

VOLUME 12, ISSUE 1 | JANUARY-FEBRUARY 2024



# inside PNAA

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



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



*Celebrating*  
**Heart Healthy Month**  
**& Valentine's Day**



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



# Editorial

## Celebrate Heart Health and Love this February!

As we step into the month of February, we are not only greeted by the warmth of Valentine's Day but also by the opportunity to celebrate something equally important—Healthy Heart Month. This month serves as a reminder to prioritize our cardiovascular well-being and to embrace a heart-healthy lifestyle.

Just as we express love and affection towards our significant others on Valentine's Day, let's extend that love to ourselves by making conscious choices for a healthier heart. Small, positive changes in our daily routine, such as incorporating nutritious foods, staying physically active, managing stress, and getting enough sleep, can go a long way in supporting cardiovascular health.

Consider taking a romantic stroll or preparing a heart-healthy meal together to mark both occasions. It's a wonderful way to show love and care for each other while also fostering habits that contribute to a strong and healthy heart.

Remember, a healthy heart is a gift that keeps on giving. So, let's embrace this month as an opportunity to prioritize our cardiovascular well-being and share the love with ourselves and our loved ones.

Wishing you a month filled with love, laughter, and a heart that beats with vitality!

Warm regards,

**Bob Gahol**  
Editor-in-Chief





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## ABOUT INSIDE PNAA

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

### Our Vision:

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

### Our Goals:

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

For more information about  
Philippine Nurses Association of America, Inc.  
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# President's Message

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



**G**reetings to my beloved PNAAC colleagues! We welcome 2024 with grateful hearts and visionary minds. January 2024 was indeed a magnificent month for PNAAC nationally & globally. I want to express my heartfelt appreciation and gratitude to the PNAAC Executive Board and Chairs of PNAAC Committees and Task Force; PNAAC Foundation Executive Board; PNAAC Chapter Presidents and Executive Boards; benefactors and supporters for their impactful contributions to the PNAAC Mission, Vision, and Goals, 2023.

On January 21, 2024, we visited the PNAAC Gawad Kalinga Village in Piel, Bulacan. It was a heartwarming experience to be welcomed, entertained, and served with vegetables, fruits, and a variety of home cooked food by our "Kababayans" from PNAAC Gawad Kalinga village. The delicious food served was produce from folks' personal gardens. The children and adults prepared special entertainment for all of us, and we enjoyed every minute of it. Thank you very much to Iluminada "Nini" Jurado, Chairperson, Community Outreach and Catherine Rubio, Co-Chairperson, Community Outreach Committee, who coordinated the visit to the PNAAC Gawad Kalinga Village in Piel, Bulacan.

The PNAAC Balik-Turo was in real action with St. Paul College of Nursing, Iloilo City, held at the Convention Center, January 24 at 8:00AM-12Noon. It was attended by over 800 students & faculty. In the afternoon, was the PNAAC Balik-Turo Simulation Lab at the Central Philippine University (CPU) College of Nursing, Iloilo City. On Monday, January 29, we continued the journey at St. La Salle College of Nursing, Bacolod City. I was mesmerized by the enthusiasm & participation of the 1, 200 nursing students and faculty that attended. My deepest appreciation to all the PNAAC colleagues who shared their time and expertise at these different Colleges of Nursing in Philippines. In between Balik-Turo commitments, we had our courtesy call with the Honorable Mayor of Iloilo City, Mayor Trenas. Similarly, medical missions and humanitarian outreach were provided by many PNAAC chapters in remote and underserved communities in the country. It was very inspiring to see real compassion of PNAAC colleagues serving our countrymen in the Philippines.

The Filipino Nurses' Global Summit V and 14th International Nursing Conference, January 25-26, Iloilo City, Philippines was a huge success. It was a collaborative effort and leadership of the Philippine Nurses Association of America, Inc (PNAAC), Association of Deans of the Philippine Colleges of Nursing (ADPCN), and Philippine Nurses Association (PNA). The captivating theme "WE CARE: Filipino Nurses at the Forefront of Global Health" truly was reflected in the speakers' presentations and panel discussions. Let's celebrate the leadership of Dr. Dino Doliente III, Chairperson of the Global Summit and International Nursing Conference and all the planners for their passion, dedication, and hard work. The keynote speaker at the Global Summit was Atty. Juliet Choi, President and CEO, Asian Pacific Islander American Health Forum. Her presentation was on "WE CARE Worldwide: Shaping the Future of Global Healthcare." Dr. Robyn Begley, CEO, American Organization for Nursing (AONL) and CNO, Senior Vice President of Workforce, American Hospital Association (AHA). She talked about "Empowering Global Health: Nurses as Catalysts for Equity, Collaboration, and Advocacy." All the topics were thought provoking and the expert speakers and panelists provided not only evidenced-based practice but also their lived experiences and perspectives. There were over 500 attendees and the first ever Networking Night was vibrant with participants wearing their regional costumes. Four winners of best regional attire received 5,000.00 pesos each. The phenomenal Iloilo "Dinagyang" Festival was the décor theme adorning the stage and the entire conference room. Everyone will always remember the "Dinagyang" dancers opening performance bringing joy and excitement.

Thank you very much to the "Ilonggas" who sponsored the farewell dinner. Most of all, my utmost appreciation and gratitude to the sponsors, vendors, and souvenir journal advertisement donors. Mabuhay!

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





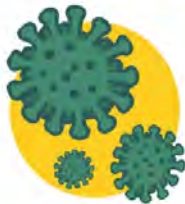
# FLU VACCINE: GET THE FACTS

## YOUR BEST PROTECTION AGAINST FLU

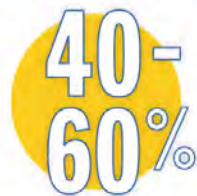
Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die.

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>



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





**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](http://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](http://JoinAllofUs.org)

 [AllofUsARC@asianhealth.org](mailto:AllofUsARC@asianhealth.org)

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## 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)





# Maintaining a Happy, Healthy Heart On Valentine's Day and Everyday

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

Valentine's Day is always associated with a heart that represents love for one another, but it is more than that in our medical and nursing world. A healthy heart is the essence of maintaining life as it continues to pulsate every minute until it stops, and maintaining a healthy heart is one of the most significant investments one can make. How do we keep a healthy heart from birth to the golden years of our lives?

Genetics may play some part in maintaining a healthy heart, but lifestyle plays a significant role, as some medical experts have stated. Here are some pointers to consider if we want to live longer with a healthy heart.

1. Stay active as long as you can. Daily walks and moderate exercises can achieve this. Walking is one of the best exercises that most experts agree on. If you cannot tolerate walking for long periods, you can take 10-15 minutes walking but do it 2-3 times a day. To make walking more enjoyable, walk inside the mall while window shopping or go to a park and breathe fresh air. Dancing is another form of exercise that is enjoyable to do. YouTube channels offer lots of dancing exercises.
2. Maintain a healthy diet. Now, some people may think that a healthy diet is boring. That is a misconception! Many delicious recipes have low-fat, low-calorie, low-carbohydrate, and low-salt diets. The trick to making our food tastier and appealing is using different spices, food presentation, and experimenting with different food combinations that will highlight the taste of each food. Eating a healthy diet is the key to heart disease prevention.
3. Manage stress levels. Stress is harder to manage when so many contributing factors make our lives miserable. That is possibly true, but there are lots of self-help articles available on social media that one can read and follow. Doing yoga and meditation can help you control your stress at a manageable level. Taking a hobby or reading novels can help you manage your stress levels.
4. Quit smoking and stay away from secondhand smoke! There is nothing good about smoking, and it is a deterrent to maintaining a healthy heart. It affects your heart and lungs in the worst way, plus the money you spend buying cigarettes can be put away much better in a savings account!
5. Drink alcohol in moderation. What does it mean to drink in moderation? That means you avoid being drunk! A couple of drinks when socializing is more than enough. Alcohol affects your brain, heart, and liver.
6. Maintain a healthy weight. This means not being too skinny or being too fat. A healthy weight is related to your height or body mechanisms based on your body mass index (BMI). BMI measures body fat based on height and weight, which applies to adult men and women.

According to the National Institute of Health (NIH), these are the BMI categories:

Underweight= <18.5    Normal Weight= 18.5-24.9    Overweight= 25-29.9    Obesity= >30

Tracking your heart health statistics like heart rate, respiratory rate, and blood pressure can help you meet your healthy heart goals! Happy Healthy Heart Month to all.





## Opinyon Ko Lamang sa Araw ng mga Puso

By Carmencita Santiago, BSN, RN

Ang Febrero katorse ay isang petsang ordinaryong lang,  
Pero sa mga Pinoy espesyal na araw to upang kanilang ipagdiwang,  
Sa mga magasawa at lalo na sa magkasintahan,  
Pasiglahin si Mrs o si mahal kung gusto mong di ka pagusapan.

Patok na patok ang bulaklak at tsokolate sa araw na ito,  
Mga hugis pusong regalo at cards mabibili rin sa kanto.  
Kumain sa labas, manood ng sine o kahit simpleng pamamasyal,  
Ayos na at ang mahalaga ay basta mapasaya ang kanyang minamahal.

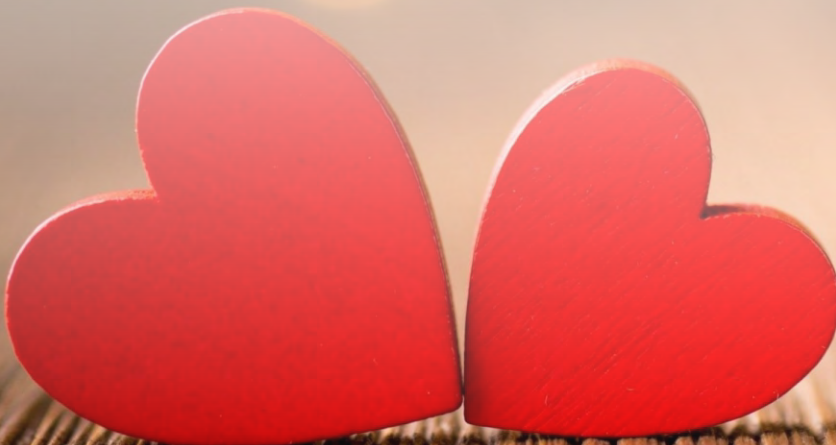
Memorable din maengaged o pakasal sa February fourteen,  
Pabor ito lalong-lalo na sa mga lalaking makalilimutin.  
Sa araw ng anibersaryo at nalimutan mo ang regalo,  
Outside the kulambo ka, buti nga ang parusa mo!

Ang Pinoy daw ay natural na romantiko may nagsabi sa akin,  
Mga sentimental, mapagmahal at maalalahanin  
Kung pinoy ang mister mo, tutuo ba itong haka hakang?  
Malas kung hindi, next time, better luck na lang.

Ang masasayang eksana sa buhay kaysarap gunitain,  
Sa matagumpay na relasyon nakakakilig isipin.  
Sa araw ng mga puso dapat lamang ipagdaos,  
Ang biktorya ng pagsasama at ligayang lubos.

Sa mga dalaginding o gurang na naghahanap ng boyfriend,  
Magingat na mabuti at inyong super kilatisin,  
Maraming romeong impostor na mahusay magpangap,  
Bago mo malaman ito nasira na ang iyong pangarap.

Ang Valentine's day ay hindi lang ukol sa mga magkasintahan,  
Pagdiriwang din to sa mga kapamilya, kabarkada at kaibigan.  
Araw ito ng pagpapakita ng isang tao ng kanyang pagmamahal,  
At pagmamalasakit sa kapwa at pasasalamat sa Poong Maykapal.







## Spousal love and support\*

By Joel Clemente, MAN, RN  
PNA North Texas: Dallas



***Love is patient and kind;  
love does not envy or boast;  
it is not arrogant or rude***

– 1 Corinthians 13:4-8a

Since God created us more than two thousand years ago, and gave us our first parents, Adam, and Eve, so many things have changed that transforms us, from what we were before, and to what we are today.

In fact one of the transformations that truly resonates in me and never change through the circle of life is Love. Varied chaos, tribulations, wars, famine, conflicts, catastrophe, abounds our treacherous world – yet in the end Love conquers all.

And for couples who are married – their spousal love and support for each other are beyond boundaries. Let me quote a quote from the Book of Proverbs which Patrick E. Kelly, Supreme Knight of the Knights of Columbus mentioned in his For The Greater Glory of God Columbia





December 2023 column that “When one finds a worthy wife, her value is beyond pearls. Her husband, entrusting his heart to her, a worthy wife, has an unfailing prize...Her children rise up and praise her; her husband, too, extols her. In prayers, they are always there with their spouses, and through the ups and downs of their married life.

As such, in celebration of Valentine's Day, we honor our better halves. They are wives of worth always there to give us a helping hand, a pat or massage in our shoulder. When we are busy at work, at our church, and volunteering services – they are always there adjusting to our family schedules, doing errands and emergencies, taking care of our children, prioritizing matters at the last minute when we are not there,

and going above and the call of duty. So to speak they take the dual role and responsibility that of a father and husband all at the same time without counting the cost, or expecting anything in return. Thus, their love and support for us are limitless.

Moreover, our partners for life are tripled – heroes, suffrage, and substance. True enough, to be a wife to an already busy nurse and community service volunteer based from personal experience – requires an understanding heart, patience, teamwork, and sacrifice. And what a better way to appreciate and recognize for all the hard works and things they did for us and our family is to make them and let them feel extra special. A glass of wine, a candle light dinner date and dance, a gift that they want, watching a movie, or simply staying at home with the family with foods and goodies, and karaoke session – will make a difference in them knowing that at the end of the day – we never forget them, and we love them from the very bottom of our hearts.

The steadfast love and support of our wives to us and our family are beyond compared. We could not score a touchdown without them, it takes two to tango, and it takes a God-fearing and law abiding family to help spread the mission and vision of our Divine Providence and Holy Family by what we think, say, and does, and being role models to others, equipped with prayers, thanksgiving, and supplications.

*\*The writer dedicated the article to his spouse May Cabuenas-Clemente for 25 years, and all the wives all over the world who made a difference in their families, and in the community they serve.*

# True Love\*

Joel Clemente, MAN, RN  
PNA North Texas: Dallas

*True Love never change  
Even when the world ends...  
It remains fresh and pleasing  
To those people who love each other.*

*As a matter of fact...  
Love is the most wonderful grace  
That the Lord gave to mankind...  
So that they will live in unity, love, peace, and  
In harmony with each other.*

*Oh! It's a warm feeling to mesmerize the environment...  
If we share true love and love one another  
Among each other without...  
Conditions and strings-attached.*

*And as God's precious work of art...  
Let us be sensible that true love  
Are our covenant to Him...  
So we can achieve everlasting life.*

\*The said poem was originally published in the December 1996 issue of the Armed Forces of the Philippines Medical Center Newsletter, in which the writer was an Editorial Board Member. Also, on December 2023, he was a recipient of the *WOW/Employee of the Month Award* at his workplace, for going above and beyond the call of duty, for his patients, and fellow team members.





# Tunay na Pag-ibig\*

Joel Clemente, MAN, RN  
PNA North Texas: Dallas

*Ang tunay na pag-ibig ay hindi nagbabago  
Mundo man ay magunaw...  
Ito'y nanatiling sariwa at kaaya-aya  
Sa mga taong nagmamahal sa isa't-isa.*

*Tunay nga ang kasabihang...  
Ang pag-ibig ay ang siyang pinakamagandang biyaya  
Ipinagkaloob ng Poong Maykapal sa mga nilalang...  
Upang sila'y magkakaisa, magmamahalan at mamuhay  
Nang matiwasay at puno ng kapayapaan.*

*O kay sarap dam'hin ang kapaligiran...  
Kung tayo'y nagbabahaginan ng tunay na pag-ibig  
Sa isa't-isa na walang inaasahang  
Kapalit at kabayaran.*

*At bilang mga gawa at likha ng Panginoon...  
Ating isapuso na ang totoo at tunay na pag-ibig  
Ang siyang ating Tipan sa Kanya upang  
Matamo natin ang buhay na walang hanggan.*

\*Orihinal nailathala sa Disyembre 1996 isyu ng Armed Forces of the Philippines Medical Center Newsletter, kung saan ang manunulat ay kasapi ng Editorial Board ng nasabing pahayagan. Ang nabanggit na manunulat noong December 2023, ay ipinagkaloob ng WOW/Employee of the Month Parangal ng kanyang workplace, bilang sa itaas at higit pa sa tawag ng tungkulin, para sa kanyang mga pasyente, at mga kasamahan sa trabaho.



**FEATURE**  
ARTICLE

# Removing barriers so others can succeed

By Jill Jansen



“I’ve been really very fortunate and blessed that throughout my life and nursing career I’ve met a lot of people who have helped me and shaped me into who I am today. I enjoy mentoring the nurses who come here and want to make sure they are assisted in the same way.”  
- Matilde “Mattie” Upano



INDIANA UNIVERSITY  
**SCHOOL OF NURSING**

When Matilde “Mattie” Upano left the Philippines at age 24 to practice nursing in the U.S., she never would have imagined that more than 45 years later she'd be leading advocacy efforts for others to do the same.

“Never in my life did I see myself doing something like this,” said Upano, who completed both a bachelor's and master's degree at IU School of Nursing. “I used to be really shy growing up; I wouldn't talk unless someone talked to me first.”

Through her involvement in the Philippine Nurses Association of Indiana (PNA-IN), Upano has worked for more than 15 years to remove barriers for foreign-educated nurses to practice in Indiana. Prior to last year, qualified nurses educated in other countries had to pass a Commission on Graduates of Foreign Nursing Schools (CGFNS) exam before they could take the NCLEX exam for RN licensure. Arriving in the U.S. with very few resources, these nurses not only had to pay the costs associated with the CGNFS exam, they often had to wait months to take it because the exam is only administered a few times each year.

For a variety of reasons, the legislative efforts stalled several times, but Upano and PNA-IN persevered, with support from the Philippine Nurses Association of America, the Indiana State Nurses Association,



the Indiana University Bowen Center for Healthcare Workforce Research & Policy, Indiana University Health, IU School of Nursing and other organizations. In March 2022, Indiana Governor Eric Holcomb signed into law House Bill 1003, which included the expansion of pathways for licensure of foreign-educated nurses.

“What really helped me during this most recent effort was that around the same time I met Dr. Crowder and learned more about the legislative process,” said Upano, who is serving her fourth term as president of PNA-IN. “She worked with me and held my hand, so to speak, when I testified at the Senate Committee and the House Committee for support of the bill.”

Upano became acquainted with Sharron Crowder, Ph.D., RN, ATSF, FAAN, special assistant to the dean, health policy initiatives, and clinical associate professor at IU School of Nursing, when she participated in Dr. Crowder's program, Empowering Indiana's Nurses of Color for Health Policy Leadership.

Upano's commitment to helping nurses gain employment in the United States was driven by her own experience. After graduating from nursing school in the Philippines when she was 19 and obtaining her nursing license two years later, Upano worked for a medical center in Manila and then helped establish a hospital that was run by nuns. Three years later, she was recruited by a nursing administrator of a community hospital in Anniston, Alabama. She traveled to the U.S. with 17 other nurses.

“We helped each other and had each other, so we didn't feel as homesick,” Upano said. “Homesickness is huge when you're out of your own country.”

The group of nurses worked in Alabama for a year before disbanding to obtain employment in other states. Interested in working for a university-affiliated medical center, Upano found a job in Indianapolis in the renal unit at University Hospital. She was able to obtain her RN license in Indiana by endorsement because she had taken and passed the National Council of State Boards of Nursing exam in Alabama. While working at University Hospital, she enrolled in IU School of Nursing's newly established RN to BSN program. She found her calling in anesthesia nursing and transferred from University to Riley Hospital for Children. When she completed her master's degree at IU School of Nursing, she became the first nurse practitioner in pediatric anesthesia at Riley.

Upano retired from Riley Hospital in 2018 at the age of 72. In addition to her legislative and advocacy work in support of foreign-educated nurses, she helps nurses from the Philippines transition to life in Indiana. Upano organizes volunteers from PNA-IN to meet nurses at the airport, distribute welcome boxes and provide an orientation to the practice of nursing in the U.S.

“I've been really very fortunate and blessed that throughout my life and nursing career I've met a lot of people who have helped me and shaped me into who I am today,” Upano said. “I enjoy mentoring the nurses who come here and want to make sure they are assisted in the same way.”

(Reprinted with Permission from University of Indiana School of Nursing, December 2023)

FEATURE  
ARTICLE

# Ready for a bright future

By Jill Jansen



“Learning from my mom about the special relationship nurses have with their patients had an impact on me. For me, nursing is the right mix of serving people and the satisfaction that comes from critical thinking.”  
- Samantha Academia

INDIANA UNIVERSITY  
**SCHOOL OF NURSING**

Born into a family of health care professionals, Samantha Academia spent most of her childhood thinking she wanted to do something different with her life. That changed when the science courses she took in high school sparked an interest Samantha couldn't shake. From then on, joining her parents in pursuing a career in health care—her mom is a nurse, and her dad is a physical therapist—has proven to be the right decision for her too.

“Learning from my mom about the special relationship nurses have with their patients had an impact on me,” said Samantha, who was just 19 months old when her family moved from the Philippines to Muncie, Indiana. “For me, nursing is the right mix of serving people and the satisfaction that comes from critical thinking.”

Now preparing for the final semester of nursing school, Samantha and her classmates at the IU School of Nursing in Bloomington were the first to use the school's state-of-the-art Nursing Learning Resource Center. The center, set up as a realistic hospital learning environment, is where Samantha learned how to take blood pressure, start an IV and practice other clinical skills essential to nursing.

“The journey through nursing school here in Bloomington has been really fulfilling for me,” Samantha said. “My capabilities, competence and confidence have grown a lot during these four years.”



A student in the nursing honors program, Samantha is involved in a research project under the guidance and mentorship of Angela Opsahl, DNP, RN, CPHQ, interim assistant dean and associate professor. She's working with Dr. Opsahl and teams at IU Health Bloomington Hospital and Riley Children's Health to develop a pediatric mass casualty incident simulation.

"Dr. Opsahl is a great mentor, and we have classes built into our curriculum that are research focused," Samantha said. "I appreciate feeling competent in interpreting the evidence that's out there so I can apply it to my practice as a nurse."

Samantha's academic successes haven't gone unnoticed. During the 2023-2024 school year, Samantha was awarded the Linda and Duanne Thiel Memorial Scholarship and the Clara Harman Pugsley–Florence Nightingale Scholarship.

"I am so honored and grateful to have received these scholarships," Samantha said. "As a dedicated student and future nurse, it means so much to have my hard work and efforts recognized. Not only will these scholarships lighten the financial burden of paying for college on me and my family, but it will also allow me to focus even more on school rather than working. I will use these scholarships to continue enriching my nursing education and learn as much as I can – so that I may become a capable and confident nurse in the future."

Reflecting on her years at the IU School of Nursing, Samantha said a class session on end-of-life care and grief was particularly memorable, as is the knowledge she's gained about social determinants of health and health equity.

"It's not enough to just think about how to care for a patient's disease or symptoms in that moment," Samantha said. "You also have to ask yourself whether they have food at home or if they can pick up their medications. It's one of the things that I've grown to appreciate about the IU nursing program, and I feel very educated about these things."

With an eye toward graduation in May 2024, Samantha is leaning toward a career in critical care nursing. Working as an ICU nurse will give her a chance to use the critical thinking skills she's developed in nursing school, and the lower nurse-to-patient ratio in the ICU appeals to her. Before her first day on the job, however, Samantha will travel to Ecuador next summer as a volunteer for MEDLIFE. With chapters on college campuses across the country, the organization seeks to improve health care access for low-income families and communities in Latin America and Africa. Samantha is the IU Bloomington chapter's co-director of marketing.

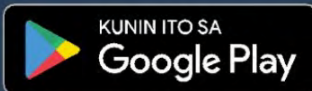
"MEDLIFE is all about getting health care access to those in need, and we do service work around the Bloomington area too," she said. "Last year, our chapter raised more than \$14,000 toward building a medical center in Peru. It's work I'm really proud of."

*(Reprinted with Permission from University of Indiana School of Nursing, December 2023)*



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# 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.**



*Scan me*

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

## SPECIAL

# 40 Days of Lent: Why Lent?

By Joel Clemente, MAN, RN  
PNA North Texas - Dallas

The season of Lent which starts on Wednesday, also Valentine's Day, February 14, and which will end on Easter Sunday, March 31, following the Epiphany season – is the church's annual celebration for meditating and reflecting as Christians on the passion, death, and resurrection of our Lord Jesus Christ. It is a time when we, aside from our daily routine, remember God's love for us through His son's death on the cross, defeating death, defeating Satan's temptations, and the reward of eternal life. The season lasts a total of 40 days.

### *Significance of 40 days...*

Throughout biblical history, God uses forty days to draw His people to come back to Him through repentance, encouragement, and transformation and prepares them to do the mission they were called to accomplish. See the examples below.

In the Old Testament, Noah and his family remained on the ark for forty days during the great flood, and so did Moses, who went up to Mount Sinai again for forty days, where he received the Ten Commandments. In the New Testament, Jesus, at the launching of his early ministry, spent forty days in the wilderness or desert praying and fasting before dying on the cross. Even the apostles spent forty days with our Lord following His resurrection. Over and over again, it's a time of metamorphosis and life-changing experiences.

### *What we can do...*

As onward Christian soldiers, self-discipline and sacrifice are the utmost gifts we can give to our Lord, of course through repentance and reconciliation, so we can go back to Him and be called His worthy children. We do this through meditating and reflecting on His words and messages for us through the Bible, as well as doing works of prayers, corporal works of mercy, fasting, abstinence from meat, especially on all Fridays of Lent, and almsgiving particularly to those who have less in life – the poor, oppressed, and less-fortunate, etc. We can become role models and examples to others through our words, actions, and deeds, visiting the sick and comforting the depressed and afflicted.

We are to be praying for world peace, especially with the war going on in Israel and Ukraine and other parts of the world, for all the souls in purgatory, and for hope, healing, and recovery for those who are afflicted with COVID-19 virus, and other diseases and illnesses throughout the world.

We should at least spend one hour of vigil, whether at home or near an abortion clinic or referral facility, praying for the unborn and their mothers and for an end to abortion during the forty days for life period.

And spend some quiet time with the Lord, for this is His will. As the prophet Isaiah says, “*Speak Lord, for your servant is listening,*” in the silence of our hearts.

### *In retrospect...*

The season of Lent is our companion for Life. It is our “*vade mecum*” or “travel with me” time frame, preparing our hearts to receive profound graces and listening to God's words, which are thought-provoking.

May the Lenten season strengthen you in your faith journey and help you receive many blessings.



## SPECIAL

# Mom said always to wear clean underwear!

By **Mary Ann Neely, RN, BSN, MEDSURG-BC**  
President-elect, PNAGA

It was a beautiful sunny morning on May 26, 2017. It was Friday, and it was the last day of my son's seventh-grade year in school. All the room moms for the 7<sup>th</sup> graders at his school organized an ice cream social for them. As my son's room mom for his class, I was ecstatic. I love ice cream! My eyes were popping out of the sockets as I saw the flavors the students brought in – chocolate, double chocolate, vanilla, fudge ripple, Neapolitan, just to name a few. I thought to myself that I was going to put myself into an ice cream coma once I ate my share. I never ate my share that day.

Something was wrong. I felt a warm sensation across my chest and a raw feeling in my stomach. Do I need to go to the bathroom? I excused myself and went to the bathroom. Nothing happened. I returned to the festivities but still did not feel right. I told the other room moms I was going home because I didn't feel right. There were more than enough moms there to help with clean up.

While I was driving home, my stomach was getting queasy. As much as I didn't want to think about it, a heart attack came to mind. I was at a stop sign and was contemplating what to do. If I make a right turn, it would take me home. Something told me to go left. So, that's what I did. I turned left and headed towards the hospital. Yes, I drove myself to the hospital. How many times have I taught my patients not to drive themselves to the hospital? Call 9 1 1... that would have been the right thing to do! We all know medical professionals are non-compliant.

As I was driving, something occurred to me. I didn't shave my legs that morning. And I was wearing underwear with holes in them! Right then, I pictured my mom saying, "Always wear clean underwear when you go out." I'm pretty sure she meant nice ones, not ones with holes in them, too. I thought I could turn around and go home to shave my legs first and put on another pair of undies. My angel put other thoughts on my mind. I needed to get to the hospital!

I arrived at the emergency department and went to check-in. "I'm having chest discomfort," I told the registrar. I didn't want to say chest pain because I wasn't having chest pain. That didn't matter. I was attended to right away. Protocol vitals, labs, and EKG were done at amazing speed. Time is of the essence! At the same time, my medical history was obtained.

The ER physician came back not too long after to give me results. The EKG was normal. The labs, in particular the cardiac enzymes, were negative. Considering my significant family history of cardiovascular events, he wanted to admit me for observation. Great! I have to call out. It was my weekend to work, and it was also the Memorial Day holiday. I was disappointed. I was going to miss out on the holiday pay.

I really wasn't paying much attention to what he was saying after he said the word "admit." My mind was on the menu for that evening. I knew I was going to be on a cardiac diet before he even said it. Since I've worked there



for several years, I know the patient menu by heart. Friday night was always baked fish. That was what I was looking forward to—bland, low fat, low cholesterol baked fish with unseasoned carrots and green beans. Sure enough, that was the meal brought to me. A second set of cardiac enzymes were drawn while I was eating. Before I finished dinner, my nurse told me a heparin drip was going to be started. My troponin level was 16! What!!! I was already told in the ER that if my enzymes were elevated, I would be getting a heart catheterization in the morning.

My body didn't want to wait until morning. Shortly after midnight, I was getting the same warm sensation across my chest, and I was dry heaving forcefully. Rapid response was called, and a stat EKG was done. The EKG showed a STEMI. The catheterization team was called in immediately. As I was being wheeled on the bed down to the catheterization lab, I began praying. "Oh, God, please don't let my husband find my credit cards!" I later told him about my credit cards.

Anyway, the cardiologist found a blockage in my posterior descending artery. I didn't need a stent since the clot was in a smaller vessel. I was loaded up on Plavix 300mg and prescribed a full dose of Aspirin 325 mg three times daily for two weeks. Talk about needing to be bubble-wrapped! The smallest cut or bump could have me bleeding profusely.

I was finally discharged on Monday, May 29, 2017. A Mediterranean diet was recommended for me, and I exercised through the cardiac rehab department to make my heart stronger. This whole experience gave me insight into my life. This could have gone very wrong. I thank the Lord daily for my life. I tell this story to my patients and their families as often as I can. I was only 49 years old when this happened. A heart attack or cardiac arrest is seen in younger patients. I now teach CPR and take a stand to teach the public about heart health.





## Ang Tambuli-the Rhythm of Nursing Life

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



# My ED experience

February is Heart Month, bringing our cardiac health, love, life, and Lent to mind! Many of us have experienced health emergencies, not only professionally but also personally. As life happens, these emergencies seem to become more frequent than ever, some necessitating trips to the ED, doctor's offices, or just good old rest, waiting for the discomforts to dissipate or totally go away. Sometimes, as nurses, we rationalize the symptoms we feel, thinking it's just indigestion, fatigue, stress, and costochondritis, and they will go away or not!

Aging brings to mind a different perspective. After retirement from a challenging and equally rewarding nursing career, I set goals of maintaining and improving my health, exercising at least four times a week, getting at least five hours of sleep a night, and eating the right food portions. I prided myself on a great start by scheduling and attending classes at the gym, cutting back on desserts, and going to bed earlier than usual!



One day...it was a Sunday morning at the gym, attending my usual Zumba class. All of a sudden, in the middle of the class, I started experiencing some chest discomfort. I slowed down, decreased my workout intensity, took a couple of deep breaths, and drank water at break time. I resumed the dance steps and, just with less jumping, feeling about the same, finished the class. I sat down, rested for a few minutes, and looked for my husband at the weights section. It was time for us to go home, and I told him I needed to take it easy. As soon as I got home and went to our bedroom, I had this sudden urge to vomit, and off to the sink I went. With chest discomfort and vomiting, I knew that this was something I needed to get checked out at the ED. By the time I got to the ED, I requested pain medication since I could not tolerate the chest, which is highly unusual for me. I have a high pain threshold.

Though I still had to sit in a wheelchair in the waiting room, the nurse eventually gave me something for pain that made it more bearable. Fast forward to the H & P, lab work, tests, and cardiac enzymes were within normal limits. Still with Chest pain and vomiting, I was now placed on Observation status. My concern was the Chest pain while I was in my Zumba class. I was kept overnight, had a stress test in the morning, and was finally sent home. Diagnosis-GI virus!

Oh my! All the while, my dear husband was patiently seated by the stretcher, updating my children and hoping for the best outcomes. Rest assured, I took it easy for the next few days and then gradually returned to my exercise routines. So a few days ago, while on a trip to Bacolod City with my 1969 high school classmates, I was awakened in the middle of the night with this major urge to throw up, with other GI symptoms. Flashback to my previous experience many years ago with similar symptoms. I prayed that these would stop and took the medicine I had brought. It helped a bit but did not stop. I told myself that I would be fine and would not go to the ED. There were three of us that had similar symptoms. We spent the next day in bed, drinking liquids, resting, and eventually trying to eat lugaw. I felt better and had no other symptoms! Alleluia, since we were flying back to Manila the day after! Many thanks to my caring classmates, doctor spouse, and the household help who ministered to our needs. Filipinos are indeed compassionate people. The TLC and kindness of my friends truly made a difference. Blessed and forever grateful for life and nurses!

COMMITTEE UPDATES



**Advanced Practice Updates**

By Velma Dumag Yep, DNP, MSN, APRN, GNP-BC  
PNA Southern California VP 2022-24

**The Nurse Practitioners' Role in the Opioid Crisis**

The opioid epidemic is spreading, and more than 130 Americans die from a drug overdose daily. This is more than the number of Americans who die from car crashes and guns—combined. Improving access to medication-assisted treatments (MATs) can have a profound impact on individuals with opioid use disorder and their families. Many advanced practice nurses can help with curtailing the increase of opioid-effective patient education on the proper use of controlled medications, which includes education on the side and adverse effects of these classes of medications. More importantly, utilizing other modes of treatments other than the use of opioids in pain management, for example, physical therapy or non-steroidal anti-inflammatory and topical non-opioid medications.

Nurse practitioners who have the Drug Enforcement Authority (DEA) number are equipped to promote safety, monitor the use of opioids in their practices, and control the spread of the opioid crisis epidemic. As of 2023, all DEA registered practitioners are required to obtain Substance Use Disorder Training – a DEA requirement. This one-time requirement is to complete eight hours of training on the treatment and management of patients with opioid or other substance use disorders.

**Who is impacted by this new DEA requirement?**

All registered practitioners, except those sole veterinarians, must complete the requirement.

**When is the deadline for meeting this new requirement?**

Practitioners will begin to report completion of the requirement on their DEA registration or regularly scheduled registration renewal form starting on or after June 27, 2023. This will require practitioners to check a box on their DEA registration form confirming that they have completed the 8-hour substance use training requirement.

**Legislation Updates: Final Rule Released Updating Opioid Treatment Program Regulations to Include Nurse Practitioners**

The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), released a final rule that updates federal regulations governing Opioid Treatment Programs (OTPs). More importantly, this final rule revises the definition of practitioner within an OTP to include nurse practitioners. This definition was previously limited to physicians. This final rule authorizes NPs practicing within an OTP to order medications in OTPs by state law to reduce the burden on OTP operations and increase patient access to medications. SAMHSA noted broad support for this provision in the final rule, and this is a policy change that has long been a priority by the American Association of Nurse Practitioners.

This is the first update of these regulations in 20 years and contains additional provisions that remove barriers to care, such as:

- It is breaking down barriers to entry for treatment by removing the stringent admission criteria that had previously required patients to have a history of addiction for an entire year before being eligible for treatment. This will help open more doors to treatment for more people when needed and ensure everyone can get the care they need.
- Expanding access to interim treatment allows patients to initiate medication treatment while awaiting further services to ensure they have access to care as soon as they are ready and to reduce the barriers of treatment waitlists.
- They promote patient-centered care models aligned with management approaches for other chronic conditions.

Sources: American Association of Nurse Practitioners (AANP)

<https://www.samhsa.gov/newsroom/press-announcements/20240201/biden-harris-administration-marks-two-years-advancements-hhs-overdose-prevention-strategy-new-actions-treat-addiction-save-lives>





## COMMITTEE UPDATES

### Advanced Practice Updates

By Velma Dumag Yep, DNP, MSN, APRN, GNP-BC  
PNA Southern California VP 2022-24

# Heart Healthy Diet Among Filipino Americans

February is considered the month of "hearts." For this reason, I will focus this article's topic on heart-healthy diet and lifestyle, specifically Filipino American food and culture.

The growing number of economically developing countries that gradually adopt a Western lifestyle (i.e., sedentary behavior, physical inactivity, consumption of calorie-dense, fatty foods, and high sodium intake) is believed to be a significant factor that increases the prevalence of hypertension (HTN) globally. Over four times/ week of vigorous physical activity, consuming a diet rich in vegetables, fruits, and sodium below the recommended threshold, refraining from smoking, and avoiding high alcohol consumption are part of healthy lifestyles and help prevent hypertension. Hypertensive individuals are at an increased risk of developing heart disease and stroke (Ozemek et al., 2020)

Life's Simple Seven recommends the following to maintain a healthy heart:

- Be physically active (burn calories)
- Maintain a healthy weight. Standard body mass index (BMI) 20-24.9.
- Consume a healthy diet (e.g., Mediterranean diet).
- Maintain healthy cholesterol levels Normal total cholesterol:< 200 mg/dL.  
LDL: Optimal:< 100 mg/dL (This is the goal for people with diabetes or heart disease.).  
Triglycerides: < 150 mg/dL; HDL: >40
- Maintain systolic blood pressure < 130 systolic values.
- Fasting blood glucose level between 70 and 100 mg/dL (3.9 and 5.6 mmol/L) is considered normal. If you had a random blood glucose test, a normal result depends on when you last ate. Most of the time, the blood glucose level will be 125 mg/dL (6.9 mmol/L) or lower.
- Do not smoke.

Filipino-Americans, among all Asian American subgroups, have been shown to have the highest rates of hypertension, raising risks of heart attack and stroke. There has been little done to investigate culturally sensitive interventions to control hypertension rates in this population. A pilot study, which used a design thinking approach informed by culinary medicine, developed a culturally tailored, heart-healthy, and low-sodium recipe cookbook for Filipino Americans with hypertension. This pilot study showed the lack of culturally relevant lifestyle options for blood pressure management currently available to the Filipino community (Sijangga MO, Pack DV, Yokota, et al., 2023).

These cultural factors include the traditional custom of sharing meals, contributing to difficulties in reducing caloric intake, and limited medical visits due to patients not visiting until their condition is more advanced. Additionally, there is a high prevalence of smoking among Filipino Americans, a strong 'pakikisama' (desire to get along with others to prevent conflict) in social settings. Studies have found that the Filipino diet consists of an average of 12 g of sodium—eight times higher than the American Heart Association recommended. (Abesamis, C.J. et al., 2016)

We know that most, if not all, of the “Westernized” Filipino diet consists of foods high in sodium, which can worsen HTN, mainly ready-made meals, including frozen meals. Many foods sold on store shelves are high in fats and simple carbohydrates, which can contribute to worsening cardiometabolic conditions.

A sample recipe in the cookbook adopted low-fat, low-salt meals. Preferably, omit adding the sugar and cornstarch into this recipe to make it less refined carbohydrates.

## ZUCCHINI ADOBO

*This recipe is Chef Dominic's Filipino take on a simple Chinese style eggplant dish he learned while working at his first restaurant. He decided to choose zucchini instead for this recipe because it is a very versatile ingredient that works well roasted, steamed, or fried. He then "Filipino-ized" it by tossing it in a homemade adobo sauce that is bright, tangy, and most importantly tasty!*

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PREP TIME	COOK TIME	SERVINGS
10 - 15 mins	15 - 20 mins	1

---

### INGREDIENTS

1 Zucchini (medium size, about 9 oz)  
 2-3 green onions  
 Adobo Sauce (enough for 4-5 servings):  
     1 tsp vegetable oil  
     1 tbsp ginger  
     1 tbsp garlic  
     1/4 cup water  
     1/4 cup soy sauce/Tamari  
     3/4 cup vinegar  
     2 tsp black ground pepper  
     1 tbsp sugar  
 Slurry:  
     1 tbsp cornstarch  
     1 tbsp water



### INSTRUCTIONS

Adobo Sauce:  
 1) In a small saucepan on medium, add the oil and sauté garlic and ginger until tender.

Sijangga MO, Pack DV, Yokota NO, Vien MH, Dryland ADG, Ivey SL. Culturally-tailored cookbook for promoting positive dietary change among hypertensive Filipino Americans: a pilot study. *Front Nutr.* 2023 Apr 20;10:1114919. doi: 10.3389/fnut.2023.1114919. PMID: 37153920; PMCID: PMC10157645.

The study proved that the recipes, nutrition labels, illustrations, and cultural aspects increased motivation to achieve dietary change and improve the participants' blood pressure. The goal of the study was to develop and identify existing recipes that would be heart-healthy, lower sodium, lower fat, lower cholesterol, and higher fiber foods while still being flavorful and culturally acceptable (Sijangga, MO et al., 2023).

**References:**

Abesamis CJ, Fruh S, Hall H, Lemley T, Zlomke KR. Cardiovascular health of Filipinos in the United States: a literature review. *J Transcult Nurs.* (2016) 27:518–28. 10.1177/1043659615597040 [

Ozemek C, Tiwari S, Sabbahi A, Carbone S, Lavie CJ. Impact of therapeutic lifestyle changes in resistant hypertension. *Prog Cardiovasc Dis.* 2020 Jan-Feb;63(1):4-9. doi: 10.1016/j.pcad.2019.11.012. Epub 2019 Nov 20. PMID: 31756356; PMCID: PMC7257910.

Sijangga MO, Pack DV, Yokota NO, Vien MH, Dryland ADG, Ivey SL. Culturally tailored cookbook for promoting positive dietary change among hypertensive Filipino Americans: a pilot study. *Front Nutr.* 2023 Apr 20;10:1114919. doi: 10.3389/fnut.2023.1114919. PMID: 37153920; PMCID: PMC10157645.



# 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://vaccinesourcehub.org/resources/reliability/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://vaccinesresourcehub.org/resources/reusability/434/> - 434

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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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# 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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**Palakpakan**  
CORNER

**Congratulations to PNA Metro DC member, Alvin Matium,  
for achieving the Nurse Executive-Board Certified certification!**







**Palakpakan**  
CORNER



## ANA Announces 2024 National Award Winners

January 18, 2024

**MEDIA CONTACTS:** [newsroom@ana.org](mailto:newsroom@ana.org)

**SILVER SPRING, MD** – The American Nurses Association (ANA) today announced the recipients of its 2024 National Awards, which recognize outstanding nurses and champions for their vital contributions to the nursing profession and health care. ANA will hold a ceremony on June 27 in Washington, D.C. to celebrate the extraordinary achievements of these nurses, who are exemplary leaders and advocates, and whose contributions have advanced nursing and demonstrated ANA's impact on improving health care for all.

### AWARDS FOR NURSE EXEMPLARS

The Hall of Fame Award recognizes nurses for their commitment to the nursing field and their impact on the health and social history of the United States.

- **Beverly Malone**, PhD, RN, FAAN, National League for Nursing

### AWARDS FOR DISTINGUISHED PRACTICE IN NURSING

The Distinguished Direct Patient Care Award recognizes an individual registered nurse who provides exemplary patient care and contributes to the advancement of nursing practice.

- **Jerico Alicante**, BSN, RN, FISQua, ANA\California
- **Leticia Escalante**, BSN, RN, ANA\California
- **Arlyn Labtis**, MSN, RN, PCCN, CMSRN, ANA-Illinois
- **Janette Richardson**, MSN, RN, AGCNS-BC, CCRN, Indiana State Nurses Association

The Early Career Nurse Leader Award recognizes an emerging member of the nursing profession for significant accomplishments and contributions.

- **Josephine Agyei**, BSN, RN, ANA-New York
- **Raya Cupler**, MPA, BSN, RN, ANA-Ohio

The Foundations of Nursing Practice Award recognizes an individual registered nurse for outstanding accomplishments in nursing research, nursing education, or nursing practice.

- **Mary Jane Genuino**, DNP, RN-BC, New Jersey State Nurses Association

The Public Health Service Award recognizes the outstanding contribution by an individual to public health.

- **Barbara Russell**, RN, BSHSA, MPH, CIC, FAPIC, Florida Nurses Association

## AWARDS FOR NURSE CHAMPIONS

The Advocacy Award recognizes an individual registered nurse who embraces the role of advocate as part of his/her professional identity.

- **Ahnyel Burkes**, DNP, RN-BC, NEA-BC, Louisiana State Nurses Association
- **Gilanie De Castro**, BSN, RN, OCN, NE-BC, CNML, ANA\California

The Champion of Nursing Award recognizes the contributions of an extraordinary leader or organization who is not a member of the nursing profession.

- **Daniel Oerther**, PhD, PE, BCEE, CEHS, DLAAS, ANEF(H), FAAN(h)

## AWARDS FOR NURSE PIONEERS

The Luther Christman Award recognizes substantial contributions made by an individual man in nursing to the profession in the areas of practice, research, education, public policy, and/or community service.

- **William Rosa**, PhD, MBE, AGPCNP-BC, FAANP, FPCN, FAAN, ANA-New York
- **Nelson Tuazon**, DNP, DBA, RN, NEA-BC, CENP, CPHQ, CPPS, FNAP, FACHE, FAAN, Texas Nurses Association

The Mary Mahoney Award recognizes significant contributions, made by an individual registered nurse or a group of registered nurses, to integration within the nursing profession.

- **Nancy Atmosphera-Walch**, DNP, MPH, MCHES, LNHA, CCHN, CMC, BSN FN, FAAN, Hawai'i-ANA

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The American Nurses Association (ANA) is the premier organization representing the interests of the nation's more than 5 million registered nurses. ANA advances the profession by fostering high standards of nursing practice, promoting a safe and ethical work environment, bolstering the health and wellness of nurses, and advocating on health care issues that affect nurses and the public. ANA is at the forefront of improving the quality of health care for all. For more information, visit [www.nursingworld.org](http://www.nursingworld.org).





# 2024 ANA National Award Winners

## AWARD FOR NURSE EXEMPLARS



Beverly Malone, PhD, RN, FAAN,  
National League for Nursing, PNAA Honorary Member  
**Hall of Fame Award**

## AWARDS FOR NURSE PIONEERS



Nelson Tuazon, DNP, DBA, RN, NEA-BC, CENP,  
CPHQ, CPPS, FNAP, FACHE, FAAN, Texas Nurses  
Association, PNA San Antonio  
**Luther Christman Award**



Nancy Atmosphera-Walch, DNP, MPH,  
MCHES, LNHA, CCHN, CMC, BSN FN, FAAN,  
Hawaii-ANA, PNA Hawaii  
**Mary Mahoney Award**

## AWARDS FOR DISTINGUISHED PRACTICE IN NURSING



Jerico Alicante, BSN, RN, FISQua,  
ANA \ California, PNA So. California  
**Distinguished Direct Patient Care Award**



Mary Jane Genuino, DNP, RN-BC,  
NJ State Nurses Association, PNA New Jersey  
**Foundations of Nursing Practice Award**





**Palakpakan**  
CORNER

**Diane Josephine Santiago, MSN RN CV-RN CCRN,  
graduated with her post-masters in nursing administration  
from UT Arlington. Congratulations, Diane!**







**Palakpakan**  
CORNER

## **PNA Northern California Congratulations to Kaiser ICU South San Francisco, California Everyday Hero Winner!**

By Diane Josephine Santiago, MSN RN CV-RN CCRN

Congratulations to the ICU at Kaiser SSF, who won the Everyday Hero Award. Marlon Caballero, a PNANC member, and Venice Santos, a PNA Napa Solano member, wrote the nomination. The nomination was seven pages long and wrote about how wonderful the ICU is at Kaiser SSF. The unit is led by PNANC member Babylyn A., the manager; the director, Vangie Rico, DNP, PNANC member; and Assistant Managers Diane Santiago, Richard Barrios, and Victor Blardony. Charge nurses on the unit are also PNANC members Pauline Uy, Joy Apostol, and Vicky Palomar, PNANC Board Member. Here is what the ICU wrote about how they spread compassion:

*"Love and compassion are necessities, not luxuries." - Dalai Lama.*

Compassion in nursing practice refers to the ability of nurses to empathize with and provide care and support to patients in a caring and understanding manner. It involves seeing the patient as a whole person, beyond their illness or condition. Compassionate nursing care emphasizes treating patients with dignity, respect, and kindness, acknowledging their emotional, spiritual, social, and physical needs. The Kaiser SSF ICU team demonstrates compassion in various ways that extend to the patient and their loved ones. We believe that compassion in nursing practice improves patient satisfaction and contributes to better health outcomes and holistic healing.

Providing emotional support during challenging times is always practiced at KSSF ICU. The nurses on our unit recognize and address the emotional impact of illness, pain, or loss on the patient, their families, and themselves. In one event, an 84-year-old woman admitted for hypotension who was also COVID-19 positive was admitted to our ICU just two days before her 85th birthday. The patient was afraid and emotional and constantly used her call light to get the nurses' attention. Since this patient was a COVID-19 patient, she was placed on isolation precautions, and it would take some time to get PPE on to properly enter the patient's room.

The patient would become easily distressed if her call light were not answered in what she considered to be a timely manner. The nurses who took care of her each passed on that information along with a tip to provide constant reassurance and a schedule so the patient could anticipate when the nurse would be back in her room. One of the evening nurses sat with her and asked the patient what might be causing her to feel so emotional. The patient relayed to the nurse that she had recently celebrated her 60th wedding anniversary with her husband and had never been away from him since they had been married. She also shared that her 85th birthday was the following day, and the thought of celebrating it alone made her extremely depressed because she had no idea how many she would have left. The evening shift nurse sat with her, listened, and brought a phone into her room so her husband could

she speak to the patient anytime. She then passed to the night shift nurse all the details the patient shared with her that may be contributing to her anxiety. After the report, the night shift nurse began making decorative flowers from allergy and fall risk bands and birthday signs while the patient was asleep. She recruited another nurse to draw balloons and write a birthday message outside her window using dry-erase markers. That way, when the nurse went in to introduce herself and perform her assessment at midnight, the patient would be greeted with a decorated room and would not feel alone on her birthday. The patient was tearfully grateful and was put at ease. She was transferred out of the ICU the next day and was very thankful for the kindness shown to her during her stay.

Compassionate nurses also advocate for their patients, ensuring their voices are heard, their rights are respected, and their needs are met. Sometimes, this involves helping the patient's family stay informed to make the best decision for the patient if they cannot do so on their own. Our ICU received a patient who had a catastrophic hemorrhagic stroke that required him to be on mechanical ventilation, essentially life support. The patient's wife and daughter were having a tough time coming to terms with the patient's prognosis and were adamant about pursuing all measures needed to keep the patient alive. After many talks with the doctors and palliative care, the patient's wife and daughter were still unsure about what decision to make for the patient. When the nurse spoke to the family, she identified a language barrier contributing to misunderstanding about the patient's prognosis. The nurse got a Mandarin translator, called the doctor, and arranged a meeting to discuss the patient's prognosis and condition. After that meeting, it became clear to the family that the patient would not be successfully liberated from the ventilator, nor would he ever wake up to live a meaningful life, although his heart would still beat. They began to understand what brain death meant, which helped them navigate through an exceedingly difficult decision. The nurse sat with the grieving wife and daughter, and the daughter told the nurse that the patient, her dad, worked so hard all his life to support his family and had just retired the month before. She was devastated that he could not enjoy this part of his life. She said that her father and mother had plans to finally go on simple dates and enjoy their one and only grandson, her 5-year-old son. The nurse cried with the patient's wife and daughter, provided active listening, and ensured that all their questions were answered.

The patient's wife and daughter decided to change the patient's status to comfort care so he could pass peacefully among his loved ones. His 5-year-old grandson was allowed to visit under these circumstances and played the violin for his dying grandfather. The family was given reassurance that letting go is not the same thing as giving up and that their decision to allow their dad to pass in a dignified way surrounded by loved ones is one of the most selfless forms of love. The ICU team offered our customary comfort care cart with assorted teas, crackers, and beverages. Our ICU team also gave the family a handwritten note signed by the nurses offering our deepest sympathies and condolences, a practice that we extend to all families of patients who expire on our unit. The patient's wife and daughter thanked the nurses for their concern for the patient and empathy for their family.

The above examples demonstrate how compassion in nursing goes beyond technical skills. Our KSSF ICU team strives to offer empathy, active listening, individualized care, advocacy, emotional support, and cultural and diversity sensitivity to each patient under our care. Offering compassion is not an adjunct to care; it is our standard of care.





**INTENSIVE CARE UNIT**  
South San Francisco Medical Center

Day in and day out, the ICU team exemplifies Kaiser Permanente's service values of Safety, Compassion, Integrity, Excellence and Efficiency. From evidence-based processes in the ICU such as early mobilization and ambulation of patients, decreasing falls, along with true multidisciplinary rounds, has help set the standard for safe, effective, clinical care within the department.

However, the dedicated ICU team has numerous examples of compassion and creating caring moments for their patients and their families. A few examples include:

- Ensuring appropriate communication to help a family make important end of life care for a loved one.
- Providing an avenue for a new mother with a two-week-old baby to spend time with her newborn and assist with pumping to provide the baby with much needed breast milk.
- Staff spending time with a COVID patient who not only just celebrated their 60th wedding anniversary, but was celebrating both their 85th birthday, when they could not have any visitors.

The ICU team lives our service values of Safety, Compassion, Integrity, Excellence and Efficiency each and every day with every patient they care for!

Everyday Heroes acknowledges departments who go above and beyond to contribute to the exceptional care experience of patients, families, and each other.







## Philippine Nurses Association of Central Minnesota: Empowering Education Through International Outreach



The **Philippine Nurses Association of Central Minnesota (PNACM)** has demonstrated an unwavering commitment to community outreach, both locally and globally. This article highlights PNACM's dedication to making a difference through its international initiatives, with a particular focus on its impactful support for **Estancia National High School (ENHS)**. By addressing the pressing need for printers in the school, PNACM has played a vital role in enhancing the educational experience for students and teachers alike.

Supporting Education at Estancia National High School:

Estancia National High School, one of the largest public high schools in the province of Iloilo, Philippines, caters to over 10,000 students. PNACM board member and a graduate of ENHS, Ian John Sumagaysay, led the initiative in soliciting printer donations upon returning from his holiday visit to the Philippines. Like many struggling public schools across the country, ENHS faces numerous challenges. When PNACM became aware of the hurdles that teachers at ENHS had to overcome daily, they recognized the opportunity to make a tangible difference. One pressing concern was the lack of printers, which hindered the production and reproduction of essential teaching materials. Understanding the crucial role of printed resources in facilitating effective learning, PNACM swiftly took action.





**The Power of Donation:**

PNACM's commitment to community outreach led them to generously donate five printers to ENHS. This act of kindness ensured that teachers had the necessary tools to print their teaching materials, enabling them to deliver quality education to their students. Additionally, students were provided with printed information vital to their learning journey. By addressing the printer shortage, PNACM made a tangible impact on education within the school, empowering both teachers and students.

**Capturing the Impact:**

The delivery of the printers to ENHS was a moment of joy and gratitude for all involved. Accompanied by certificates of appreciation from ENHS, the event symbolized the collaborative efforts between PNACM and the school. The captured photos serve as a testament to the partnership and reflect the shared commitment to improving educational resources and creating a positive learning environment for students. These images embody the spirit of unity and the power of collective action in making a lasting impact.

**Global Outreach and Empowering Education:**

PNACM's dedication to community outreach extends far beyond local initiatives. Their commitment to international outreach demonstrates their desire to effect positive change on a global scale. By recognizing the pressing needs of ENHS and taking action to address them, PNACM showcases the power of collective efforts in empowering education. Their donation of printers not only addresses a tangible need but also serves as a symbol of hope and inspiration for other organizations and individuals to make a difference in their communities.

**Together, Making a Difference:**

The involvement of PNACM in supporting ENHS exemplifies their belief in the transformative power of collaboration. By joining forces, communities can make a profound impact on education and create opportunities for growth and success. The act of donating printers to ENHS not only addresses an immediate need but also demonstrates PNACM's dedication to changing lives one step at a time.

The Philippine Nurses Association of Central Minnesota's commitment to community outreach locally, nationally, and globally is exemplary. Through its international initiatives, PNACM has proven its dedication to empowering education. By addressing the printer shortage at Estancia National High School, PNACM has made a lasting impact on the learning experience of both teachers and students. This act of generosity serves as an inspiration for others to come together and make a difference in their communities. Together, we can transform lives and shape a brighter future, one printer at a time.



# The Philippine Nurses Association of Central Minnesota (PNACM) Inaugural Induction Gala: A Celebration of Empowerment and Collaboration

By Dan Lovinaria, DNP, MBA, CRNA, APRN, CHSE, FNAP, FAANA, FAAN  
PNACM President 2023-2025



The Philippine Nurses Association of Central Minnesota (PNACM) held its inaugural induction gala on December 9, 2023, at the prestigious JW Marriott Hotel in Bloomington, Minnesota. This momentous event, well attended and sold out, brought together PNAA leaders from across the country, distinguished dignitaries, inaugural members, and esteemed guests. The gala served as a platform to induct the Executive Board and Officers and



members, unveil the mission and vision of PNACM, and emphasize the benefits and reasons for joining the association. The evening was filled with congratulatory messages, inspiring speeches, and captivating performances, leaving attendees with a sense of hope, collaboration, and empowerment.

PNAA President Gloria Beriones presided over the induction ceremony, officially inducting the Executive Board and Officers of PNACM. This symbolic act of entrusting leadership responsibilities marked the beginning of an exciting journey for PNACM. Western RVP Bob Gahol presented the officers with fresh Hawaiian leis, representing a warm welcome and unity within the PNAA community.

During the event, the inaugural PNACM President, Dr. Dan Lovinaria, unveiled the association's mission, vision, and E3 strategies: Engage, Elevate, and Empower. These strategies reflect PNACM's commitment to actively involve its members, elevate the nursing profession, and empower Filipino nurses to make a significant impact in the community. By embracing these principles, PNACM sets the stage for a transformative journey ahead.

Dr. Lovinaria emphasized the importance of joining PNACM, highlighting the numerous benefits offered by the association. These benefits include professional networking opportunities, access to educational resources, career development support, advocacy for nursing issues, and a platform for community engagement. Becoming a member of PNACM enables nurses to connect with like-minded professionals, stay updated with industry trends, and contribute to the betterment of the nursing profession.

The gala received congratulatory messages from esteemed dignitaries, both local and international. Philippine President Ferdinand Marcos, Jr., His Excellency Philippine Ambassador Jose Manuel Romualdez, U.S. Senator (Minnesota) Amy Klobuchar, American Academy of Nursing President Dr. Linda Scott, American Nurses Association President Dr. Jennifer Kennedy, American Association of Nurse Practitioners President, The Daily Foundation CEO, and Immediate Past President of the American Nurses Association, Dr. Ernest Grant, all expressed their support and admiration for PNACM's endeavors. These messages reinforced the significance of PNACM's mission and highlighted the importance of collaborative efforts in advancing the nursing profession.

Minnesota Governor Tim Walz's Assistant Commissioner of the Minnesota Department of Health was the gala's keynote speaker. Delivering an inspiring message of hope, collaboration, and diversity, the speaker emphasized the vital role of nurses in promoting public health and the significance of diverse voices in shaping healthcare policies. The speech resonated with the audience, reinforcing their commitment to making a positive impact in their communities.

The gala was a platform for serious discussions and a celebration of Filipino culture and talent. Renowned Filipino artists, including the Concert King Mr. Martin Nievera, Concert Queen Ms. Pops Fernandez, the Cultural Society of Filipino Americans, and Dalison Voltaire Ducat provided entertainment. Their performances showcased the rich heritage and artistic excellence of the Philippines, adding a vibrant touch to the evening. PNACM expressed gratitude to the platinum and gold sponsors, including the team of Filipino American Physicians, M Health Fairview, Valley Medical Staffing, and Greendoor, for their generous support. In addition, PNACM thanked all PNAA North Central Region Chapters and supporters for their advertisements.

The PNACM inaugural induction gala was an unforgettable event that marked the beginning of a promising journey for the association and its members. The event demonstrated the unity, empowerment, and collaborative spirit within the PNAA community. With a clear mission, vision, and E3 strategies, PNACM is poised to make a significant impact locally, nationally, and globally. By providing a platform for engagement, elevation, and empowerment, PNACM aims to uplift its members, advance the nursing profession, and serve the communities they are dedicated to. The gala catalyzed these aspirations, leaving attendees inspired and

















# Simbang Gabi Devotion in St. Louis

By **Cynthia Montejo**, BSN, RN; PNAGSL President 2012-2014; PNAGSL Advisory Board

Photos courtesy of **Josie Veit**, BSN, RN; PNAGSL President 2022-2024

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



“Simbang Gabi” — a Filipino Christmas tradition that’s been kept alive and practiced for decades by Filipinos in the greater St. Louis area. It is a devotion celebrated for nine consecutive days (“novena”) of Masses in preparation for and anticipation of Christ’s birth. In the Philippines, it is typically held in early morning (“dawn Mass” or “Misa de Aguinaldo/gift Mass”).

Simbang Gabi in St. Louis is scheduled in the evening where Filipino Catholics from different groups or organizations in the community take turns in sponsoring each night. This year, PNAGSL was assigned on the eighth night with Ginger Deguma’s “Bigkis” group. It was held on Dec. 21, 2023 at St Joseph Parish, Manchester (Ballwin), Missouri. PNAGSL President, Josie Veit, attended with Cynthia Montejo, Jonel Maminta, Cherie Nievera, Ces Arcaya, Betty Biasbas, Alice Torregosa, Agnes Lewis, Minnie Lacadin, Didi Calabio and Jean Reyes. It was a better weather on our assigned day; temperature was in the tolerable 40s. Mass was officiated by Rev. Fr. Saji Matthew Cheruparambil, pastor of St. Joseph, with three permanent deacons and one altar-server assisting (all from the Filipino community). Alice did the First Reading while Jonel and Cynthia read the Petitions; Gift Offering were by Josie/Richard and Agnes. Towards the end of the Mass, the Philippine Liturgical Society played a reenactment of the nativity followed by its members carrying a huge rosary which they presented on the altar.



After Mass, attendees proceeded to the Social Hall. As sponsors of the evening, we served snacks in brown bags containing delicious chicken salad croissant sandwiches, cookies and a bottle of water. The Philippine Liturgical Society has led the Filipinos in St. Louis area the observance of Simbang Gabi every Christmas season. Such tradition has been handed down from one generation to another and has kept strong the Christian faith of Filipinos away from home, the Philippines, in our adopted land, the U.S.







# The 36th Anniversary of Santo Nino Fiesta & Sinulog Festival in Tampa Bay. A PNA Gulf Coast of Florida Community Outreach

By **Teresita Gallano Rivera**, President-Elect  
Philippine Nurses Association of Gulf Coast of Florida (PNAGF)



Sinulog in Tampa Bay. The Sto. Nino Shrine USA, Inc. Filipino Ministry brought together the Filipino communities in the Tampa Bay area for the 36th year's tradition. The annual event is held every January at St. Paul Catholic Church, 12708 N. Dale Mabry Hwy., Tampa, FL. 33618 (the location of the Santo Nino Shrine). It started on January 12, 2024, with the nine nights of Novena. A symbol of unity in celebrating the Sinulog Festival. There were at least twenty-six (26) sponsors to cover the 9 nights novena masses schedule and provided refreshments (Filipino food, etc.) each novena night.

Every year, the Philippine Nurses Association of Gulf Coast of Florida (PNAGF) supported this event as the first night sponsor with at least four hundred parishioners' attendees. PNAGF collaborated with the Bicol Association of Southern Florida (BASF) and the Filipino American Social Club of Hernando and Pasco Counties (FASC). The tremendous love and support of its officers and members with their families and friends made it successful.

The finale of the Santo Nino Fiesta Sinulog dance was so diverse, with participants from different communities at St. Paul Catholic Church of Tampa. There were also Mass Sinulog dance, different dance presenters: Indian, Hispanic, CFC Youth Ministry, Ang Bisaya of Florida, Inc. (ABF), Philippine American Cultural Organization (PACO), and the Ang Kaliwat Bol-Anon Sa Florida (AKBF) where PNAGF members Lisa and Teresita took part in the dance.

The Sinulog dance remains an important part of our traditions and a sample of a group working together. I believe it will continue to flourish for the next generations of true believers of the faith and Filipino culture. Pit Senor.





Ang Bisaya Of Florida, Inc. (ABF) & Philippine American Cultural Organization (PACO)



Ang Bisaya Of Florida, Inc. (ABF) & Philippine American Cultural Organization (PACO)



ABF Sinulog Queen



CFC Youth Ministry



Hispanic Community



Indian Community





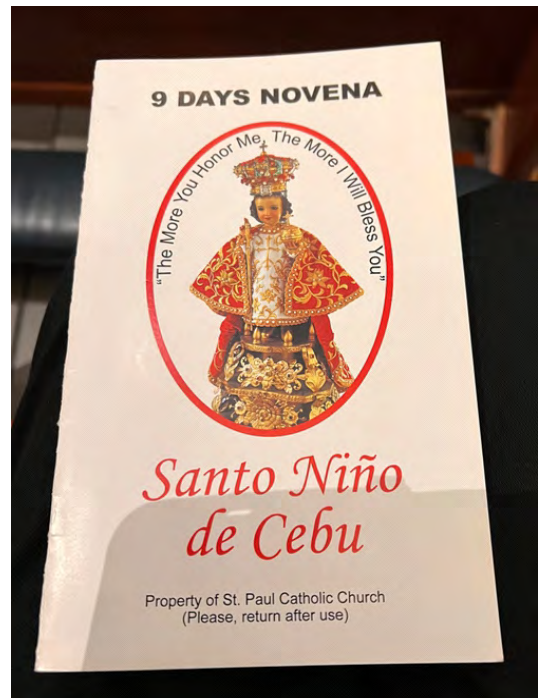
# PNA Gulf Coast Florida sponsors the Santo Nino Novena prayer night

By Cecile Santos-Medenilla  
PNAGF President

The feast of Santo Nino is celebrated on January 21st of this year. PNA Gulf Coast Florida sponsored the first Friday of the Novena Prayer Night on January 12, 2024. This year, we co-sponsored with two other organizations, namely the Bicol Association of Southern Florida and the Filipino-American Social Club of Hernando County. PNAGF collaborated with the two organizations in praying the holy rosary, the novena prayer, and the holy mass. It was a beautiful celebration that night.

After the mass, the President of the Santo Nino group thanked the night's sponsors. He also invited the parishioners for dinner in the parish hall. Sumptuous foods and desserts were donated and prepared by the PNAGF Executive Board and members. There were approximately 400 guests that night. It was a night of celebration of the feast of Santo Nino, the baby Jesus!

**Pit Senior!**











# Celebrating Unity, Talent, and Generosity: The Annual Philippine Nurses Association of Hawaii Christmas Party

By **Marygrace Matias-Dowd**  
PNAH Board Member

The spirit of Christmas shone brightly at the recent annual celebration hosted by the PNAH Membership Committee, held at the Hawaii Okinawan Center in Central Oahu on December 8, 2023. Joyful camaraderie intersected in a night of jubilation and giving.

The event witnessed a satisfying dinner buffet, following local-style appetizers of poke and edamame, and an impressive talent showcase. This included a special dance number presented by several PNAH members who captivated the audience with their vibrant performance.

However, the night was more than just feasting and a stage for performances. It was also a testament to the nurses' unwavering commitment to serving their community. Embracing the true spirit of Christmas, the organization organized a heartwarming toy collection drive for underserved children. This was the second year the organization invited the Marine Corps to partake in the festivities while gathering boxes full of toys for the TOYs for TOTS program. The outpouring of generosity was overwhelming.

In the midst of festive decorations, games, and joyful laughter, the party became a gathering of purpose and compassion, highlighting the unity and solidarity among PNAH family and friends. Stories were shared, connections were strengthened, and a sense of togetherness prevailed throughout the evening.

As the event drew to a close, the air was filled not only with the tunes of merriment but also with the resonance of kindness and goodwill. The



*PNAH members and friends enjoying the evening*



*Job well done PNAH Membership committee!*









# PNAH Volunteers Provide Vital First Aid at Marathon Event

By **Cielito Matias-Schwartz**  
PNAH President

Healthcare professionals from across the island banded together as a beacon of support and care during the recent annual Honolulu Marathon event held on December 10, 2023, in Oahu. Their unwavering dedication and expertise in providing immediate medical assistance became a pivotal element in ensuring the safety and well-being of the 30,000 participants hoping to cross the finish line.

Amidst the whirlwind of excitement and determination on the marathon course, these compassionate PNAH volunteers stood in the wee hours of the morning at the ready, equipped with their skills and supplies. With a spirit of altruism, they selflessly volunteered their time, demonstrating an extraordinary commitment to community service.

Their presence was a reassuring sight for both runners and spectators, knowing that a team of qualified and compassionate individuals was available to address any medical concerns. From treating minor injuries to swiftly responding to more serious incidents, these nurses remained vigilant, ensuring that every participant received the necessary care.

Their coordination and seamless teamwork were remarkable, reflecting not only their individual expertise but also the strength of their collective effort. With their calming presence and quick action, they turned moments of distress into opportunities for comfort and healing.

Beyond their professional duties, these nurses brought warmth and empathy to each interaction, embodying the true spirit of healthcare. Their dedication to serving the community echoed loudly across the marathon grounds, leaving an indelible mark on the event's success.

As the marathon concluded, the heartfelt gratitude expressed by organizers, participants, and fellow volunteers alike underscored the invaluable role played by the PNAH volunteers. Their commitment to ensuring the safety and well-being of others truly exemplifies the noblest aspects of the nursing profession. Their efforts were not just in providing first aid; they were in being guardians of health and hope during the marathon's journey.



*Dedicated PNAH member volunteers up at the crack of dawn.  
Mae Ann Arciaga, Dante Lomboy,  
Natalie Jacob-PNAH Secretary, Beth Le.*



*Cielito Matias-Schwartz provided much-needed relief to a determined marathoner*



*Volunteer-Tony, Cielito Matias-Schwartz, Natalie Jacob- PNAH Secretary, and Marianela Jacob-PNAH President-Elect, are all smiles at the end of the day.*



# Spreading Love and Care: PNA Hawaii volunteers on Valentine's Day

By Catherine Hopf  
PNAH Member

Valentine's Day, traditionally a celebration of romantic love, had a different meaning this year as volunteers chose to spend their day spreading love and care to those in need. Instead of roses and chocolates, these individuals offered their time and expertise at Hawaii Meals on Wheels (HMOW), a local nonprofit agency dedicated to helping frail elders and individuals with disabilities preserve their independence at home by providing hot, nutritious meals.

When chatting with HMOW CEO Michelle Cordero-Lee, she shared that “the cost of food has gone up, and to save on costs, we didn't use our regular mail house for this cycle of newsletter mailouts.” Michelle further shared that they instead enlisted the help of volunteers to do the fulfilling. “I'm surprised at the response, as we sent out an email blast fairly last minute.”



Luz Tabajonda- PNAMHI President-Elect, Cielito Matias-Schwartz- PNAH President taking a selfie

PNAH President Cielito Matias-Schwartz, sister chapter PNAMHI President-elect Luz Tabajonda, and her spouse Mike, along with myself, met during our lunch breaks to fold, label, and stack newsletters to reach the 8,000 kupunas (elderly) and those living with disabilities across the state.

The decision to volunteer on Valentine's Day was an easy one. Acts of kindness on Valentine's Day serve as a reminder to reflect on the true meaning of Love. Let us embrace the spirit of compassion and service to make a difference in the lives of others. Love knows no bounds, and small gestures of kindness can have a profound impact on those who need it most.



Cielito Matias-Schwartz so proud of our first completed batch of newsletter mailouts



Volunteer lunch buddies- Luz Tabajonda, Catherine Hopf, Cielito Matias-Schwartz



Mike & Luz Tabajonda, Catherine Hopf (foreground) assembly line





# Transforming Lives: PNAMDC's ALS Classroom in Castillejos, Zambales

By Carol Robles, BSN, RN, DNS-CT, RAC-CT  
Immediate Past President PNAMDC



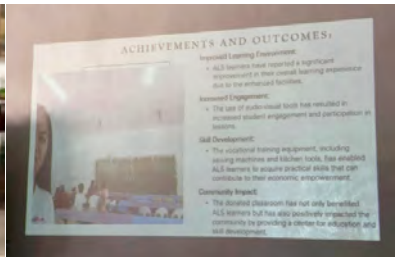
Excitement fills the air as the fruition of my last project as president of the Philippine Nurses Association of Metropolitan, DC (PNAMDC) comes to life. In November 2023, we proudly turned over an incredible Alternative Learning System (ALS) classroom in San Pablo, Castillejos, Zambales. On February 6, we visited the classroom and were greeted warmly by the students, teachers, principal, and barangay officials.

Witnessing the realization of a dream is a breathtaking moment, especially when it involves transforming the lives of individuals determined to improve their future. Such was the case with the ALS classroom, which was dedicated to providing a second chance for those whom the traditional education system had overlooked. ALS represents hope, a lifeline, and a beacon for those who seek to achieve their dreams.



The completion of this remarkable project could not have been possible without the unwavering support of the Philippine Nurses Association of Metropolitan, DC (PNAMDC) and its officers. We extend our gratitude to the donors, Barangay San Pablo, who generously provided the land, as well as the Department of Education, ALS, and VM Nino Esposito for their invaluable assistance. Dr. Veronica Ramirez's exceptional project management skills were also vital to the success of the project.

The Department of Education - Region III, Schools Division of Zambales, recognized the project with a Plaque of Recognition and Certificates of Appreciation, while the teachers presented gifts. PNAMDC's goal is not only to provide a physical space for education but to create a haven where dreams are nurtured, and lives are transformed. Together, let us illuminate the path to education for all and empower the next generation to reach their full potential. Let us transform lives through the power of ALS.







# PNAMH Executive Board Charts Course for 2024 in Strategic Meeting

By Sohrab Alexander Sardual, MBA, RN, NE-BC  
PNAMH Vice President 2022-2024



The Executive Board of the Philippine Nurses Association of Metropolitan Houston commenced 2024 with a strategic meeting held on Saturday, January 13th, at the Philippine Community Center. This strategic meeting of the executive board served as a pivotal moment in shaping the direction of the Philippine Nurses Association of Metropolitan Houston for 2024. With a focus on reflection, planning, and collaboration, the board members began the day with a warm breakfast and an opportunity to reconnect following the busy holiday season. Led by Chapter President Aleza Espinosa, the board received a detailed overview of the chapter's achievements in the previous year, alongside insights into the upcoming significant events within PNAA. Engaging discussions ensued as officers expressed their intentions to participate in the diverse range of planned activities. Moreover, updates from various chapter committees, including the PNAMH Foundation and the Philippine Cancer Network, provided a comprehensive view of ongoing initiatives. A particularly encouraging highlight emerged with the Treasurer's report, revealing positive financial outcomes from the preceding year. As the board deliberated on the chapter's election timeline, the meeting concluded on a high note, setting a productive precedent for the executive board's continued endeavors throughout the year.





P N A A  
**CHAPTER NEWS**

# PNAMH Extending Educational Outreach Beyond Fil-AM Community

By **Aleza Espinosa, MBA-HCM, BSN, CVRN-BC**  
PNAMH President 2022-2024

On Saturday, January 13th, 2024, one of our PNAAMH members, Noe Espinosa, MSN, APRN, AGACNP-BC, gave a lecture at the PCCI community center on The Basics of Heart Failure and Management. This was the 1st event of the lecture series provided by PNAAMH in collaboration with PCCI in 2024. The topic was chosen to raise awareness of the prevalence of heart failure among the Asian population, particularly the elderly Filipino community in the Houston area. The audience received the event well, as shown by a lively question-and-answer session following the lecture. Some of the attendees even requested another lecture on the realm of heart disease soon. The purpose of the lecture was not only to capture Fil-Am attendees but also for the general population in metro Houston.







# PNAMH 2024 Kickoff: A Resounding Success and a Call to Action

By **Sohrab Alexander Sardual, MBA, RN, NE-BC**  
PNAMH Vice President 2022-2024

The Philippine Nurses Association of Metropolitan Houston (PNAMH) opened the new year with a General Membership Meeting held on January 18, 2024. The event saw a remarkable turnout from both the officers and members alike. The agenda was brimming with insightful discussions, starting with a comprehensive review of our chapter's achievements in the preceding year. The officers rallied the members to participate in the many activities planned for the upcoming year and urged them to consider nomination for chapter offices, ensuring a vibrant and inclusive leadership team.

A highlight of the evening was the enlightening presentation by Yvette Cheeks, MSN, RN, CPT, CPI, C-NA, on "Work-Life Balance: How To's." As nurses navigate the demands of the profession, Ms. Cheeks' expertise provides invaluable guidance on maintaining equilibrium between professional and personal lives. Her message struck a chord with the members, reinforcing the significance of self-care and rejuvenation to sustain their dedication to serving others.

As PNAAMH embarks on the journey through 2024, members are ready to carry forward the spirit of camaraderie and commitment exhibited at our January meeting. Together, the members and officers will continue to uphold the values of excellence and compassion that define PNAAMH.











P N A A  
**CHAPTER NEWS**

# PNA Miami and Southeast Florida (PNAMSEF) Updates

By Priscilla Molas  
PNAMSEF Past President

PNAMSEF welcomes the New Year 2024 by celebrating the birthday celebrants for December, January, and February 2024



Perlita Cerilo  
Priscilla Molas  
Freda Arzadon  
Vivian Sibayan  
Leni Olegario  
Cristina Umbac  
Chona Pareja



On January 12, 2024, the PNAAMSEF EB and members attended the Santo Nino Sinulog of Miami. The feast of Santo Nino is a celebration of our Filipino heritage. The Holy Child of Jesus is our source of hope and encouragement. It is a blessing to be a part of celebrating the feast of Santo Nino.





Congratulations to Camille Kae Torre, DNP-CCRN-N. Camille is a PNAMSEF member who is a Corporate Nurse Educator for a large health system in Miami, Florida. She is the daughter of Sol Torre, PNAMSEF Treasurer. What an accomplishment. We are proud of you.







## PNA North Houston leaders recognize by the Good Samaritan Foundation

By Jingle Alcazaren, MSN, APRN, AGPCNP-C, CAPA



Time and again, the Philippine Nurses Association North Houston (PNANH) has been blessed to be allowed to continue to make a mark in the nursing profession with its relentless pursuit of excellence. The year 2023 was no different for PNANH, as the organization ended the year with a remarkable achievement as its very own president, Dr. Mila Sprouse, was recognized as one of the three Gold Award recipients of the Good Samaritan Foundation-Excellence in Nursing. Dr. Sprouse undoubtedly reflects the true purpose and meaning of a nurse leader. She is a champion for excellence in nursing care, with her outstanding contributions that significantly impacted the nursing practice and the people around her. PNAH is genuinely honored to have her as the president.

The honor does not end there, as over twenty PNANH members received the Good Samaritan Foundation Bronze Award for Excellence in Nursing. Nine out of these twenty members were Executive Board members, a record-breaking year for the organization! The recipients of this prestigious award were celebrated with an Excellence in Nursing Awards Luncheon held on December 8, 2023, at the Westin Galleria in Houston, Texas.

The year 2023 was indeed a momentous and memorable one for PNANH. Congratulations to all the winners on this outstanding achievement! PNAH is beyond proud and grateful for the hard work, commitment, and dedication these individuals have demonstrated in providing exceptional care and service to our patients and community!



- Mila Sprouse**, PNANH President - Gold Awardee
- Jennilyn Lano**, Past President- Bronze Awardee
- Cristina Montalban-Dimafiles**, Past President- Bronze Awardee
- Ludy Deleon**- PNANH member - Bronze Awardee
- Irish Grace RN Pugmom**, PNANH Secretary - Bronze Awardee
- Jingle Alcazaren**, PNANH Public Relations Officer - Bronze Awardee
- Jan Lim**, PNANH Outreach Committee Chair - Bronze Awardee
- Lani Macusi** , Outreach Committee Co-Chair - Bronze Awardee
- Honey MagNet M**, PNANH Education Committee Chair - Bronze Awardee
- Aileen Batuigas-Mazurek**, PNANH Mentorship Committee Chair- Bronze Awardee
- Eman Garcia**, PNANH Membership Committee Chair - Bronze Awardee
- Chary Cruz**, Recognition and Scholarship Committee Chair - Bronze Awardee
- Pat Sherrer**, PNANH member - Bronze Awardee

“Together is Better”



*---2023 GOLD MEDALIST---*

*Nursing Administration and Leadership*

**Mila Sprouse, EdD, MSN, RN, CCRN-K, NE-BC**  
Vice President of Patient Care Services  
Baylor St. Luke's Medical Center

*At the time of her nomination, Dr. Mila Sprouse had been at Baylor St. Luke's for nearly three years. She has since accepted a position as chief nursing officer at Virginia Mason Medical Center in Seattle, Washington, achieving yet another of her goals.*

Well-known Houston pulmonologist Dr. Philip Pirtle's recent introduction of Dr. Mila Sprouse sums it up: "So what do you call it when barriers and obstacles or allegedly immovable objects are moved aside and overcome by the irresistible, unstoppable force of passion, courage, dedication, and joy? We call that Mila!"

From a humble beginning selling tomatoes in the market as a seven-year-old in the Philippines, doing other students' homework in exchange for lunch, and not knowing what a volleyball was, she became a varsity player and won a full-ride scholarship in athletics and academics. During her 39-year career of success and achievement, Dr. Sprouse has remained grounded by her past.

"Nursing is a common career in the Philippines, and I was led to it because I wanted to leave and help my family," Dr. Sprouse says. "Growing up poor put a flame inside me to go someplace else and succeed. It also inspired me to always challenge myself. To my surprise, as soon as I got into nursing, I fell in love with it."

Her nominator Jan Lim, BSN, RN, a nurse at Houston Methodist Willowbrook Hospital, says Dr. Sprouse is building a legacy of excellence in nursing. "Like most immigrant nurses, she started as a staff nurse at the bedside," Jan wrote. "She went on to seek opportunities for learning, personal development, professional growth, and leadership. By constantly expanding her knowledge and skills, Dr. Sprouse has become a role model for nurses who aspire to reach their full potential. Her dedication to lifelong learning is a powerful reminder of the importance of staying curious and open minded."







# PNA of Northern California supports the Golden State Warriors

By Diane Josephine Santiago, MSN RN CV-RN CCRN  
PNANC Board Member



For the 2023-2024 basketball season, PNANC and the Golden State Warriors have teamed up to hold fundraising events. Members and community members have three membership engagement family events this basketball season. The first night was Filipino Heritage Night, where ticket purchasers using PNANC's link and discount code received discounted tickets and a Filipino heritage nightshirt. Members were allowed to watch the Golden State Warriors practice up close and personal at the event. There is a second Filipino heritage night due to popularity this March.

The other event, in collaboration with PNANC and the Golden State Warriors, was for nurses' night. The nurses who purchased the game ticket with PNANC's link received a scrub top with the ticket purchase. The event was attended by PNANC members, PNA Sacramento members, and their families on both nights. They were both fun events with community engagement. We look forward to collaborating with the Golden State Warriors Champions 2021-2022 for future events in Northern California!



P N A A  
**CHAPTER NEWS**

# PNA Pennsylvania News

By Mary Lou Arocena

September 29, 2023. In collaboration with Jaisohn Medical Center for the Montgomery County Vaccination Program, the PNA Pennsylvania was honored for its cooperation and dedication.



October 1, 2023. PNA Pennsylvania members supported the fundraising campaign for the Phoenixville Hospital's Cancer Center Patient Assistance Funds.







### Cycle Bar Exton

Supports

Phoenixville Hospital's Cancer Center  
Patient Assistance Funds

on OCT 11<sup>th</sup> (WED)!

Come ride in any of our classes:

6am, 7am, 12 noon, 5pm, 6pm

100% of the donations will go towards this fund!

Email [Aileen.bojko@towerhealth.org/](mailto:Aileen.bojko@towerhealth.org/)

610.983.1366 or [exton@cyclebar.com](mailto:exton@cyclebar.com) for details  
on how to sign up!

*Don't forget to wear your pink!*



PNA Pennsylvania members assisted the Philippine consulate outreach in Philadelphia







P N A  
**CHAPTER NEWS**

# PNA Pennsylvania's Vaccination Drives

By Mary Lou Arocena



*Vaccination drive November 20, 2023 with Grace and Rudy Arnaiz and Nida Imperial at the Naturalis Hair salon, Glenside PA*





IN COLLABORATION WITH:

**Family Vaccine Clinic**

CLINICS WILL OFFER KIDS (3+) AND ADULT DOSES OF THE NEW COVID + FLU VACCINES!

**Tuesday, December 5, 2023**  
4PM-7PM

at Montgomery Township Community & Recreation Center  
1030 Horsham Rd, Montgomeryville, PA

In line with Skippack Pharmacy's mission to serve all of our community irrespective of any barriers including not having insurance, all vaccines will be provided at no cost to the patient.

**TO SIGN UP: WWW.SKIPACKPHARMACY.COM**  
**CLICK: BOOSTED & FLU-STED VACCINE TOUR**

Wear your favorite Superheroes shirt & if you'd like, bring a toy/food item to donate.  
We are partnering with Daily Bread Food Pantry & Collegeville Bakery to collect donations to provide to our community in need.



*Vaccination drive last Dec 5, 2023 at Montgomery Rec Center With Ruth and Ferdinand Luyun and Mary Lou Arocena. Pharmacist is Abhi Patel*



*Vaccination drive last December 12, 2023 at Montgomery county OIC with Lyn Javier, Arlene Lemin and Pharmacist Ahbi Patel*





*Vaccination drive last Dec 5, 2023 at Montgomery Rec Center With Ruth and Ferdinand Luyun and Mary Lou Arocena. Pharmacist is Abhi Patel*



*Vaccination drive at Bethel AME church with Lyn Javier and Grace Arnaiz on Nov 12, 2023*





## PNA San Diego's Adopt-a-Family Program

By Erlinda Mascardo, PNASD BOD



One of the Philippine Nurses' Association of San Diego's community outreach is our annual Adopt-a-Family program, which is generally done in December around Christmas time. This is the fifth year of the program wherein we promote the spirit of Christmas by helping less fortunate families enjoy and have a nice Christmas. We collaborated with other SD community agencies and social work departments to find families who were struggling financially, especially around this holiday season. With the current economic challenges, it was not difficult to find families who needed financial support.

For this year, we chose three (3) recipient families who were provided with Christmas gifts of blankets, cold weather outfits, food items, and financial support. They were very appreciative and grateful for the gifts in kind and monetary.

In addition, PNASD's Adopt-s Family program collaborated with the Jewish Family Service of San Diego on December 27, 2023. PNASD donated 30 pieces of new winter sweatshirts and socks for the homeless families currently living in their cars that were parked at the Safe Parking Program site at Rose Canyon, San Diego. An average of 25 cars per night are parked at this site, and the Jewish Family Service provides security and safety for these families.

We are fortunate to be able to keep our Adopt-a-Family program for five years now and keep the funds steadily growing so we can have more recipient families each year.









P N A A  
**CHAPTER NEWS**

# Healthy Brain is at the Heart of PNASC

By **Antonette Nunez**, MSN, AMB-BC, RN, CJCP

PNASC Newsletter Editor, Recording Secretary, and Research Co-Chair



PNASC was invited to attend the annual Alzheimer's Association's Leaders' Summit held in New Orleans from January 25 to 27, 2024. I was the fortunate Executive Member who represented PNASC at the event. At the event, I met the wonderful leaders from the Alzheimer's Association of California Southland and the leaders of the Alzheimer Association's national Diversity, Equity, and Inclusion (DEI) committee. As a first-time attendee, I was excited to learn, meet new people, and take notes to share with my PNASC chapter colleagues. The Alzheimer's conference is not like any conference I have attended before. Everyone was very welcoming and friendly, always with warm smiles. 1,300 participants attended the event – all energized by the Era of Treatment: welcoming the new generation of treatment drugs.



*Shown on the big screens - PNAAC is now a community partner of Alzheimer's Association.*

The speakers shared their heartbreaking stories of loved ones who passed away or currently suffering from the disease. Their pains turned into being active volunteers for the association – the goal is to eliminate Alzheimer's and all dementias. The conference inspired me to learn and do more! I met and am looking forward to the partnership with the Alzheimer's Association!





One week after the Alzheimer's Association Leaders Summit conference, PNASC held a well-attended community presentation regarding Alzheimer's. PNASC received a grant extension from the University of California, Irvine MIND Ahead research. The grant requires PNASC to deliver the three (3) community presentations to a minimum of thirty 30 participants. The February 3, 2024, presentation is the first of the three presentations and was presented by Dr Emma Cuenca. The event was attended by fifty-one (51), mostly Filipino individuals.



- Orange** - support for the Alzheimer's Association
- Yellow** – caregiver to someone with Alzheimer's or dementia
- Blue** – one is living with Alzheimer's or dementia
- Purple** – loss of someone to Alzheimer's or dementia
- White** – hope to have survivors of Alzheimer's, due to the advancements in treatments



*Dr Emma Cuenca presenting to over 50 attendees on 2/3/2024, Mayflower restaurant, Chinatown, Los Angeles*

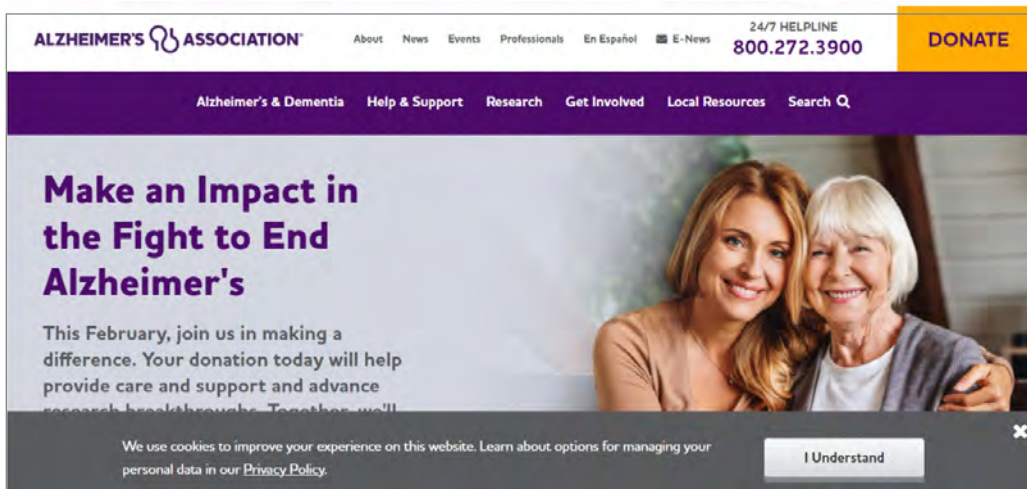
Tia Delaney-Stewart, DEI Director, and Sasha Spalding, Director of all walks of the Alzheimer's Association, attended the event. Tia shared valuable information and resources provided for free by the Alzheimer's Association. One of which is a toll-free number where a Master's prepared staff member is available 24/7 for questions.







The attendees were engaged and receptive to the topic. Some shared that the presentation was timely and helpful. Many requested to have additional information, so they were connected with Dr. Melanie Tallakson, Principal Investigator of UCI MIND Ahead research. Forty-five (45) pre and post-tests were completed. After the presentation, the group enjoyed a ten-course meal plus dessert. Everyone took the opportunity to catch up as the event became a reunion for those who had not seen each other in a while. Indeed, PNAA opened its doors by being a community partner of the Alzheimer's Association. PNASC is all in – presenting information about Alzheimer's disease and available treatments...with great hope that one day, no one will be wearing purple flowers. Instead, many will wear white flowers – the symbol for Alzheimer's survivors.



Community presentation attendees are Far Eastern University alumni, retired and currently working nurses from Kaiser Permanente, Faculty and friends from University of California, Los Angeles, and other friends and their families.





P N A A  
**CHAPTER NEWS**

## PNA Tampa attends the University of South Florida Career Fair

By Rona Nuestro, BSN, RN, Board Member & Liwliwa Villagomez, PhD, RN, CCRN-K, PRO



*The PNA Representatives at the Career Fair - Rona, Liw and Marites with Dr. Ivonne Hernandez, USF College of Nursing Chief Diversity Officer*

PNA Tampa was invited to be an exhibitor at the University of South Florida's College of Nursing Career Fair, which was held on January 31, 2024. The career fair was attended by nursing students from all levels – many of whom will be graduating in May and are eager to start their professional nursing journeys. PNA Tampa representatives, President-Elect Marites Calvelo, PRO Liw Villagomez, and Board Member Rona Nuestro, were able to network with the students. They informed them of the various chapter-level and national-level activities of PNA Tampa and PNA. Top local hospitals and professional nursing organizations, such as the Florida Nurses Association and the Florida Center for Nursing (FCN), also attended the event. The FCN's operations are based at the USF College of Nursing, and their focus is on the supply and demand for nursing, including recruitment and retention issues and the utilization of nurse workforce resources. Overall, the career fair served as a platform for PNA Tampa to showcase its programs, such as scholarship opportunities for undergraduate and graduate students, and a platform to learn from the exhibitors.

What became evident is that participating in events like this opens opportunities for PNA Tampa membership recruitment. A couple of students who visited the display table told PNA Tampa representatives that their parents are nurses. The students were also encouraged to complete Survey Monkey to be included in the PNA Tampa's Pre-Licensure Nursing Database.





P N A A  
**CHAPTER NEWS**

# PNA Tampa Celebrates Sto. Nino Festival 2024

By **Tess Ebrada, MSN, RN**  
PNA Tampa Advisor/ Past-President



*PNA Tampa members who volunteered as servers during the fellowship after the novena are Maribel and Ed Soriano, Ana Resulta, Julie Lindsey, Emma Barrido, Marites Calvelo, Liw Villagomez, Adora Rilveria, and Tess Ebrada*

This year is the 36th-anniversary celebration honoring Sto. Nino last January 17, 2024, at St. Paul Church in Tampa, Florida. The annual Sto Nino Festival was originally organized by Ed and Susan Bilbao of the Sto. Nino Shrine, Inc. in Tampa wrote that Santo Nino is rooted in the Christian belief in the divinity of Jesus Christ, who was innocent, humble, and pure. Infant Jesus played a vital role in the lives of Filipinos.

Like in previous years, PNA Tampa sponsored the sixth day of the novena with other sponsors like Fil-Am Amateur Ballroom Dancers, Mekení Cabalen, and the Philippine-American Cultural Organization (PACO). The PNA Tampa coordinators were Maribel and Ed Soriano, Ana Resulta, Maria Bautista-Smith, and Cris Hermano. Other PNA Tampa participants were Julie Lindsey, Tess Ebrada, Liw Villagomez, Emma Barrido, Marites Calvelo, and Adora Rilveria. They participated in the offertory procession, bringing various gifts as offerings, and led the rosary and novena. One of the lectors during the mass was Ed Soriano. After the novena, rosary, and mass, fellowship was held at the church assembly hall. These PNA Tampa members served Filipino dishes like arroz caldo, adobo, and other dishes. Donations from PNA Tampa members and the participating organizations that night covered the food and drinks for the dinner fellowship. Besides the cash donation for food, some brought desserts and bottled water.

How is the Feast of Sto. Nino celebrated? There is a concelebrated mass attended by several Filipino priests in the community headed by the pastor of St. Paul Church in the presence of Sto Nino's most famous historic relic. The statue of Sto. Nino, along with the statue of the Blessed Virgin Mary, are placed on beautifully decorated floats for the religious procession around the church compound. This is one of the highlights held in the evening before the last day of the celebration. The Sinulog festival is the culmination of this celebration. All devotees of Sto. Nino joined the Sinulog Dance, saying their prayers fervently with petitions, hoping for miracles, which Sto. Nino is known for and venerated by Filipino Catholics. Some devotees brought their own Sto Nino statues to be blessed and carried them during the

Sinulog dance. This is a religious celebration that most Filipinos look forward to every year worldwide.



P N A A  
**CHAPTER NEWS**

# Philippine Nurses Association of Virginia, Inc., updates

By Catherine Paler  
President, PNA Virginia

Dear PNAA and especially the Philippine Nurses of Virginia, Happy New Year! As we embark on 2024, I want to take a moment to express my deepest gratitude to each of you. Your leadership, dedication, creativity, and hard work have been the driving force and inspiration behind our successes.

Reflecting on 2023, another year marked by transformative strides, I am grateful for invaluable contributions. Inspired by PNAA Eastern Region's CAMP ARUGA, we held our very own PNAVA CAMP23 General Member's Assembly and Awards Banquet to close out 2023. This four-hour event was jam-packed with engagement; attendees left excited and motivated! Attendees of Camp Aruga stepped up as the spirited steering committee. The objectives for CAMP23 included a focus on diversity, equity, inclusion, resilience training, learning more about our own uniqueness, demonstrating how to communicate and connect with others, and appreciating the value of our differences. Coleen Santa Ana, MHA presented the Maxwell DISC Method on personality indicators and taught our audience how to leverage our uniqueness in effective communication to drive inclusivity. Leaving the audience with a high level of excitement, we stopped for a delicious lunch and a presentation on the State of the Union of PNAVA and Scholarship Awards. We closed out our session with a powerful presentation on resilience by our public relations officer, Eileen Daus. A special thanks to Rose Mallari-Withers for her unwavering support and talents in organizing this event. On behalf of PNAVA, I thank the leadership of PNAA for your continued support and inspiration. Thank you to my dedicated board officers and members for their continued support. Let us carry forward this momentum as we move forward into 2024! The following slides are highlights of our PNAVA 2023 achievements and CAMP23:

<p><b>GENERAL MEMBERSHIP ASSEMBLY PNAVA CAMP<sub>23</sub> LEADERSHIP CAMP AND GENERAL ASSEMBLY AWARDS LUNCHEON FOUNDER'S INN</b></p>		
<p>Philippine Nurses Association of Virginia, Inc</p>		
<p>2023</p>	<p>WWW.PNAVA.ORG</p>	



# WELCOME TO PNA VIRGINIA

CONNECT CREATE COLLABORATE  
CATHERINE PALER, MSN RN PCCN

PRESIDENT, 2020-2025



<https://engage.healthynursehealthy.nation.org/blogs/24/4527t>



2023

WWW.PNABA.ORG



## ABOUT OUR MISSION

To Promote Health, Equity, Service, Advocacy, Education, and Collaboration in the communities that we serve.



2023

WWW.PNAVA.ORG

## OUR PURPOSE

The Philippine Nurses Association of Virginia, Inc. (PNAVA), is an organization who actively seeks opportunities for continued professional growth through education, research and advanced clinical practice.



We believe that a Filipino-American nurse has unique cultural needs that must be met to ensure professional success in a diversified society while preserving cultural identity.

We are involved in activities that promote health and wellness through community education.

We are involved in legislative and public policies that have an impact on the health care agenda.

2023

WWW.PNAVA.ORG



## PARTNERS IN FILIPINO AND ASIAN AMERICAN HEALTH

Sentara Cares 2022-2023 and AstraZeneca's Act on Health Equity Community Solutions Challenge 2022-2023  
Partners in Filipino and Asian American Health

Funding supported costs of Education materials that were transformed into Filipino language; Health fair venues, speakers, marketing, and health nourishment and demonstrations.

The PNAVA has actively collaborated with the Virginia Beach Health Department throughout the COVID-19 pandemic.  
The PNAVA launched its first Exploring Wellness Health Fair in October of 2022 and made its debut at the Philippine Cultural Center of Virginia with over 200 attendees and over 30 Health and Wellness Vendors.

2023

WWW.PNAVA.ORG



The PNAVA partnered with the Virginia Asian Advisory Board and Old Dominion University in June 2023 in a Health Fair focused on Asian Wellness Matters with over 200 Attendees.  
This past October, Exploring Wellness Health Fair for the second year was held at ODU Higher Education Center in Virginia Beach with over 250 Attendees. With that debuted the first Bayanihan Spirit walk promoting the coming together of Filipino Americans in community.

2023

WWW.PNAVA.ORG



The PNAVA partners with the FILAM community leaders during the summer months with several Cultural Festivals that are community Driven and include vendors that promote health and wellness and cultural performances. During each event we are able to reach and impact over 500-1000 people in Hampton roads. While the nurses provide first aid during these events, we also share educational material that is culturally linguistic and focuses on diabetes, hypertension, and stroke. Some of our nurse leaders visit community leaders in their meetings to share valuable health talks.

2023

WWW.PNAVA.ORG





In partnership with Sentara and the American Heart Association, we launched our Community Nutrition Food as Medicine Program. Senior living and promotion of social activity and dancing; showcasing senior dance groups; promoting healthy lifestyles and relationships; food drives were held at these events. Food donations were gladly received and all food donations were given to local charities. The PNAVA in partnership with the Filipino Basketball League of Virginia allowed us to foster youth sports involvement and promote health promotion at a greater community reach.

2023

WWW.PNAVA.ORG



## KEEP CONNECTED WITH US

[pnavachapter@gmail.com](mailto:pnavachapter@gmail.com)

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

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

2023

WWW.PNAVA.ORG









# COMMUNITY PLAN



Annually deliver two or more 60-minute virtual education programs to PNAVA's network;  
 Collaborate on community engagement through outreach (in-person, virtual or through website, social media or newsletter);  
 Work together to engage PNAVA members to bring underserved and underrepresented communities to research trials;  
 Share the latest research; and  
 Cooperate to introduce PNAVA network to signature events such as Colorectal Cancer Walk; Walk for Diabetes; Wear Red Day; Alzheimers Awareness Day.

**Short Term Goals:** Increase concern and awareness of high risk disease management by seeking to educate the public about health and changes experienced by an individual that should be discussed with a health professional, and benefits of early detection and diagnosis. the Association will work to provide:  
 Culturally appropriate literature for dissemination;  
 Talking points for public messaging and community events; Health Fairs twice per year Host Community health fairs to address the unmet need for no- and low-cost services that target prevention and education among underserved communities.  
 Information and educational webinars on the latest research  
 Create registration that measures our reach during events.

**In the Long Term -** Work to expand outreach through community partners:  
 Aim to Reduce the Cancer Impact; promote mobile health screens and mobile mammograms twice per year  
 Work with Diabetes, Kidney Disease, Cardiac dietician with educational materials  
 Develop with social media network to expand the outreach education  
 Develop a focus group program that support the Aging Population  
 Promote youth programs and engage healthy eating and activity; address mental health in our youth  
 Provide supportive health equipment needs for self screening to underserved community

2023

WWW.PNAVA.ORG



The PNAVA partnered with Sentara Princess Anne Hospital with a Heart Healthy Health Fair in February 2023 focusing on Heart Month with over 100 Attendees. PNAVA Talks on Colon Cancer with Dr. Tiongco.  
 The PNAVA partnered with Sentara Virginia Beach General Hospital with a Colorectal Awareness Health Fair focusing on Colorectal Health with over 100 attendees. PNAVA Talks On Stroke with Dr. Maureen Deering.

2023

WWW.PNAVA.ORG



The PNAVA president represents the Eastern Chapters' as Circle of Presidents Regional Representative under the Philippine Nurses Association of America - Showcasing our beautiful state of Virginia, Shenandoah Valley PNAA ER Camp Aruga. Grants allow chapter involvement and awards through the Kabalikat Program (9month program training for mental health support)... Diabetes... Alzheimers... LGBTQ... and other Leadership and Mentorship training opportunities via Webinar. Committee involvement on the national level such as in Ethics, Policy, and Bylaws Committees just to name a few...

2023




WWW.PNAVA.ORG



<p><b>CONNECT:</b> Leverage social media to build our brand awareness</p>	 <h1>MARKETING STRATEGY</h1> <p>CONNECT CREATE COLLABORATE</p>
<p><b>CREATE:</b> Equitable programs to carry out mission</p>	
<p><b>COLLABORATE:</b> to expand our community reach</p>	

<p><b>MEMBERSHIP:</b>  85</p>	 <h1>STATE OF PNAVA</h1> <p>CONNECT CREATE COLLABORATE</p>
<p><b>OPERATING BUDGET:</b> \$9,000.00 Grants: \$3500</p>	
<p><b>VOLUNTEER HOURS:</b> 2040 HRS FROM 266 RN MEMBERS, JUNIOR VOLUNTEERS, NURSING STUDENTS, AFFILIATE MEMBERS, AND SPOUSES!</p>	

<p><b>MEMBERSHIP GROWTH:</b> Increase 15% = 100</p>	 <h1>CALL TO ACTION</h1> <p>CONNECT CREATE COLLABORATE</p>
<p><b>OPERATING BUDGET:</b> SUSTAINABLE SOURCES OF INCOME</p>	
<p><b>BOARD MEMBERS:</b> SUCCESSION PLAN</p>	

 <p><b>ESAYSHA FELIX</b> SOUTH UNIVERSITY</p>	<h1>CONGRATULATIONS TO THE 2023 SCHOLARS!</h1>	 <p><b>JULIETTE GRETZLER</b> WILKES UNIVERSITY</p>
		



Philippine Nurses Association of New Jersey Foundation, Inc.



# Gala

*You're Invited*

## HUMANITARIAN AWARDS AND DONOR APPRECIATION *Night*

*We Look Forward to Seeing You*



### BOARD OF TRUSTEES 2022 - 2024

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**MAE DIVINAGRACIA**  
TRUSTEE

**DELY GO**  
TRUSTEE

**AMUERFINA CASTRO**  
ADVISER

**REBECCA GRABOSO**  
ADVISER

JE 11, 2023

# PNANJF

## HONORING THE HUMANITARIAN AWARDEES AND DONORS INDUCTION OF 2024-2026 OFFICERS

MARCH 23, 2024  
SATURDAY 6PM TO 10PM  
PINES MANOR  
2085 LINCOLN HWY EDISON,  
NJ 08817

**ZELLE PAYMENT:**  
[pnanjfoundation@gmail.com](mailto:pnanjfoundation@gmail.com)

**Check payable to: PNANJF**  
**Mail to: Arbie Ramos**  
**1083 Schencks Mill Road**  
**Toms River, NJ 0853**

**REGISTER BY:**  
**FEBRUARY 23, 2024**



**EARLY BIRD REGISTRATION FEE:**  
**\$120 PER PERSON**  
**TILL FEBRUARY 23, 2024**

**\$130 PER PERSON AFTER**  
**FEBRUARY 23, 2024**

**Contact persons:**  
**Susan Castor: 848 333 9736**  
**Marley Nicolas: 848 333 6518**

FORMAL ATTIRE  
DINNER DANCING ENTERTAINMENT



# PNAA CAMP ARUGA

## SOUTH CENTRAL REGION

HOSTED BY PNA SOUTH TEXAS RIO GRANDE VALLEY

MARCH 1-3, 2024

CAMP LOMA DE VIDA

EDINBURG, TX



Contact for More Information:  
Chona Dalac [junchona93@gmail.com](mailto:junchona93@gmail.com)  
Normita Hayes [normita700hayes@yahoo.com](mailto:normita700hayes@yahoo.com)  
Manny Ramos [mramos.pnaa@gmail.com](mailto:mramos.pnaa@gmail.com)



PHILIPPINE NURSES ASSOCIATION OF AMERICA, Inc.

# **Camp Aruga**™

## LEADERSHIP BOOTCAMP



Climate Change and Planetary Health  
Webinar Series 3

# CLIMATE CHANGE COMMUNICATIONS

March 8, 2024 | 8-9 PM EST



**Ben Fulgencio-Turner, MPP, CPH**

Director, Climate for Health ecoAmerica



Register



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





# PNA SoCT Philippine Nurses Association State of Connecticut

Cordially invites you to join  
**Inauguration of Officers & Members  
Gala Night**

March 9, 2024  
Saturday 5pm TO 10pm  
Anthony's Ocean View  
450 Lighthouse Road  
New Haven, CT

RSVP by March 1. \$100 Fee  
203-435-7337 Ophelia Empleo Frazier  
203-561-4394 Jennifer Mariano  
203-252-1933 Dexter Agbayani  
pna.ct2023@gmail.com



Formal Attire / Filipiniana

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RATES: BACK Cover \$500.00  
Inside Back cover- \$250.00  
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Half Page- \$75.00

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email greetings/artwork file  
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You may also attach here or  
write the text of your  
advertisement/greetings in  
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Please send your payment no later than March 1, 2024  
Venmo, Zelle, or Check payable to PNASOCT.  
Ophelia Empleo-Frazier  
175 Scenic Court Cheshire, CT 06410



**venmo**

Give us a like and follow at our Facebook page!  
PNA State Of Connecticut



The official chapter of the Philippine Nurses  
Association of America.

# NCEMNA

## HEALTH POLICY SUMMIT

PROMOTING SOCIAL JUSTICE TO  
CREATE HEALTHY COMMUNITIES

**MARCH 15, 2024**

LOS ANGELES, CA



**TO REGISTER:**  
Scan QR code or visit  
[www.myncemna.org](http://www.myncemna.org)



PHILIPPINE NURSES ASSOCIATION OF AMERICA



# North Central Region

## CONFERENCE

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



HOSTED BY  
**PNA Indiana**

*Indy Awaits You*  
**on April 25-28, 2024**

Venue: JW Marriott Indianapolis  
Hotel: Spring Hill Suites



Contact: **Mattie Upano** | Telephone #: (317)319-7448 | Email address: [matilde.upano@gmail.com](mailto:matilde.upano@gmail.com)  
<https://www.pnaindiana.wixsite.com/home>





# 45<sup>th</sup>



## PHILIPPINE NURSES ASSOCIATION OF AMERICA NATIONAL CONVENTION

HOSTED BY

**PNA Southern California**

# WE CARE:

## A Spotlight on Our Collaborative Journey to Excellence



**OUR UNITED VOICES**  
WISDOM. EXCELLENCE.  
COLLABORATION. PROGRESS. RESPECT. (2021)



[www.mypnaa.org](http://www.mypnaa.org) [infomypnaa@gmail.com](mailto:infomypnaa@gmail.com)

**17-21 JULY 2024**

**THE WESTIN LONG BEACH HOTEL**  
333 E. Ocean Blvd., Long Beach, CA 90802





**PHILIPPINE NURSES ASSOCIATION OF AMERICA  
NATIONAL CONVENTION**

**WE CARE: A Spotlight on Our Collaborative Journey to Excellence**

**17-21 JULY 2024** | THE WESTIN LONG BEACH HOTEL  
333 E. Ocean Blvd., Long Beach, CA 90802

**CALL FOR ABSTRACTS**

The Philippine Nurses Association of America and the host chapter, Philippine Nurse Association of Southern California, invite you to submit your scholarly work in education, research, practice, or service for poster presentation at PNAA's 45th Annual National Convention on July 18-20, 2024, in Long Beach, California.

**The abstract submission portal will close on  
March 29, 2024 at 11:59 PM (Pacific Time).**



Submission portal:  
<https://forms.office.com/r/j0GKCbyXUP>

**ABSTRACT CATEGORIES**

- **Administration/Leadership Development/Professional Practice/Community Service:** showcase a successful project or program that your unit, institution, or organization has conducted in the past year
- **Clinical/Evidence-Based Practice:** issues, application of products, programs, trends in patient care, nursing-sensitive patient outcomes, and/or use of research findings and/or best evidence with nursing clinical practice or research implications
- **Education:** educational programs and issues (may be based in service or academia and patient or nurse-focused)
- **Research:** in progress or completed nursing research studies





**REQUIRED HEADINGS**

**Administration / Leadership Development / Professional Practice / Community Service  
Clinical Practice / Evidence-Based Practice / Education**

- Background and Significance
- Objective(s)
- Intervention(s)
- Evaluation
- Discussion

**Research**

- Background and Significance
- Objective(s)
- Conceptual or Clinical Model/Philosophic or Theoretical Framework
- Methods
- Analysis/Findings
- Discussion and Implication

Abstracts will be scored using the following criteria:

**Education / Practice / Service**

- **Overall:** Relevance to conference theme
- **Background and Significance:** clear, concise statement of gap/problem
- **Objective(s):** clear, concise statement of the work
- **Intervention:** clear description of precisely what was done; sufficient detail to provide evidence of consistency between the stated objectives and the approach
- **Evaluation:** clear statement of evidence for findings or outcomes; logical relationship to problem or gap, objectives, and methods; sound interpretation of results
- **Discussion:** strong statement of contribution to education, research, practice, or service
- **Quality of abstract:** clearly written with no spelling or grammar issues.

**Research**

- **Overall:** Relevance to conference theme
- **Background and Significance:** clear, concise statement of gap/problem
- **Objective(s):** clear, concise statement of the work
- **Conceptual Model/Framework:** high quality and clearly explained
- **Methods:** clear description of precisely what was done; sufficient detail to provide evidence of consistency between the stated objectives and the approach
- **Analysis/Findings:** clear statement of evidence for findings or outcomes; logical relationship to problem or gap, objectives, and methods; sound interpretation of results
- **Discussion/Implication:** strong statement of contribution to education, research, practice, or service
- **Quality of abstract:** clearly written with no spelling or grammar issues.





# 2024 PNA SCHOLARSHIP AWARDS



### GRADUATE APPLICATION LINK

Please review the eligibility, criteria, and instructions here:  
<https://docs.google.com/document/d/1FZKCCHxM1kG7BKCLV7NvHKapuKdwd99l/edit?usp=sharing&oid=115413279466542248680&rtpof=true&sd=true>

Here is the link to the Graduate Scholarship Application: [https://docs.google.com/forms/d/1THVWNS0syecguOeKad0DvtR617v\\_iwtfisOeLP0FyA/edit](https://docs.google.com/forms/d/1THVWNS0syecguOeKad0DvtR617v_iwtfisOeLP0FyA/edit)

### BACHELOR APPLICATION LINK

Please review the eligibility, criteria, and instructions here:

[https://docs.google.com/document/d/13Jto1ddfRL-UqY-dZ2\\_5kZ2iYFUwOlpYssx2aywUm8/edit?usp=sharing](https://docs.google.com/document/d/13Jto1ddfRL-UqY-dZ2_5kZ2iYFUwOlpYssx2aywUm8/edit?usp=sharing)

BSN Scholarship Application link: <https://docs.google.com/forms/d/1INiYkNJKVgXUU3egdAwEK-neciEHZCABKIEOVd3a9M/edit>

For inquiries, please contact:  
 Dr. Ira Martin @iramartin23@gmail.com  
 Scholarship Committee Chair

The deadline for the scholarship application is

**Friday, April 26, 2024**



Philippine Nurses Association of America Foundation, Inc.

A 501C3 ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>



# WALK - RACE

45th PNA A  
National Convention  
2024 **JULY**  
18

PNA A  
SOUTHERN  
CALIFORNIA

Host Chapter







**Philippine Nurses Association of America Foundation, Inc.**  
**A 501C3 ORGANIZATION**

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnafoundation.org>

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 2023- 2025**

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 Merlita A. Velasquez (RIP)

**Legal Counsel**  
 Rev. Amedo Valera, Esq.

December 1, 2023

Dear Friends and Supporters:

The Philippine Nurses Association of America Foundation, Inc. (PNAAF), cordially invites you, your company, and/or organization to be part of our slate of sponsors to support the Annual PNAAF/PNAA 5K Walk/Run Wellness Challenge that will be held during the 45<sup>th</sup> Philippine Nurses Association of America, Inc. (PNAA) National Convention in Long Beach, CA on July 18-21, 2024. This will be a great opportunity to showcase your company, products, and services to over 5,000 PNAA members all over the country through our website, newsletter, and other social media platforms.

PNAAF and PNAA promote nursing excellence in education, clinical practice, research, leadership development, and community service. The PNAAF/PNAA 5K Walk/Run Wellness Challenge is our effort to raise funds to financially support the mission of both organizations. We are counting on your participation in this event that will support our mission for Nursing, society and healthcare.

Enclosed are the levels of sponsorship and promotional opportunities that you can select from. PNAA Foundation is a 501(c)(3) tax-exempt non-profit organization. Your donation is tax-deductible.

We are looking forward to your generous support. Please mail the completed form by June 15, 2024.

Sincerely,

*Rosario P. Estrada*  
 Rose Estrada, DNP, RN  
 President, PNAAF, Inc.

*Vilma Ortiz*  
 Vilma Ortiz, MSN, RN  
 Chairperson, PNAAF 5K Committee





**Philippine Nurses Association of America Foundation, Inc.**

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1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

*Advocate Through Philanthropic Giving, Caring, and Collaborating*



**5K RUN/WALK PNAA/PNAAF WELLNESS CHALLENGE**

**LEVELS OF SPONSORSHIP AND PROMOTIONAL OPPORTUNITIES**

<b>LEVEL OF SPONSORSHIP CATEGORIES PROMOTIONAL OPPORTUNITIES</b>	<b>DIAMOND \$5,000.00</b>	<b>PLATINUM \$3,000.00</b>	<b>GOLD \$2,000.00</b>	<b>SILVER \$1,000.00</b>	<b>Name on T-shirt \$300.00</b>
Name /Company Logo on 5K Brochure and posting on PNAAF website and social media	Yes (+ additional 1-year post event)	Yes (+additional 6 months post event)	Yes (+additional 3 months post event)	Yes (+additional 1-month post event)	No
Name/Company Logo in Video Presentation during the convention	Yes	Yes	Yes	Yes	No
Full Page Sponsor AD in convention souvenir program	Yes	Yes	Yes	Yes	No
Company or Name printed on back of official 5K shirt (by PNAA Region)	Yes	Yes	Yes	Yes	Yes
5K Walk/Run official T-shirt	5 T-Shirts	4 T-Shirts	3 T-Shirts	2 T-Shirts	1 T-Shirt



**Philippine Nurses Association of America Foundation, Inc.**  
**A 501(c)(3) ORGANIZATION**

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>  
*Advocate Through Philanthropic Giving, Caring, and Collaborating*

**SPONSOR LETTER OF ACCEPTANCE**

Dear PNAAF,

We accept your invitation to be a sponsor in the 5K Walk/Run Wellness Challenge in Long Beach, CA, scheduled on July 22, 2024, during the 45th PNAA National Convention.

Indicated below is our selected level of sponsorship. Enclosed is a check or Zelle payment to PNAAF.

- |  |  |
|--|--|
| <input type="checkbox"/> Diamond Sponsor \$5,000.00  | <input type="checkbox"/> 1K Sponsor \$500.00 with signage on 1K mark |
| <input type="checkbox"/> Platinum Sponsor \$3,000.00 | <input type="checkbox"/> 2K Sponsor \$500.00 with signage on 2K mark |
| <input type="checkbox"/> Gold Sponsor \$2,000.00     | <input type="checkbox"/> 3K Sponsor \$500.00 with signage on 3K mark |
| <input type="checkbox"/> Silver Sponsor \$1,000.00   | <input type="checkbox"/> 4K Sponsor \$500.00 with signage on 4K mark |
| <input type="checkbox"/> T-shirt Sponsor \$300.00    | <input type="checkbox"/> 5K Sponsor \$500.00 with signage on 5K mark |

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Please print all entries:

Name: \_\_\_\_\_

Company's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel no: \_\_\_\_\_ Fax no. \_\_\_\_\_

E-mail \_\_\_\_\_

Please send the application and check payable to PNAAF before **June 15, 2024**, to:

**Vilma Ortiz, MSN, RN**  
**PNAAF Treasurer**  
**9500 SW 128 Street**  
**Miami, Florida 33176**

or

**Alicia Tullo, MSN, RN, CPC**  
**PNAAF Assistant Treasurer**  
**1640 Cherry Ridge Drive**  
**Heathrow, Florida 32746**

**PNAAF Zelle : mypnaafoundation@gmail.com**



# AHC ARC PARTNER 2024 JOURNEY CALL



"Join the Latest All of Us Journey and Be a Part of Revolutionary Medical Research Today!"



## JOURNEY BUS OVERVIEW

This latest All of Us Journey is designed both to raise awareness about the All of Us Research Program and to enable interested people to join the program right onboard, including answering surveys and giving their physical measurements and biosamples.

Tour managers and brand ambassadors have held more than 70,000 quality conversations with community members, nearly 70% of whom are Black, Hispanic/Latino, Asian American, Native Hawaiian, Pacific Islander, or Arab American, and historically underrepresented in medical research.





# Journey Van and Bus Stops in 2024- Specific Cities

2024 Dates	West Region	Central Region	East Region
4/15-4/21	San Francisco, CA	Houston, TX	Wilberforce, OH
4/22-4/28	San Jose, CA	Houston, TX	Columbus, OH
4/29-5/5	Stockton, CA	Houston, TX	Cleveland, OH
5/6-5/12	Stockton, CA	Houston, TX	Rochester, NY
5/13-5/19	Stockton, CA	Houston, TX	Rochester, NY
5/20-5/26	Fresno/Bakersfield, CA	Houston, TX	Syracuse, NY
5/27-6/2	Fresno/Bakersfield, CA	Kerrville, TX	Albany, NY
6/3-6/9	Riverside, CA	Kerrville, TX	Burlington, VT
6/10-6/16	Los Angeles, CA	Kerrville, TX	Hanover, NH
6/17-6/23	Oxnard, CA	El Paso, TX	Manchester/Nashua, NH
6/24-6/30	Las Vegas, NV	El Paso, TX	Portland ME
7/1-7/7	Las Vegas, NV	Albuquerque, NM	Portland, ME
7/8-7/14	Las Vegas, NV	Albuquerque/Las Cruces/Roswell, NM	Providence, RI
7/15-7/21	Las Vegas, NV	Pueblo, CO	Providence, RI
7/22-7/28	Mesquite, NV	Colorado Springs, CO	Springfield, MA
7/29-8/4	Salt Lake City, UT	Denver, CO	Springfield, MA
8/5-8/11	Salt Lake City, UT	Denver, CO	Hartford, CT
8/12-8/18	Boise, ID	Fort Collins, CO	Hartford, CT
8/19-8/25	Boise, ID	Cheyenne, WY	New Haven, CT
8/26-9/1	Seattle, WA	Cheyenne, WY	DMV
9/2-9/8	Pullman, WA	Kearney, NE	DMV
9/9-9/15	Spokane, WA	Kearney, NE	DMV
9/16-9/22	Bozeman, MT	Kearney, NE	DMV
9/23-9/29	Billings, MT	St Louis, MO	Durham, NC/Virginia Beach, VA
9/30-10/6	Bismarck, ND	St Louis, MO	Orlando, FL
10/7-10/13	Sioux Falls, SD	Indianapolis, IN	Orlando, FL
10/14-10/20	Sioux Falls, SD	Indianapolis, IN	Tampa, FL

# Journey Van and Bus Stops in 2024

## All of Us Journey 2024 Schedule

**The All of Us Journey West Region** will offer participants access to program information, account creation, consent, and salivary kit orders.

**The All of Us Journey Central Region** will offer participants access to program information, account creation, consent, physical measurements and biosamples collection.

**The All of Us Journey East Region** will offer participants access to program information, account creation, consent, physical measurements and biosamples collection.





# The PNAA's National Excellence Achievement Awards

will be presented during the 45th PNAA National Convention  
July 20, 2024 at The Westin, Long Beach, California  
in the following categories:

**CLINICAL STAFF NURSE**

**NURSE ADMINISTRATOR/DIRECTOR/MANAGER**

**NURSE RESEARCHER/SCIENTIST**

**NURSE EDUCATOR**

**COMMUNITY & POPULATION HEALTH NURSE**

**NURSE ENTREPRENEUR**

**ADVANCE PRACTICE REGISTERED NURSE**

**NURSE INFORMATICIST**

**THE DAISY AWARD FOR ADVANCING HEALTH  
EQUITY (TEAM AWARD)**

**OPEN**

**APPLICATIONS**

**CLOSE**

**FEB  
01**



**APR  
11**

*For further inquiries, please email: [pnaa.awardscommittee@gmail.com](mailto:pnaa.awardscommittee@gmail.com)*





# PNAA AWARDS COMMITTEE

## National Excellence Achievement Awards

### APPLICATION ONLINE COACHING SESSIONS

**February 12**

**February 19**

**February 26**

**March 4**

**March 11**

**March 18**

**March 25**

**April 1**

**April 8**

**8PM-9PM EST via Zoom**

Please register using the link below

[PNAA Awards Committee Coaching Session](#)



**OUR UNITED VOICES**

WISDOM. EXCELLENCE  
COLLABORATION. ADVOCACY. RESPECT. EQUITY

*For further inquiries, please email: [pnaa.awardscommittee@gmail.com](mailto:pnaa.awardscommittee@gmail.com)*