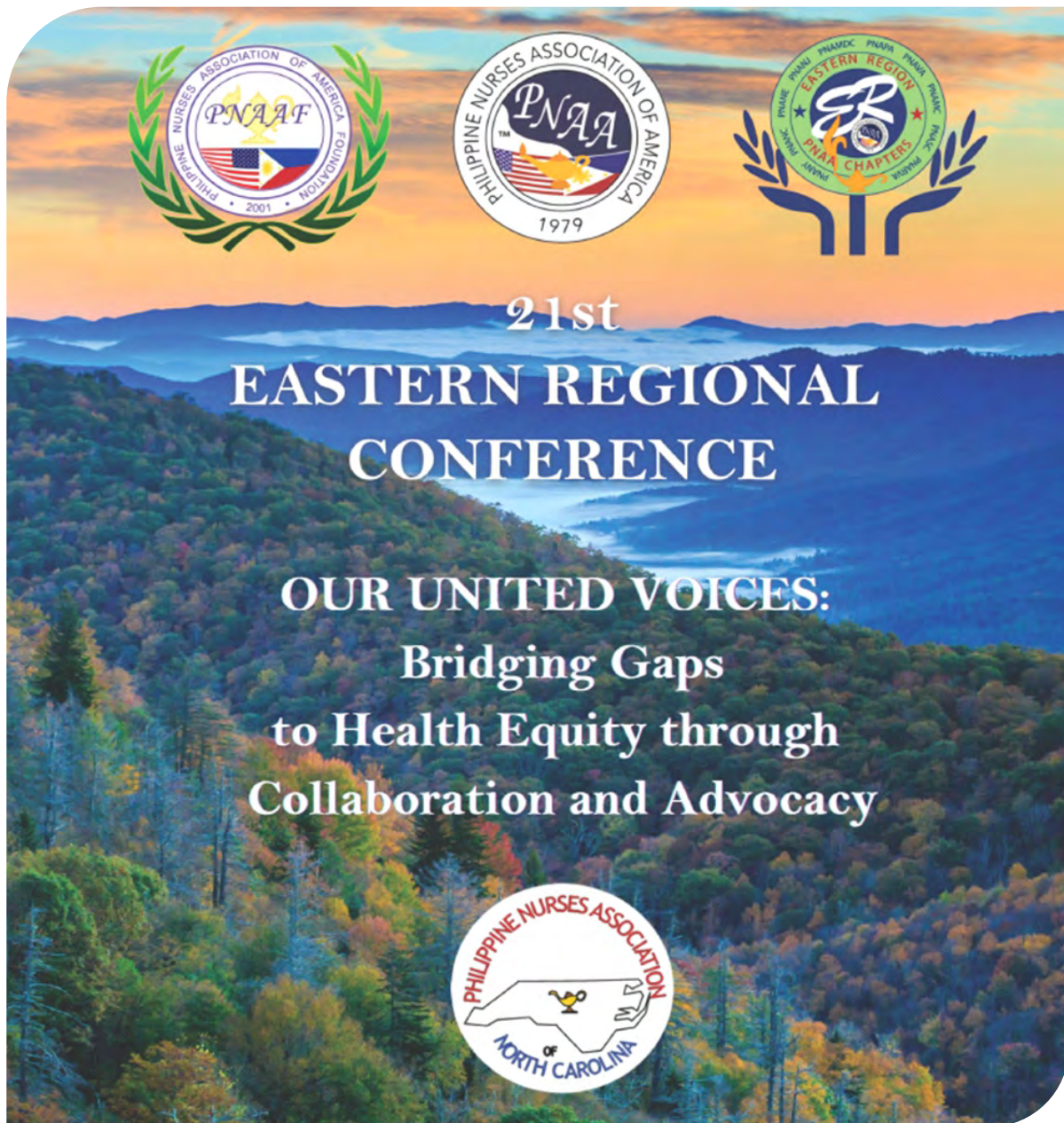
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# Highlights

## of the 21st Eastern Regional Conference

Hosted by the PNA of North Carolina  
November 3 -5, 2023 | Asheville, North Carolina



## 21st PNAA Eastern Regional Conference Welcome Night November 2, 2023

By **Ethel G. Cuenca, BSN, RN, CNL, CAPA**  
Chair, PNA North Carolina Recognition and Scholarship Committee



During the highly anticipated Welcome Night, a warm greeting was extended to esteemed colleagues from the Philippine Nurses Association of America (PNAA). As the host chapter, PNA-North Carolina welcomed executive board members, committee chairs, and representatives from both the PNAA and local chapters.

Surrounded by delightful cuisine and refreshing beverages, the event aimed to cultivate an inviting atmosphere, ensuring all guests felt embraced. This gathering facilitated invaluable connections, enabling reconnections with familiar faces and forging new bonds among Filipino-American nurses. It also provided an avenue to engage with individuals sharing similar backgrounds and aspirations within the nursing community.



# 21st PNAA Eastern Regional Conference Leadership Institute November 3, 2023

By **Mary Dioise Ramos, PhD, RN, CNE**  
Chair, PNAA Education Committee



We are thrilled to share the highlights of the recent 21st Philippine Nurses Association of America (PNAA) Eastern Regional Conference Leadership Institute in Asheville, North Carolina, on November 3, 2023. The event brought together PNAA leaders across the region for a learning, networking, and empowerment day.

The conference commenced with Dr. Warly Remegio, PNAA Eastern Region Vice President, who warmly welcomed the participants. In his opening remarks, Dr. Remegio emphasized the critical role of leadership in the nursing field, highlighting the invaluable contributions made by Filipino-American nurses; this set the stage for a day focused on leadership development and collaboration.

Dr. Gloria Lamela Beriones, PNAA President, played a pivotal role in the event, unveiling PNAA's strategic collaborations and initiatives. Dr. Beriones underscored the organization's unwavering commitment to advancing the nursing profession and empowering leaders within the community. This commitment was evident in the organization's emphasis on fostering a supportive environment for professional growth and development. One notable highlight was the acknowledgment of the impactful Camp Aruga program. The ripple effect of this program was felt not only in the Eastern



Region but also across the Western Region, showcasing the widespread positive influence of PNAAs' initiatives. Camp Aruga's success exemplified the organization's dedication to creating meaningful programs that leave a lasting impact on both individual nurses and the nursing community.

Keynote speaker Dr. Monaliza Gaw, Vice President and Chief Nursing Officer of Ascension Seton Northwest and Southwest Hospitals, played a pivotal role in making the day memorable and impactful. Dr. Gaw's session was marked by a unique blend of inspiration, motivation, and practical insights, creating an experience beyond a traditional lecture. The session with Dr. Gaw felt more like a motivational concert, as she skillfully merged her expertise with an engaging and dynamic presentation style. Her focus extended beyond merely discussing leadership principles; she brought the concepts of joy and resilience to life. Attendees were not passive listeners; instead, they actively participated in a session designed to evoke a sense of inspiration and empowerment. Unlike a typical lecture, Dr. Gaw's workshop was a lively celebration of gratitude and excellence. She fostered an atmosphere that resonated with the attendees through interactive activities, real-world examples, and relatable anecdotes. Dr. Gaw's approach created a space where every nurse felt valued and recognized, contributing to camaraderie and shared purpose among the participants. One of the distinctive features of Dr. Gaw's workshop was its emphasis on making leadership skills tangible and experiential. The session provided practical takeaways that nurses could immediately apply professionally. By infusing the workshop with a spirit of celebration, gratitude, and excellence, Dr. Gaw created an environment where nurses could envision themselves as superheroes in their professional journey.



Dr. Mary Joy Garcia-Dia, Program Director of Nursing Informatics at NewYork-Presbyterian and recent President of PNAAs, fearlessly tackled the critical issue of racism against Filipino-American nurses. Her session wasn't just a presentation; it was a heartfelt dialogue that shed light on real experiences. Dr. Garcia-Dia didn't stop at raising awareness; she ignited a call to action, emphasizing the importance of building bridges for a more inclusive and equitable healthcare environment. It wasn't just a talk but a courageous conversation that resonated long after the session ended.



Picture a dynamic presentation that wasn't confined to slides but unfolded as an innovation extravaganza. Drs. Teresita Medina, Warly Remegio, and Christine Pabico didn't merely discuss creating a culture of innovation; they brought it to life within the conference hall. Instead of simply discussing fostering innovation, the trio engaged the audience in a hands-on experience, showcasing that innovation isn't just a theoretical concept and a practical approach applicable in real-world healthcare settings. The toolkit they shared for leaders wasn't a mere theoretical manual but a pragmatic guide filled with actionable strategies designed to instill and nurture innovation,

ultimately catalyzing positive change within healthcare organizations. This session continued beyond inspiring ideas; it gave attendees a clear roadmap. The focus was on ensuring that the insights gained could be effectively translated into meaningful action, fostering a culture of innovation in their respective healthcare environments. The impact of the session extended beyond the mere dissemination of knowledge. It ignited individual innovation and sparked the participants. Through active audience involvement and the provision of practical tools, the presenters instilled confidence and capability, empowering nurses to take the lead in driving innovation within their teams and organizations.



Dr. Rosario Estrada, President of the Philippine Nurses Association of America Foundation (PNAAF), shared updates and reports. PNAAF's dedication to supporting educational and professional development opportunities for Filipino-American nurses was evident, solidifying their role in shaping and supporting the future of PNAA.

The 21st PNAA ERC Leadership Institute was a resounding success, offering attendees knowledge, inspiration, and a network of like-minded professionals. This event highlighted the unwavering dedication of Filipino-American nurses in advancing the profession and leaving an enduring positive impact. Let the echoes of WE CARE guide and amplify our collective journey together.





## 21st PNAA Eastern Regional Conference Networking Night: Hayop sa Galing November 3, 2023

By **Fe M. Praiswater**, BSN, RN, Co-Chair, PNA North Carolina Membership Committee, and  
**Helen B. Rivera**, BSN, RN, Co-chair, PNA North Carolina Community Service and Events



The Networking Night set the stage for the 21st PNAA Eastern Regional Conference, which was a prelude and a vibrant tapestry of connections, seamlessly weaving old bonds with new acquaintances. It was a meticulously crafted affair that commenced with a soul-stirring invocation, setting an evocative tone through the Swahili rendition of "Our Father (Baba Yetu)." The traditional Parade of Banners sparked enthusiasm and camaraderie among attendees, creating an electric atmosphere. This enthusiasm was further ignited by captivating Chapter Presentations, culminating in PNAA Richmond Virginia securing the prestigious First Place honor, a testament to their creativity and engagement.



Under the theme "Hayop sa Galing," attendees adorned themselves in a dazzling array of animal-print attire, symbolizing nurses' innate strength and resilience and their profound impact on healthcare through unwavering dedication to excellent patient care. This visual representation encapsulated the essence of nurses' exceptional contributions, adding depth and symbolism to the evening's ambiance.

The celebration continued with the embodiment of Filipino culture through lively and spirited dancing, infusing the night with an extra layer of joy and cultural richness. The careful planning and commitment of the host chapter paid off, resulting in an immersive and memorable evening. Laughter, conversations, and connections intertwined, creating a tapestry of memories that resonated deeply with everyone present. The event transcended mere networking; it became a celebration of unity, shared purpose, and the collective brilliance of the nursing community. Each moment was filled with fulfillment, making it an unforgettable and enriching occasion for all who participated.





## “Hayop sa Galing” @ the Asheville Mountain

By Carmencita Santiago, BSN, RN

What a unique way to describe the atmosphere of the night on November 3, 2023 at the Crown Plaza Hotel ballroom. It is indeed an extraordinary breed of nurses who came dressed in their chosen animal print ensembles. Some accented their attire with animal headpieces and printed faces. The leopard-print of caramel, black and brown dominated and was the favorite style of the night.



Per customary tradition the parade of banners opened the celebration as emceed by Pete

Calixto, PNAA, advisory council member. After singing the national anthems, the invocation followed where on the big screen was “Baba Yetu” which translates to “Our Father” in Swahili. This was followed by the welcome address of Dr. Warly Remigio, vice president of PNAA Eastern Region and opening remarks of Dr. Gloria Beriones, president of PNAA.

The dinner buffet was an excellent display of the traditional southern cuisine. Delicious pork barbecue, fried chicken, mac and cheese, corn bread with green salad were all scrumptious. And not to be overlooked, pecan pie or blackberry cobbler to satisfy your sweet tooth.

The highlight of the night was the different chapter presentations. Every chapter participant made sure their number was worthy of the theme, “Hayop sa Galing.” The eventual winner was PNA Richmond Virginia where they performed “MassKara Festival,” of Bacolod and the smiling masks symbolize the people's strength of spirit and determination to overcome adversities. The dancers wore very colorful costumes of pink, yellow, orange and blue complete with the adornment of face mask and head gear dancing with such precision unison. They were awarded First Place prize hands down! Their performance was so impressive that an encore was requested by the audience.

Even all good things must end, and so the closing remarks was done by Luisito Pascual, president of PNA North Carolina. The program ended with the singing of “Shine PNAA Shine” and then we all danced the night away...

It was truly an amazing and memorable networking. PNA of North Carolina you definitely captured and delivered “Hayop sa Galing!”

# 21st PNAA Eastern Regional Conference Education Day

November 4, 2023

By Jennifer M. Dizon, DNP, RN-BC  
Chair, PNA North Carolina Education Committee



The Education Day of the 21st Philippine Nurses Association of America (PNAA) Eastern Regional Conference celebrated knowledge, collaboration, and transformative learning in the beautiful City of Asheville, North Carolina. From the keynote speaker to the endnote speaker, the event proved to be a testament to the power of the conference theme - OUR UNITED VOICES: Bridging Gaps to Health Equity through Collaboration and Advocacy.



Dr. Gloria Lamela Beriones, PNAAs President, warmly welcomed attendees and delivered an uplifting overview of the organization's current status. PNAAs is financially robust, thriving through unwavering chapter support, collaborative endeavors, and strong connections with other professional bodies. The organization spans 28 states with 55 chapters and 11 sub-chapters, fostering a vibrant community of 4,442 committed members. PNAAs established the Business Development Office to ensure sustained financial stability, reinforcing its foundational structure. Demonstrating their dedication to community service, PNAAs, through Project Damayan, raised over \$16,000 to aid those impacted by the Maui Fire Disaster. PNAAs's robust affiliations with esteemed organizations such as Collaborative Center for XDP (CCXDP), Alzheimer's Association, All of Us, National Coalition of Ethnic Minority Nurse Associations (NCEMNA), Nursing Organizations Alliance (NOA), Asian & Pacific Islander American Health Forum (APIAHF), ALL IN: Well-Being First for Healthcare, and the American Nurses Association (ANA) have facilitated fruitful collaborations, establishing a network of committed partnerships.

Throughout the day, diverse distinguished speakers graced the podium, each sharing invaluable insights and a deep commitment to advancing equity.



Dr. Ernest Grant's impassioned keynote, "Nurses as Catalysts for Health Equity: Leading Change in Healthcare Delivery," ignited a fervent dedication among attendees. His address not only underscored the pivotal role of nurses but also showcased their remarkable contributions, illustrating the evolution and pivotal impact of nursing across generations.

The discussion on "The Opioid Crisis: Bridging Health Care Needs among Vulnerable Populations," led by Dr. Riza Mauricio and Dr. Danilo Bernal, highlighted the profound impact of parental addiction on a child's growth and development. It highlighted the emotional, psychological, and developmental hurdles, underscoring the need for enhanced healthcare and community resources. The global opioid epidemic's widespread effects across diverse demographics were emphasized, prompting multifaceted responses like evidence-based treatments and public awareness campaigns.

Dr. Sarah Lackey delved into the complexities of nurse retention in her presentation, "Equitable Approaches to Nurse Retention: Moving Beyond One-Size-Fits-All Solutions." She explored unit-specific cultures and high work demands, stressing the need for cohesive processes. Her insights into the Cone Health Conceptual Framework for Nurse Retention™ showcased successful strategies resulting in decreased turnover rates and increased long-term job commitment among nurses.

Dr. Christopher Bragg's discussion on "Access To Clinical Trials and Pursuit of Treatment for X-Linked Dystonia Parkinsonism" enlightened attendees about the disease, also known as Lubag Syndrome, a rare genetic movement disorder primarily affecting individuals of Filipino descent. He highlighted the Collaborative Center for X-Linked Dystonia-Parkinsonism's endeavors in advancing research and treatment while building clinical infrastructure to support affected individuals and their families in Panay, Philippines.

Dr. LeShonda Wallace's discourse, "From Awareness to Action: Advancing Health Equity through Diversity, Equity, and Inclusion," differentiated between Diversity, Equity, Inclusion, and Justice. She emphasized legislative foundations and the CORE Strategy by the Centers for Disease Control and Prevention, paving the way for a fairer and more cohesive society.

Dr. Jhordin James Montegrigo's presentation on "Reaching Out: Using Text Messaging to Address Health Inequities and Improve HIV Knowledge among Filipino Adolescents and Young Adults" highlighted the prevalence of HIV and the effectiveness of text messaging in addressing this global challenge, particularly in the unique context of the Philippines.

Finally, Dr. Pamela Edwards' impactful contribution as an endnote speaker encapsulated "The Intersection of Courage and Health Equity: Leading for Change." She emphasized the Five Graces of Life and Leadership (by Gary Burnison). She encouraged fostering a safe, respectful environment within healthcare teams. She promoted open dialogue, historical understanding, and current equity assessments, empowering collective efforts toward meaningful change in achieving health equity and racial justice initiatives.

At the event's culmination, attendees departed energized, poised to illuminate a path toward a more equitable community through collaborative care and advocacy. Each person carried newfound insights, forged connections, and a collective commitment to instigate change within their respective communities. Education Day's success resided not solely in its content but in the bonds formed, and the innovative ideas ignited. In conclusion, it stood as a testament to the relentless pursuit of knowledge, the ethos of collaboration, and an unwavering belief in the transformative potential of education.







# 21st PNAE Eastern Regional Conference Gala Night: A Blue Tie Affair

November 4, 2023

By Faith N. Lamprea, BSN, RN, CNOR  
President-Elect, PNA North Carolina



The culminating event of the 21st PNAE Eastern Regional Conference, the Gala Night, was an evening steeped in elegance and purpose. Embracing the theme of "A Blue Tie Affair," the night paid tribute to the stunning landscapes, rich heritage, and cherished traditions of North Carolina, drawing inspiration from its myriad shades of blue. Distinguished guests graced the occasion, decked in their finest blues, adding a touch of glamour to the affair.

The evening commenced with opening remarks by the esteemed President of PNA North Carolina (PNA-NC), Luisito Pascual, setting the tone for a night filled with significance and reverence. The singing of national anthems by Jennifer Aying (Star-Spangled Banner) and Victoria Pike (Lupang Hinirang) united attendees in celebrating diverse cultures. At the same time, an invocation prayer led by Ricky Cuenca, Vice President of PNA-NC, invoked blessings for the gathering.

Dr. Gloria Beriones, PNAE President, delivered a heartfelt welcome address, inspiring all delegates present. The gracious presence and warm message of welcome from Sandra Kilgore, Vice Mayor of Asheville, NC, added to the evening's charm, highlighting the beauty and vibrancy of the host city. A poignant moment unfolded as the PNAE Executive Board conferred a Distinguished Honorary PNAE Membership upon Dr. Ernest Grant, recognizing his exceptional service to the organization—a touching acknowledgment of a non-Filipino nurse's dedication.



The Gala Night continued with the prestigious Excellence in Nursing Awards and the highly coveted PNAA Eastern Region Awards, honoring outstanding achievers. Attendees were captivated by the mesmerizing performances of Filipino folk dances, La Jota Mocadeña and the "Banga" dance, presented by the Filipino-American Community of Western North Carolina (FAC-WNC), showcasing the richness of Filipino culture.

In a tradition that signifies continuity and anticipation, the endorsement of the 22nd PNAA Eastern Regional Conference to PNA Maryland marked a promising transition. Meanwhile, the closing remarks by Dr. Warly Remegio, our dedicated and supportive Eastern Region Vice President, brought the evening to a poignant close.

The Gala Night was more than a celebration; it was a culmination of camaraderie, honor, and the unwavering dedication of nursing professionals, reflecting the spirit of unity and excellence that defines the 21st PNAA Eastern Regional Conference.











# 21st PNAA Eastern Regional Conference Eucharistic Celebration

November 5, 2023

By **Merly M. Pascual, BSN, RN**

Chair, PNA North Carolina Community Service and Events Committee



The 21st PNAA Eastern Regional Conference was not just a convergence of professional minds but also a moment of heartfelt connection and community spirit, exemplified by the coordinated efforts of the Philippine Nurses Association of North Carolina (PNA NC). As a beautiful gesture, they coordinated a significant liturgical service at the serene St. Lawrence Basilica. Amidst the grandeur of the basilica, conference attendees gathered, transcending professional discourse to unite in heartfelt prayer. This collective moment was not just about the event; it was an opportunity for gratitude and personal reflection. Attendees offered thanks and shared personal intentions, creating a profound and intimate atmosphere beyond the conference's confines.

The PNA NC, serving as the host chapter, orchestrated a poignant conclusion to the conference. As attendees prepared to depart, the chapter bid them farewell, extending warmth and care by providing

bagged lunches for their onward journeys. This simple yet meaningful gesture resonated deeply, symbolizing hospitality and camaraderie. It encapsulated the essence of community and solidarity, leaving a lasting impression beyond the conference's professional interactions. The coordination of the liturgical service and the heartfelt farewell exemplified the PNAA's values of compassion, unity, and fostering a nurturing environment among its members.







## **The 21st PNAA Eastern Conference: Memories**

By Carmencita Santiago, BSN, RN

The destination is North Carolina in the city of Asheville,  
A three and half hour drive from our starting point in Lawrenceville.  
Enthusiastic PNAGA delegates ready to represent our chapter,  
All thrilled to meet and network with fellow nurses.

PNA North Carolina, the host of the Eastern Regional conference,  
Warmly received and invited us to the welcome dinner.  
It was refreshing to meet new ones and see familiar faces,  
Exchanged pleasantries and shared experiences.

The leadership institute and education were empowering,  
Topics on current issues relevant, esteemed speakers engaging.  
Their wealth of knowledge, expertise and talent stupendous,  
Not to mention 8.75 contact hours given, definitely a bonus.

The Friday evening was dedicated for fun and networking,  
Talents of members of each region were showcased and inspiring.  
Some performed with gusto and heart, some well prepared,  
PNA Richmond Virginia captured top prize, very well deserved.

The Saturday gala night was a stylish blue tie affair,  
Different shades of blue clearly visible and everywhere.  
Presentation of awards were handed to deserving recipients,  
Cultural dances by the host, what an amazing entertainment!

The mass at Basilica of St. Lawrence concluded the convention,  
A beautiful church with rich history built during the great generation.  
Gifted with breakfast “pabaon” to go, we enjoyed it on the way home,  
Thank you North Carolina! The event a success and you made us feel at home.



# Travel Plans?



## Here are Some Tips to Stay Healthy Before your trip:

- Talk with your travel companions about ways you can reduce risk together.
- Get a COVID-19 bivalent booster if you haven't already.
- Test as close to the time of departure as possible
- Don't travel if you test positive.



Source: <https://vaccineresourcehub.org/resources/reusability/434/> - 434

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# Travel Plans?



## Here are Some Tips to Stay Healthy During your trip:

- Pack high quality masks. Wear them in flight or while traveling in public transportation.
- Bring rapid At-Home tests with you and test if you feel sick.
- Wash your hands often, and try not to touch your eyes, nose, and mouth.

Source: <https://vaccinesresourcehub.org/resources/feasibility/434/> | 434

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# Travel Plans?



## Here are Some Tips to Stay Healthy What to do after traveling:

- Monitor for COVID-19 symptoms.
- Take an At-home test
- Enjoy the memories.



Source: <https://vaccinesourcehub.org/resources/feasibility/434/> - 434

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# STAY UP TO DATE WITH COVID-19 VACCINES : WHAT YOU NEED TO KNOW



On April 19, 2023 the CDC updated its COVID-19 vaccine recommendations to simplify guidance and allow people at higher risk for severe COVID-19 to get an additional vaccine dose.

- **Everyone aged 6 years and older** should **get one updated Pfizer-BioNTech or Moderna COVID-19 vaccine** to be up to date regardless of whether they've received any original COVID-19 vaccines.
- **People aged 65 years and older** may get a 2nd dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine at least four months after the initial bivalent dose.
- **People who are moderately or severely immunocompromised** may get additional doses of updated Pfizer-BioNTech or Moderna COVID-19 vaccine.

*Why did the CDC make this recommendation?* Older adults and people with compromised immune systems are at higher risk for severe COVID-19, and data show that the effectiveness of COVID-19 vaccines wanes over time. An additional dose of the updated vaccine offers this group extra protection from getting seriously ill with COVID-19.

- **Children aged 6 months–5 years** may need multiple doses of COVID-19 vaccine to be up to date, including at least one dose of updated Pfizer-BioNTech or Moderna COVID-19 vaccine, depending on the number of doses they've previously received and their age.

**To find COVID-19 vaccine locations near you:** Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

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# UPDATED AND ORIGINAL COVID-19 VACCINES: WHAT IS THE DIFFERENCE



## Updated vaccines

The updated vaccines are called “updated” because they protect against both the original virus that causes COVID-19 and the Omicron variant BA.4 and BA.5. Two COVID-19 vaccine manufacturers, Pfizer-BioNTech and Moderna, have developed updated COVID-19 vaccines.

## Original vaccines

Previous COVID-19 vaccines are called “original” because they were designed to protect against the original virus that causes COVID-19. As of April 18, 2023, the original Pfizer-BioNTech and Moderna COVID-19 vaccines are **no longer authorized for use by the FDA in the United States**. Updated Pfizer-BioNTech and Moderna COVID-19 vaccines are being used for all age groups.

**To find COVID-19 vaccine locations near you:** Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

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## Ang Tambuli-the Rhythm of Nursing Life

By: Teresa Ignacio-Gonzalvo, RN, BSN, MPA  
Associate Editor and Columnist, Inside PNA



# Impressions of a Transplanted Member-from PNA Virginia to PNA Indiana



Wow! What a warm Hoosier welcome from PNA Indiana! Bringing back memories from the summer membership picnic for families, emails from Mattie and Chuchi , phone calls from Redd, invitation to the Induction, plus many more acts of kindness. 'Tis the season to be jolly and of course, from the Jolly Old Santa himself, dropping in from the North Pole visiting our wonderful Christmas party. Kids, young and young at heart were excited to welcome dear Santa. HO HO HO! Toys galore for the kids, photos with Santa, Christmas carols in the air, enjoying the sumptuous Asian buffet and just the overall fun camaraderie.

Everyone introduced themselves, welcomed me and were interested in my nursing background, where I graduated from, where we lived and many more stories! Even my husband Jim, was actively engaged in conversations, even with Santa.



Tons of door prizes and gifts were donated and shared among the members and families. Mattie Upano, President, gave a warm welcome, extending the

holiday spirit of this season. Everyone was decked out in festive red, white, green, black and a myriad of glitter and colors, the room was aglow with smiles, laughter, chatter, giggles and hugs! Poinsettias were in great abundance as centerpieces, decorations and giveaways.



*Enjoying the benefits of membership within the PNAA family!*



Here comes Santa Claus with his PNA elves! Many thanks to the Executive Board members who planned and organized this fabulous event. From communication, RSVPs, gifts and door prizes.



From our hearts to yours...

**Maligayang Pasko at Masaganang Bagong Taon sa inyong lahat! Peace on Earth!**



# Breaking Down Barriers: PNAA and Alzheimer's Association Unite for Brain Health

By **Mary Dioise Ramos, PhD, RN, CNE**  
Chair, PNAA Education Committee

In a collaborative effort to promote brain health and support those affected by Alzheimer's disease, the Philippine Nurses Association of America, Inc. (PNAA) has joined forces with the Alzheimer's Association. This strategic partnership aims to raise awareness, educate communities across the United States, and actively engage PNAA members in the fight against Alzheimer's and other forms of dementia.

The primary goal of the PNAA and Alzheimer's Association partnership is to promote brain health and maximize support for individuals affected by Alzheimer's disease through increased awareness and education. The Partnership Launch on February 23, 2023, was a momentous occasion spearheaded by Dr. Gloria Beriones, Dr. Leo Felix-Jurado, Dr. Marlon Saria, Dr. Carl Hill (Chief Diversity, Equity & Inclusion Officer of Alzheimer's Association), and Edie Yau (Director, Diversity, Equity & Inclusion of Alzheimer's Association). United under a common cause, PNAA, and Alzheimer's Association aims to captivate communities nationwide, nurturing concern and comprehension about Alzheimer's disease and different forms of dementia. The launch provided a glimpse into the future and outlined the roles of both organizations. PNAA's mission remains steadfast – to uphold its members' positive image and well-being, promote professional excellence, and contribute to significant outcomes in healthcare and society.

For 2023, the inaugural call to action sought to raise awareness of Alzheimer's and different forms of dementia by enlightening the public about brain health, cognitive aging, changes that warrant discussion with healthcare professionals, and the advantages of early detection and diagnosis. The collaborative efforts of PNAA Regional Vice Presidents, the Education Committee, and the Communications and Marketing Committee materialized in a series of four impactful webinars.

During the inaugural webinar on March 16, titled "Understanding Alzheimer's Disease and Dementia," Douglas Panto, the Community Programs Manager from the Alzheimer's Association Southeastern Virginia Chapter, took the virtual stage. This foundational session marked the initiation of a year-long educational series, delving deep into the complexities of Alzheimer's disease and dementia. Drawing on his expertise, Panto provided invaluable insights into the nature of these



conditions, setting the stage for the subsequent webinars. Hosted by the Western Region and led by Ret. Col. Bob Gahol, this event played a pivotal role in shaping the trajectory of the collaborative initiative. Adding a vibrant touch to the program, Chris Escarrilla served as the master of ceremonies, guiding participants through the enlightening discussions. Mindy Ofiana provided a reflective perspective, adding depth and contemplation to the proceedings. Emeline Yabut skillfully led the Q&A session, fostering an interactive dialogue that enhanced participants' understanding. As the session ended, Maria Sagun provided closing remarks, encapsulating the significance of the webinar and inspiring a continued commitment to the cause. The impact on the Western Region was profound, with a proactive approach that ensured members comprehensively understood Alzheimer's disease and dementia. Moreover, hosting this critical webinar fostered a heightened sense of community engagement and responsibility among the region's members, solidifying their commitment to the cause.

**ALZHEIMER'S ASSOCIATION**  
OUR UNITED VOICES

**WEBINAR SERIES #1**  
Hosted by PNA Western Region  
March 16 at 9 - 10 pm EST  
**Understanding Alzheimer's Disease and Dementia**

**Douglas Panto**  
Community Programs Manager  
Alzheimer's Association Southeastern Virginia Chapter

REGISTER  
<https://qrco.de/bdLUwH>

See to register

On June 22, the spotlight turned to the vital mid-year webinar 2, "Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning." This session, hosted by the South Central Region and led by Manny Ramos, delved into the practical aspects of addressing dementia-related challenges, exploring topics such as driving, doctor visits, and legal and financial planning. Jean Uy, an educator from the Alzheimer's Association, provided valuable insights on how to start the dialogue and conversation about dementia. Adding a dynamic touch to the program, Elfa Humble took on the role of master of ceremonies, guiding participants through the intricacies of the discussions, including Daphne Peneza, who led the Q&A session. As the session ended, Mila Sprouse provided insightful closing remarks, encapsulating the importance of the webinar and reinforcing the region's dedication to supporting those affected by dementia. The impact on the South Central Region was substantial, with members gaining practical knowledge to navigate the complexities associated with dementia. The webinar provided crucial guidance and fostered a supportive environment, facilitating members' exchange of experiences and resources. This collaborative effort highlighted the region's commitment to addressing the multifaceted challenges of dementia and building a resilient support network for its members.

**ALZHEIMER'S ASSOCIATION**  
OUR UNITED VOICES

**WEBINAR #2**  
Hosted by South Central Region  
**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**

THURSDAY - JUNE 22, 2023  
9:00 PM - 10:30 PM EDT

PNA will award a Certificate of Participation for attending the webinar.

REGISTER NOW  
Via Zoom  
<https://qrco.de/bdLUwH>

See to register

Alzheimer's Association will award a Certificate of Completion for watching this video.  
<https://training.alz.org/products/4021/approaching-alzheimers-first-responder-training>

**JEAN UY, MSN, RN, CCRN, ACNS-BC**  
Alzheimer's Association Educator

On October 6, webinar 3, titled "Cognitive Screening and Testing in a Biomarker Era and Healthy Living for Your Brain and Body: Tips from the Latest Research," captivated participants with an exploration of cutting-edge advancements in cognitive screening, testing, and healthy living practices for brain health. Dr. Nicole Purcell, Senior Director of Clinical Practice, and Rey Castuciano, Diversity, Equity, and Inclusion Manager of the Alzheimer's Association, served as distinguished speakers, sharing invaluable insights from the latest research. Guiding the session with grace and expertise, Dr. Meriam Caboral-Stevens assumed the role of master of ceremonies. Hosted by the North Central Region under the leadership of Manelita Dayon,

**ALZHEIMER'S ASSOCIATION**  
OUR UNITED VOICES

**WEBINAR SERIES #3**  
Hosted by PNA North Central Region  
October 6 at 8:30 pm - 10 pm ET  
**Cognitive Screening and Testing in a Biomarker Era**  
Healthy living for your brain and body: Tips from the latest research

**Nicole Purcell, DO, MS**  
Senior Director, Clinical Practice  
Alzheimer's Association

**Rey Castuciano, MBA, BS**  
Diversity, Equity and Inclusion Manager  
Alzheimer's Association

REGISTER  
<https://qrco.de/bdLUwH>

The Philippine Nurses Association of America Foundation is a Provider approved by the California Board of Registered Nursing, Provider Number 14134, for 1.5 contact hour.

See to register

this event not only equipped members with up-to-date information on cognitive screening and healthy living practices but also positioned the North Central Region as a trailblazer in Alzheimer's awareness. The impact on the region was profound, fostering advanced knowledge among its members and solidifying its role as a regional leader dedicated to pursuing knowledge and innovation in Alzheimer's disease and dementia.

On November 30, the culminating webinar 2023 titled "Understanding and Responding to Dementia-Related Behaviors" delved into the intricate realm of addressing challenging behaviors associated with dementia. Joon Her, Program Manager of the Alzheimer's Association New York Chapter, led the discussion, providing invaluable insights into navigating this complex aspect of dementia care. Hosted by the Eastern Region and guided by the leadership of Dr. Warly Remegio, yours truly served as the master of ceremonies, and Angelo Bosque managed the Q&A forum. As the session drew to a close, Dr. Leo Jurado delivered closing remarks, encapsulating the significance of the webinar and acknowledging the collective efforts made throughout the year. The impact on the PNAA members was profound, gaining specialized insights into understanding and responding to dementia-related behaviors. This newfound knowledge enhances their ability to provide quality care to those affected by dementia. Furthermore, Edie Yau described the collaborative efforts of the Alzheimer's Association in partnership with PNAA, shedding light on future endeavors to address the unique challenges associated with dementia. The PNAA members not only embraced specialized knowledge but also looked forward, contributing to the ongoing commitment to advancing dementia care and support in the years to come.



We extend our heartfelt appreciation to Carol Robles for her outstanding contributions as the webinar master throughout the programs. Carol's expertise and dedication played a pivotal role in ensuring the seamless execution of each event, providing a cohesive and engaging experience for our speakers and participants. Moreover, her tireless efforts in marketing the events have significantly contributed to reaching a wider audience, amplifying the impact of our collective mission to promote brain health and support those affected by Alzheimer's disease. A special thank you is also extended to Pete Calixto for his role in providing contact hours through the Philippine Nurses Association of America Foundation for the last two webinars.

In our pursuit of excellence, the collaborative initiative between the PNAA and the Alzheimer's Association embodies the essence of "United: WE CARE." With a foundation rooted in Wisdom, our webinars have disseminated crucial knowledge about Alzheimer's disease and related dementias, fostering a deeper understanding of these complex conditions. The commitment to Excellence is reflected in the meticulous planning and execution of each webinar, ensuring a high standard of education for our members. Collaboration is exemplified by the concerted efforts of partnership and working together of PNAA and Alzheimer's Association. The dedication mirrors our shared Advocacy for brain health as we collectively strive to impact the lives of those affected by Alzheimer's positively. Respect has been ingrained in our interactions throughout the initiative, creating a supportive and inclusive environment for all participants.

As we navigate the future, this partnership echoes our commitment to Equity, ensuring that valuable knowledge reaches a wider audience and that everyone, regardless of background, can contribute to and benefit from our educational initiatives. "United: WE CARE" serves not only as a mantra but as a guiding principle, unifying our actions and aspirations in the relentless pursuit of compassionate care and support for individuals and families facing the challenges of Alzheimer's and different forms of dementia.

# United Vision: PNAAs and CCXDP's Collaborative Effort in X-Linked Dystonia Parkinsonism Awareness

By **Mary Dioise Ramos, PhD, RN, CNE**  
Chair, PNAAs Education Committee

The graphic features logos for PNAAs, Our United Voices, and the Collaborative Center for XDP. It lists three webinar sessions: August 29 (8:00 PM ET) on X-Linked Dystonia-Parkinsonism (XDP) screening, September 26 (8:00 PM ET) on XDP treatment and management, and October 24 (8:00 PM ET) on XDP clinical research. Each session lists speakers with their names and titles. A QR code and the URL [qrco.de/be8xZl](https://qrco.de/be8xZl) are provided for registration, along with the handwritten phrase "See you there!"

COME JOIN US FOR THE

## 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 Bragg, PhD | Laurie Collins, PhD

**SEPTEMBER 26**  
8:00 PM ET

**XDP TREATMENT & MANAGEMENT: EMERGING THERAPIES AND BEST PRACTICES**

Nutan Sharma, MD, PhD | Jan Kristoper P. de Guzman, MD | Malorie Leigh De Las Alas Supnet, MD

**OCTOBER 24**  
8:00 PM ET

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

Nutan Sharma, MD, PhD | Trisha Mulhaupt-Baill, MS, CGC | Candice Nelson

Scan me

[qrco.de/be8xZl](https://qrco.de/be8xZl)

See you there!

In a stride towards innovation and collective impact, the Philippine Nurses Association of America (PNAAs) embarks on a groundbreaking collaboration with Massachusetts General Hospital's Collaborative Center for X-linked Dystonia Parkinsonism (CCXDP). Beyond a mere alliance, this partnership is a testament to the shared commitment of both organizations to push the boundaries of knowledge, support, and care for individuals affected by X-linked Dystonia Parkinsonism (XDP).

XDP, a disease with a disproportionate impact on the Filipino population, particularly in the Philippines, has become a focal point of CCXDP's awareness campaign. Beyond borders, this initiative extends to the Filipino-American community in the United States, seeking to bridge gaps in knowledge and resources. The outreach endeavors to identify potential beneficiaries of CCXDP's services and trials and establish a robust support system for patients and their families.

The heart of this collaboration is a shared vision: to expand awareness and support for XDP within the Filipino-American community. PNAA and CCXDP recognize the power of collaboration in reaching individuals affected by XDP. Both entities are forging pathways toward improved outcomes by providing access to care, information on clinical trials, and opportunities to contribute to ongoing research. Spearheaded by the Education Committee and Communications & Marketing Committee of PNAA, in collaboration with CCXDP led by Dr. Nutan Sharma (Head of Clinical Program) and Dr. Chris Bragg (Director), the partnership has successfully conducted three insightful series of webinars.

### **Webinar Series Overview: A Deep Dive into XDP**

#### **XDP: Understanding the Disease and Genetic Screening**

The inaugural session of the XDP webinar series provided a comprehensive exploration of XDP. Going beyond the surface, the webinar delved into the intricacies of the disease, shedding light on its manifestations and the vital role of genetic screening in early detection. This webinar offered a profound understanding of XDP, including its symptoms, progression, and the unique challenges faced by those affected. The focus was not only on visible aspects but also on understanding the less apparent facets of the disease. A significant emphasis was placed on the importance of genetic screening for early detection. The session underscored the proactive role of identifying XDP in its early stages, enabling timely interventions and support. Healthcare professionals gained insights into navigating the diagnostic landscape, while the community was empowered with the knowledge to recognize potential symptoms early on. Experts shared valuable insights, providing practical tools for healthcare professionals to enhance their diagnostic skills. This knowledge equips the community to recognize signs of XDP, fostering an environment of timely intervention and comprehensive support for affected individuals.

#### **XDP Treatment and Management: Emerging Therapies and Best Practices**

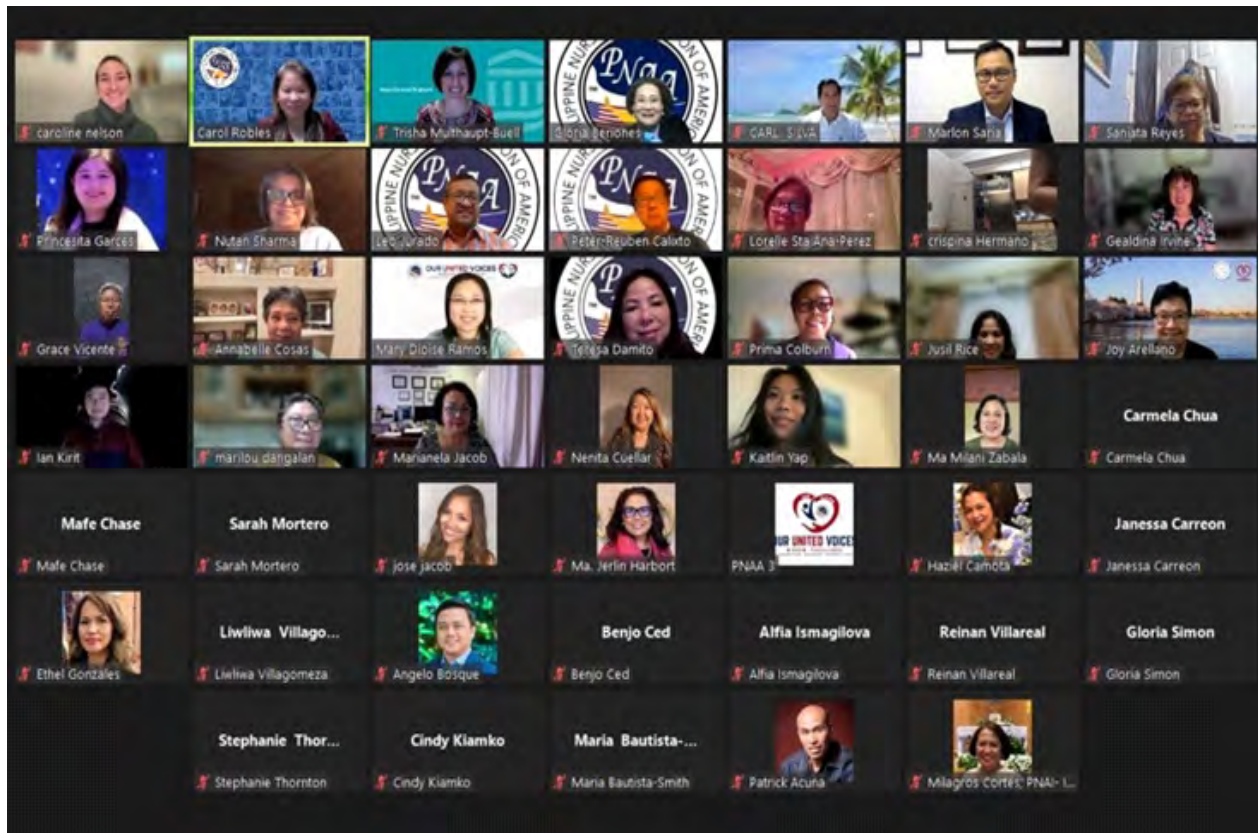
In the second installment of the XDP webinar series, the exploration deepened into the ever-evolving landscape of XDP treatment and management. Building upon the foundational knowledge in the first webinar, this session was designed to equip participants with insights into cutting-edge therapies and best practices essential for effectively addressing the challenges presented by XDP. With a focus on emerging therapies, the webinar offered participants a glimpse into the forefront of advancements in XDP treatment. Dr. Jan Kristopher de Guzman and Dr. Melanie Leigh De Las Alas Supnet from the Philippines shared the latest therapies and best practices. The evolving strategies and approaches provided a nuanced understanding of how healthcare practitioners can adapt to the changing dynamics of XDP management. Participants gained a strategic edge in enhancing patient care by providing the latest information on emerging therapies and best practices. This knowledge

translates to improved treatment outcomes and contributes to an elevated quality of life for individuals navigating the complexities of XDP.

### **XDP Clinical Research: Updates on Trials, Advocacy Efforts, and Future Directions**

In the riveting third installment of the XDP webinar series, attendees were treated to an enlightening session delving into the intricate landscape of XDP Clinical Research. The expert speakers—Dr. Nutan Sharma, Trisha Multhaupt-Buell, and Caroline Nelson—guided participants through a comprehensive exploration, providing crucial updates on ongoing trials, shedding light on advocacy initiatives, and charting the promising future directions of XDP research. Participants gained valuable insights into the methodologies, outcomes, and potential implications of these trials, offering a real-time snapshot of the advancements shaping the immediate future of XDP treatment. Attendees were immersed in discussions about ongoing advocacy initiatives, emphasizing the critical role of community voices in fostering increased awareness and support for individuals grappling with XDP. Attendees gained a glimpse into the visionary strategies, potential breakthroughs, and research priorities that will shape the trajectory of XDP research in the coming years, offering a roadmap for long-term advancements.

As we wrap up the three-part webinar series, a beautiful ending emerges—one filled with shared insights, new knowledge, and a commitment to improving things together. As we linger at the intersection of innovation and compassion, the resonance of the PNAAC-CCXDP collaboration lingers—a testament to the profound impact when purpose and dedication converge. In this shared space of knowledge and empathy, we are reminded that the potential for positive change is not confined by limits but, rather, is boundless when hearts and minds unite in pursuit of a common goal.





Palakpakan  
CORNER

## Congratulations to Dr. Mary Dioise Ramos



Congratulations to PNAAC Education Committee Chair Dr. Mary Dioise Ramos for her recognition as one of Kennesaw State University's exceptional research awardees. Dr. Ramos state *"Today, I celebrate not only my personal achievement but also the power of research and the boundless opportunities it brings. My heartfelt thanks to KSU's commitment to nurturing research and pushing boundaries has undoubtedly propelled me forward in my pursuit of knowledge."* Dr. Ramos, your PNAAC family is so proud of you!





**Palakpakan**  
CORNER

## PNA Tampa's first scholar honored at Singapore Hospital

By **Gealdina Irvine**, MSHSA, BSN  
Secretary, Past President, PNA Tampa

**Mevelyn Cayme** is currently a registered nurse at the Surgical High-Dependency Intensive Care Unit at Tan Tock Seng Hospital Singapore and PNA Tampa's first scholarship awardee. We are proud to know that she was honored with a COVID-19 Resilience Medal at her hospital during the hospital's celebration of "Healthcare Heroes: Ties That Bind" last month. She worked tirelessly during the COVID-19 pandemic, working many hours and occasionally with very little sleep. She worked at this hospital thirteen years ago and has gone up her career ladder from healthcare assistant to a full-time registered nurse in the ICU. According to Mevelyn, one thing that did not change is how you take care and serve your patients and that nursing is not just a source of living but saving patients to live.



*Way to go, Mevelyn and Congratulations on your award!  
PNA Tampa is proud of all your accomplishments!!*



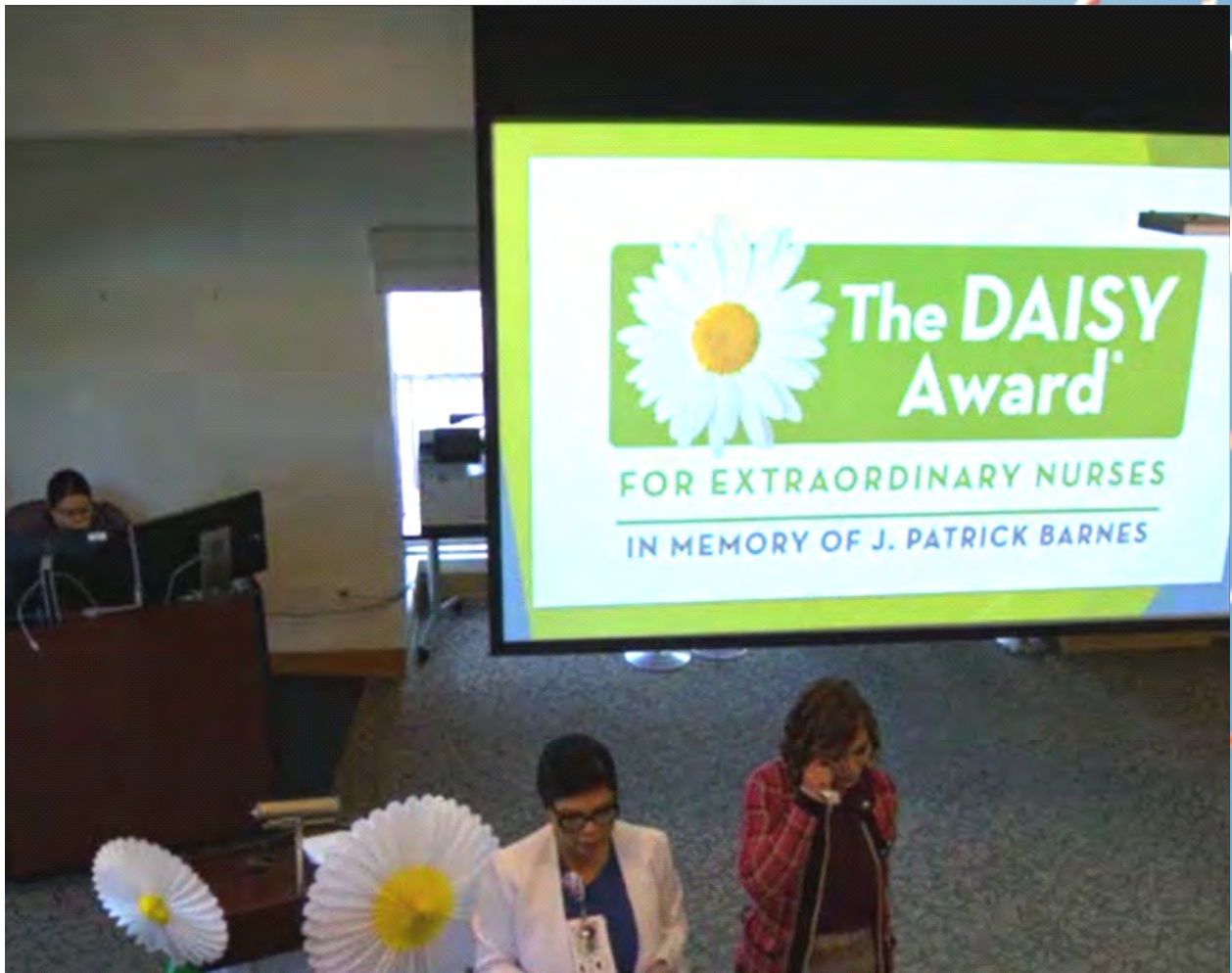


**Palakpakan**  
CORNER

## **Congratulations to Victoria Palomar MSN RN CCRN Daisy Award Winner**

By Diane Josephine Santiago, MSN RN CV-RN CCRN

Victoria was picked among 43 nominees and was selected as the Daisy Award winner of 2023 Daisy Award recipient. Her recommendation was written by her assistant nurse manager Diane (PNANC board member) and was presented by her manager Babylyn (PNANC member) on December 8, 2023. While it is a lifetime accomplishment it is also a Kaiser ICU and PNANC celebration. She has worked at Kaiser for the past 30 years and has spent most of her career in South San Francisco. Vicky serves on the PNANC board as a board member and is also on the board of the Lions Club. She helped start the Kaiser Filipino American Association and Foundation. She dedicates her free time to professional development, her family, and community service to the San Francisco and South San Francisco area. Congrats to Vicky on the Daisy Award and all her accomplishments!





**Palakpakan**  
CORNER

## Volunteer Faculty Member for the Hawaii Nursing Advocates and Mentors, Inc. (HINAMI)

Congratulations to PNAA Western Region Vice President Colonel (Retired) Bob Gahol for his recognition as one of the volunteer faculty members for the Hawaii Nursing Advocates and Mentors, Inc. (HINAMI). This award was presented to him in November 2023 at the HiNAMI's 22nd Anniversary Gala. HiNAMI has provided free NCLEX review courses for newly arrived foreign-educated nurses and new nursing graduates who have not taken or passed the rigorous NCLEX board. The program has successfully produced numerous registered nurses and helped alleviate the nursing shortage in Hawaii. Colonel Gahol has been a volunteer faculty member since moving to Hawaii in 2015. He has been previously recognized by the Hawai'i governor, mayor, and other state and city officials for his community service and advocacy to improve the healthcare situation in Hawai'i.



## Advanced Practice Committee

By **Velma Dumag Yep**, DNP, APRN, GNP-BC

Associate Editor, inside PNAA

PNA Southern California VP 2022-2024



**Polypharmacy, It's Burden on our Healthcare System and in the Older Population**

This is the first of articles on how and why many medications can potentially inadvertently affect our health and patients' quality of life. Moreover, many medications can negatively impact our healthcare systems' economic status. As a practicing nurse practitioner in the ambulatory setting, this concerns me.

### Background

The healthcare system is overwhelmed with the increased number of baby boomers living longer (Cadogan et al., 2016). According to the World Health Organization (2019), long-term health issues are related to getting older, and the world's population of people over 65 years old will increase from 11% in 2010 to 22% in 2050 (WHO, 2019). According to The International Conference on Harmonization (1993), older people are considered a unique population because they are vulnerable (ICH, 1993). This 'unique population' is vulnerable to adverse drug reactions because of existing comorbidities and has different pharmacokinetics and pharmacodynamics compared to the younger population (Davies & O'Mahony, 2015). The older patients are 65 years and above. The increased prescribing in older patients is related to this population's multimorbidity (Kucukdagli et al., 2020). Decreased drug clearance results from metabolic changes accompanying the aging process, leading to increased drug-drug interactions, increased non-therapeutic serum drug levels, and possible adverse reactions (Kucukdagli et al., 2020).

The World Health Organization (WHO) defines polypharmacy as the excessive simultaneous use of medications (WHO, 2019). Polypharmacy is the simultaneous use of five or more medications, including prescription and over-the-counter drugs. (Farrell et al., 2018; Franco et al., 2017; Masnoon et al., 2017). About 30% of the 65 and older population take an average of 18 medications annually (Sherman et al., 2017). According to Scott et al. (2017), five or more medications may be medically necessary to manage multimorbid patients' conditions, but the increased number of medications used results in high-risk consequences. Consequences such as adverse drug events, hospital admissions, and even death (Navaes et al., 2017; Scott et al., 2017). The scope of polypharmacy includes potentially inappropriate medications (PIMs) and medications without clinical indication. PIMs should be avoided, mainly when there is an equally or more effective alternative with lower risk (Novaes et al., 2017; Tommelein et al., 2015).

In the outpatient setting's multimorbid older patients, potentially inappropriate medication use is an urgent issue that requires interprofessional effort by healthcare systems globally (Mangin et al., 2018). Society's demands and expectations from physicians' practices in primary outpatient care increase because they want to achieve better healthcare outcomes (Detsky, 2011). The Institute for Healthcare Improvement (IHI) Triple Aim—enhancing patient experience, improving population health, and reducing costs—is widely accepted as a compass to optimize health system performance (Bodenheimer & Sinsky, 2014). Inappropriate medication management involves physicians, pharmacists, and nurses (Mangin et al., 2018). Professional nurses, in general, are at the forefront of health care, can position themselves at the table, collaborate with interdisciplinary healthcare professionals, and influence healthcare improvements in their organizations (Zaccagnini & White, 2017).



## Words of Gratitude from the PNAC3 Leadership

The PNA California Capital City (PNAC3) held its inaugural fundraising gala on December 2, 2023, and it was a huge success. This dynamic group planned this event months ago, and it was executed with precision. Everyone had a wonderful time. The money raised will go towards several planned projects, including medical missions in the Philippines. Their leadership would like to convey their appreciation to those who supported this special event.



### **A message of thanks from our Vice President Nico Buan-Lagazo:**

“I am extremely humbled at the immense support that PNAC3 received the night of our first fundraising gala. When I was recruited to join PNAC3, I was surrounded by Filipino Nurses with big hopes and dreams of what this chapter would become. And this Gala was of those dreams. I am so incredibly proud of our PNAC3 team for pulling together to plan this amazing event. This is the start of something great for Filipino Nurses. We encourage those who have supported us to either Join PNAC3, get involved with our events, and have a great time doing it. From the bottom of my heart, thank you, everyone, for your attendance.



### **Message of thanks from President-elect Jojo Melendres:**

“There are many first attempts we've heard of or been part of, and the PNAC3 Gala Fundraising Night is one of them. Some level of uncertainty and real risks are involved in anything new. We aspired to go bold in sending a helping hand to extremely marginalized communities in the Philippines where having warm meals, new school bags, new paper pads, pencils, safe ear piercings, circumcision, and dental care are luxuries. We desired to have seed funding for our local chapter nursing programs, too. That 4+ hours event took months and days of planning where everyone, literally all of us, pitched in! We achieved the first part of our vision. We have nurse professionals who can organize big parties, nurses who sing and dance professionally, wedding-grade decorators, amazing masters of ceremonies, and inspiring speakers - to name a few talents who made this successful. We are very grateful and can't say thank you enough. I'd also take this opportunity to remind everyone that working for a good cause will always bring us to uncomfortable positions, and that is exactly how we constantly grow when we break past our status quo! Let's continue the strong work we've started – thank you again for being part of the PNAC3 journey!”





The PNAC3 leadership team also thanks the following groups and individuals who supported their event. Thank you, Clinicians Connect Home Health (Sir Carlito's team), Frontline Home Health (Madam Kathy's team), CareHomebyRN (Dr. Ron's team), Grand Canyon University, Betty Irene Moore School of Nursing (through Katharine), UC Davis Health (through Joleen).

Thank you, Lilian and the team of the Brenna Way band.



Thank you, Tronel's Photography and UC Davis Photographers Guild (through Tony).

Thank you, Dr. Marlon Saria (VP-elect of PNA Western Region) and Eva Naredo (PNA Northern California Secretary), for coming to Sacramento from out of town! That is super heartwarming and supportive of you.

Thank you, Sir Bob Gahol, VP of PNA Western Region, and Sir Pete Calixto, the Father Abraham of the flock.

Thank you, beloved TPak and Jane – your student delegates came; they added joy and valuable help.

We may have missed others, but rest assured, our appreciation goes out to EVERYONE who contributed to the success of the event.

The PNA California Capital City is a non-profit professional organization registered in the State of California. Your donation can be tax-deductible to the full extent of the law.

Respectfully yours,  
**PNAC3 Executive Board**



By Haziel Vilela Camota

## PNA Corpus Christi, Texas, gives back to the community



Back in August 22, 2018, a report in Firehouse Magazine reveals how ambulance crews at Corpus Christi's Fire Station #3, located on Morgan Avenue, really have their hands full. Their medic unit is ranked as the sixth busiest ambulance in the country and is tops in Texas. Kudos to this hardworking crew. They respond to 20-25 calls on an average shift!

The PNACCTX Executive Board has donated new and slightly used toys to Station 3 so Emergency responders can help put children at ease and provide comfort and support for children in crisis. Holding a stuffed animal or toy can help relieve anxiety, fear, and uncertainty.



By Maria Rowell, RN, MSN

## Yuletide Season: Be Merry and Bright



The months ending in “ber,” like September, commence Yuletide season for Filipinos. We have already started playing Christmas songs, decorating, shopping for gifts, and planning festive activities.

Furthermore, social media platforms such as Facebook, TikTok, and Instagram started to be filled with selfies and groupies with Christmas lights, Christmas trees, and Christmas songs as backgrounds and soundtracks for their posts. Seeing all those postings on Facebook has a nostalgic effect on me.

Caroling is one of our most beloved Christmas traditions in the Philippines. Fortunately, caroling is also one of the activities of the Philippine Nurses Association of Georgia, which was started in 2004 by then-President Lorna Buntichai. It is my second year joining the Carolers. We visited Our Lady of Perpetual Help, a hospice facility in Atlanta, on 9th December 2023. We sang at the bedside of patients and sometimes took requests for their favorite songs. Before the caroling, we took pictures in the lobby of the facility. We were all surprised when a trolley of treats with different drinks and snacks was delivered to the carolers. What a grand gesture of appreciation!

The hospice visit was followed by caroling at the lovely home of Irvin and Jessica Nogal. A selection of Christmas songs, both in English and Tagalog, were sung by the carolers with Marites Pellicer's piano accompaniment. This year's Christmas carolers had a twist. It was the first time in the history of PNAGA that nurses' husbands were included in the group, as suggested by the music expert and renowned Marites Pellicer. Oh, it made a difference, especially when they sang “Pasko Na Sintá Ko!” I glanced at the audience and saw several teary-eyed visitors at their rendition. PNAGA President Myrna Gacusan and I



performed a duet of “Oh Holy Night,” pleasantly surprising the carolers and guests. Winning first place during this year's Nurses Got Talent event has encouraged me to share more of my joy in singing. This was followed by Carmencita Santiago reciting her poem, “It's Christmas Time Again.” Carmencita was the second prize winner of Nurses Got Talent. We had a great time, and we can't thank our host, the Nogal family, and their co-hosts enough for their hospitality and generosity... plenty of scrumptious food; truly a feast!

The resiliency of Filipino nurses with their families and friends was strengthened during the COVID-19 pandemic and now embodies the character of every Filipino in Georgia. Filipinos' resiliency was demonstrated during the pandemic and again reflected during this year's yuletide season. The ability to share the essence of Christmas with a vulnerable population in the community is priceless. The bond that is forming among PNAGA nurses with their families and friends continues to grow. My husband has already been recruited to join next year's caroling and is delighted! **What a way to celebrate this yuletide season: merry and bright!**





By **Evelyn Oller**, BSN, RN; PNAGSL Business Manager 2022-2024

Photos by **Joy Deatherage**, BSN, RN; PNAGSL Secretary 2022-2024

and by **Josie Veit**, BSN, RN, PNAGSL President 2022-2024

**Annabelle Cosas**, BSN, RN; PNAGSL Editor/Bylaws & Policies & Procedures Chair 2022-2024

## **A Hip-Hip Hooray Christmas Party for PNAGSL And Friends!**

The annual PNAGSL Christmas Party was held on December 9, 2023 (Saturday) at Orlando Banquet and Catering Event Center, Maryland Heights. This was another well-attended event with 124 guests and members in attendance. More could have joined but they totally missed the deadline, the venue can only accommodate for the number of attendees reserved and paid.

This was a beautiful Christmas celebration, an evening full of friendly laughter, dancing, games, prizes, buffet dining of good food and camaraderie! Emcees for the evening were Alice Torregosa and Iromar ("Iro") Monterola, who did such a terrific job.

The wonderful evening started at 6:00 PM. Opening remarks given by PNAGSL President Josie Veit. Three Executive Board members manned the busy registration table. They assisted guests with their table assignments; collected money from the unpaid guests; gave out tickets for the door prizes to each guest; sold tickets for the Tory Burch purse raffle. The purse was donated by Deacon Noli Rivera and his wife, Merle (nee Fajardo). PNAGSL will receive 50% of the total amount raised. Proceed from this fundraising will go towards our organization's community outreach projects. This year's winner was Lea Murray!

Door prizes were donated by the Executive Board and Advisory Board Members and PNAGSL editor Annabelle Cosas. Entertainment was provided by the Executive Board's caroling, a Christmas dance presentation from members of the Advisory Board and games of BINGO popularized by our very own

*Christmas is always a special time for friends and family to get together and celebrate the glorious spirit of the season. PNAGSL officers, members and guests were there and joined in the various fun activities schemed for the entire evening.*



Annabelle. A round of fun “Hip-hip Hooray” game was also played with every guest's table represented. Iro explained and provided the rules of the game.

The game was played by using hand signals and assigning each participant with a particular hand signal. Iro called what each participant was supposed to do — “Hip-hip” with hands up and “Hooray” with hands down. Iro did quick changes for the hand gestures for the participants to do. This was a fun and hilarious game and meant to confuse and distract the players to lose their concentration and be eliminated from the game. Two young participants won — Alyssa Nalagan, daughter of Ces and Dr. Eric Nalagan and Lee Hae Quitariano, a potential recruit!

Last, but not the least, dancing by all completed the evening until 10:00 PM. The Executive Board members opened the dance floor with fave line dancing with guests' participation. PRO Ces Nalagan gave the closing remarks.

All in all, this was another very successful event! PNAGSL is always thankful to our friends, families and other Filipino groups in the St. Louis area such the Lolos, the Santo Nino Group for their continued support!

'Til next year everyone and wishing you all a very Merry Christmas and a Happy New year from your PNAGSL family!



“Jingle Bell Rock” dance presentation from Maria Hipolito (left), Evelyn Sullivan and Marjorie Gamino.

← PNAGSL Advisory Board 2022-2024



**As we sing joyous Christmas carols,  
our BEST WISHES to all this merry season!**

From Josie Veit, PNAGSL President and the Executive Board

By Cecile M. Santos-Medenilla, PNAGF President

## **PNA Gulf Coast Florida Celebrates Christmas 2023**

It's that time of the year again that we celebrate Christmas, the happiest holiday season of all! PNAGF celebrated its Christmas Party last 12/09/23. We had 105 guests, and so far, we received good feedback from them. They complimented the food and the program. We had 2 singers, Marydin, my beautiful niece, and Don Bronto, a PNAGF Board member and Pinoy Global singing champion.

We had a table of gift baskets and gift certificates donated by the Executive Board and members for raffles. There was a table of framed photos for the Nurses Creative Award. The guests will vote for the best photo among the 12 entries, and the winner will receive \$100. These photos will be featured in a calendar for a fundraising project of the Ways and Means Committee.

It was a night full of laughter, joy, and camaraderie among members and new friends. The guests enjoyed the night dancing by the ballroom dancers, which was a joy to watch as they glided on the dance floor. And, of course, the ladies danced when the line-dancing music was played.

It was indeed a night to remember. We thanked our Executive Board for inviting guests and our members for supporting our organization. We thanked the organizer who did all the leg work and planning of this event. Thank you to the shakers and movers. Thank you all for a successful event. To God be the glory!





By **Mary Grace Matias-Dowd**, PNA Hawaii EB Member

## All that Glitters IS Gold



*Contestants competing for the title of Mr. Gatsby, Ms. Gatsby, and Gatsby Royalty*

PNAH recently held its annual fall fundraiser on October 27th, 2023. The “Glitters & Gatsby” themed Charity Ball held at the Filipino Community Center in Central Oahu was a resounding success. It was a well-attended event, where guests were encouraged to dress up as characters from the classic novel *The Great Gatsby*, adding a touch of nostalgia and sophistication to the event.

Attendees dined on a delicious dinner buffet while entertained by several performance numbers. Fun and excitement were sprinkled throughout the evening, with a program that included a costume contest that had everyone in the spirit of the 1920s. Two lucky winners walked away with a crown and the titles of Mr. and Ms. Gatsby, who best emulated the allure and elegance of that era.

The party also featured a silent auction, where unique items donated by local businesses provided a thrilling opportunity for guests to bid on, providing yet another means to add to the funds.

A photo booth provided a bit of whimsy and a unique way for guests to capture their costumes and the evening's ambiance. A special thanks go to the Ways and Means Chair, Virginia Baptista, and her committee, who played a crucial role in making the night memorable. Her efforts and dedication were instrumental in the success of the event.



*Members are getting into the spirit of Gatsby.*



*PNAH Treasurer Irene Gonzales with founding member Edel Matias*

By Cielito Matias-Schwartz, PNAH President

## Embracing Diversity, Equity, and Inclusion at the Biennial PNAH Education Day Conference



*PNAH Ed Day Chair, Dr. Edna Magpantay-Monroe, speakers Dr. Hazel Downing, Dr. Sasha Rarang, Dr. Rose Hata, Dr. Christine Griffin, PNAH Executive Director, Dr. Nancy Atmospera-Walch, PNAH President-Elect Marianela Jacob, and PNAH President Cielito Matias-Schwartz*

Nurses are the backbone of the healthcare system, and their continuous education and professional development are pivotal to ensuring the highest standards of care. Recently, the Philippine Nurses Association of Hawaii (PNAH) hosted a remarkable Nurses Education Day Conference on November 11, 2023, marking a milestone in the ongoing journey of nursing excellence. The theme of the conference was entitled “Emerge with Diversity, Equity, and Inclusion. Healthcare Strategies for Nursing and Our Communities”.

Hosted at the Hilton Hawaiian Village Coral Ballroom, the event drew in nurses from various specialties, bringing together a diverse community of healthcare professionals eager to expand their knowledge and skills. The atmosphere buzzed with enthusiasm as attendees mingled, exchanged insights, visited and collected swag from exhibitor booths, and prepared for a day filled with learning opportunities.

The conference started with an inspiring keynote address from Dr. Sasha Rarang, PhD, RN, a special guest who flew in from California. Her impassioned topic entitled “Diversity, Equity, Inclusion,



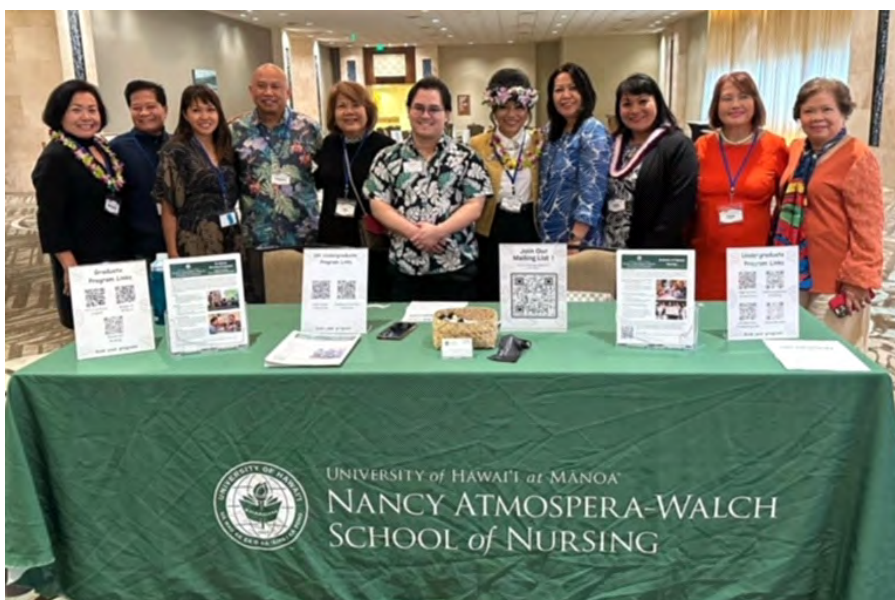
Belonging, and Social Justice in Relation to Nursing Education and Practice” appropriately set the tone for the day, emphasizing the importance of diversity in lifelong learning, adaptability in healthcare, and the impact of nurses on patient outcomes.

Throughout the day, the conference offered a rich array of speakers and poster presentations covering various topics. From emerging healthcare technologies to mental health support strategies, each session and poster was thoughtfully curated to address and educate the contemporary challenges and innovations in nursing practice.

Networking opportunities were abundant, fostering connections and collaborations among attendees. Nurses from different specialties and healthcare settings exchanged ideas, forged professional relationships, and laid the groundwork for future collaborations, further enriching their professional journeys.



*PNAH Education Committee Co-Chair Dr. Cathy Marin is posing with conference poster presenters, including one of our very own PNAH members, Dante Lomboy.*



*Several PNAH EB and members pose with one of our conference day sponsors and exhibitors - The Nancy Atmospera-Walch School of Nursing.*



*(Left) PNAH Founding President Tita Clarita Go Miraflor with Dr. Marife Aczon-Armstrong (Right) Tita Claire with Dr. Sasha Rarang and Dr. and Mrs. Ian Guerrero*

*(Left) PNAH Founding President, Tina Salvador with Ed Day Planning Committee member, Jailu Navarrete (Right) Guest speaker Dr. Christine Griffin and PNAH Secretary & Ed Day Planning committee member Natalie Jacob*



*Education Day Attendees- clockwise from top left: Emilyn Ramones, Mater Alcobilla, Tina Salvador, Edna Higa, Tita Claire Miraflor, Virginia Baptista, Lorna Imperial, Edel Matias, Violeta Sadural, Tina Fernandez*



By Dr. Maria Sheilla Membrebe, PNAMC President-Elect

## **PNA Maryland Chapter (PNAMC) Educational Symposium Event**

The PNAMC Education Committee sponsored a symposium at the Community College of Baltimore County, Essex Campus in Maryland, on November 12, 2023. It was titled, “We’ve Been There: A Road Map to Navigating Healthcare Challenges of the Fil-Am Community.” Navigating through the healthcare system can be a daunting task and may prevent Filipino immigrants from obtaining much-needed healthcare in the US. This free half-day event was offered to PNAMC members, friends, and nursing students.

Speakers included Dr. Rico Sanariz, Chief CRNA of the Veterans Affairs Hospital, and Ms. Love Eugenio, PNAMC’s past president, and the OR Manager at Mercy Medical Center, who discussed the Second Victim Phenomenon. According to Dr. Sanariz, “the emotional distress and anguish to the provider in the face of a serious medical error is real.” Both speakers also talked about how they overcame their challenges. The next speaker was Ms. Erin Tribble, Pastoral Care Director at Mercy Medical Center. She delivered a presentation about navigating mental health challenges utilizing the map of self-compassion. She led the group’s self-compassion break activity, which the attendees received well. The participants commented on how the activity can be helpful when they feel stressed out.

The attendees also enjoyed a networking break consisting of committee-prepared treats, checking out table sponsors, and experiencing Filipino food such as halo-halo from vendors. The students also got an opportunity to meet possible mentors. Filipino nurse anesthetists, nurse practitioners, educators, executives, and senior clinical nurses were connected with students and novice nurses.

Ms. Fe Nieves-Khouw, PNAMC’s past president and Director of Quality and Patient Safety at the University of Maryland Medical Center, and Mr. Luis Florendo, a Filipino entrepreneur, talked about their personal caregiver experience in navigating the healthcare system. Ms. Marlyn Taylor, a social worker and Program Manager of the Alzheimer’s Association of Greater Maryland Chapter, talked about the disease and available resources to the community. It was nice to see her comment on the warm Filipino hospitality. The



event was concluded with the Fil-Am Research (FAR) Hub resource shared by Ms. Rowena Villacorta, a nurse practitioner at the Johns Hopkins Hospital. This resource includes a compilation of the different agencies and programs. It can be very helpful in navigating through the challenges of obtaining the appropriate healthcare needed.

Special thank you to PNAMC President, Ms. Griely Persia, the PNAMC Education Committee Team: Dr. Rico Sanariz, Ms. Fe-Nieves Khouw, Ms. Mercy Bowerman, Dr. Sheilla Membrebe, Ms. Aleli Frias, Ms. Pen Jarina, Mr. Lawrence Racsca, Ms. Grace Aureus, and Mr. Conrad Utanes; the wonderful speakers, PNAMC members, friends, Dr. Notch Brydges of PNAA ANCC, and our incredible nursing students who participated in the event. The immensely positive response from attendees inspires us to continue what we do as a team.





## Celebrating Christmas with PNA Maui

Despite the recent wildfires that destroyed a major part of Maui, a sense of normalcy was brought back this evening. An evening filled with laughter talks about the fond memories of hosting the 21st Western Region Conference last April and upcoming events to continue helping the community. We are so proud of the members of this strong and resilient group of nurses who, during the darkest moments, rose from the ashes of tragedy, proving that there is always hope for a brighter future.







By **Dr. Veronica Ramirez**  
PNA Metro DC

## **PNAMDC creating positive, lasting change for ALS learners**



It can be recalled that in 2020, the PNAMDC, under the leadership of then-Pres. Carol Manilay Robles had donated funds to install 23 jetmatic hand pumps that benefited more than 100 Aeta families in Bagong Silang, Brgy. San Pablo, Castillejos, Zambales. In 2021, funded the purchase of portable solar lights, water drums, and containers and the Training sessions for sewing, cookery, and essential motorbike maintenance – all with take-home kits and tools. In 2022, PNAMDC again supported the construction of ten toilets and baths and a health hub for Aetas.

Immediately after the turnover to the Aeta community, President Carol said, “I want to have a school built (vocational or traditional) named after PNAMDC. Let me know if you know of any place needing one desperately.”

Dr. Veronica Esposito Ramirez, who managed the PNAMDC projects, proposed support for the Alternative Learning System (ALS). ALS is “a parallel learning system in the Philippines that provides a practical option to the existing formal instruction” for Filipinos who did not have the chance to acquire formal basic education due to personal circumstances that resulted in dropping out or absence from school in the community. The ALS Program was created by law.

The 1987 Philippine Constitution provides for the recognition and promotion of other forms of education besides formal education. Article XIV, Section 2, Paragraph (1) declares that the State shall establish, maintain, and support a complete, adequate, and integrated system of education relevant to the needs of the people and society; and paragraph (4) concisely encourages non-formal, informal and indigenous

learning systems as well as self-learning, independent and out-of-school study programs particularly those that respond to community needs.

The Governance Act for Basic Education, otherwise known as the Republic Act 9155, stipulates the establishment of an Alternative Learning System (ALS) to provide out-of-school children, youth, and adult populations with basic education.

Alas! On August 11, 2023, the MOA was signed between PNAMDC, Brgy San Pablo, and the Zambales Department of Education. The PNAMDC Board of Directors, who were in the USA, witnessed this via Zoom. During the Ground-breaking Ceremony, President Carol Manilay Robles spoke, “On behalf of the Filipino nurses in America who belong to the PNAMDC, we are happy to donate funds for the construction of a one-building classroom for the use of public education, particularly the Alternative Learning System Program of the Department of Education. We trust that our beneficiaries, DepEd and Barangay San Pablo, will use this ALS building to create positive, lasting change for ALS learners and govern its educational objectives based on shared values.”



Thanks to Vice Mayor Nino Esposito, the location of the ALS building was identified and approved by the San Pablo Brgy—Council under the leadership of Captain Ronald Boquiren. The construction of the ALS one-classroom building started on August 11, 2023, and was turned over to Brgy. San Pablo and DepEd ALS on November 14, 2023. The three-month construction was supervised by Dr. Ramirez, who worked with local laborers, including Aeta men. There was nothing to stop them, and work proceeded despite days of typhoons or sunshine.

The ALS building now occupies 10 meters of the San Pablo Brgy. Compound. Inside the eight-meter structure are long tables with monoblock chairs that can be used for interactive learning. There are also two blackboards, bookshelves for the ALS modules and books, a laptop with an LCD projector and printer, and a teacher's table. The room has fluorescent lamps, ceiling fans, and windows for ventilation. An accordion door leads to the Cookery Section, which is equipped with a sink, gas stove, oven, cooking pans, and utensils. There are also three sewing machines inside the classroom. These are intended for adult learners who wish to learn sewing and cooking for their own learning and to earn extra income from self-made products. Surrounding the building is a garden of herbal plants from the Aetas, adequately labeled with names and medical use.





On November 15, the ALS building was turned over with a Blessing Ceremony officiated by parish priest Fr. Joel Huerto. The PNAMDC Board of Directors was digitally connected to the event. It was witnessed by the DepEd Officials, School Heads of Castillejos headed by Mr. Mario Celis, ALS Coordinator Jim Nebres, teachers and students, and Brgy. Captain Boquiren and Council. Mr. Mario Celis and Brgy. Captain gave their appreciation and acceptance speeches.

Former President Carol affirmed the commitment of PNAMDC in her speech: “This achievement is the result of the commitment of the PNAMDC officers, members, and donors whose goal is to create a positive impact on the lives of others. Education is a fundamental right that should be accessible to all, regardless of their circumstances. The ALS classroom provides a beacon of hope, giving individuals a second chance to improve their lives and pursue their dreams.

Today, as we hand over this classroom, we provide a physical space for learning and a sanctuary where dreams can flourish and lives can be transformed. This classroom will serve as a place of knowledge and empowerment for ALS learners, enabling them to unlock their full potential and become active contributors to society.

To the ALS learners, I encourage you to seize this opportunity. Education has the power to break barriers and create a brighter future. Believe in yourselves. Embrace the challenges and always keep sight of your goals. Remember that education is not only about acquiring knowledge but is also about transforming lives and positively impacting the world around us. May this classroom stand as a symbol of our shared dedication and unwavering belief in the potential of every individual.”

Dr. Ramirez, in her speech, read the DepEd document stating, “ALS Non-formal Education happens outside the classroom, community-based, usually conducted at community learning centers, barangay multi-purpose hall, libraries or at home, managed by ALS learning facilitators, such as mobile teachers, district ALS Coordinators, instructional managers at an agreed schedule and venue between the learners and facilitators.” Then, she expressed that she was unhappy about this prescribed setup of ALS, which is characterized by tentativeness and unpredictability. She described the ALS classes she has observed, which are conducted under a tree or in a bamboo makeshift where there are no books and the modules have not been revised from the pandemic version.

She insisted, “We have to go beyond what is expected of us. How can education be flexible? ‘Aral’ is a serious thing. *Dyan po nakasalalay ang hinaharap ng isang tao, ng isang magiging ama ng pamilya o ina ng tahanan kaya dapat seryosohin natin ang ALS studies.* She quoted Henry Wadsworth Longfellow who said, “The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service.” She declared with conviction, “*Yan po ang ginawa ng PNAMDC para sa ating mga taga San Pablo, Castillejos, Zambales!*” and ended with another quote from Winston Churchill, “We make a living by what we get, but we make a life by what we give” to exemplify the philanthropic deed of PNAMDC.



By **Sohrab Alexander Sardual, MBA, RN, NE-BC**  
PNAMH Vice President

## **PNA Metro Houston Annual Fun Walk/Run: A Day of Community, Nature, and Camaraderie**



Houston's fall weather brings forth a vibrant spirit, and the Philippine Nurses Association of Metropolitan Houston (PNAMH) embraced this by hosting its much-anticipated annual Fun Walk/Run. This year, the event again found its home in the revamped Memorial Hermann Park, offering an enriched experience amidst nature's wonders. The park, now adorned with enhanced walking paths and intriguing points of interest, provided the perfect backdrop for a day of physical activity and connection.

Amidst the serene beauty of the park, fifty-three enthusiastic participants embarked on a delightful walk, reveling in the scenic trails and embracing the harmony of nature. The event not only encouraged physical activity but also served as a platform for fostering a stronger sense of community. As the walk concluded, an atmosphere of camaraderie filled the air, setting the stage for a convivial picnic.

Following the invigorating walk, the attendees gathered for a joyous picnic, savoring delicious bites while engaging in conversations that extended beyond professional realms. This relaxed setting allowed PNAMH members and their supporters to forge meaningful connections, cultivating both professional relationships and expanding their social networks. Laughter echoed, stories were shared, and friendships were strengthened, creating an atmosphere where everyone relished the joyous day and its cherished moments. The PNAMH Fun Walk and picnic weren't merely about physical activity or leisure; they were about fostering a sense of belonging and community while celebrating the beauty of nature.





By Sohrab Alexander Sardual, MBA, RN, NE-BC  
PNAMH Vice President

## Igniting the Star of Hope



As the holiday season unfurls and homes shimmer with festive decorations, it's a time for family gatherings, gift exchanges, and the warmth of togetherness. However, amidst the flurry of wrapping presents and adorning homes, there are those who may not have the same luxuries or even the certainty of a roof over their heads. In Houston, a bustling city teeming with life, Star of Hope houses over 1,000 individuals—men, women, and children—facing the daily struggle of homelessness.

Recognizing the need of these families to have a Christmas celebration, the Philippine Nurses Association of Metro Houston (PNAMH) stepped up, joined by partners such as the PNA Foundation, Houston Royal Oaks Lions Club, University of Santo Thomas Nursing Association, and Filipino Cancer Network. PNA also collaborated with Amor Hospice Care in providing food, gifts, and valuable time. Together, they orchestrated a heartwarming event, a Christmas party held on December 2nd, 2023.

This joyous celebration wasn't just about spreading holiday cheer; it embodied compassion and selfless giving. Children and their families residing at the Star of Hope were treated to a delightful affair, complete with a full lunch, delectable desserts, and an engaging presentation by dedicated volunteers. But it wasn't merely about the festivities—the essence of the event was rooted in generosity. Each child received age-

appropriate toys, a simple gesture that meant the world to these young hearts. Not to be overlooked, parents were also remembered and received tokens of celebration, honoring the birth of Jesus and embodying the spirit of giving.

While the holiday season is often synonymous with gifts and gatherings, it's crucial to remember that the greatest gift we can offer is the gift of kindness and support for those facing adversity. In embracing this spirit of altruism, the PNAMH and its partners have ignited the light of hope and joy within the community, proving that the essence of the holidays lies in giving back and spreading love beyond boundaries.





By **Sohrab Alexander Sardual, MBA, RN, NE-BC**  
PNAMH Vice President

## **PNA Metro Houston Concludes 2023 with Informative Insights and Culinary Delights**



On November 16th, the Philippine Nurses Association of Metropolitan Houston (PNAMH) convened for their final official general membership meeting of the calendar year. The evening was highlighted by an engaging and enlightening educational presentation titled “Sleeping Well as We Age: Putting to Bed the Myth of Insomnia.” This session captivated the members, offering invaluable insights that could be applied to better care for their elderly patients or enhance their own sleep habits.

As tradition dictates, PNAHM's meetings seamlessly blend learning with communal fellowship. True to form, this final gathering was no exception, featuring a delightful dinner spread for all participants. In a special gesture of thanks, chapter president Aleza Espinosa treated attendees to a culinary delight—crispy lechon belly—amidst many Filipino delicacies. This shared meal not only filled stomachs but also nourished the sense of camaraderie among the members, capping off the year's activities with warmth and unity.

PNAMH's final chapter meeting for the year not only enriched its members with valuable knowledge but also underscored the organization's commitment to fostering a supportive community. As they bid farewell to 2023, the association leaves behind insights and cherished memories of camaraderie and shared experiences.





By **Sohrab Alexander Sardual, MBA, RN, NE-BC**  
PNAMH Vice President

## **PNA Metro Houston Welcoming Filipino Educators**

The Filipino presence in the United States extends beyond the realm of healthcare, with Filipino educators emerging as a rapidly growing and influential group within the educational landscape. Similar to the experiences encountered by Filipino nurses and other migrants, the transition for new Filipino educators into the US educational system can present significant challenges. Recognizing the importance of support during these transitions, the Philippine Nurses Association of Metropolitan Houston (PNAMH) members recently extended a gesture of welcome and assistance to their fellow educators.

In a thoughtful and supportive initiative, PNAMH members donated canned goods and blankets to the Society for the Advancement of Filipino Educators and Education Professionals. This small yet meaningful token was aimed at extending a warm welcome to new Filipino teachers arriving in the Houston area, symbolizing a gesture of camaraderie and support during their settlement. The donations were intended to fill the pantries of these educators, providing them with essential resources and a sense of belonging within their new community as they navigate the initial phases of their transition into the US educational system. This act of generosity reflects the spirit of unity and solidarity among Filipino professionals, highlighting the importance of mutual support and community integration for newcomers in their respective fields.





By Priscilla Molas

## PNA Miami and Southeast Florida Christmas celebration and General Assembly

PNAMSEF had the Christmas celebration and General Assembly on December 5 at Lutong Pinoy Restaurant. There are 85 attendees, including EB members and their families. Everyone is excited to see each other, especially those we have not seen for many years. It was a very happy occasion to share our accomplishments and challenges. The children and adults delivered their talents by dancing and singing. We felt the spirit of camaraderie and teamwork. We had prizes, donations, and raffles during the event. Thank you to all the officers who helped make this event successful. General assembly followed after.



On December 9, we attended the 37th Anniversary of the Feast of the Immaculate Conception in Collaboration with the Fatima Prayer group of Dade and Broward Counties. Our Filipino priests, Father Jet Medina, Fr. Sammy Alfaro, and Fr. Hieden Timbang, presided over the mass.



The Simbang Gabi is a devotional nine-day series of masses attended by Filipino Catholics in anticipation of Christmas. It is also called Misa de Aguinaldo or Misa de Gallo. Simbang Gabi is an essential tradition because it is one of the ways to praise and worship God during the Christmas season. It is typically held in the early morning or evening. It is believed that if a devotee completes the nine days of Simbang Gabi, God may grant a request made as part of the novena. After the mass the people join the salo-salo of food such as pansit, adobo, lechon, delicacies, puto bumbong, bibingka, puto, kutsinta and hot salabat or coco.

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*The first day of Simbang Gabi was held on December 15 in Our Lady of the Lakes in Miami.*



*The second day of Simbang Gabi on December 16 at the Saint Kevin Church*



*The third day of Simbang Gabi on December 17 at the Annunciation Church*





By Grace Vicente

## **PNA Nashville Tennessee Blood Pressure Monitoring Program**

PNA Nashville TN Chapter went for a blood pressure monitoring at St Joseph Church at the gathering space on November 26, 2023. There was a total of 15 participants and 6 volunteers. In addition, the participants were given health advice accordingly.





By Grace Vicente

## **PNA Nashville Tennessee's Involvement in the Community**

The R2023-61 recognizing Filipino American History Month in October in Nashville and Davidson County was approved and presented to the Metro council by Terry Vo of District 17, together with the PNA Nashville Tennessee and Filipino Americans in Nashville. It was a distinguished recognition and celebration for all Filipinos. There will be more talks and discussions about another resolution for this to be a yearly celebration for the mayor to sign. We hope to get all Filipinos together to inform everyone of our big Filipino presence and contribution to Nashville and Davidson County.





By Grace Vicente

## PNA Nashville Tennessee's October Event



On October 1, 2023, PNA Nashville, Tennessee, held its second face-to-face activity, our fall festival (Kamustahan). It was well attended, with more than 100 participants consisting of members, families, and supporters. It was held at the Rockland Recreation Area. Different committees, like food, decoration, games and prizes, registration, and clean up, were created, which made the event flow well. Members prepared food consisting of different Filipino foods, lechon, barbecue, and desserts. Some games and raffles made the whole gathering super exciting and fun. There was so much enthusiasm, eagerness, camaraderie, and catching up with each other. This event lasted over four hours and ended with a group picture taking. The chapter gained four members at this event.

**Rockland Recreation Area**  
Power Plant Rd, Hendersonville, TN 37075  
October 1, 2023 at 12 Noon

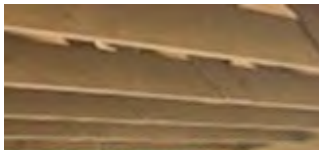
### Fall Festival (Kamustahan)

**BETTER BIGGER TOGETHER**

**Program**

- 11:30AM TO 12:00 NN - REGISTRATION
- 12:00 PM - PRAYER
- 12:05 PM - PHILIPPINE NATIONAL ANTHEM/  
STAR SPANGLED BANNER
- 12:05 PM - WELCOME MESSAGE BY PNA  
-NASHVILLE PRESIDENT- GRACE EVANGELINE VICENTE
- 12:10 PM - KAMUSTAHAN / PHOTO OP
- 12:40 PM - LUNCH
- 2:30 PM - GAMES / RAFFLE / SURPRISE NUMBER
- 3:30 PM - CLOSING MESSAGE/PRAYER
- 3:35 PM - CLEAN UP
- 4:00 PM - END OF PARTY

**Please Join Us!**





By **Diane Josephine Santiago, MSN RN CCRN CV-RN**  
and **Eva Naredo, BSN RN**

## **Celebrating Pasko in San Francisco, CA Lighting Tomorrow with Today**

Philippine Nurses Association of Northern California will participate for the 2nd year in row with the 21st Lantern Festival. Last year, our parol highlighted the contribution of Filipino nurses as front-liners during the Covid pandemic. Our parol received a special recognition and PNANC won a parol and auctioned it off to raise funds for the annual PNANC Pasko Ng Mga Bayani where PNANC has a Christmas party and gifts to veterans in SF, CA.



*Thank you to Eva for being the team lead, Vicky's artistic vision and Emily's creativity*

This year's theme, "Breaking Dawn: Illuminating Mental Wellness," will shed light on the important issue of mental health within the Filipino Community. Beyond celebrating our cultural traditions, the festival aims to dispel the stigma around mental health, fostering a community that nurtures mental well-being. The metaphor of "Breaking Dawn" serves as a powerful theme for this year's Tala Awards as traditional Filipino Parol lanterns become beacons of hope and enlightenment, each one telling a unique journey and vision of mental wellness.

PNANC submitted a parable highlighting "Kabalikat" Peer-to-Peer (P2P) Support Group - Nurses Helping Nurses Heal. Our parol highlights the Philippine Nurses Association of America's (PNA) resilience initiative, the Kabalikat Emotional Wellness Program (KEWP). It was a response to the high rates of burnout, anxiety, and depression among Filipino-American nurses who were disproportionately impacted by the COVID-19 pandemic. However, the stigma persists, and not many are open to discussing these struggles openly, stemming from the hiya (shame) and amor propio (losing face). KEWP provided a culturally responsive, peer-to-peer support program to nurses from 55 chapters across the USA. It is a 9-month commitment, a 2-hour workshop held every second Saturday. Participants learned various coping strategies and had a safe space for a guided kwentuhan (team conversation), where they could recount their experiences and practice wellness tools. After the program ended, many shared that it helped them open up about their feelings, find the time to care for themselves, and become better nurses.

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Our parol is shrouded in green to align with the color used in Mental Health Awareness Month in May. Green signifies new life, new growth, and new beginnings. We chose solihiya, a rattan weaving technique, to symbolize our connectedness, collective strength, and intertwined experiences. Green ribbons with the word HOPE, the international symbol of mental health awareness, adorn the tails. Please take a ribbon and wear it on your clothing to signify your commitment to understanding and supporting those who have mental illness rather than stigmatizing them.



*2022 last year winning special recognition*



# PNA Chapter NEWS



By Grace Arnaiz

## PNA Pennsylvania Flu and COVID-19 Vaccine Clinic

Marylou Arocena and Grace Arnaiz of PNA Pennsylvania, in collaboration with ACLAMO and Skippack Pharmacy at St Aloysius Parish, provided Flu and COVID-19 vaccinations to the Latino community in Pottstown, PA.



**#VacúnateMiGente**  
Skippack Pharmacy is offering the flu shot and COVID-19 updated booster (Pfizer & Moderna) to children, adults, and seniors.

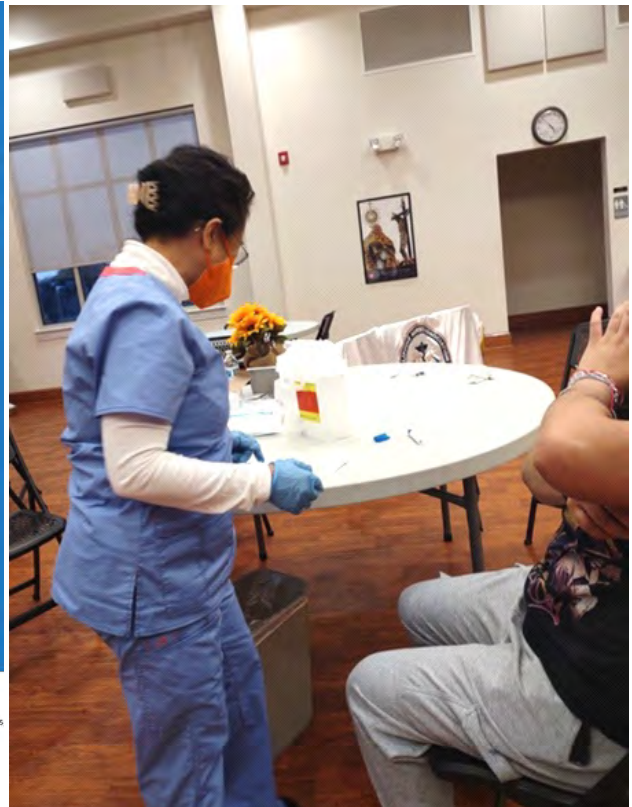
**Flu Shot - ages 3 years+  
COVID-19 Booster - ages 12+**



**Date:** November 14, 2023  
**Time:** 4:00pm- 7:00pm  
**Where:** Saint Aloysius Parish  
223 Beech Street,  
Pottstown PA 19464  
No appointment required.

**Contact our team:**  
Carolina Guzman 484-681-2902  
Marilis Mercado 484-532-3207

**Let's get vaccinated!  
FLU AND COVID-19 Vaccine Clinic**



Montgomery County  
Department of  
Health and Human Services





By **Maria Camilon, MSN, RN, CNOR**  
PNASD Parliamentarian

## **PNASD “Self” CARES**

PNASD values our members' desire to be fabulously healthy and enjoy a long, happy life. But we may need to realize that each of us largely holds the answer to achieving these things, right? It is a personal choice. It's called “self-care,” and it's never been more important than in these challenging and demanding times, especially during the holidays.

Self-care, as we define it, is the thoughtful practice of protecting and improving our own physical and mental health by having a balanced lifestyle. It makes you refocus and take care of yourself. It is critical that in self-care, we include intentional acts of:

- Balanced diet
- Getting enough sleep
- Regular exercises
- Maintaining our spiritual needs
- Financial security
- Keeping a strong social network

In simple terms, it is really the gentle art of loving yourself. While we all concur that it is important to take care of ourselves, it's also incredibly difficult to do so on a daily basis when so many around us need our care and attention. But making time for ourselves is necessary for our well-being.

PNASD offers great support in keeping a strong social network. It is a community of a diverse group of nurses with a plethora of various connections to network with. PNASD makes time for members and their families to socialize and participate in activities that promote self-care. A good example of this networking is the opportunity to be together to enjoy a concert, attend events that celebrate our community alliances, and even just meet up for lunch or dinner to celebrate special occasions or maybe to catch up and brainstorm.



*Several members watched a Ballet concert, “Cinderella,” during Thanksgiving week*



*PNASD attended the Philippine Medical Association's Luau Mau Fundraising event as an act of kindness and self-care. Thirteen members responded to the call and made their own personal donations in addition to PNASD's share given to PNA Maui*



*Giving back to our sponsors by supporting our community partners, sharing "feel good" ambiance when attending parties, and dancing*





*Choosing a beautiful, uplifting location around San Diego to have brunch for our Holiday debriefing meeting*



*Spending time with the PNASD family to celebrate December birthdays*



# PNA Chapter NEWS



By **Faye Rivera, MSN, RN, PCCN, PNASD Member**  
Co-Chair Induction and Orientation of New Members  
Co-Chair Holiday Planning Committee

## PNASD Holiday Celebrations: “The ROYALS Within US”



Holiday celebrations are an enchanting tapestry of shared moments and traditions. It is simply creating an unforgettable experience with our friends and loved ones, fostering connections, and spreading warmth during this special time of the year. This year, PNASD is proud to present its Holiday Celebration with the theme “The ROYALS Within US,” offering a unique blend of cherished traditions, creating new memories, and experiencing the joy and magic of the season. The event was held at a modern, high-tech conference hall, which was transformed into an elegant banquet hall adorned with festive decorations and ornaments, beautiful table setups, and lovely floral centerpiece arrangements by Tessie Porciuncula. It was a perfect setting for a day of festive cheer and musical delight.

The harmonious sound of the classic holiday tunes played softly in the background brought a perfect holiday ambiance that warmed our spirits. Excitement filled the air as the guests arrived. Some attendees started mingling and reconnecting with each other. While others took





fun and memorable pictures, whether candid smiles or staged poses, it all created a timeless album of cherished memories. The spirit of togetherness made the event truly special, and the joyous chatter brought a sense of warmth and happiness.

The organizing committee prepared a delightful array of activities, which included surprise performances, lively music, dancing, and Christmas Caroling. Of course, the holiday event was incomplete without the delectable festive feasts. Moreover, the incredible prizes from the raffle drawings generously donated by the community supporters, PNASD members, and West Pac Wealth added an element of joy and excitement to the celebration. To add a charitable touch, a "Donation Jar and Silent Auction for a Cause" was incorporated to raise funding for the first-ever PNASD Global Healthcare Outreach in February 2024.

The event started with a warm welcome greeting from Emcee Faye Rivera, followed by April Dream Te, chair of the holiday program event. Their charisma and talent added an extra dash of spark to the festivities. Faye wore a royal blue dress and a silver tiara, while April wore a shimmering silver-tiered fringe dress and a golden crown to convey the event's theme. April's theme message was inspiring: "Royal blue is PNASD's official color, but it also represents royalty in us. How

we take care of our patients, serving the community from our own backyard to the rest of the world, we are genuinely royalty with shimmering silver tiaras and bling that symbolize our lights that shine from within. We illuminate amidst the darkness. Our presence gives light and hope to people around us,



something to be proud of.” Embracing the "royalty within" is an acknowledgment of our worth and the positive impact we leave on the world around us.

PNASD President Perly Aguinaldo set the tone for our gathering with her insightful words and heartfelt welcome address. She expressed her gratitude to all attendees who took their time to celebrate with us, but most importantly, to the many new guests who were there for the first time. She acknowledged the special guests and VIPs', among them PNAA President-elect Dr. Marlon Saria. Deacon Manny Porciuncula gave the invocation.

The solo rendition of Dr. Nio Noveno, who serenaded us with the timeless melodies of Christmas, as we enjoyed the sumptuous lunch made for a more vibrant and enjoyable moment. The sensational pole dance performed by April Dream Te was undoubtedly the program's highlight. The guests were enthralled as they witnessed a captivating display of athleticism and artistic expression. The excitement continued as the PNASD Star Dancers lit the stage with their festive jive move, it brought an extra dose of holiday cheer to the dance floor. However, the enchanting performance of the J2 FANCI dance group captivated the audience's senses with their mesmerizing movements and rhythmic beauty. After the showcase of PNASD's diverse talents, everyone was encouraged to participate in the Christmas Carol sing-along, which filled the room with festive melodies. It fostered a sense of unity and uplifted the holiday spirit of everyone in attendance.



There was a surprise award of a plaque to our PNASD President for her “Dedication, Intuitive, and Innovative Leadership” as well as Jay Larossa for his Engagement to the organization. The award was provided by NADONA President Dot Lacap.

Western Region Vice-President Colonel (Retired) Bob Gahol sent a message of his gratitude and appreciation for the hard work that we all do making a difference in the lives of our patients,



families, and community every day. He further added, "Thank you for your unwavering dedication and being an inspiration to all of us, Mabuhay and PNA San Diego, WEST is BEST " Bob Gahol.

The event concluded with an expression of gratitude for the joy and connection shared. The PNASD Royal holiday event was a resounding success, leaving the attendees with fond memories of camaraderie, and adding a special glow to the holiday season.







By Gail Jones, DNP, RN, NI-BC, CPHIMS, PHN

## PNA Southern California Shines at Los Angeles Clippers Filipino Heritage Night Fundraiser



In a dazzling display of Filipino pride and community support, members, friends, and supporters of the Philippine Nurses Association of Southern California (PNASC) took center stage at the Los Angeles Clippers Filipino Heritage Night (FHN) on Friday, November 17, 2023. The event not only celebrated the vibrant Filipino culture but also served as a successful fundraiser for the esteemed nursing association.

PNASC members and friends had the exclusive opportunity to participate in the pre-game fan tunnel event, creating an electric atmosphere within the arena. As the LA Clippers hit the court, PNASC stood proudly, representing the strength and unity of the Filipino community, receiving applause from both fellow fans and players.

The cultural festivities were enhanced with soul-stirring renditions of both the Philippine National Anthem and the American National Anthem. Jules Aurora delivered a captivating performance of the Star-Spangled Banner, while the emotional resonance of LupangHirang resonated throughout the arena. At the halftime show, Guapdad 4000 took the stage, providing an electrifying performance that added a contemporary flair to the celebration.



Imagine the excitement of hearing your name announced overhead to the entire arena or seeing it proudly displayed on the jumbotron. PNASC members experienced just that! This recognition not only put the organization in the spotlight but also underscored the vital role that Filipino nurses play in the healthcare community. As an added highlight, attendees of the game were treated to an exclusive giveaway – a specifically designed LA Clippers Filipino-themed jersey. This unique jersey, included in the ticket package, became a cherished memento for attendees, symbolizing their participation in this cultural celebration.





Adding to the excitement of the evening, the LA Clippers secured a thrilling victory against the Houston Rockets, with the game being decided in dramatic fashion in the last minutes. The choice of the Houston Rockets as opponents was particularly meaningful, as it allowed fans to celebrate the Filipino heritage of Jalen Green, who is half-Filipino. Beyond the cheers and camaraderie, the FHN game proved to be a resounding success in terms of fundraising for PNASC. Through ticket sales and generous donations, \$1,150 was raised to support the association's various endeavors, including community outreach programs, educational scholarships, and professional development opportunities.

PNASC extends heartfelt thanks to all who attended the LA Clippers FHN, contributing to the success of this remarkable event. The enthusiasm and support displayed not only made a significant impact on PNASC but also strengthened the bonds within the Filipino community.

As PNASC reflects on the success of the FHN, the association looks forward to more opportunities to come together, celebrate heritage, and make a positive impact on the community. Stay tuned for upcoming events and initiatives as PNASC continues its journey of service, support, and celebration.





## The PNA of Southern California Joins the Traditional “ Simbang Gabi” Event

The PNA of Southern California and West LA Chapter participated in the annual 'Simbang Gabi' Mass and parade of lanterns at the Cathedral of our Lady of Angels in Los Angeles. This has been a yearly tradition of the Filipino-American communities of the Greater Los Angeles area.



Velma Yep, Cora Manapat, Marie Navarro, Diane Roque, Cathy Rubio, Mr. & Mrs. Adolfo Famas



The 'Parol' (lantern) represents the Filipino spirit of Bayanihan. Bayanihan is when people come together to help each other. The Parol symbolizes the beautiful and creative Filipino art.



The gigantic organ of the church with the Filipino American choir of LA



With the Auxiliary Arch Bishop of San Gabriel Valley in Southern California





By Liwliwa Villagomez, PhD, RN, CCRN-K  
PNA Tampa Founding President | PRO 2022-2024

## Christmas 2023 – Images of PNA Tampa’s Celebration *“Pictures Say a Thousand Words”*

Part 1: PNA Tampa Brunch at the Barrido Residence, Safety Harbor, Florida  
Saturday, December 9, 2023 | Hosted by Emma Barrido & Family



Maria Bautista-Smith (Left) & Emma Barrido (Right) Addressing the Attendees: Sharing Blessings



The Future Leaders of PNA Tampa (L to R): Marites Calvelo, Rowena Varney, & Jo Buchanan



Meal, Tree Ornament Exchange, & Collection of Gifts for 25 Families in the Philippines

**Part 2: PNA Tampa Participates in the Philippine Community Celebration of Christmas – PASKO 2023**  
Sunday, December 17, 2023 | A Project of the Philippine Cultural Foundation, Inc. (PCFI)  
Hosted by The Ilocano (IUSA) | Held at the Beautiful Bayanihan Arts & Events Center, Tampa, Florida





By **Liwliwa Villagomez**, PhD, RN, CCRN-K  
PNA Tampa Founding President | PRO 2022-2024

## **Our United Voices: Health Promotion Through Collaboration 2023 PNA of Tampa Bay Education Day & General Assembly**

Every November, the Philippine Nurses Association of Tampa Bay sets aside one Saturday to hold its Education Day and General Assembly. President-Elect Marites Calvelo was the 2023 chairperson. The event was held at the Concord Community Center (Land O' Lakes, Florida) on Saturday, November 11. This was the second time that we were able to gather in person post-pandemic. Our theme this year, **"Our United Voices: Health Promotion Through Collaboration,"** aligned with PNA's current mantra under the presidency of Dr. Gloria Beriones: **Our United Voice: WE CARE.**

It was a full-packed day that included honoring retirees, awarding scholarships, honoring Liwliwa Awardees, raffle drawings, etc. With the leadership of the Awards Committee Chair, Flory Magsakay, assisted by Co-Chair Maribel Soriano, two retirees who were former PNA Tampa presidents, Tess Ebrada and Victoria Fabreo were honored. The Liwliwa Award recipients for 2022 and 2023, Perlita Cangas and Marites Calvelo, respectively, were also honored and recognized. A separate article about our two deserving awardees has been published in the November issue of iPNAA. The emcee for the day was Ning Bonoan, PNA Tampa Board Member and Chair of the Scholarship Committee, who facilitated attendee-self-introductions. President Beriones and President-Elect Marlon Saria sent video inspirational messages. Manny Ramos, PNA's South Central Region, was in attendance and provided an inspirational message and updates about PNA's various initiatives.

There were three separate educational topics, namely (1) Self-Care: Nurses' Well-Being Now and After Nursing Servitude, (2) The Mental Health of our Elderly Population: A Closer Look, and (3) Healthy People 2030: Health Promotion in the Next Decade Using Mental Health Core Objective as Exemplar. The speakers were (a) Maria Bautista-Smith, APRN, FNP-BC, incumbent president of PNA Tampa, (b) Elizabeth (Liz) Remo, DNP, APRN, FNP-BC, PNA Tampa Board Member, 2018-2022, and (c) Liwliwa (Liw) Villagomez, PhD, RN, CCRN-K. Attendees were awarded three (3) contact hours. This is the inaugural continuing education offering by the Philippine Nurses Association of Tampa Bay as a Florida Board of Nursing (FBON)- approved continuing education provider. See **Newsflash!** at the end of this article.

Maria discussed the caregiver role of nurses and their required knowledge, skills, and attitudes (KSAs), the evolution of self-care among nurses, the connection between passion and burnout in nursing, and the transition from nursing service to life service. Liz provided an overview of the factors affecting the mental health of the elderly population and discussed the impact of their socioeconomic status on their physical and mental well-being, the relationship between mental health and physical health, and the supportive ways to improve the elderly population's mental health. Liw delved into Healthy People 2030 (HP2030) using the core objective of Mental Health and Mental Health Disorders as an exemplar. Liw opened the topic with a 3-minute video presentation by Admiral Rachel Levine explaining the framework of HP2030:

<https://health.gov/healthypeople/about/healthy-people-2030-framework> . The attendees participated in a small group problem-based learning activity where they had to identify and synthesize information regarding interventions for depressive disorders. Interdisciplinary **collaboration** was identified.

Food and fundraising have always been a part of all PNA Tampa events and gatherings. The 2023 Education Day and General Assembly was no exception. Cris Hermano was the chairperson of the Food Committee. Breakfast was potluck, and lunch was catered through the generosity of Cris and family. Cris is a current member of PNA Tampa's Advisory Board. Victoria Fabreo, PNA Tampa Auditor, led the group in prayer at mid-day before lunch. It was a brief and productive working lunch with a continuing post-session discussion of Liz Remo's topic on the mental health of the elderly population. A 50/50 Raffle Drawing was held. The winner, Emma Barrido, donated her winnings to the organization. Emma is a Board Member and has always been very generous in her giving to our organization.

PNA Tampa's General Assembly and Business Meeting capped off the day where the budget and upcoming activities were discussed in-depth. The day was captured beautifully in photos by Nennette Apostol, now retired and former officer.

**News Flash!** The PNA of Tampa Bay is now an approved provider of contact hours, valid until 2025.



**ce broker**  
By Propelus

Your educational provider application for **PHILIPPINE NURSES ASSOCIATION OF TAMPA BAY, INC.** has been approved by the Florida Board of Nursing.

**CE Broker Tracking #: 50-40310**

**Board/Council Comment(s): (None)**

Thank you,  
CE Broker  
[www.CEBroker.com](http://www.CEBroker.com)

 CE Broker is the official continuing education tracking system of the Florida Department of Health. Trusted by boards and associations across the nation.

      Preferred Vendor +100s more

The goal of becoming a Florida Board of Nursing (FBN) Continuing Education Provider has been in the works for a number of years. The application process is tedious, and all the requirements must be ready when filling out the online application form. Three original one-contact hour courses had to be submitted. We submitted two in-person courses and one “anytime” (online) course.



Dr. Beriones Delivering a Video Message

Dr. Saria Delivering a Video Message

RVP Ramos Addressing the Assembly

Tess Ebrada, Retired from the VA

Victoria Fabreo Retired from the VA

Retirees Tess & Victoria with President Maria and President-Elect Marites

Ren Candelario (2nd from left), 2023 PNA Tampa Scholarship Recipient

Education Topic 2 by Liz Remo

Education Topic 1 by Maria Bautista-Smith

Education Topic 3 by Liw Villagomez





By Emma Barrido, BSN, RN, PNA Tampa Board Member

## PNA Tampa and Gawad Kalinga: We Are ONE In Our Journey

As the cold breeze seeps into my skin, I can imagine and remember the folks I met during my trip to Ormoc, Leyte, with the GAWAD KALINGA volunteers last February. As an advocate of the Gawad Kalinga initiative in the United States and Philippines, I am blessed to be given this opportunity to know the people of Ormoc. I was given the chance to make a difference in their lives.

The twenty-five families who live way up in the highlands go down to the lowlands by sliding down the slopes so they can buy and sell products occupied my mind. I gathered a few of my friends to donate financially, and through the Bayanihan spirit of the Ormoc residents, they built the concrete step pathways and made it easier to go down the slopes. I could feel the coldness they experienced with limited warm clothes, less food, dilapidated houses, poor water supply, and no electricity. They are considered the poorest among the poor since they have minimal resources. Some families have more than six children, and there is one family with sixteen children.

I joined PNA Tampa in 1992 when I first moved from Chicago. They became my family over the years. I am here knocking on the hearts of the members. With their support, together with my fellow Gawad Kalinga Tampa advocates, we can give good Christmas gifts to more



**KAGONG BAHAY, KAGONG KUMAY, KAGONG BAYAN**  
Gawad Kalinga – Leyte Provincial Home Office  
Rotary GK Village, Brgy. Tambullid, Ormoc City, Leyte, Philippines  
Contact No.: 0946450007

### V. PARTNERS IN COMMUNITY DEVELOPMENTS:

- A. GK TAMPA Bay  
For the start-up of vegetable farming of few kapitbahayan.



- B. The Barrido Family  
Through the efforts of Mr. & Mrs. Barrido for the following infrastructure projects.



Mini Multi-purpose Hall  
(Activity Center)



SULPA Kitchen





**BAKONG BAHAY, BAKONG BUNAY, BAKONG BAYAN**  
**Gawad Kalinga – Leyte Provincial Home Office**  
 Rotary GK Village, Brgy. Tambullid, Ormoc City, Leyte, Philippines  
 Contact No.: 09464500007

IV. The community decided to construct path-walks with concrete steps towards their farmlands in Sulpa. This has been their dream as a community for a longtime, so that while they are undergoing values formation, the community built their path-walks together through bayanihan.



**BAKONG BAHAY, BAKONG BUNAY, BAKONG BAYAN**  
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 Rotary GK Village, Brgy. Tambullid, Ormoc City, Leyte, Philippines  
 Contact No.: 09464500007

VII. MOVING FORWARD AND FUTURE PLANS:

1. Connect more partners to assist more farmers financially to engage in high yielding vegetables.



2. Establish community cooperative for farmers.

- An Agri – Store in the community (proposed)



3. Build homes for 25 families in the community.



than one hundred and seventy-seven families to the poorest of the poor in Ormoc, Leyte. These are the GK communities: Sulpa Village, Vergara Village, and Devine Mercy Village.

I am proud and blessed to be a registered nurse, proud of my PNA Tampa family, and proud to advocate for the GAWAD KALINGA. I could feel my life's purpose in ministering to our brethren's hearts. The laughter and joy these families will have during this season of giving is the ultimate expression of Thanksgiving. The support of my PNA Tampa family on this endeavor makes me feel we are ONE in our journey to make a difference in the lives of the least of our brothers and sisters.

**MERRY CHRISTMAS EVERYONE!**  
**LET KINDNESS FILL YOUR HEARTS**  
**AS WE PUT CHRIST IN THE CENTER OF CHRISTMAS AND HOPE**  
**FOR A BETTER, HEALTHIER, HAPPY NEW YEAR.**



# The PNAE ELECTION 2024 TIMELINE

## Election Dates: May 3 (Fri) - May 16 (Thurs)



Timeline	Date	Activity
<b>PNAE 2024 Election (14 days)</b>	<b>May 3 (Friday)- May 16, 2024 (Thursday)</b>	<b>Electronic voting via weblink managed by Yes Election</b>
1. <b>Filing of Candidacy</b>	<ul style="list-style-type: none"> <li>January 1, 2024 (Monday)</li> </ul>	<ul style="list-style-type: none"> <li>Start of filing of Candidacy</li> </ul>
2. <b>Voter Eligibility: Paid PNAE members</b> Ninety (90) days before first day of election	<ul style="list-style-type: none"> <li>February 3, 2024 (Saturday)</li> </ul>	<ul style="list-style-type: none"> <li>Deadline for payment of chapter membership dues submitted to PNAE Treasurer</li> </ul>
3. <b>Candidate Filing Deadline:</b> Ninety (90) days before first day of Election	<ul style="list-style-type: none"> <li>February 3, 2024 (Saturday)</li> </ul>	<ul style="list-style-type: none"> <li>Deadline for filing candidacy via electronic application to NOMELEC</li> <li>Application should be sent to NOMELEC electronically on or before the deadline date at 11:59 p.m. EST.</li> </ul>
4. <b>Candidate Roster to EB:</b> Four (4) days after deadline of candidacy filing	<ul style="list-style-type: none"> <li>February 7, 2024 (Wednesday)</li> </ul>	<ul style="list-style-type: none"> <li>NOMELEC Chair will send list of candidates to PNAE President and Executive Board.</li> </ul>
5. <b>Membership Verification:</b>	<ul style="list-style-type: none"> <li>February 4, 2024 (Thursday) to March 1, 2024 (Friday)</li> </ul>	<ul style="list-style-type: none"> <li>PNAE Treasurer and Membership Chair will verify and reconcile PNAE Membership List</li> <li>Prepare official PNAE Membership List with members' email and mailing addresses categorized by region</li> </ul>
6. <b>Submission of Verified Membership List</b>	<ul style="list-style-type: none"> <li>March 2, 2024 (Saturday) or earlier</li> </ul>	<ul style="list-style-type: none"> <li>PNAE Membership Chair will submit Membership List to NOMELEC Chair, PNAE President, and Executive Board including email and postal mailing addresses and other pertinent information for final reconciliation.</li> </ul>
7. <b>Verified Membership List as Official Voter List:</b> Sixty (60) Days Before first day of election	<ul style="list-style-type: none"> <li>March 4, 2024 (Monday)</li> </ul>	<ul style="list-style-type: none"> <li>Deadline for Official Voter List</li> <li>PNAE Membership Chairperson will transmit verified PNAE Membership list as the official voter list to NOMELEC chair.</li> </ul>
8. <b>Candidates' Background and Qualifications:</b> 45 Days before first day of election	<ul style="list-style-type: none"> <li>March 19, 2024 (Tuesday)</li> </ul>	<ul style="list-style-type: none"> <li>NOMELEC will email list of qualified candidates with bio-data and election dates to the verified voters</li> <li><b>Start of official campaign of the candidates</b></li> </ul>
9. <b>Preparatory Work with Yes Election</b>	<ul style="list-style-type: none"> <li>March 1, 2024 (Friday) to May 2, 2024 (Thursday)</li> </ul>	<ul style="list-style-type: none"> <li>PNAE NOMELEC Chair/Committee will work with Yes Election Project Manager in the preparation and management of the election process</li> <li>Yes Election will test email addresses and identify emails that bounce</li> <li>Yes Election will test the election system before final launching</li> </ul>



# The PNAE ELECTION 2024 TIMELINE

## Election Dates: May 3 (Fri) - May 16 (Thurs)



Timeline	Date	Activity
10. Presentation of Election Candidates	<ul style="list-style-type: none"> <li>April 6, 2024 (Saturday)</li> </ul>	<ul style="list-style-type: none"> <li>Online debate amongst candidates of contested positions</li> </ul>
11. Election Begins	<ul style="list-style-type: none"> <li>May 3, 2024 (Friday)</li> </ul>	<ul style="list-style-type: none"> <li>Yes Election will send blast email to qualified voters with valid emails; limited postal notices to voters with invalid emails.</li> <li>Election website will be opened at 12:00 AM Eastern Standard Time</li> </ul>
12. Election Reminders	<ul style="list-style-type: none"> <li>May 6, 2024 (Monday)</li> <li>May 9, 2024 (Thursday)</li> <li>May 13, 2024 (Monday)</li> </ul>	<ul style="list-style-type: none"> <li>Yes Election will send 3 reminders to those with emails and have not voted throughout the election period</li> </ul>
13. Election Ends	<ul style="list-style-type: none"> <li>May 16, 2024 (Thursday)</li> </ul>	<ul style="list-style-type: none"> <li>Yes Election will close election website at <b>11:59 PM Eastern Standard Time</b></li> </ul>
14. Electronic Voting Results	<ul style="list-style-type: none"> <li>May 17, 2024 (Friday)</li> </ul>	<ul style="list-style-type: none"> <li>Yes Election will report final election results to NOMELEC Chair</li> </ul>
15. Verification of Voting Results	<ul style="list-style-type: none"> <li>May 17, 2024 (Friday)</li> </ul>	<ul style="list-style-type: none"> <li>NOMELEC will verify election results</li> </ul>
16. Report of Election Results	<ul style="list-style-type: none"> <li>May 18, 2024 (Saturday)</li> </ul>	<ul style="list-style-type: none"> <li>NOMELEC chairperson will report the official election results to the PNAE President.</li> <li>NOMELEC will email the official election results to the candidates and PNAE EB the day after informing the PNAE President.</li> <li>All candidates will be notified at the same time</li> </ul>
17. Presentation of Election Results	<ul style="list-style-type: none"> <li>July 20, 2024 (Saturday)</li> </ul>	<ul style="list-style-type: none"> <li>NOMELEC Chairperson will present the official election results at the 45th PNAE Convention General Assembly in Long Beach, CA.</li> </ul>
18. Archive Electronic Ballots	<ul style="list-style-type: none"> <li>August 20, 2024 (Tuesday)</li> </ul>	<ul style="list-style-type: none"> <li>Electronic ballots will be archived in database for 30 days after the official announcement at the annual PNAE General Assembly, then electronically deleted if there are no appeals. If there are appeals, electronic ballots will remain archived until all appeals are resolved.</li> </ul>



# PHILIPPINE NURSES ASSOCIATION NIGHTS

FILIPINO HERITAGE NIGHT 1: NOVEMBER 18 vs. THUNDER  
NURSES NIGHT: JANUARY vs. DETROIT PISTONS  
FILIPINO HERITAGE NIGHT 2: MARCH 9 vs. SPURS

- Gather your family and friends and join the Philippine Nurses Association for Filipino Heritage Nights and Nurses Night at Chase Center as your Golden State Warriors take on their NBA foes!
- **FAN EXPERIENCES** – Each ticket purchased through this offer for each game will include an invitation to watch the players warmup from the Lower Level before the game!
- **NOV. 18 & MAR. 9 GIVEAWAYS** – Each ticket purchased through this ticket offer will include a commemorative Filipino Heritage Night t-shirt!
- **JAN. 5 GIVEAWAYS** – Each ticket purchased through this ticket offer will include a commemorative Nurses Night t-shirt! Also, the first 10,000 fans in attendance at Chase Center will include a Warriors-Bruce Lee t-shirt.
- A limited number of tickets are available. Enjoy exclusive savings and pay NO taxes, surcharges, or fees when securing your tickets through this offer.
- **Getting to Chase Center** - Visit [www.chasecenter.com/transportation-guide](http://www.chasecenter.com/transportation-guide) to learn more about game day transportation information and more. **\*REMINDER – Your game day ticket is also your all-day Muni ticket!**

LOCATION	NOV. 18 vs. THUNDER	JAN. 5 vs. PISTONS	MAR. 9 vs. SPURS
Lower Level Pepsi Club	\$185	\$155	\$220
Upper Level Corner/Sideline	\$95	\$85	\$110
Upper Level Baseline	\$85	\$70	\$105

Rates can increase based on factors affecting supply and demand.  
*\*All Fan Experience Programs are contingent upon fulfilment of FEP ticket minimum.*

[CLICK THE LINK BELOW TO SECURE YOUR TICKETS!](#)

[CLICK HERE TO PURCHASE](#)  
PROMO CODE: PHILIPPINENURSESASSOCIATION

FOR ADDITIONAL INFORMATION, PLEASE CONTACT:  
LOURDES MOLDRE | [LOURDES.MOLDRE@UCSF.EDU](mailto:LOURDES.MOLDRE@UCSF.EDU)



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Philippine Nurses Association of America, Inc.  
Philippine Nurses Association, Inc.  
Association of Deans of Philippine Colleges of Nursing  
Commission on Filipinos Overseas



# Filipino Nurses' Global Summit V

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WE CARE: Filipino Nurses  
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Iloilo Convention Center

Accommodation: Marriott Courtyard Iloilo



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Filipino Nurses' Global Summit V  
and 14<sup>th</sup> International Nursing Conference

*Networking Fellowship Night*



**Pinoy Nars:**  
**WE CARE,**  
**Saan Man Sa Mundo**

**25 JANUARY 2024 | 5:30PM - 10:30PM**

Iloilo Convention Center, Iloilo City, Philippines

**Attire: Regional & National Costumes Around the World**

**Four (4) P5,000 Cash Prizes**  
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PHILIPPINE NURSES ASSOCIATION OF AMERICA



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**WE CARE:** Leveling the Field for the Future of Nursing



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Contact: **Mattie Upano** | Telephone #: (317)319-7448 | Email address: [matilde.upano@gmail.com](mailto:matilde.upano@gmail.com)  
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# 45<sup>th</sup>



## PHILIPPINE NURSES ASSOCIATION OF AMERICA NATIONAL CONVENTION

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# NCEMNA

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CREATE HEALTHY COMMUNITIES

**MARCH 15, 2024**

LOS ANGELES, CA



**TO REGISTER:**  
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**TOGETHER PNA A  
WE CARE  
BE A MEMBER  
BE OUR VOICE**



**PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC (PNA A)**

*An organization responsive to Filipino-American nurses' needs and a positive force in the world arena of nursing*

[www.mypnaa.org](http://www.mypnaa.org)

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**Membership in PNA A and its 55 chapters includes over  
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- PRICELESS
- PRICELESS
- PRICELESS

TO REGISTER/RENEW:  
Go to [www.mypnaa.org](http://www.mypnaa.org)

**Contact:**  
Emily Danuco  
Membership Chair 2022-2024  
[pnaamembershipchair2022@gmail.com](mailto:pnaamembershipchair2022@gmail.com)

**Total Value of PNA A Membership**

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